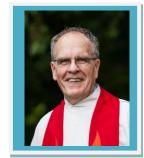
July 2016

Hello Members and Friends of Head of Christiana,



Anytime I see something with bullet points -- it's hard not to pay attention. This list of symptoms intrigues me, and I really appreciate the way they are expressed: an "attack" of smiling, "episodes" of appreciation, "loss of interest" in conflict. These are Symptom words -like those that appear on drug warning labels, or that are rattled off at the end of commercials for pharmaceuticals.

The following are **good** symptoms to have and nurture:

- Frequent attacks of smiling.
- Feelings of being connected with others and nature.
- Frequent episodes of appreciation.
- An increased tendency to allow things to happen.
- An inclination to think and act spontaneously rather than from fears based on past experience.
- An unmistakable ability to enjoy each moment.
- A loss of interest in conflict.
- A loss of interest in interpreting the action of others.
- A loss of interest in judging others.
- A loss of interest in judging self.
- Gaining the ability to love without expecting anything in return.

How many of these symptoms do you have? Are there others to add to the list?

Here's hoping that you have a very symptomatic day!

Grace to you, and peace –

MARION'S MEMORIAL GARDEN DEDICATION

Here is a "thank you" note we recently received from Major General Guy Hecker (Retired). Guy is Marion Shirkey's beloved cousin. I sent him pictures from the dedication of the Marion Shirkey Memorial Garden, as well as a copy of the bulletin from the Dedication service. We are looking forward to Guy's visit.



— Pastor Bob

Major General Guy L Hecker, Jr.
USAF (Retired)

9 feine 16

Dear Bob and longregative,

you have truly created a loving

Manorial to Marion - where love for

your church and its people was unformated.

We are are pleased that something alive

and losting will be those in her memory

for all to enjoy and to reflect and enjoy

the breaky of the moment in Marioris

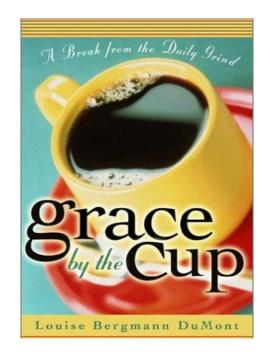
Memorial Horden.

My thanks to you and all those who

made this project some true! I plan

to visit later - vill advise
with love

Gray



My daughter-in-law was recently given this book by someone in her church when my new granddaughter was born.

I enjoyed reading it so much that I bought two copies and put them on the "sharing shelf" in Fellowship Hall.

The book is described as...

"Take a brief coffee break and delight in these sixty caffeine-inspired devotions

that promise an energizing boost to begin each morning.

Louise Bergmann DuMont's true-life anecdotes, paired with
scriptural application, are the perfect devotional complement
to your morning cup of java."

I hope you enjoy these thought-provoking anecdotes as much as I did. — Jeanne

HAPPY BIRTHDAY, AMERICA

The United States of America declared its independence from England on July 4, 1776. The country subsequently fought the British in a war for its independence until 1783. The British surrendered at Yorktown, Virginia, on October 19, 1781, effectively ending the war.

Following the war, the United States formed a confederacy built around the Articles of Confederation. The country, however, needed a stronger central government following the Whiskey Rebellion, and in 1789, the states ratified the Constitution. The first 10 amendments, known as the Bill of Rights, became law in 1791. George Washington became the first president of the United States in 1789.

As of July 4, 2016, the United States of America is 240 years old. The Declaration of Independence was approved by the thirteen colonies on July 4, 1776, at which point the United States became a country.

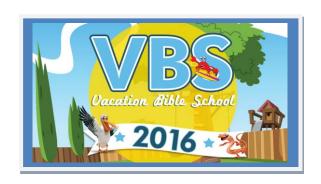


Vacation Bible School

CHRISTIAN EDUCATION presents...

VBS: Faith In God

July 7 and 8, 2016



- * On Thursday, July 7, 2016 from 5:30pm til 8:30pm there will be:
 - → A Pot Luck Dinner for ALL of God's children:

We will be having hamburgers and/or Sloppy Joes A yummy dessert will also be provided Please bring a side dish to share

- An Adult and Youth bible study after dinner Our children will consider Hebrews 11:1:

 "Now faith is the assurance of things hoped for, the conviction of things not seen." They will also study

 The Parable of the Sower (Luke 8:4-8) as an illustration of faithful living. Pastor Bob will lead the adult study on FAITH.
- ⇒ S'mores outside after bible study
- * On Friday, July 8, 2016 at 1:00pm:
 - Faith In God will continue with bible study, fun activities and a sleepover!
- * On Sunday, July 10th the youth will host Coffee Hour after worship.

BLUE ROCKS TICKETS STILL AVAILABLE

Mark Mankin



Mark Mankin contact info... Phone: 302.292.8377

Email: mankin579@comcast.net

We have scheduled an outing to see aother Blue Rocks Game again this summer on Tuesday, August 9th, starting at 6:35pm. We will be in an air-conditioned suite with light snacks.

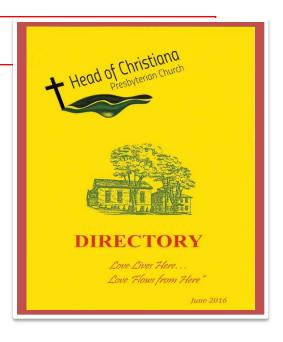
The tickets are \$20 each. See or contact Mark Mankin to purchase them. Checks should be made out payable to Head of Christiana...note "Blue Rocks" Game" on the memo line.

The Blue Rocks website shows that August 9th will be "Irish Heritage Night." The Blue Rocks will look to the "luck 'o the Irish" that night as they take on the Frederick Keys team. Join us for a night filled with Irish Heritage themed music and food.

2016 HoC DIRECTORY

The new updated HoC Directory was published a couple of weeks ago.

Thank you everyone for diligently checking your listings and making the necessary changes where needed. The directory was emailed to most of you, however, if you need a printed copy, there are some available. Please see Kay Wood on Sunday if you would like one, or stop by the office to pick one up from Nancy. Office hours are: Tuesday, Wednesday and Thursday 8:30am to 1:30pm.







WEDNESDAY, JULY 20 AT 7:00PM AT HEAD OF CHRISTIANA...

Newark Community Band presents their "Concert Under the Trees"

Free and Open to the Public — Goodwill Donations go to local charities

Bring a blanket or lawn chair — Kilby Cream Moo Mobile

The "HOP" Event



On June 15, 2016

THE H.O.P.S VISITED FORT DELAWARE



Hey! They're shooting at us!!! Well...Perhaps it really wasn't us they were shooting at, but it sure was a big "Bang!" Actually, we've just heard them live-firing the 8-inch Columbiad cannon from atop the fort!

The HOPs started early for this one so we could catch the 10 am boat to the island. The weather was overcast, but delightfully cool and perfect for trudging around the island. We were extremely fortunate to be led on our tour by our own David Price who has an amazing knowledge of the fort's history, especially during the Civil War years.





After our tour, it was but a short boat trip back to Delaware City where we had lunch and discussed the day at Crabby Dick's Restaurant. Judging from the appetites and lively conversations, one could conclude that it was a great day.



BEWARE OF TICKS & LYME DISEASE

When you live, work and play in Lyme disease country (our area included), you're wise to watch out for the signs. Lyme disease spreads through the bite of an infected tick. Some of the first signs and symptoms often occur within days. They may include:



- ✓ A red rash at the bite site that may resemble a bull's-eye as it expands (but not always).
- ✓ Flu-like symptoms, such as fever, chills and fatigue.
- ✓ Headaches.
- ✓ Joint and/or muscle pain.

Left untreated, Lyme disease can cause problems months or even years after a bite. It can lead to severe joint pain and swelling, nerve pain, weakness, and irregular heartbeats. It has often been referred to as "the great imposter" because it mimics many other chronic diseases and can sometimes lead to a misdiagnosis.

So see a doctor if you even think you might have Lyme disease. Make sure the doctor is one who has treated many Lyme Disease cases and is highly experienced in the symptoms and treatment of this disease. It's especially important if you've been out hiking, gardening, or doing any other activities outdoors in tick country to thoroughly check yourself and your pets...even in colder months.

HOW TO EVICT A TICK...





Recognition Sunday

Celebrating our Teachers and Youth















HOC CALENDAR — July Happenings

Monday Wednesday Thursday	July July July	4 6 7	HAPPY IN 11:00am 5:30pm	Outreach Commission VBS Kick-off (Faith In God) Potluck Dinner (bring a side to shar Youth and Adult Bible study S'mores outside after Bible study
Friday	July	8	1:00pm	VBS – Youth & Adult Bible Study Fun Activities & Sleepover!
Sunday	July	10	12:00pm	HoC Youth hosting Coffee Hour
Tuesday	July	12	LOOKING	TREE DEADLINE
Sunday	July	17	11:00am	Tom Stout, Guest Preacher
Wednesday	July	20	7:00pm	Concert Under the Trees @ HoC Newark Community Band
Sunday	July	24	11:00am	Jill Getty, Guest Preacher
Wednesday	July	27	11:30am	Nifty-Wifty @ Wesley's
Sunday	July	31	11:00am	Nona Holy, Guest Preacher











July Birthdays



July	2	Erin DePaul	July	10	David Price
July	3	Travis Christian	July	13	Esther Bowser
July	8	Kathryn Brook	July	26	Kelley DePaul
July	9	Debbie Reeves	July	28	Virginia Cullum
July	10	Betty Kackley	July	28	Aileen Murray
July	10	Sarah Tipton			-