

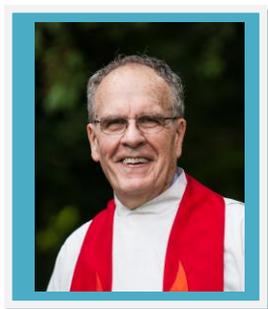


The Looking Tree

Love lives here, Love flows from here...

October 2016

Hello Members and Friends of Head of Christiana,



World Communion Sunday is October 2.

On World Communion Sunday we celebrate our oneness in Christ, the Prince of Peace, in the midst of a violent and breaking world. Yet, in the Invitation to Communion we affirm:

**Sisters and brothers in Christ,
this is the joyful feast of the people of God.
All will come from north and south, east and west,
and sit at table in the kingdom of God.**



I wonder, how can we be **joyful** at this feast that celebrates Jesus' last supper with his disciples? And in days that for us are filled with terror and fear. So we are solemn. Sad. We know Jesus is going to his death on a cross. So, our remembering at Holy Communion has a moment of looking back to that final supper Jesus shared with his closest friends. That was, no doubt, a gloomy time.

But further, Holy Communion is celebrated in the presence of our living Lord who conquered death, accompanies us on our journey, and is host at our table. That's an excellent reason to look up and to appreciate the feast.

And more than that, Holy Communion is a foretaste of the heavenly banquet hosted by Jesus in God's eternal realm. That's powerful picture language affirming that God rules. God has the whole world in God's hands. God's love never ends. No sadness there. Rather, overwhelming joy and gratitude.

Come, let us keep the feast.

Blessings,

Bob

CARE AND FELLOWSHIP NEWS

Jeanne Hastings

- For October 2016:
- Oct. 02 World Communion Sunday — Bring an ethnic bread to share.
 - Oct. 09 “Welcome Pastor Hilary” Coffee Hour Hosted by Worship Commission
 - Oct. 16 Pot Luck
 - Oct. 23 2nd Annual Taco Lunch hosted by Care and Fellowship Commission.



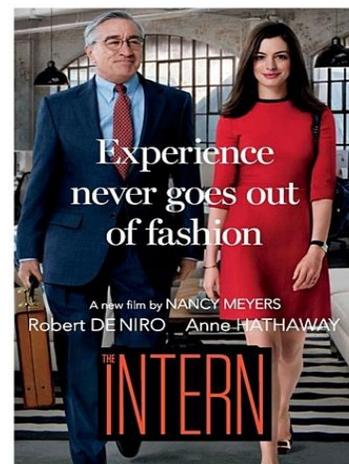
*Enjoy the Fellowship.
Volunteer to host.*

FALL MOVIE NIGHT: **Saturday, October 15th @ 5:30pm**
Featuring, “*The Intern*”
Bring an appetizer to share. Drinks will be provided. If babysitting or transportation is needed, speak to Jeanne @ 302.368.9416.

ANNUAL TACO LUNCH: **Sunday, October 23rd after church.**
Our 2nd annual Taco Lunch with tacos and all the fixins’ you could ever want.
Por Favor, acompaenemos!!!
(Please join us!!!)



Commission Chairs: There are 6 planning calendars available in the office if you would like to have one. First come, first served. See Nancy.



THANKS from DOWNES ELEMENTARY

Patricia Prettyman, Principal

Downes is proud to have found a wonderful relationship with the Head of Christiana Presbyterian Church. The church reached out to us three years ago to see how they could be of help to us. They decided one thing they could do would be to help collect school supplies for students in need. Another way they have partnered with us is by being mentors. Several members of the church have mentored students here. As they said to their membership, “*Love flows from here to Downes Elementary School.*” Well, the love and the school supplies have flowed in. Boxes and boxes of school supplies for our youngsters have been delivered again this year. We wish to thank them for their kindness and generosity these last three years. We are so lucky to have such a caring community of people in our lives.



Thank you so much

THANK YOU

2016 End of Summer Fun Fest

August 27, 2016

Submitted by, Alex Oakes

As summer ends and back-to-school plans are being made, the lawn at Head of Christiana once again became a place to celebrate summer vacation for one last time. Jack Foreaker was back with his ever-popular Puppet Show, Nicole Gill decorated faces with cool artwork, the Girl Scouts provided kid's games, classic cars were on display, and an Aetna Fire truck arrived, unavoidably late, but with what I am sure was one of the biggest ladder trucks ever to negotiate Church Road!

A big "Thank You" to all who supported and participated in making this "End of Summer Fun Fest" a great day!

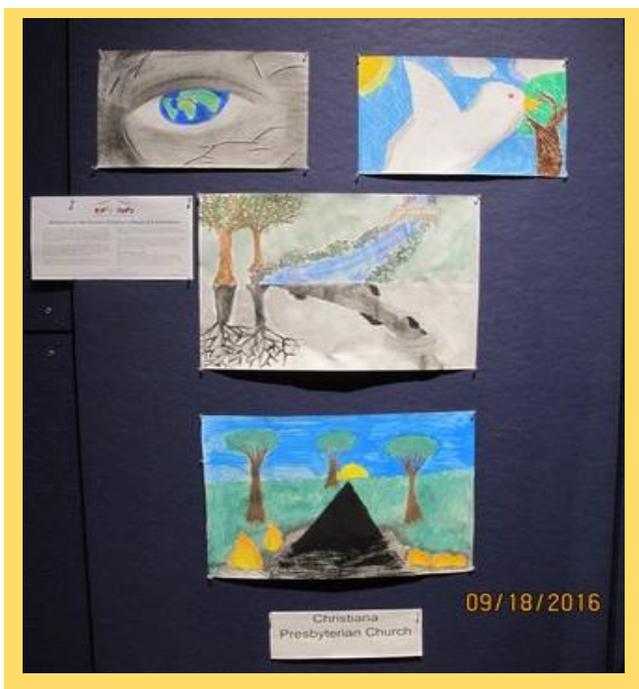


HoC YOUTH'S PEACE POSTERS

Betsy VanCulin and Becky Condliffe

Here are photos of HoC youth creating their Peace Posters which were on exhibit at the Delaware Museum of Contemporary Art from Sept 18th through Sept. 25th. As you can see, the kids did beautiful and thought-provoking works in pastels, charcoals, and watercolors.





Let's focus on whole grains.

Wheat, corn, rice oats, barley, quinoa, sorghum, spelt, rye

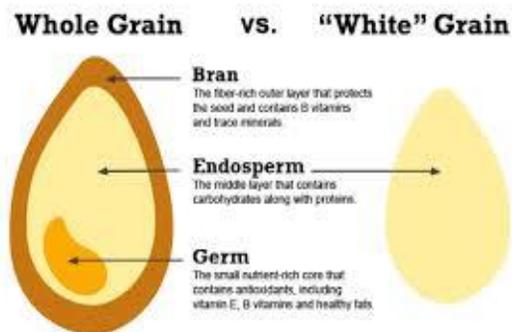
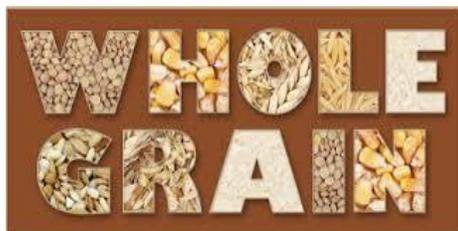
This is a list of foods eaten in their "whole" form. That means all three parts of the kernel is eaten. Refining normally removes the bran and the germ, leaving only the endosperm. Without the bran and germ, about 25% of a grain's protein is lost, and there's a great reduction in at least seventeen key nutrients.

Processors add back some vitamins and minerals to enrich refined grains so refined products still contribute valuable nutrients. But whole grains are healthier. They provide more protein, more fiber and many important vitamins and minerals.

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases such as stroke, diabetes and heart disease. Even one serving daily reduces the risk. The message: *every whole grain in our diets helps.*

So how can we increase our intake of whole grains?

1. Switch half the white flour to whole wheat flour in recipes for cookies muffins, quick bread and pancakes.
2. Replace one-third of the flour in a recipe with quick oats or old fashioned oats.
3. Add half a cup of cooked bulgur, wild rice, or barley to bread stuffing.
4. Add half a cup of cooked wheat or rye berries, wild rice brown rice, sorghum or barley to a favorite soup.
5. Use whole cornmeal (or corn) for corn cakes, corn breads and corn muffins.
6. Add three-quarters of a cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, burgers, or meatloaf.
7. Stir a handful of rolled oats in your yogurt for quick crunch with no cooking necessary



FALL NATURE WALK SUNDAY, OCTOBER 16, 2016

PLEASE JOIN US FOR THE ANNUAL FALL NATURE WALK. IT WILL HAPPEN ON SUNDAY, OCTOBER 16TH AT 2:00 P.M. WE WILL MEET AT THE KNISKERN'S (7 BRISTOL KNOLL ROAD, NEWARK), TO BEGIN OUR WALK. THERE WILL BE FOOD, FRIENDSHIP AND FUN. WE HOPE YOU'LL PLAN ON JOINING US FOR A GLORIOUS AFTERNOON AS WE TAKE IN THE FALL SPLENDOR. PLEASE BRING YOUR FRIENDS AND NEIGHBORS SO THEY CAN SHARE IN THE FUN.

HOP TRIP to ELDRETH POTTERY

Alex Oakes

See art in the making as the Happy Older Presbyterians visit the Eldreth Pottery Factory on Tuesday, October 11th. HOPs will gather in Fellowship Hall at 9:45am before leaving at 10:00am for our trip. We will travel a short distance through beautiful Amish farm country for a factory tour where we'll see skilled artisans creating unique and beautifully handmade pottery at the Eldreth Pottery Company.

In the event you'll want to get an early start on your Christmas shopping, you will have that opportunity at the Pottery Store where you'll find a huge selection of the factory's products.

Following our visit to Eldreth Pottery Factory, we will drive about 15 minutes to the nearby Wyncote Country Club for a luncheon of good food and fellowship.

Registration forms (found in the Narthex) must be turned in by October 9th, 2016. You can mail it in to the church to : Happy Older Presbyterians, Head of Christiana Presbyterian Church, 1100 W. Church Road, Newark, DE 19711 OR you can give it to Kay Brook or Alex Oakes OR put it in the Church School Building HOP distribution box.



HOC CALENDAR — October Happenings

Sunday	Oct	2	11:00am	Hilary's first day at HoC
Monday	Oct	3	7:00pm	Admin & Finance Commission
Wednesday	Oct	5	11:00am	Outreach Commission
Wednesday	Oct	5	1:00pm	Worship Commission
Wednesday	Oct	5	2:00pm	Care & Fellowship Commission
Sunday	Oct	9	12:00pm	Welcome Hilary Coffee Hour
Monday	Oct	10	6:30pm	Session
Tuesday	Oct	11		NEWSLETTER DEADLINE (for Nov.)
Tuesday	Oct	11	9:45am	HOP Trip to Eldreth Pottery
Friday	Oct	14	12:00pm	Hope Dining Room
Saturday	Oct	15	5:30pm	C & F Movie Night "The Intern"
Sunday	Oct	16	2:00pm	Fall Nature Walk (from Kniskerns)
Sunday	Oct	23	12:00pm	C & F Taco Luncheon
Monday	Oct	24	7pm-9pm	Covered Bridge Farms using Fellowship Hall
Wednesday	Sep	28	11:30am	Nifty-Wifty @ Wesley's

Save the Date



Sunday, October 2nd

CHOIR PRACTICE — THURSDAYS — 7:30PM



Trick Or Treat



HALLOWEEN
Spooks

There's a goblin at my window,
A monster by my door.
The pumpkin at my table
Keeps on smiling more and more.
There's a ghost who haunts my bedroom,
A witch whose face is green.
They used to be my family,
Till they dressed for Halloween.

- by Sandra Liatsos

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Sunday, October 2, 2016

CREATE A
WORLD OF PEACE

SEP 6 - OCT 4 PEACE & GLOBAL WITNESS SPECIAL OFFERINGS

BY GIVING TO THE
PEACE & GLOBAL WITNESS OFFERING

Your gifts work to restore communities through peacemaking and reconciliation.

PEACE & GLOBAL WITNESS SPECIAL OFFERINGS

**PEACE AND GLOBAL WITNESS OFFERING
OCTOBER 2, 2016**

October Birthdays



A birthday in October can be a special treat, the harvest has begun of pumpkins, gourds and wheat. So on your happy day here's a birthday wish for you - May you gather joy & laughter, love and friendships too.

- Oct 5 Trevor Christian
- Oct 18 Charlotte Condliffe
- Oct 25 Kayleigh Davis
- Oct 26 John Murray
- Oct 27 Sam Uffleman