The Looking Tree

Love lives here, Love flows from here. . .

October 2017

Hello Members and Friends of Head of Christiana,

Pastor Hilary Livingston

Commemorating the 500th Anniversary of the Protestant Reformation

This month, we are commemorating the 500th anniversary of the Protestant Reformation, marking the day when Martin Luther, a Catholic monk and theology professor, posted his famous *95 Theses* on the door at the castle church in Wittenberg, Germany. The *95 Theses* argued against the Catholic church's practice of issuing indulgences (certificates that could be purchased from the church to reduce a loved one's time in purgatory) — a practice Luther believed was unbiblical. Luther's original intent was to start a theological conversation that would lead to reforms in the Catholic church.

However, Luther's actions sparked a broader cultural movement which led to a formal break with the Catholic church. When the Holy Roman Emperor tried to permanently end Luther's movement by forcing German estates to uphold Roman Catholicism as the religion of the land, several princes formally protested, and thus became known as "protestants."

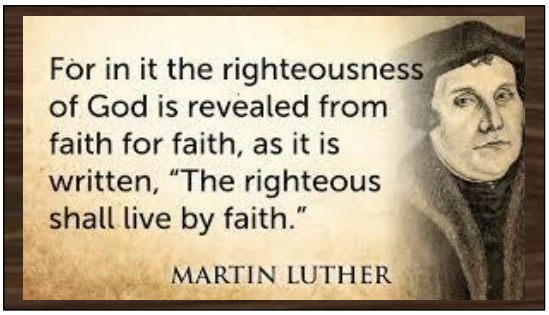
Luther's movement also gave rise to various theological groups that began to develop their own beliefs based upon the Bible, and not church tradition. Through these groups, the Reformation spread throughout Europe to England and Scotland, and eventually to America.

The Protestant Reformation emphasized the centrality of the Bible as the basis for faith and practice. It also affirmed that salvation was by faith in Jesus Christ alone (not good works) and by God's grace alone (not given by the church). This month, we will be commemorating the Protestant Reformation in worship through hymns, prayers and readings from this time period.

If you would like to learn more about this interesting and important time period, please join us for our adult Sunday school class, *Reformation Questions, Reformation Answers* at 9:30 AM on Sunday mornings.

Blessings,

Hilary



HoC HAPPENINGS

Hilary Livingston

If you missed our special offering on September 17th, but you would like to make a donation to support hurricane relief efforts, you can donate directly to **Presbyterian Disaster Assistance**. This organization responds to natural disasters, both nationally and internationally. You can donate to Presbyterian Disaster Assistance by mail:

Presbyterian Church (USA)
P.O. Box 643700
Pittsburgh, PA 15264-3700

Make checks payable to "Presbyterian Church (USA)"

Or with a credit card by telephone: **(800) 872-3283**

Or donate **online** at: http://pda.pcusa.org/

Or **text "PDA" to 20222** to give $10 to PDA's General Relief account

PRESBYTERIAN DISASTER RELIEF

Trunk or Treat

We are partnering with First Presbyterian Church of Newark to sponsor a community *"Trunk or Treat"* event at:

First Presbyterian Church of Newark
292 W Main St, Newark, DE

On **Saturday, October 28th from 2:00 – 4:00 PM**

To participate, bring your car to First PC (you may choose to decorate it!), and bring treats to hand out. The children will "trick or treat" around the parking lot to all the cars there. You can even dress up in costume if you'd like! There will also be games, face painting, and other fun activities.

Spread the word to kids and grandkids who may enjoy this event!

Community Ecumenical Worship – Fall Vespers Service

Held at:

First Presbyterian Church of Newark
292 W Main St, Newark, DE

Sunday, October 8th at 5:00pm in the outdoor **Remembrance Garden**

Theme: *"Standing on Holy Ground"*

All are invited to attend.

Head of Christiana Celebrates the 500th Anniversary of the Reformation

This year marks the **500th anniversary of the Protestant Reformation**.

To celebrate, we will be having special music, hymns and readings from the period of the Reformation during worship services in October, leading up to a special worship celebration on **Reformation Sunday, October 29, 2017**.

Please join us in worship during the month of October for this special celebration!

TEA at TEN on TUEDAYS

Hilary Livingston

Kickoff Tea on Tuesday, October 3rd at **10:00am** in the **Pastor's Study**. **Show-and-Tell** – Just like you were back in school! Bring an item that represents an important milestone in your life and share your story about it. Be creative! Then, join us each week at Ten on Tuesdays for more good conversations over a cuppa! (We have coffee too!)

DOWNES ELEMENTARY SCHOOL

Thank you to the many generous HoC members who donated much-needed school supplies for students at Downes Elementary School again this year. The supplies were delivered there on September 6th and were accepted by Josh Cohen, Dean of Instruction and Trish Prettyman, Principal, with heartfelt appreciation.

HoC COOKOUT and FALL NATURE WALK

In case you're wondering, YES!, there is going to be a Cookout Coffee Hour following worship on Sunday, October 22, 2017. The Christian Education Commission will be providing hamburgers and hot dogs and are asking church members who are attending to bring their favorite cookout side dish to round out the barbeque. If you have any questions, just check with a member of the Christian Ed Commission (Betsy, Katie, Sonia, and/or Lucy.

What's a cookout with S'mores for dessert?!!! YES! We will have them too! Please join us for this event.

After the Coffee Hour Cookout, we'll walk off the goodies by going on our annual Fall Nature Walk. Everyone is invited and welcome to join us as we take in God's glorious Fall splendor!!!

CARE AND FELLOWSHIP

Jeanne Hastings

October Coffee Hours

October 1	World communion—bring a loaf of bread to share, C/F will supply spreads
October 8	Pot Luck
October 15	Hosted by the Harpers in honor of John Ames preaching
October 22	Fall picnic — Hot dogs/hamburgers/s'mores supplied by Christian Ed. The congregation is invited to bring their favorite picnic "side".
October 29	Pot Luck
November 5	Pot Luck

Would you like to host a coffee hour??
Just speak to Julia Busick and it can easily be arranged.

CELERY…NATURE'S SUPERFOOD

Did you know that **CELERY** is one of nature's superfoods? It Is absolutely packed full of goodness and can help your health in many ways. **Celery makes your eyes brighter, tighter and more youthful looking?** The reason why comes down to one of the lesser known and spoken about vitamins – vitamin A.

Vitamin A:

Celery is absolutely FULL of vitamin A — just one stick of celery will provide you with 10% of your daily need for vitamin A. So imagine how much you'd get from munching on a few sticks? You get about 5 sticks in a packet from the supermarket (and it's not too expensive), so it's a really sensible and easy way to top up on this tip top vitamin. The link between vitamin A and the eyes is this: vitamin A protects your eyes and prevents age-related degeneration of vision. That's right, it literally stops your eyes from ageing! Eating celery every day will give you whiter, brighter eyes and could even accelerate your vision, wow – if that's not a reason to eat celery I don't know what is!

Treats bad cholesterol:

The taste and aroma of celery are due to an ingredient known as butylphthalide, which reduces LDL, bad cholesterol – which leads to high blood pressure so if you eat just 2 sticks a day, it can reduce your LDL up to 7%.

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ANNUAL RALLY DAY

children youth adult

SUNDAY SCHOOL

Head of Christiana Presbyterian Church

SUNDAY SCHOOL catch the Excitement!

CELERY…NATURE'S SUPERFOOD *Continued from page 4*

Helps digestion through an increase in fiber:

Celery is the perfect diuretic. It's full of water and insoluble fiber and it will make you go to the toilet on a regular basis, so if you suffer from any bowel issues, celery is the perfect food to be eating to regulate your stools. The high fiber content of celery ensures stools are passes easily. Fiber is needed to soften your stools and make them pass through your system. If you suffer from constipation and struggle to go, celery may be just the thing you need to soften you up and make you more comfortable. It's amazing how much fiber celery actually contains. In the average stick of celery you will find 1.6 grams of dietary fiber. Recommendations suggest 25g of fiber a day, meaning 5 sticks of the green stuff and you're well on your way to meeting your daily intake.

Supports your eye health:

A lot of us have to wear glasses all day, every day, so you don't want your eye sight getting any worse, do you! A celery stick provides you with 10% of your daily vitamin A which protects your vision. It's also full of polyphenol and phyto-nutrients which keeps your vision at its best. A stick of celery is only 10 calories and it's full of water, so eating celery will, in fact, make you lose weight, not put it on. The water in the celery will keep you feeling fuller for longer which will stop you snacking or binging out. Of course, if you're dieting, celery is a great snack, but shouldn't be your only go-too. Adding some hummus to the snack is a good way to help fill you up while still eating healthily.

Alleviates and relieves inflammation:

Celery successfully relieves inflammation and relieves joint pain as it's rich in antioxidants and polyphenols. It's also great for asthma sufferers and treats acne because it contains salicylic acid which removes follicular clog. A lot of athletes eat celery to give them energy; it helps with water retention.

Reduces stress:

Celery is rich in magnesium and is known to reduce stress. A magnesium deficiency can cause stress, so by eating celery you are likely to feel more relaxed…who knew!? It is also high in essential oils as well so it will soothe the nervous system and will help you fall asleep easily. So if you're having a bad day, munch on a few sticks of celery and it will de-stress you and you can look forward to a comfortable night's sleep. It's also important to have regular pH levels in order to avoid acidic build up. Anyone suffering from acid reflux or similar problems should eat celery on a daily basis as it can be neutralizing.

Fights cancer:

Celery has a flavonoid called Lute Olin which delays the formation of breast cancer cells and inhibits the growth of cancer cells, especially in the case of the pancreas and colorectal cancer. Celery is a proven food to delay the risk of cancer so make sure you always have it in your fridge. The darker the color of celery, the stronger the taste will be, so if you're buying celery for the health factors and not the taste, then make sure you're buying a light one. Boiling celery (or any vegetable) significantly reduces the number of available nutrients in the food so your first option for maximum nutrition should be raw and after that, steamed. The nutrients also stay better preserved when you chop it up while fresh and store it in the fridge. Plus, if you do this for a big batch, they're ready to grab whenever you need a quick snack and are tempted by something less healthy. Celery can de-bloat you, so if you suffer from IBS or gas, a stick of celery after a meal may be a helping hand to settling your tummy ache. It can reduce your blood pressure. Celery acts a detox to your whole body – is there anything this wonder food cannot do?! Oh, and it's seriously low in calories (which is always a plus, isn't it!?).

HOC CALENDAR — October Happenings

Sunday	Oct	01	11:00am	World Communion Sunday and Peace and Global Witness Offering
Tuesday	Oct	03	6:00pm	Mission Commission
Wednesday	Oct	04	2:00pm	Care & Fellowship Commission
Wednesday	Oct	04	7p-10pm	Newark Community Band practice in Fellowship Hall
Thursday	Oct	08	5:30pm	Worship Commission
Monday	Oct	09	6:30pm	Session
Wednesday	Oct	11	11:00am	Outreach Commission
Wednesday	Oct	11	7p-10pm	Newark Community Band practice in Fellowship Hall
Friday	Oct	08	12:00pm	Hope Dining Room
Monday	Oct	16	7:00pm	Admin & Finance Commission
Wednesday	Oct	18	10:00am	HOP Trip to see "Funny Girl" at Arden Theatre
Wednesday	Oct	18	7p-10pm	Newark Community Band practice in F H
Sunday	Oct	22	1:00pm	Hoc Cookout and Fall Nature Walk
Wednesday	Oct	25	11:30pm	Nifty-Wifty at Wesley's

CHOIR PRACTICE MONDAYS @ 7:30PM

PILOXING — TUESDAYS — 7:00PM

OCTOBER BIRTHDAYS

Oct	5	Trevor Christian
Oct	18	Charlotte Condliffe
Oct	25	Kayleigh Davis
Oct	26	John Murray