



The Looking Tree

Love lives here, Love flows from here...

August 2023



Hello Members and Friends of Head of Christiana,



Pastor Mark Douyard

“Re-marks” from Pastor Mark,

Greetings friends! I don't know about you, but these last fourteen weeks have just flown by. By the time you read this I will have finished my fourteenth and final Sunday at Head of Christiana Presbyterian Church. It has been a real pleasure to get to know you and serve as your pastor during this time. I've enjoyed my time here and it was exciting to be in the same pulpit every Sunday for fourteen weeks. It made sermon planning a lot easier. I will be forever grateful for the call to serve as your Bridge Pastor.

As I mentioned in my sermon on the 16th, Head of Christiana is involved with a program sponsored by the Presbytery called Vital Congregations. The Presbytery has designated me as the Facilitator for Head of Christiana so I'm excited to be able to continue to work with you in that capacity. We've already met three times with our fourth meeting set for July 24. Vital Congregations is a program whose purpose is to work alongside "leaders of congregations, in a process which seeks to assess, discern, and live into transformative actions with the goal of increasing the vitality of the congregation over time."

Vital Congregations identifies seven practices that can revitalize congregations, inspiring an openness to the power of the Holy Spirit to transform and change the way we do things. Those practices are: Spiritual Growth; Life-long Intentional Loving; an Active, Outward Focus; Shared Gifts and Power; Spirit-inspired Worship; Genuinely Caring Relationships; and Healthy Accountability. Like the Sower in the Parable of the Sower, we need to reach into our bag of seeds and keep sowing seeds, knowing that some will land on "good soil" and produce an abundant yield.

We celebrate the return of Pastor Hilary, who will be back on Monday July 24. One would think that things would return to "normal." But nothing could be further from the truth.

There have been two sabbaticals over the last fourteen weeks. The obvious one is Pastor Hilary's. Pastor Hilary has been traveling, reading, praying, resting and will return soon renewed, refreshed and recharged. I am sure you will be anxious to hear about her travels and any insights she has gained during her time away.

The less obvious one is the church's sabbatical. You, the members of this congregation, have also had time to rest, refresh and renew. While these past fourteen weeks went by quickly, a lot has changed. Neither you, nor Pastor Hilary are the same people you were back in April when all this started. Consider this an opportunity for a fresh start as you both move forward and discern God's plan for this church.

I will keep Head of Christiana in my prayers and wish God's blessings for all of you.

Peace,

Pastor Mark

HoC HAPPENINGS

Dear HoC members and friends,

Thank you so very much for granting me the time to take a sabbatical this year. It was such a blessing to be able to travel, rest and recharge over these past fourteen weeks.

My travels out west truly fulfilled my desire to experience wellness and wonder in the beauty of God's creation. It was a life-changing experience! I also felt restored and renewed spending time with family and friends, as well as visiting other worship services during this time. I look forward to sharing more about my experiences with you in the coming weeks.

Thank you to our session and staff for their leadership and service to you all over this period. And thanks to Pastor Mark and his wife Barb for their pastoral care over these past fourteen weeks. I'm grateful to all of you for your continued service to our Lord through this church, and I look forward to seeing where God will lead us in this next chapter of our ministry together!

Blessings,

Pastor Hilary



Thank you!

HOPE DINING ROOM

Submitted by Donna Reed

HoC successfully served at Hope Dining Room on Friday, July 16th. We only served 13 clients. Some speculated that our numbers were low because of the extreme heat. James and Ryan were not there today.

Ty asked what church we were from. He said he use to go to Red Clay Presbyterian. He thought maybe God was trying to get his attention.

Kenny told us that he had throat cancer a year and a half ago. The treatments make his food taste funny. He really liked the watermelon and pork.

Deonte recognized me. He was a student at Newark High School when I was a librarian there. He wanted to blame the high school for his current living situation.

A young woman joined us today who normally served on the 3rd Friday each month. She will be at the beach next week, so she came this week to pass out new socks to the clients. She does this to honor her parents for Mother's Day and Father's Day.

Remember these clients in your prayers and thank you so much for your service to God.



Heart Attacks and Water

Printed a year ago but it's worth repeating...

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? The reason is because gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc.) is level with the kidneys, it is then that the kidneys remove the water because it is easier. The correct time to drink water to maximize its effectiveness on the body:

- ♥ 2 glasses of water after waking up - helps activate internal organs
- ♥ 1 glass of water 30 minutes before a meal - helps digestion
- ♥ 1 glass of water before taking a bath - helps lower blood pressure
- ♥ 1 glass of water before going to bed - avoids stroke or heart attack

A drink of water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Most heart attacks occur in the day, generally between 6am and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Many physicians believe that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. FYI, Aspirin lasts a really long time in your medicine chest, for years, (when it gets old, it smells like vinegar). Throw it away when that happens.

Why keep Aspirin by your bedside? It's about Heart Attacks.

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently. Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up.

However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Then call 911 – Say "heart attack!" - Say that you have taken 2 Aspirins. Phone a neighbor or a family member who lives very close by to come be with you if possible. Take a seat on a chair or sofa near the front door, and wait for their arrival and ...DO NOT LIE DOWN!

Have you had your heart checked out yet? Take the initiative: ask your doctor to order you a Cardiac Calcium CT scan. The score of that test will indicate whether you have need of a cardiologist and further tests and treatments.





ANNUAL HOC SCHOOL SUPPLIES COLLECTION



As we did last year, we will be partnering our school supplies drive with Rock Church, which supplies Meeting Ground and Deep Roots also. Please add to our list of needed items **underwear and socks** for kindergarten and first grade aged students—Girls and Boys.

Please place your items in the box in the Narthex. **Collection will begin on Sunday, August 6th and end on Sunday, August 27th so please plan accordingly.**



SABBATICAL SHARING TIME



Sabbatical Sharing Time

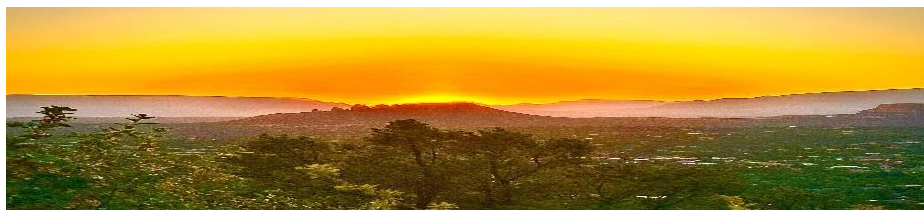
Come hear about Pastor Hilary's sabbatical, ask questions, and see pictures from her travels!

Two opportunities to attend this presentation:

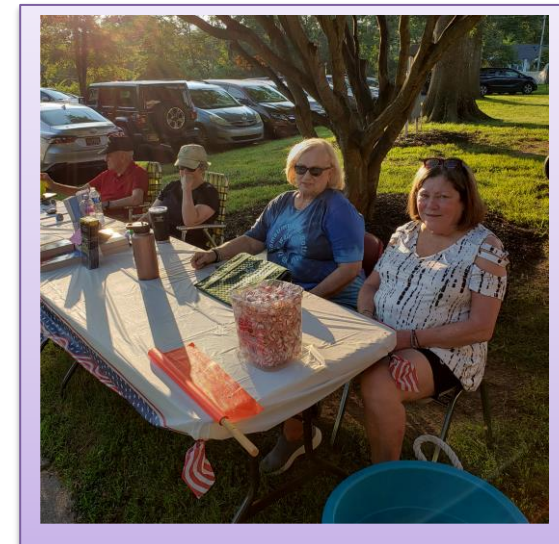
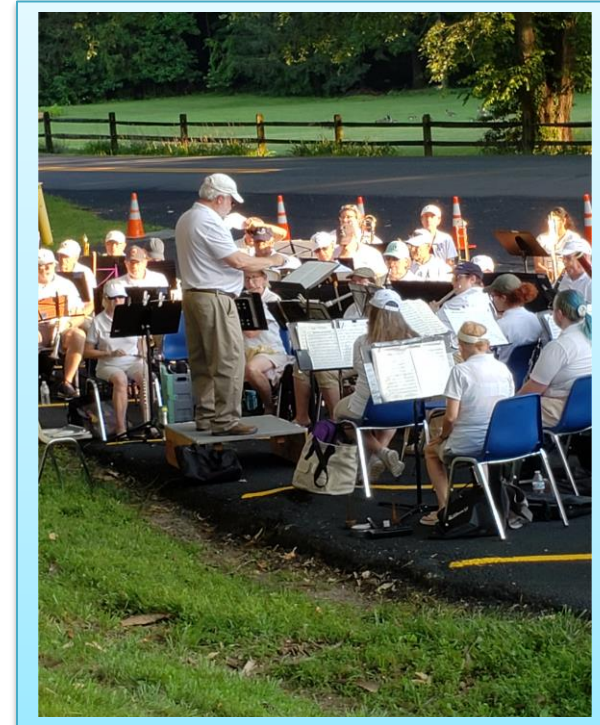
- Sunday, August 13th during coffee hour following worship
- Sunday, September 10th during the Sunday School hour (9:30 – 10:30 AM)

If there is interest, Pastor Hilary may schedule additional presentations.

Please join us!



CONCERT UNDER THE TREES



CONCERT UNDER THE TREES



SUMMER FUN

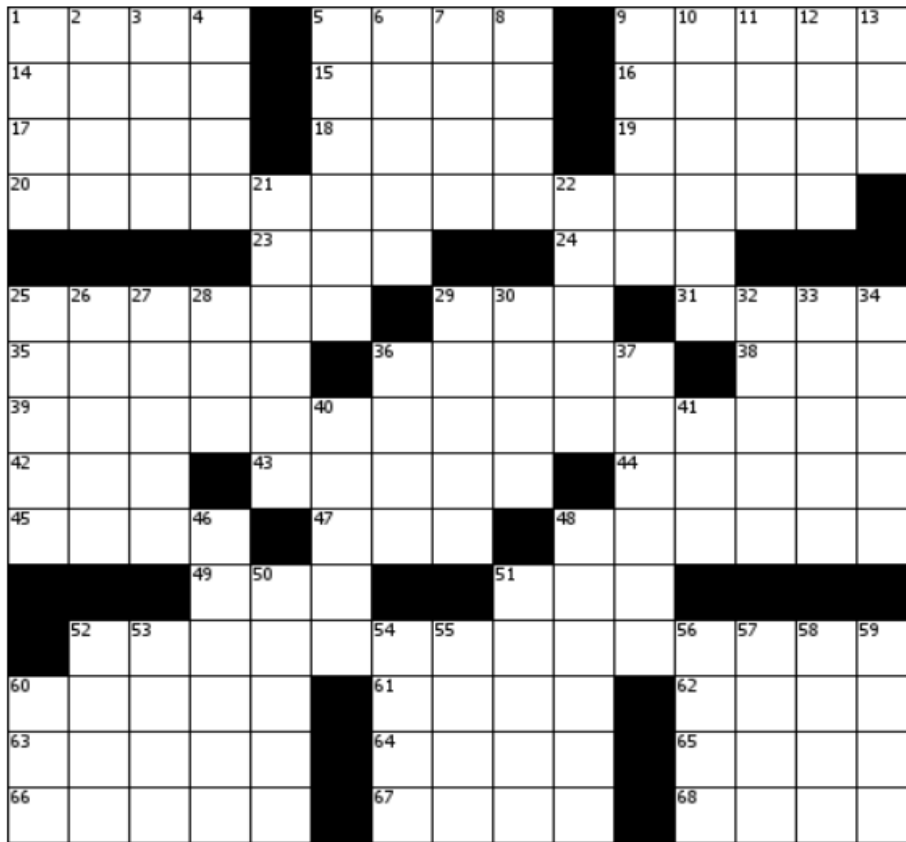
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| BAREFOOT | FISHING | PICNIC |
| BASEBALL | FLIP FLOPS | POPSICLE |
| BEACH | FRIENDS | ROAD TRIP |
| BICYCLE | FRISBEE | SPRINKLERS |
| CAMPING | GAMES | SUNSHINE |
| COOKOUT | ICE CREAM | SWIMMING |
| FAIRGROUND | LEMONADE | VACATION |
| FIREWORKS | OUTDOORS | WATER PARK |



Across

- 1. Law of current flow
- 5. British baby buggy
- 9. Wharf catches
- 14. Jack and Jill's implement
- 15. Jeweler Lalique
- 16. Former enemy capital
- 17. Hemingway's "The Sun --- Rises"
- 18. Dogfight participants
- 19. Stage presence?
- 20. Almost make it
- 23. Agent, shortly
- 24. Named at birth
- 25. Crosby-Hope co-star
- 29. The i's have it!
- 31. Rumors
- 35. Sure way to fatherhood
- 36. Country doings
- 38. Grassland
- 39. Almost made it
- 42. Musical gift
- 43. Like otter fur
- 44. Honshu seaport
- 45. Yucatán "You bet!"
- 47. Antediluvian
- 48. Flatfoot's collar
- 49. Classical preceder
- 51. Parenthesis shape
- 52. Almost make it
- 60. Guy in a whale of a tale
- 61. Hand out
- 62. Family history
- 63. Like lamb chops
- 64. Equal
- 65. "Picnic" playwright
- 66. Type of nut or palm
- 67. Ballerina-like
- 68. Appear

Down

- 1. Milky gem
- 2. Ring above the collar?
- 3. Fail to attend
- 4. Base of a gin fizz
- 5. Partner of wing
- 6. News summary
- 7. Again, in different form
- 8. Fit well together
- 9. Oater feature
- 10. Serving need
- 11. Pony up
- 12. Party pooper
- 13. "Dear" one
- 21. Uncouth chaps
- 22. Emcee's forte
- 25. Pigskin feature
- 26. Vice president Stevenson
- 27. Ties up
- 28. Photo --- (camera sessions)
- 29. Obsolete
- 30. Sound for Old MacDonald
- 32. Pond accumulations
- 33. Security problems
- 34. Gold unit
- 36. Gasohol, e.g.
- 37. Parch with heat
- 40. Bialystock's partner in "The Producers"
- 41. Nation founded in 1948 (Abbr.)
- 46. Ready for commitment
- 48. Main conduit
- 50. Waters of jazz
- 51. Fall flower
- 52. "By ---!"
- 53. Rental space
- 54. Little troublemakers
- 55. Slow flow
- 56. "--- Coming" (Three Dog Night tune)
- 57. Eye receptor cell
- 58. Compulsion
- 59. Pour down
- 60. Slacker's bane



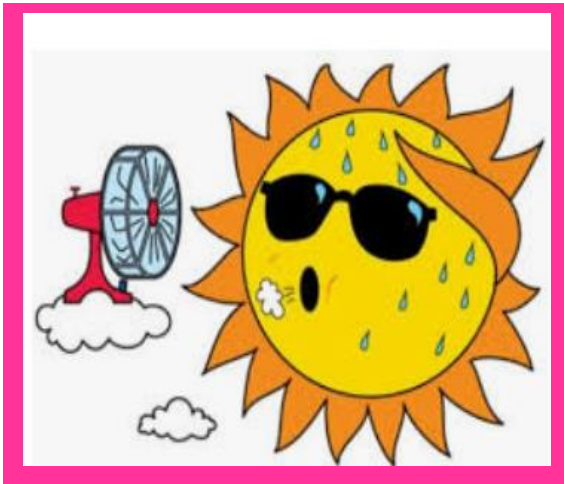
HOC CALENDAR — August Happenings



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|----------------|---------------|---------|--|
| Sunday | Aug 06 | | Pot-Luck Salad Luncheon |
| Monday | Aug 07 | 7:00pm | Admin & Finance Meeting via Zoom |
| Monday | Aug 07 | 7:30pm | Worship Commission Mtg via Zoom |
| Sunday | Aug 13 | 12:30pm | Sabbatical Sharing Time during Coffee Hour |
| Monday | Aug 14 | 7:00pm | Vital Congregations Meeting |
| Tuesday | Aug 15 | | LOOKING TREE DEADLINE |
| Wednesday | Aug 23 | 7:00pm | Mission & Outreach |
| Saturday | Aug 26 | 10-12pm | Crafting To-Gather |



Life is 10% what happens to you and 90% how you react to it.
~ Charles Swindoll



AUGUST BIRTHDAYS



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|--------|--------------------|--------|---------------------|
| Aug 7 | Ed Crispin | Aug 15 | Vanessa Marianiello |
| Aug 7 | Becky Taber | Aug 17 | Jeff Gillespie |
| Aug 8 | Alex Oakes | Aug 17 | Audrey Harper |
| Aug 9 | Nancy Crawford | Aug 23 | Brian Huffman |
| Aug 11 | Christopher Sutton | Aug 31 | Mims Hildabrant |

