



August Quarterly Festival

August 22, 2021 - August 29, 2021

**Corner of Water & South Street, Wilmington
Riverfront Area, Wilmington, DE 19801**

Big August Quarterly is an annual religious festival held in Wilmington, Delaware (sometimes called "Big Quarterly" or "August Quarterly"). Begun in 1814 by Peter Spencer in connection with the "quarterly" meeting (or "conference") of the African Union Church—of the four meetings during the year, the one in August became the "annual conference" of the Church when ministers' assignments for the next year were announced, among other business—it was a time for free blacks and slaves alike to come together (from the multi-state area) and celebrate their faith with singing, dancing, testifying, and feasting. It is the oldest such celebration in the country.

The August Quarterly became a kind of Independence Day for Black people on the Delmarva Peninsula. In the early years of the festival "abolitionists and Underground Railroad conductors of the stature of Thomas Garrett and Harriet Tubman were often in the Wilmington area to assist slaves who chose to escape". The Big Quarterly has remained a time of reunion, religious revival and celebration of freedom for the people in and around Wilmington, Delaware.

COLEMAN & BUTTONWOOD CHURCH
NEWSLETTER



*WERE GLAD TO BE BACK TO
IN PERSON WORSHIP*

11:00AM

ASBURY UNITED METHODIST CHURCH
SOCIAL DISTANCING WILL BE IN AFFECT
MASK NOT REQUIRED FOR THOSE FULLY VAC-
CINATED BUT IF YOU FEEL MORE COMFORTABLE
PLEASE DO WEAR.

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**The Church Bus will be available every  
Sunday going forward, but you must  
contact Bro. Sam Watson**

by no later than Saturday afternoon if you plan to  
ride. Contact must be made with him each week  
by phone or in person. If no one calls, the bus  
won't go out.

**An aide is needed for every trip.**

**The number to call is**

**302-654-8038. Sam's email is  
Sam\_w@comcast.net**

# COLEMAN & BUTTONWOOD CHURCH NEWSLETTER

## Can we Talk? Christian Education

“GOD” morning, afternoon or evening!!! When reading this whichever applies say it back. That’s only common courtesy!!!

Giving God all the praise, glory and honor I come bearing Good News. My dear Coleman Church Family we have an obligation to one another to be UPLIFTING, ENCOURAGING, CARING and SHARING. Also making sure that we grow Spiritually the same way.

On *July 31, 2014* a team was formed to revitalize our *Sunday School*. We used the scripture, “But grow in the grace and knowledge of Our Lord and Savior Jesus Christ”(2 Peter 3:18) as our guide to establish our mission, goals and objectives. *After all Jesus was God’s word incarnated.*

With the Holy Spirit’s guidance we were inspired to teach Bible lessons to our “students” that would magnify their understanding of God’s WORD. Open and constructive discussions about life’s issues with parallel biblical and theological references were engaged. Also various resources were used to usher a greater understanding of Christian Faith and beliefs. We even provided a little nourishment for the body as well.

We continued to hold Sunday School year-round, (rarely missing a Sunday) for at least 61/2 years. We were vigilant and met until Covid-19 guidelines banned church meetings. If you ever attended, I’m sure that you increased your knowledge and or understanding of God’s word.

I want to take time to thank the Team that remained faithful and dedicated all these years. Teachers: Rev. Dr. William Alston (started as co-chair and Bro. Bill now he’s Rev. Dr. ) Sis. Cecelia Vanderhost and Sis Vernita Dorsey. Honorable mention: Is. Virginia Johnson, Sis Carol Moore and Sis. Sibyl Ebanks. We will be celebrating our 7th year Anniversary on August 8th, 2021.

My Sunday School story was to bring about awareness to our Christian Education. Attending worship service is great but is it enough to get the full essence of being a Christian?

Spiritual growth like physical growth needs (2) essentials, food and exercise. Food for us would be God’s word i.e. Jesus Christ. A continuous communion with Jesus Christ is what we need. “*He is the father of life.*” (John 5:26). He gives, nourishes and increases life. Jesus Christ will make you grow with Food of the Spirit. “*I come that you may have life and have it more abundantly*”. (John 10:10) Exercise the life you have been given. Make use of the Spiritual gifts that you possess. Don’t be content with picking up a few shells off the beach. Launch into the deep water and learn as much as you can about the grace, truth and beauty of Our Savior.

Coleman, we are blessed to have Pastors and Church members dedicated to the study of God’s word. They want to help in your growth. Start by praying for knowledge and understanding, as you read the Bible and Devotionals. Join /bible Study, Sunday School and Holy Spirit lead group discussions. Let’s get equipped!! We have a job to do.

“Spreading the Gospel and making disciples to transform the world”

Always remember that God loves you and so do I, and there’s nothing you can do about it.

Sis. Marcelete Banks  
Christian Education Chairperson



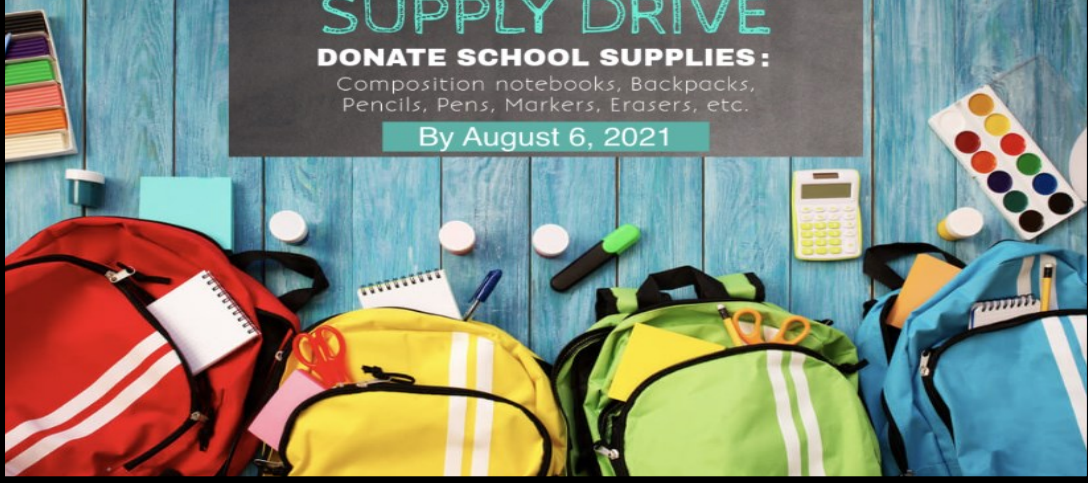
**COLEMAN & BUTTONWOOD CHURCH  
NEWSLETTER**

Coleman Memorial UMC  
**BACK to SCHOOL  
SUPPLY DRIVE**

**DONATE SCHOOL SUPPLIES:**

Composition notebooks, Backpacks,  
Pencils, Pens, Markers, Erasers, etc.

**By August 6, 2021**



**Yesterday was the deadline for dropping off  
school supplies for the Back to School Supply  
Drive**

**However if you have supplies, please bring  
them to TODAY to the Food Distribution.**

**See Sis. Monica or Sis. Semaja**

**Thanks in advance for your donations.**

**Contact Monica at 302-898-7031**

# **FOOD BANK DISTRIBUTION SITE**

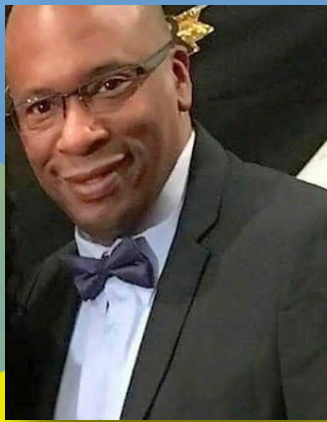


**AUGUST 7, 2021  
11:00AM TO 1:00PM OR UNTIL GONE**

**COLEMAN MEMORIAL UMC  
PARKING LOT  
465 1/2 ANDERSON DR  
WILMINGTON, DE 19801**

**VOLUNTEERS ARE WELCOMED TO ASSIST  
WITH THE DISTRIBUTION. IF ANYONE NEEDS  
A BOOKBAG FOR THEIR CHILDREN PLEASE  
COME OUT BETWEEN 11:00 AM TO 1:00 PM.**

# Spotlight



## Lanell Benson

**Congratulations to Coleman member Lanell Benson who was recently promoted to Vice President of Credit, Quality & Oversight Operations at J.P. Morgan Chase Bank. Lanell has worked at the bank for 35 years in various capacities, working his way up through the ranks to his current role. We are so proud of your accomplishment and know that God is blessing you!**



**Dear Coleman Members,**  
On Behalf of the Finance Team, thank you for being a faithful member of Coleman Church and continuing to support the church with your Tithes and Offering. As of June 30, 2021, our total Tithes and Offering totaled \$58,268.50 or (42%) of the budgeted

\$140,000.00 Tithes and Offering income. Keep in mind, Tithes and Offering is utilized for the operations of Coleman Church such as:

- Salaries, \$36,346.15(including employee taxes) continue to pay our employees during the pandemic to avoid loss of income.
- M&T Bank- \$6,735.30 Church mortgage, to ensure we have a place to worship once the restoration and renovation are completed.
- Church Mutual \$3,190.84 - Insurance premiums on all our properties (church, parsonage, and rental house) to ensure all properties are adequately covered. In addition, we want to make sure we continue to pay our insurance premium since Church Mutual is a great partner as Coleman is going through the rebuilding process.
- Utilities (church & parsonage) \$4,206.42 Telephone, Electric, Water, Sewer & Trash Service
- Apportionment (Conference & District) \$4,433.68 fulfills Coleman's obligation as being part of the United Methodist Conference.

We appreciate your ongoing support; you are a valued member of our church family, and your financial support is making a difference. Please look for your mid-year giving statement which will be coming in the mail sometime next week.

Finance Committee, Lanell Benson, Chairperson

# CHECK THIS OUT!!!



## TENT EXTRAVAGANZA

COMMUNITY EVENT

SATURDAY, AUGUST 14TH 12-4 PM

- Vacation Bible School
- Food
- Games
- Prizes
- Live For Jalen Project Bookbag Giveaway

AUGUST 14TH AND 15TH, 2021

DALE PARKING LOT



JOIN  
US

SUNDAY, AUGUST 15TH 10:00 AM

### Outdoor Community Tent Service

PREACHER: REV. KEN ANDERSON  
SENIOR PASTOR OF DALE & LEE HAVEN

**ALL ARE INVITED-COME AS YOU ARE**

143 EAST  
LAKE STREET  
MIDDLETOWN, DE  
19709

Made with PosterMyWall.com

TREAT FOR ALL WHO ATTEND SUNDAY SERVICE

**Dale UMC is also partnering with us for Youth Sunday School.**

**Those attending are learning and growing. Interested reach out to Sis. Lavante' Dorsey 302-607-1404**

# COLEMAN & BUTTONWOOD CHURCH NEWSLETTER



Reverend Lawrence Pelham is inviting you to a scheduled Zoom Bible Study.

Time: Every Wednesday at 6:30 PM; this is a recurring meeting. Join Zoom Meeting—CTRL Click here: Time: 6:30 pm - 8:00 pm

<https://us02web.zoom.us/j/84853174183?pwd=UWZnUHFmVzFTR0c0bGE2SUVU0QjF5Zz09>

Meeting ID: 848 5317 4183  
Passcode: 450340  
Dial by your location  
+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Washington DC)

## Prayer Request

If you or someone you know is in need of prayer, please email your request to the church Secretary, Sister Mary Trotter at [cmumcde@gmail.com](mailto:cmumcde@gmail.com)

Please provide your name, email address & your prayer request.

- Please note if you **do not** want your request to be included in the weekly newsletter, if not noted it will be included for the entire congregation to pray for you.



- Prayer for the Rebuild & Renew & our General Contractor & workers.
- Continue to pray for all the bereaved families. Including the family of Bro. Thomas Allen during their time of loss.
- Pray for our Pastor (s).
- Pray for all the children.
- Pray for the success of the Capital Campaign, and return to church.
- Pray for the Coleman & Buttonwood Congregations.
- Pray for all those sick & shut-in.
- Pray for peace in your home, job and the world.

## Sunday Worship

Live Streaming Sunday Worship Service. Tune in at 11:00a.m. on Facebook.

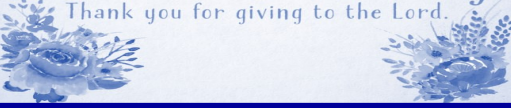
To log into the service go to the Coleman Facebook page or ctrl+ click on the link, <https://colemanmemorialumc.com/>

If your able, call someone without access to live streaming and place the phone next to your computer microphone so they can listen in.

Service will be uploaded to YouTube which anyone with a phone should be able to see within 24 hours. If you miss any sermons go to our website and click on "Sermons" A written copy of the sermon will be emailed out to those we have email addresses for the following week.

## Tithe & Offering

Thank you for giving to the Lord.



### Coleman Memorial

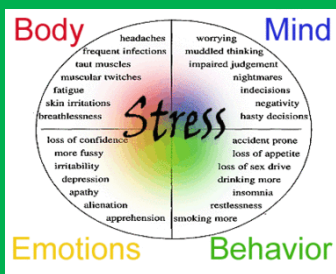
Giving methods: Pay by mailing a check to the church address- Coleman Memorial UMC 465 1/2 Anderson Dr. Wilmington, DE. 19801- mail is being picked up, or via Vanco using the web address below, or if you prefer, through your banks online Bill Pay. <https://www.vancopayments.com> Or CashApp @ \$ColemanMemorial

### Buttonwood

Giving methods: pay by sending a check to P.O. Box 407 New Castle, De 19720 or if you prefer, through your banks online Bill Pay.

## **Common Signs of Stress**

### **Mental symptoms of stress**



**Depression ~ Anxiety**

**Irritability ~ Rapid mood swings**

**Feelings of anger or frustration**

**Feelings of being overwhelmed**

### **Physical symptoms of stress**

**Difficulty sleeping (insomnia)**

**Low energy (fatigue)**

**Headaches**

**Upset stomach**

**Muscle aches**

**Low immune system function**

**High blood pressure**

### **What can you do to decrease stress?**

**Know when your stressed**

**Know why you're stressed**

**Take steps to avoid stress when you can**

**Take a break**

**Take care of yourself**

**Get some support**

**Try a relaxation exercise**

**Vent your frustrations**

**Think positively**

**Be realistic**

**Practice good time management skills**

**Laugh More!**