



The Messenger Aldersgate UMC

A significant place where disciples are made



When Worry Weighs You Down

The Rev. Dr. Kyung-Hee Sa

Anxiety is a shadow that visits even the most faithful believer. It doesn't always announce itself with panic or fear—it often creeps in as restlessness, overthinking, irritability, or a tightness in the chest that won't go away. In our fast-paced, conflict-ridden, and uncertain world, even believers grounded in Scripture and prayer are not immune. So what do we do when worry weighs us down?

In Philippians 4:6–7, Paul writes from prison: ***“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*** Paul offers a surprising invitation: ***Do not be anxious about anything*** That can feel almost impossible—especially when health, finances, relationships, or ministry feel uncertain or overwhelming. But Paul isn't saying we should pretend life isn't hard. He's pointing us to a better way of responding when it is.

He tells us to bring everything—*every situation*—to God in prayer. Not with panic or pretense, but with ***petition and thanksgiving***. This is not a superficial thanks, but a deep spiritual act of trust: “God, even though I don't understand, I know You are still good.” Thanksgiving aligns our hearts with God's character, not our chaos.

When we pray this way, Paul says something extraordinary happens: ***The peace of God***, which is not manufactured by circumstances or human logic, will *guard* our hearts and minds. The word “guard” here is military in tone—like God placing sentries at the gates of your heart and mind. It's not just about temporary relief, but lasting protection. That peace “transcends understanding.” It may not change the situation immediately, but it changes *you* in it. Anxiety often locks our hearts in a prison of “what-ifs.” Peace frees us to live in the “even-if”—trusting that even if life takes unexpected turns, God's presence remains.

So how do we live this out?

1. **Name your anxieties honestly in prayer.** God is not offended by your fears—He invites them.
2. **Practice thanksgiving daily.** Keep a gratitude journal or speak thanks aloud in prayer—even for small things.
3. **Let community support you.** Sometimes we need the prayers and perspective of others to remind us of God's nearness.

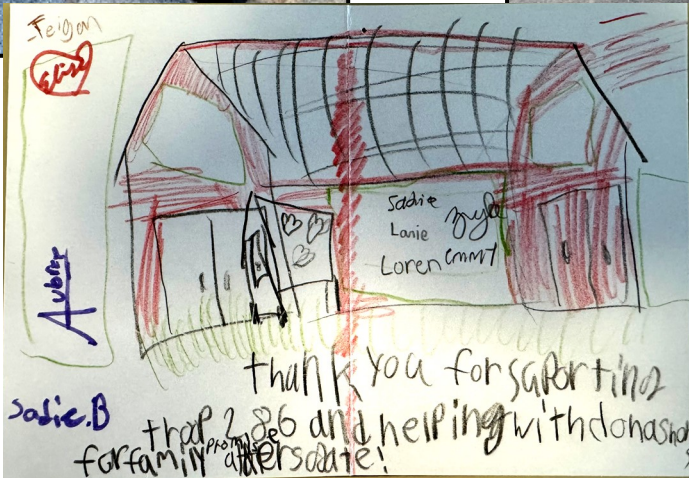
Meditate on this passage regularly. Let Philippians 4:6–7 become a touchstone when your heart races or your thoughts spiral. Anxiety doesn't get the final word. God's peace does. May you carry that promise with you, and may you find rest in the One who holds your heart steady even in the storm.

*The peace of God,
which transcends all understanding,
will guard your hearts & minds.*

Philippians 4:7

Look what we can do when we work together AUMC!

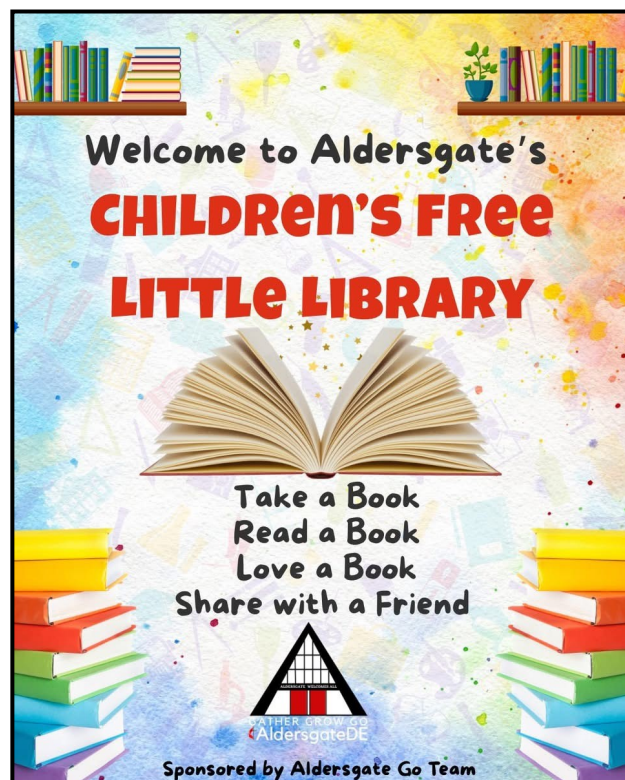
Thank you from the bottom of our hearts for your support of Girl Scout troop 286’s Junior Bronze Award project and for collaborating with us to serve unhoused families receiving services from Family Promise of NCC! You have helped provide at least 9 families with an assortment of towels, dishes and cutlery, as well as bedding and air mattresses to furnish their new homes and have brought joy to their children through donations of crafts, games, and outdoor toys to use while living on campus. Your collaborative efforts with troop 286 and other community donors provided a donation worth over \$1250!



Children's Free Little Library

Check out our new Children's Free Little Library cart. Books for all ages! The cart is outside The Hub during the week and will be in the Narthex on Sunday mornings.

For questions or book donations contact
Stacie DiGiacoma staciedigiacom@msn.com



HOPP Food Distribution - Friday, July 25, 2025

Volunteers are needed to distribute free food boxes/bags provided by the Longwood Foundation's HOPP Ministry to anyone in need in our community. We gather in the Aldersgate parking lot at 12:15 p.m. to set up and get organized, and then distribute boxes from 12:30 p.m. until 1:30 p.m. Volunteers are needed to hold up signs at the curb on Concord Pike, direct the flow of cars to our distribution point as they come in, and place boxes/bags into cars. This is a rewarding, hands-on ministry that directly serves our local community and also provides opportunity for fellowship.



CONFIRMATION/PENTECOST SUNDAY, JUNE 8



Congratulations to Aldersgate's newest members: Sienna Schott, Morgan O'Hanlon, Benjamin Lassiter, Juliette Erskine, and Daniel DiGiacoma



On June 8th, Aldersgate welcomed 5 new members of the church as the Confirmands completed their study. The Confirmands helped to lead the service by participating as Liturgists, Prayer Leaders and Communion Servers. It was a joyful celebration of their spiritual commitment.

MISSION TRIP

Please hold our youth members and leaders in prayer as we travel to Eastern Kentucky to do mission repair work.

July 19 - 25



S.

Pam Downey

Director of Children's and Youth Ministries

Ph. 302.478.2575

pam.downey@aldersgatede.org



08/13 - YOUTH GATHERING

AT THE KELLY'S HOME

SAVE THE DATE!

ADDITIONAL INFO COMING SOON





Congregational Care July 2025 – Cradle Roll to Baptism!

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit - Matthew 28:19 <<https://www.biblestudytools.com/matthew/28-19.html>>

Being a caring congregation means following Jesus' example of servant ministry. We support one another experiencing grief and loss, easing life transitions, or caring for physical or mental illness. Aldersgate is blessed with gifted and compassionate laity who serve one another in need.

Congregational Care is comprised of many care teams. Each month I will highlight one of our teams. This month's highlight is Cradle Roll.

This past winter we re-birthed our Cradle Roll ministry! So far, we've blessed 6 families with handmade layette bags filled with newborn supplies, delivered meals, and sheperded them towards baptism and children's ministry. This spring, 4 families presented their children for baptism (6 children)! What a blessing!

If you know of a baby on the way – a friend, family member, or neighbor who would like to receive a layette bag, meal, and support, please let us know so we can add them to the roll! For more information on how to help us offer a warm Aldersgate welcome to our new tiny friends and their families, please reach out to Cheryl Merritt, cheryl.merritt@aldersgatede.org or Sharon Owens, sdowens@verizon.net, or call the church at 302-478-2575.

-Cheryl Merritt, Director of Congregational Care





Catalyst Update

On May 17, the Catalyst Team travelled to Baltimore to participate in the final retreat of this year's Catalyst initiative sponsored by the Peninsula/Delaware and Baltimore/Washington conferences.

The primary task for the Aldersgate team and the teams from the three other cohort churches was to prepare and be ready to deliver a 20-slide presentation that would provide an overview of and key learnings from our year-long Catalyst experience. The challenge was that Bishop Latrelle Easterling would be in the audience. Bishop Easterling had some good feedback including:



Your observations are very in tune with what's happening now. You're connected and listening.

Shift from "fixing the church" to "seeing all the people" is powerful.

We are in the midst of working with the Lead Team to incorporate the Catalyst approach into Aldersgate's operating model. We recognize that it will take time and will likely be achieved through a series of small changes rather than one big change.

We will also be sharing key learnings with the congregation through presentations during worship.

A poster with an orange background. At the top is a white line-art illustration of a sun rising over wavy lines representing water. Below this, the text reads: "2025 SUMMER SCHEDULE" in a large, serif font; "JULY & AUGUST" in a bold, sans-serif font; "10 AM UNIFIED WORSHIP EVERY SUNDAY" in a bold, sans-serif font; "www.aldersgatede.org" in a sans-serif font; "2313 Concord Pike" in a sans-serif font; "Wilmington, Delaware 19803" in a sans-serif font; "302.478.2575" in a sans-serif font. In the bottom right corner is a logo for "AIDS AT ALDERSGATE" featuring a stylized triangle with a red and white design, and the text "AldersgateDE" below it.

**2025 SUMMER
SCHEDULE**

JULY & AUGUST

**10 AM UNIFIED WORSHIP
EVERY SUNDAY**

www.aldersgatede.org
2313 Concord Pike
Wilmington, Delaware 19803
302.478.2575

Rally Day, Sunday, September 7, Single Service 10 a.m.



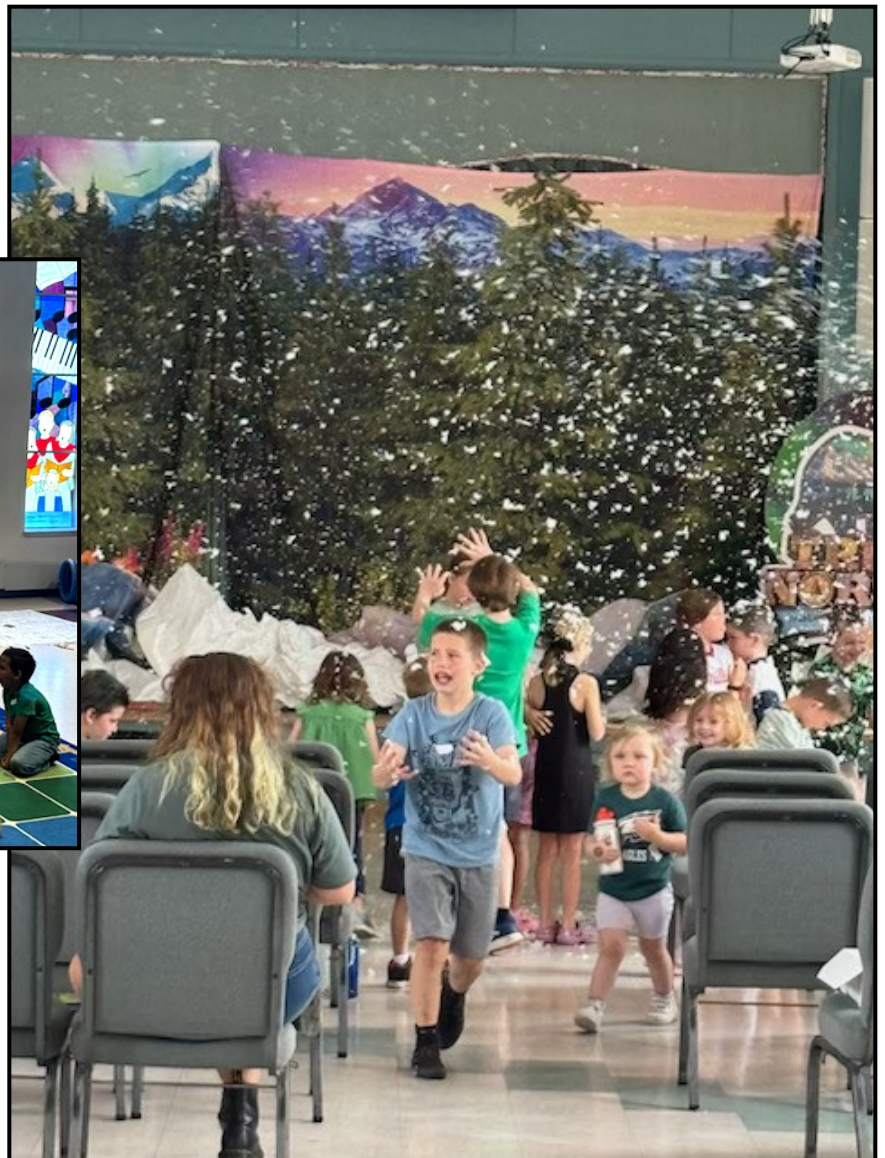
Vacation Bible School 2025

The Aldersgate staff as a team made VBS a great experience. Kevin Botbyl led the Open and Closing times with great enthusiasm. Kyle Smith provided fun and delicious snacks each day. Anastasiia Sidorova led the groups in music fun.

Susan Schranck welcomed each child every morning. Cheryl Merritt helped out welcoming the children and ushering them from station to station.

Volunteers Besty Diemer and Anne Murray led interactive Bible Story Time; Sandy Anderson and Gail Lodge led Imagination Station activities and experiments; Scott Honish and Eric Downey led fun games.

Pam Downey, Director of Children's and Youth Ministries led the team to make a Jesus – filled experience for all. Mic Upcavage created the amazing room environments. And Yes, there was snow!






9 a.m. Service,
June 22—VBS
Presentation





United
Women
in Faith



**HUNGER DOES NOT
TAKE A VACATION**

**HELP FILL THE PANTRY AT
NEIGHBORHOOD HOUSE**

NEEDED: NON-PERISHABLE, NON-
EXPIRED FOOD ITEMS

**COLLECTING NOW UNTIL
JULY 13TH**

COLLECTION FOR THE AUMC LITTLE
PANTRY WILL CONTINUE, AS THE NEED
IS GREAT!

SPONSERED BY CRAZY LADIES AND UWF



FAMILY PROMISE

The first week in June, Aldersgate again answered the call to care for families experiencing homelessness through Family Promise of Northern New Castle County. We partnered with Grace Lutheran Church to provide dinner each night for 5 families.

Each time we host is different, meeting the unique needs of the families. This week we celebrated a 4 year old's birthday with cupcakes! Another family was missing from dinner and then we found out they were in the hospital giving birth to their newest addition!

On our final night serving, Girl Scout Troop 286 celebrated earning their Bronze Award providing dinner and loads of entertainment with all the new outdoor toys they donated to the program. All the kids played well after the dinner hour together!

Thank you to our June servants: Iva Boardman & Mt. Lebanon UMC, Don Temme, Heather Burket & Troop 286, and The Johnston Family

Family Promise provides families with daily case management support from professional staff in their search for gainful employment and sustainable housing. Staff keep in touch with families who graduate from the program to ensure lasting independence. Over 90% remain housed one year post-transition. Aldersgate is just one congregation in the Interfaith Hospitality Network that makes this program possible by providing support for 1 week, 4 times a year.

Our next opportunity to serve is the week of September 7th. To volunteer or find out more please contact Brian at bjmerritt@outlook.com.



Ron and Christine Wesley	July 1	36 years
David Gosse and Sarah Hopkins	July 7	24 years
John and Joy Ericson	July 9	65 years
Brian and Karen Erskine	July 14	20 years
David and Ann Benfer	July 15	65 years
George and Jill McKeown	July 15	36 years
David and Stacie DiGiacoma	July 17	26 years
Roger and J E Maansson	July 17	21 years
John and Sharon Jennelly	July 21	35 years
James and Rebekah Wang	July 25	10 years
Ryan and Nitasha Smith	July 26	12 years
Mark and Mary Jean Wichmann	July 29	30 years
Susan and Jeff Mammele	July 29	53 years



Janet Reaver
May 25, 2025



Owen Joseph Lort, son of Kayla and Andrew Lort

June 1, 2025

Morgan Elizabeth O'Hanlon, daughter of Julia and Kevin O'Hanlon

June 8, 2025



Owen Joseph Lort



Morgan Elizabeth O'Hanlon



2025 SUMMER SCHEDULE

JULY & AUGUST

**10 AM UNIFIED WORSHIP
EVERY SUNDAY**

www.aldersgatede.org

2313 Concord Pike

Wilmington, Delaware 19803

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Aldersgate United Methodist Church—A significant place where disciples are made!

ADDRESS SERVICE REQUESTED

