

# St. Joseph's Church

THE CRADLE OF AFRICAN AMERICAN CATHOLICISM IN DELAWARE



1012 French Street,  
Wilmington, DE  
19801  
302-658-4535 (Tel)  
302-658-2006 (Fax)



PASTOR  
Rev. Paul M. Williams, OFM  
[pw4ofm@aol.com](mailto:pw4ofm@aol.com)

DEACON  
Deacon Robert J. Cousar

**Office Hours:** Tuesday - Thursday, 10 am - 3 pm  
Friday, 10am - 1pm  
**Parish Secretary:** [parishsecretary@stjosephfrenchst.org](mailto:parishsecretary@stjosephfrenchst.org)  
**Bulletin News:** [stjosephsbulletin@yahoo.com](mailto:stjosephsbulletin@yahoo.com)  
**Website:** [www.stjosephfrenchst.org](http://www.stjosephfrenchst.org)

## MASS SCHEDULE

Sunday — 10:00 am      Tuesday to Friday — 12:10 pm  
Saturday Vigil — 5:00 pm      Holy days — As announced

**The Church is open for Prayer & Meditation Tuesday—Friday from 11:30 AM to 1:00 PM.**  
**Confessions are heard on Saturday at 4:30 pm and by appointment.**

Notary Services  
Available  
Upon Request.  
See Loretta Young

### **MARRIAGE:**

All couples contemplating marriage are asked to give the Pastor at least one year prior notice in order to satisfy all diocesan requirements for marriage. All couples must attend either Pre-Cana Classes or make an Engaged Encounter.

### **BAPTISM:**

Before a child is Baptized, the parents and Godparents must participate in a Pre-Baptismal program. Please call the Pastoral Center to make arrangements.

### **NEW PARISHIONERS:**

**Welcome!** We encourage new families moving into the area to stop in or call the Pastoral Center and complete a parish registration form.

### **CARE OF THE SICK AND**

**HOMEBOUND:** The Pastor, Deacon, and special ministers of Holy Communion will gladly bring Communion to anyone who is ill or otherwise unable to get to Mass. The Pastor and Deacon make regular visits to local hospitals. **Please notify the Parish Office if any parishioner is ill or hospitalized.**

**CHANGE OF ADDRESS, EMAIL, TELEPHONE NUMBER:** Contact the Parish Office if your personal contact information changes.

## February 11, 2018 Sixth Sunday in Ordinary Time

- ▶ CCD — Every Sunday following mass in parish center
- ▶ Adult Study Group — Every Sunday following mass in Parish Center
- ▶ **February 14 ~ Ash Wednesday:**  
12:10 pm Mass  
1:00 pm Liturgy of the Word with the distribution of Ashes
- ▶ February 16 ~ Lenten Fish Fry, 11am — 2pm
- ▶ February 25 ~ KPCLA Meeting, in Parish Center, 12:15pm
- ▶ February 26, 27, & 28 ~ Lenten Mission with Fr. John McVoy
- ▶ March 04 ~ Ladies Sodality Meeting — 8:45 am
- ▶ March 10 ~ KPC Monthly Meeting, 9am — Noon

## Black History Activities

CCD Presentations Each Sunday in February at 10:00 AM in Church  
February 11 ~ Health Screenings sponsored by St. Joseph's Health Committee  
Screenings by Chi Eta Phi Nursing Sorority, Tau Eta Chapter  
February 18 ~ Presentation by Author Jeanne Nutter sponsored by KPC Ladies Auxilliary  
February 25 ~ Soul Food Luncheon

### Weekly Collections

The parish requires a weekly collection of \$4,901 to cover expenses.  
Amounts below represent last week's collection and the collection for the same week in 2017.

**February 6, 2018 — \$ 2,116      February 5, 2017 — \$3,094**

## Mass Intentions

February 10, 2018– February 18, 2018

Saturday, 02/10	5:00 PM	People of the Parish
Sunday, 02/11	10:00 AM	
Monday, 02/12	—	No Mass
Tuesday, 02/13	12:10 pm	
Ash Wednesday, 02/14	12:10 pm	
Thursday, 02/15	12:10 pm	
Friday, 02/16	12:10 pm	
Saturday, 02/17	5:00 PM	People of the Parish
Sunday, 02/18	10:00 AM	

### Introduction to the Liturgy of the Word

Just over a month ago we were still celebrating the Christmas season. In another few days we will begin the season of Lent.

This section of Ordinary Time is quite compressed. But it gives us enough time to complete the first chapter of Mark, which we do today. We meet the leper who, cured of his leprosy, cannot keep quiet about what Jesus did for him. He provides an example of the believer testifying to Christ's power.

Fr. Paul

### YOUTH CHOIR

All youth of the parish are invited to join the newly formed choir! The Youth choir will rehearse on the 1st and 3rd Sunday of each month immediately following CCD.

The choir will sing the meditation hymn on the 3rd Sunday beginning in February.

For questions, please see Lorraine Eckrich, Vonda Wright or Danielle Simmonds.



### PARISH STAFF

Pastor: Rev. Paul M. Williams, OFM  
 Deacon: Robert J. Cousar  
 Parish Secretary: Loretta L. Young  
 St. Vincent dePaul Society: Fayette Jackson  
 Director Religious Education: Mary Polk

### Question of the Week

How can our compassion lead us to break barriers and bring healing to others, thereby giving glory to God?

Happy Valentine's Day!



2017 Tax statements were mailed last week. Please email or call the parish office and speak with Loretta Young if you have any questions.

All ladies in the diocese, age 6 and up, who are curious about the group, "ladies of the Blessed Mother", are invited to attend a discussion on our mission and activities.

Please RSVP to Jean 658-2218 or Margaret 656-0813. Refreshments are provided.

### Parish Bus - February Schedule



DATE	DRIVER
Sunday, February 4	Yolanda Mohammed
Sunday, February 11	Vanel Fleury
Sunday, February 18	Daniel Mims
Sunday, February 25	Vanel Fleury

**Flu & Cold Season:** Please take precautionary measures such as washing hands often and thoroughly. If you are under the weather take care not to share your misery at the sign of peace and at Holy Communion by sharing the Cup. We will all bless you for it.

# Lenten Fish Fry

## Order Form

Call: 302.656.5562

DATE:

Name:

Pickup Time: NOW OR \_\_\_\_\_

	<u>Qty</u>	<u>Cost</u>
Sandwich (\$6)	_____	_____

Dinner (\$10) (With 2 sides & Beverage)	_____	_____
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Dinner #1   Dinner #2   Dinner #3

- Green Beans

- Cole Slaw

- Collard Greens

- Mac & Cheese

- Potato Salad

Extra Sides (\$2) - Specify \_\_\_\_\_

Extra Beverage (\$1) \_\_\_\_\_

Donation (\$) \_\_\_\_\_

Total \$ Due \_\_\_\_\_

Paid \_\_\_\_\_ (Initials)

Sponsored by the Knights of Peter Claver—Council 383  
St. Joseph's Catholic Church ~ 1012 French St., Wilm., DE

# Happy Valentine's Day!

## The history of the holiday

*St. Valentine's Day is a religious holiday. Do you know, who was St. Valentine? One of the legends says, he was a Christian priest, who had been thrown in prison for his teaching. On February, 14 Valentine was beheaded, not only because he performed a miracle—he cured the jailer's daughter from her blindness the night before he was executed—but he wrote a letter to the girl signing it «From your Valentine».*



### Lenten Reflection Booklets

This year's book of reflection is titled Finding Peace in Lent. It offers reflections on the Saint Francis Peace Prayer. Be sure to pick up a booklet and prepare to revive your personal prayer and commitment to living the gospel.

### Fast and abstinence

Fridays in Lent are days of abstinence. All Catholics who are fourteen or older are obliged to abstain from meat on those days. Those who are eighteen, but not yet sixty are obliged to fast on Good Friday. Fasting is eating only at mealtime and then not as much as usual, just enough to get by. Common sense applies; eat what you need to be healthy. And be mindful of those who are hungry.

### Pastoral Visits

If you or a family member are ill at home or have been hospitalized and would like Fr. Paul to visit, we encourage you to call the parish office. Please do not pass the information among friends and assume that the pastor will get the message. Often times, friends get busy and forget to call the office on your behalf. The best and sure way to communicate your family need for a pastoral visit is to call or email the parish office.

# Happy Birthday!

## February

Jean Brysson	01
Jessica Chaplin	01
Sam Donahue	02
Zoe Donahue	02
Seth Eckrich	02
John Polk, Jr.	02
Brenda Burns	04
Samia Hopson	04
Denise Scales	04
Daniel Caesar	05
Bernard Pearce	10
Sidney Abili	13
Joseph Persaud	14
Le'Verne Cecere	15
Brenda Daye	15
Marcus Small	15
Terrence Clark	16
George Winston	16
Lorraine Eckrich	16
Kaeman Saunders	18
Tyiesha Enwerem	19
Timothy Skidmore	19
L'Ause Dye	20
Jacqueline Loosarian	21
David May, III	21
Kathleen Hodges	23
Dianne Skidmore	22
Marlyn Rashad	23
Albert Scales, Sr.	23
Nicole Martin-Henry	24
Chanae Council	25
Mattu Pennoh	25
Martin Taylor	25
Brian Glynn	26
Kevin Daye	27
Daniel Mahler	27



*Note: Apologies if your name does not appear on the birthday list. If this is the case, please call the parish office at 302.658.4535 or email the parish secretary at parishsecretary@stjosephfrenchst.org Please include your*

## Liturgy Schedule

### February 2018



#### **Saturday, February 3, 10:00 am**

Herb Sterling ~ Lector  
Debbie Sterling ~ Eucharistic Minister

#### **Sunday, February 4, 10:00 am**

J. Wright ~ Altar Server  
Deidre Ann Robinson ~ Greeter  
Stephen Thorpe, Lector 1  
Geraldine Cochran, Lector 2  
Stacey Lowery ~ 1st Eucharistic Minister  
Denise Scales ~ 2nd Eucharistic Minister

#### **Saturday, February 10, 5:00 p.m.**

Vernon Taylor ~ Lector  
Loretta Young ~ Eucharistic Minister

#### **Monday, February 11, 10:00 am**

Roberto Rivera ~ Altar Server  
Kyle Hopson ~ Greeter  
Andrea Queen ~ Lector 1  
Jasmine MacFarlane ~ Lector 2  
Barbara Pulliam ~ 1st Eucharistic Minister  
Delores Spencer ~ 2nd Eucharistic Minister

#### **Saturday, February 17, 5:00 p.m.**

Loretta Young ~ Lector  
DeAnna Cardenas ~ Eucharistic Minister

#### **Sunday, February 18, , 10:00 am**

Ramaj Gray ~ Altar Server  
Fayette Jackson ~ Greeter  
Kevin O'Connell ~ Lector  
Stephanie Bolden ~ Lector 2  
Pat Rafter ~ 1st Eucharistic Minister  
Janice Jolly ~ 2nd Eucharistic Minister

#### **Saturday, February 24, 5:00 p.m.**

S. Bolden ~ Lector  
Denise Scales ~ Eucharistic Minister

#### **Sunday, February 25, 10:00 am**

Joaquin. Ledesma ~ Altar Server  
Marrissa Ledesma ~ Greeter  
Herb Sterling ~ Lector  
William Ray ~ Lector 2  
Denise Scales ~ 1st Eucharistic Minister  
Denise McIntyre ~ 2nd Eucharistic Minister

## Parish Leadership

**Parish Council** is advisory to the pastor on matters of the church such as the mass schedule, improvements to the building, parish social life, etc. The Council meets on the third Wednesday of each month at 6:30 pm and all parishioners are invited. **Parish Council does not meet in June, July, August or December. The next meeting is February 21, 2018.**

Fr. Paul Williams, President  
 Deacon Cousar, Ex Officio  
 Linda Abili Vincent Caesar  
 Kathy Hodges Chantal Jackson Derrick Johnson  
 Deirdre Robinson Damita MacFarlane  
 Doris Matthews John Rando  
 Cheryl Riviere Loretta Young

The **Finance Committee** is responsible for helping the pastor with creating and managing the budget and to ensure the parish is fiscally sound. Members are appointed by the pastor and meet quarterly. Current committee members are:

Deacon Bob Cousar, Chair  
 Dana Crumety  
 Judy Gallagher  
 Herb Sterling  
 Bertley Wharton

### TRIP TO THE BATHROOM

Little people sometimes find it necessary to make a bathroom visit during mass to relieve boredom if nothing else. Fellowship hall and the bathrooms are unsupervised and accessible to outsiders. For the safety of our little ones, their grown-up should accompany them when they take a break. Nothing has happened and we want to be sure it doesn't.

### Parking Lot

During the weekdays, the parking spaces are not available. In addition, please do not park in the pastors' or volunteer parking slots. These slots are available on Sunday, but never during the weekday. If you have a special request, please call the office. Thank you.

## Sunday Morning Fellowship

We've been blessed to have the coffee and pastries donated on each Sunday of the month as indicated below.

- ◆ 1st Sunday - Ladies Sodality
- ◆ 2nd Sunday - Knights of Peter Claver and Ladies Auxiliary
- ◆ 3rd Sunday -
- ◆ 4th Sunday - Krispy Kreme donuts hosted by Kathy Hodges



**Thank You!**  
 Thank You!

## THANKS FOR BEING HERE!

If you would like to become an ACTIVE member of Saint Joseph's Parish we invite you to complete the Parish Registration form below and place the completed form in the Offertory basket or send to the Parish Office. Someone from the Parish Office will contact you.

## Saint Joseph Catholic Church Parish Registration Form

Last Name: \_\_\_\_\_

Full Name: \_\_\_\_\_

Birthdate: (month, date, year) \_\_\_\_\_

Church of Baptism: \_\_\_\_\_

List all resident family members you wish to register at Saint Joseph's and the relationship of all.

\_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

\_\_\_\_\_

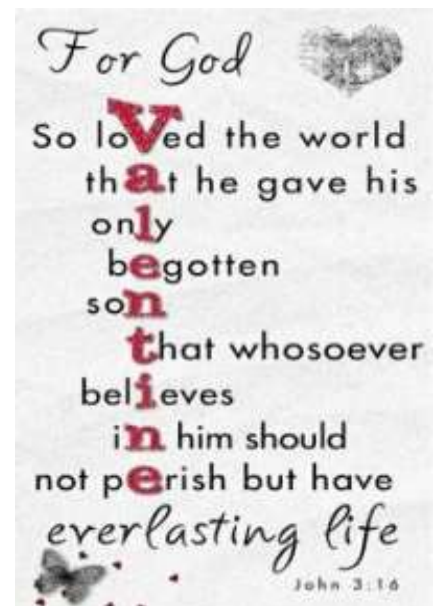
Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Cellular Phone: \_\_\_\_\_

\_\_\_\_\_

Home Telephone: \_\_\_\_\_



# ST. JOSEPH'S PARISH LIFE AND NEWS



## ***The Sodality honors the Blessed Mother***

through prayer. These ladies faithfully pray the rosary each Sunday before mass and they pray continuously for the parish, the city and for individuals in need of the intercession of the Blessed Mother. If you would like to join this ministry, please contact Denise

Scales on 302.368.9881.

## **JUNIOR SODALITY**

The Jr. Sodality mission statement includes:

having a deeper appreciation and understanding of others by enriching values of respect, responsibility and sharing with the guidance and example of St. Joseph Senior Sodality. Making a difference by bringing joy, love and refreshments to brighten the lives of others including St. Joseph community and the shut-in, hosting a luncheon for those less fortunate, sharing in the ministries of the church and participating in the Angel Tree Adopt A Child Program. ALL YOUNG LADIES, 6 TO 14, IN THE DIOCESE ARE INVITED TO ATTEND. PLEASE CONTACT

Jean Toy, 302.658.2218,

Margaret Levesque, 302-656-0813, or Lorenza Hinds, 302-574-0057. FOR INFORMATION. THANK YOU.

## **Buy gift/ pre-paid cards for a good cause.**

Please consider buying gift/ pre-paid cards for everyday items & gifts. Proceeds are used to support the mission of the Knights of Peter Claver, such as service to the Church, assistance to the needy and youth scholarship. Order forms are in the back of the church or online. For information, phone 302 598 0448; Email:

kpc.scrip@stjosephfrenchst.org

Web: [http://kpc.stjosephfrenchst.org.KPC\\_ScripFundRaisingInfo.pdf](http://kpc.stjosephfrenchst.org.KPC_ScripFundRaisingInfo.pdf)

**BAYLOR PRISON MINISTRY:** Every Friday morning, parishioners and friends brighten the lives of women who are incarcerated. On the first and third Friday, Fr. Paul celebrates mass. For additional information, please contact Rose Henderson, 302-762-9044.

## **Stock the Pantry - Catholic Charities Non-Perishable Food Donations**

A barrel for non-perishable foods is located in the vestibule of the church. Please help to replenish their food closets by contributing non-perishable food items as well as personal hygiene items such as soap, toothpaste, tooth brushes, etc. To make a cash donation online, visit <https://www.cdw.org/ccdonation.html>.

**Knights of Peter Claver and Ladies' Auxiliary** is comprised of over 18,000 Catholic family members. We continue our expansion efforts welcoming all Catholics to join. Our purpose is to render service to God and His Holy Church. If you would like to join our organization please see Grand Knight Vincent Robinson or Grand Lady Brenda Burns.

## **FOR THE SAKE OF GOD'S CHILDREN Reporting Allegations of Child Abuse to Authorities**

1. Division of Family Services at 1-800-292-9582
2. State Attorney General's Office 302-577-8310
3. Report to Fr. Paul, Deacon Cousar or Loretta Young
4. Report to Diocese: Vicar General 302-573-3118



## **St. Joseph's Book Club**

Meets in the Parish Center.

Bring your book, a friend, snack, and your insights to this lively discussion. The next books are:

**Long Way Gone, by Ishmael Beah** meeting date is **Monday, March 19, 7:00PM**

**Orphan Train, by Christina Baker Kline**, meeting date is **Monday, May 21, 7:00PM**

Please see Geraldine Cochran for additional information.

## **ST. JOSEPH CHOIR**



If you would like to help us celebrate the Mass and get extra credit, (because you know when you sing you are praying twice), please come and join the St. Joseph Choir. We rehearse and sing every Sunday, except 4<sup>th</sup> Sunday, in the Parish Center Conference Room at 9:15 AM. If you are interested, please see DeAnna Cardenas after Mass or call the Parish Center and leave a message. Thank you!

## **WILMINGTON DIOCESE GOSPEL CHOIR**

WDGC sings at St. Joseph on the fourth Sunday and throughout the Diocese during the year. For information, call Brenda Burns at 302-322-6899.

**Emergency contact** == To contact the pastor after hours, call the parish number. The messages are checked every few hours, the first thing in the morning and the last thing at night. When the pastor is away, the parish secretary checks the phone frequently and will notify the pastor if there is a grave situation.

## **RCIA (Rite of Christian Initiation for Adults)**

The journey of faith is a process that takes time. Please contact the pastor about taking steps leading to initiation as a Catholic Christian. If you know someone who needs special invitation, please inform the pastor. The whole church is built up when an adult embraces the faith. We need to embrace those called by Christ.

## THROUGHOUT THE DIOCESE



Jesus' compassion for the leper leads Him to heal the man of his ailment. It is this same compassion that leads Christ to heal each of us. His love goes beyond sympathy and shows how to truly be empathetic. His love for us is so profound that He feels our pain. He wants us to turn to Him so He can relieve this pain, and make us stronger. Are there things in your life that you currently struggle with? Jesus wants to hear about them, and He wants to help. During these times we often need assistance to understand how the Lord is directing us. In these moments one should turn to a priest or spiritual director for aid and understanding. Jesus is always with you, and

**Help kick off a year to remember!  
Diocesan 150<sup>th</sup> anniversary  
to begin March 3<sup>rd</sup>.**

You are cordially invited to join Bishop Malooly at the Diocese of Wilmington's Sesquicentennial Kick-off Mass on Saturday, March 3, 2018 at 12:00 p.m. at the Cathedral of Saint Peter, Sixth and West Streets in Wilmington. Gather and pray with Catholics from across Delaware and Maryland's Eastern Shore to celebrate the 150<sup>th</sup> anniversary of the founding of the Diocese of Wilmington by Blessed Pope Pius IX on March 3, 1868.

**11 February 2018  
6th Sunday in Ordinary Time**

In today's first reading, the healing ministry of the priest is revealed in the Old Testament. In the New Covenant, priests heal in a variety of ways, most notably through the sacraments of Reconciliation and the Anointing of the Sick. Is God calling you to serve His Church as a priest? Please speak with your pastor or call or write Father Norm Carroll, Diocesan Director of Priestly and Religious Vocations (302-573-3113 or [vocations@cdow.org](mailto:vocations@cdow.org)). Be sure to visit our website: [www.cdow.org/vocations!](http://www.cdow.org/vocations!)



Listen to Catholic Forum every Sunday morning at 10:05 a.m. on WDEL 101.7 FM, 1150 AM and [www.wdel.com](http://www.wdel.com). Next Sunday, February 18<sup>th</sup>, author, Tommy Tighe, will discuss his best-selling book, "The Catholic Hipster Handbook." For photos, information regarding upcoming guests, podcasts and more, "Like" Catholic Forum on Facebook at [www.facebook.com/catholicforum](http://www.facebook.com/catholicforum). Listen to past episodes of Catholic Forum online at [cdow.org/](http://cdow.org/) communications or search "Catholic Forum" on Apple Podcasts or iHeartRadio podcasts.

### *Office for Marriage and Family Life*

by Susan Vogt, [www.SusanVogt.net](http://www.SusanVogt.net)

#### **MARRIAGE MOMENTS**

This year Ash Wednesday and Valentine's Day are both on February 14. How might we reconcile these two seemingly opposite themes? The Ash Wednesday reading beckons you to "Return to me with your whole heart. (Joel 2:12) The "me" can be God or the spirit of God within your beloved.

#### **PARENTING POINTERS**

Ash Wednesday is February 14. Prepare for Lent by talking with your family about how this can be a time of generosity and mercy (forgiveness). Think about ways your family can live more simply.

### *Rediscover the Love in Your Marriage!*

**Is your marriage going down the right road . . . or is it a little off track?**

**Life can be difficult, and so can the challenges you face in marriage.**

Does the distance between you seem wide? Are you already separated? Looking for a better way? *Retrouvaille* (retro-VIE) can help and offers hope for a better relationship. Retrouvaille is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy and heal, just as they have done in their own marriages. Retrouvaille is Christian-based, and Catholic in origin, but welcomes couples of all faiths as well as non-religious couples. Retrouvaille can help get your relationship back on track. **There are 2 programs coming up at the Family Life Center in Malvern, PA: February 16-18, and April 13-15.** For more information, or to register for one of our weekends, visit our web site at: [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org) or call 1-800-470-2230. All

## IN OUR THOUGHTS AND PRAYERS

**PLEASE REMEMBER AND PRAY FOR OUR SICK AND SHUT-IN, AND THOSE WHO SERVE IN THE MILITARY**

Adia Bracy	Donald Evans	Serafim Bairos	Nellie Lawrence	Rose Henderson
Ronald Toy	Joanna Warren	Adele & Fred Reed	Kendra Denhardt	Jessica Fullman
Leta Johnson	Delores Tuller	Lee Newman	James Thomas	Donna Scott May
Tanya Wilson	Mark Gallagher	Leonard J. Young, Jr.	Barbara Stacey	Elizabeth Ponder
Jeffrey Britton	Tony Dash	Jane McDonald	Giuseppina Fazzone	Arlene Watson
James Henderson	Doris Gallagher	Mary Joan Thompson	Jemison Asante	Jolene Tyson
Ethel Barrett	Gerry Reybold	London Louise Simmonds	Vivian Priest	John Polk
Sean Willis	Jean Toy	Charlie Anderson	John Thompson	Christian Coleman

### February is Stock the Pantry Month for Catholic Charities

Participate in Catholic Charities semi-annual “Stock the Pantry” project throughout the month of February! One in five families often must choose between making a rent or utility payment and buying food. In a single month, Catholic Charities distributes approximately 15,000 pounds of food throughout the Diocese!

You can support our most vulnerable neighbors by making a donation of non-perishable food items. Drop off items like canned meats, soups, fruits, and vegetables; boxes of pasta, cereal, baking mixes; jars of peanut butter and jelly; coffee, tea, and powdered milk at any Catholic Charities location. Catholic Charities will also accept gift cards to local grocery stores or cash donations. You can find the nearest Catholic Charities service center at [www.cdow.org/charities](http://www.cdow.org/charities), or call 302-655-9624. Those in need of food assistance should call the nearest Catholic Charities location.

### Annual Mission Breakfast of Champions

Sponsored by the Delaware State Council of the Knights of Columbus to recognize the sacrifices by our young people for mission work.

The Breakfast of Champions will be held at St. Helena’s Church Wilmington, DE on Sunday, March 4, 2018.

The event will begin with Mass at 10A.M. in the Church with Bishop Malooly presiding followed by the breakfast in the Church Hall at which the annual awards will be presented.

A reply form is attached for you to indicate the members of your school or religious program who will attend. Please reply by Friday, February 23. You may also telephone the office (302-573-3104) to advise if you will attend.

## Delmarva Power Workshop

Do you have questions about your gas/electric bill?  
Are you struggling paying your bill month to month?  
Have you received a shut off notice from Delmarva Power?



A Customer Care Representative will be on site to offer information about energy conservation programs, billing options offered by Delmarva Power that can help get your monthly bill under control, and where to apply for funding to assist with your bill. If you wish to speak to a representative about your account specifically, please bring a copy of your Delmarva Power bill (or have your social security number available).



**Friday, February 16, 2018, 10AM-12PM**  
601 New Castle Ave, Wilmington, DE 19801

Call 302-655-6187 ext. 800 for more information



The Delaware Diabetes Self-Management Program

## FREE Diabetes Education Classes

Henrietta Johnson Medical Center  
601 New Castle Ave, Wilm., DE 19801

March 6 – April 10, 2018

Six week workshop- Tuesdays from:  
2:00 p.m. – 4:30 p.m.

Dates: Tuesday’s 3/6, 3/13, 3/20, 3/27, 4/3, & 4/10

### More knowledge about diabetes can:

- Help prevent and/or delay health complications
- Improve your A1C (quarterly blood sugar reading)
- Help people with the disease understand the importance of an action plan for diabetes control
- Improve diabetes self-management
- Help understand the value of communication

### More knowledge about diabetes can improve your life!



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Diabetes and Heart Disease Prevention and Control Program

**Call today and sign up for free classes!**

For more information or to sign up contact:  
Lynn Jones 302-655-6187 ext. 221