



The Doulos

Doulos: Greek n. "servant"



DILLSBURG BIC CHURCH MONTHLY NEWSLETTER

OCTOBER 2018

Music as Therapy

By Rachel Pease

In my job at Messiah Lifeways at Messiah Village®, I recently had the privilege to work with a resident and donor who funded an exciting new music therapy program to benefit nursing residents.

Although I had long been aware of the value of music to lift spirits, awaken memories, soothe distress and provide an outlet for emotion, I had no idea that music therapy is a professional, research-based discipline in its own right.

In talking with several board-certified music therapists, they shared stories with me that nearly moved me to tears. Stories of slumped over, nonresponsive clients who straightened up and even sang along. One client was able to communicate to a spouse through song and hold a conversation to the tune of a familiar melody, even though she was unable to speak or communicate any other way. Music therapy sessions were the only time this client's spouse caught a glimpse of his wife the way she used to be.

Learning all of this made me stop and think about the powerful—and therapeutic—impact of music in my own life.

Last year at around this time, I was living through the darkest period in my adult life as I realized that our family's move to Indiana was a mistake.

A former colleague from Mount St. Mary's University, who had become the president of a university in Fort Wayne, Ind., recruited me to join his administration as vice president for institutional advancement—a position that came with prestige, a high salary, a company car and many other head-turning perks. This seemed like too good of an opportunity to pass up,

and our family made the move. It didn't take long for me to realize that if something seems too good to be true, it probably is. It quickly became clear that I had taken on the type of challenge that would cost me dearly on a personal level.

Oh, how I lamented the foolishness of my decision to take a job that offered so many perks and benefits, but that cost me much of what I held most dear—time with family at the top of that list. At that time, the only music I wanted to listen to was brooding and sad. The music of Sarah McLachlan, in particular, helped me to emote and process what I was feeling. I would listen to the song "Fallen" and cry as the words described my situation so precisely.

"Heaven bend to take my hand and lead me through the fire / Be the long awaited answer to a long and painful fight / Truth be told I tried my best / But somewhere along the way / I got caught up in all there was to offer / But the cost was so much more than I could bear / Though I've tried, I've fallen / I have sunk so low / I messed up / Better I should know / So don't come 'round here and tell me I told you so."

Part of what music therapists do is help clients identify what they are feeling and process those feelings. The music I listened to during these hard months helped me to admit where I had gone wrong and analyze how I had strayed from my values. Another song that spoke to this reality was "From Now On" from the soundtrack of the film "The Greatest Showman."

"I drank champagne with kings and queens / The politicians praised my name / But those are

Continued on Page 2



Dillsburg BiC Staff

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Senior Pastor



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Administrative
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**Dillsburg Brethren in Christ**

Doulos Editor: Carolyn Kimmel

Layout: Anne-Marie Brandt

Please send submissions for the
November 2018 issue to:

carolynkimmel@comcast.net

or place them in Carolyn's church
mailbox by **October 8th.**

Continued from Page 1

someone else's dreams / The pitfalls of the man I became / For years and years / I chased their cheers, a crazy speed of always needing more / But when I stop and see you here / I remember who all this was for / From now on these eyes will not be blinded by the light / From now on / what's waited till tomorrow starts tonight, it starts tonight / Let this promise in me start / like an anthem in my heart / From now on"

The song then breaks into a rousing chorus that repeats "And we can come back home / and we can come back home / home again!" This song was instrumental in inspiring me to admit we had made a mistake and come back home. I'm so glad we did.

These days, the song "My Lighthouse" by Rend Collective is on repeat on my iPhone. The lyrics remind me that God was with me through the dark moments of the last year and that He is my lighthouse who guided me safely through the storm.

"In my wrestling and in my doubts / In my failures You won't walk out / Your great love will lead me through / You are the peace in my troubled sea. / In the silence, You won't let go / In the questions, Your truth will hold / Your great love will lead me through / You are the peace in my troubled sea. / My lighthouse, my lighthouse / Shining in the darkness. I will follow You / My lighthouse, my lighthouse / I will trust the promise / You will carry me safe to shore"

This song, with its rousing beat and hopeful lyrics, causes my spirit to soar and makes me want to dance—in the car, in the kitchen, in the office, or wherever I happen to be. It causes me to praise God for leading me safely through the storm.

Music has the power to help us through many situations in life. It can help us lament and it can also help us praise. It can help us to reflect, to internalize good teaching, and encourage one another as we journey through life.

Ephesians 5:19 instructs us to "speak to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord." I believe God created music as one of His best gifts, and I'm eternally grateful for the therapeutic value it has had and will continue to have in my life.

*Sermons
& Scriptures*

Oct. 7	The War – Battleground (also Worldwide Communion Sunday)	Col 1.15-20
Oct. 14	The War – Comrades	Dan. 10
Oct. 21	The War – Weapons	Eph. 6.10-20
Oct. 28	The War – Strategies	Luke 10:1-24

Leadership Council Report

By Avis Whitesel

The full minutes of the Leadership Council meeting are located on the bulletin board in the lobby.

If you would like additional information or to follow up on any items, please contact a Leadership Council member, Mike Beachy, Clarence Brubaker, Pastor Rob Douglass, Phil Engle, Christie Gustafson, Gary Lebo, or Avis Whitesel.

OCTOBER EAT 'N RUN MENUS

Anne-Marie Brandt and Sarah Hoover are co-leading and looking for assistance in setup, meal prep, serving and clean up.

Serving time is 5:15 p.m. to 6:00 p.m. to allow reset time before the rest of the evening's activities. Helpers will eat together at 4:30 p.m.

The meal is free and open to the community.

OCT. 10, 2018

HOMEMADE CHICKEN CORN SOUP,
ROLLS/CORN BREAD
FRESH VEGGIES
FRESH FRUIT
DESSERT

OCT. 24 2018

MAKE YOUR OWN LOADED BAKED POTATOES
WITH TOPPINGS
TOSSED SALAD
FRESH FRUIT
DESSERT

WE WILL HAVE
GLUTEN-FREE
OPTIONS!!

Adult Sunday School
Winter 2017-2018

Church History

Early Church Through Reformation



Several years ago, I received a picture of a note that was written to one of the girls at the club where Peace Promise ministers.

She had the note pinned to her mirror in the dressing room. It was so important to her that she wanted to be able to see it every time she sat down to get ready for the evening ahead. That note expressed God's love for her and the love of a group of ladies who cared enough to keep her in their prayers.

That group of ladies belonged to Dillsburg BIC.

I have been told over and over again how much a note means to these women. They really don't believe that someone outside, especially from a church, would care about them. Since then, we have been sending 24 notes along with a cooked meal every other month or so for these women who are precious in the sight of God.

For the past couple of meals, I have written all 24 notes myself. This is difficult, and so I am asking if there is anyone who would like to help in writing maybe six notes to send along with the meal. If you would like to help please call or email me. Our next meal will be on November 15th. Call at 717-432-4240 or email strayered@aol.com

Thank you!

*We need your help!
Company is coming!*



Upcoming Host Week October 28-November 4, 2018

Come help us share the Love of God with our Family Promise guests.

*Mission: empowering families through relationships and skill building
to move from homelessness to home.*

www.dillsburgbic.org/family-promise

Sign-up sheets online

- Set-Up Volunteers (October 28 - after Service)
- Meal Volunteers - Daily (Drop off at 6 P.M.)
- Fellowship Volunteers- Daily (6 P.M.-8:30 P.M.)
- Children Fellowship Volunteers (play with kids! Daily 6P.M.-8:00 P.M.)
- Overnight Hosts- Daily (8:15 P.M. -6:45 A.M.)
- Takedown Volunteers (November 4 - 7 A.M.)
- Laundry Volunteers (week of November 4th)
- Van Drivers - Daily
- Supply Food Donations

Family Promise Coordinators

Anne-Marie Brandt: 717.421.4706
abrandt@teambrandt.net

Sarah Hoover: 717.829.6921
sarah@whoover.com



*I would like to **thank you** most sincerely for your kind support of Paxton Ministries. You matter to us! Your gifts are making a difference in the lives of our residents, offering hope by reminding them that they matter.

Jodie Smiley, Executive Director, Paxton Ministries

***Thank you** for standing with SIM as together we share in word and deed the good news of salvation found in Jesus Christ. Thanks for your support of Matt and Julie Walsh, and thank you for your support of Open Door Development. It's a pleasure to partner with you!

Bruce Johnson, President SIM USA

*Our Bottle Blast is winding down, and we are praising God for the results. In your congregation, 45 bottles were taken and \$799.58 has been received. Fourteen bottles are still out! We'd be happy to take them back, empty or full! So far, we've raised more than \$100,000 overall. We praise His name and **thank you** and your church for supporting this ministry!

The Rev. John Schaffer, Executive Director, Capital Area Pregnancy Centers

New Hope Ministry Musings...

by Ginny Spurrier

Would you like a fun way to support New Hope Ministries? Farmers Fair is coming up Friday, October 19 and Saturday, October 20. The goal this year is to encourage everyone to come see the new center.

There will again be a New Hope booth on Baltimore Street by the alley next to the Thrift Store. Volunteers will be there from noon to 7 p.m. on Friday and from 9 a.m. to 2 p.m. on Saturday. At the booth you will be able buy tickets to play games such as the Corn Hole, Crazy Hat game and a Muffin Tin game, paint a pumpkin or make a sand art. At the booth you will also see samples of the prizes to be won at the games.

This year, all activities will be set up in the parking lot at the New Hope Center—so this will mean a walk down the alley from the booth. There will also be opportunities to take a tour of the new center and see firsthand the improvements it has brought and find out more about the programs available. There will also be opportunity to sign up to volunteer if God is nudging you in that direction! Keep the 'ears' of your heart open!

So come, bring yourselves, your children, grandchildren, family, neighbors and friends and have a great time!

Our October donation to New Hope Ministries is **stuffing mix**. Thanks in advance for your caring generosity to those in need.

the Book Nook

by Harriet Conrady



Do you realize that as a congregation we are nearing an anniversary? The first book/album listed below is the gathered history of our church and is the careful work of Nina Hoover and Susan Hatch. Look through it and be blessed!

NONFICTION

- ***A History of the Dillsburg BIC Church.*** The Dillsburg Brethren in Christ Church was begun as an outreach of the Grantham BIC Church. The dedication and first service were held on September 13, 1970, almost 50 years ago. The first pastor was Daniel Hoover. The Sunday school superintendent was Kay Gasswint and the treasurer was Nevin Engle. Listed as an usher was 11-year-old Wendell Hoover. You will find this book on the bookshelves to the right as you enter the library.
- ***Shepherding a Woman's Heart,*** by Beverly White Hislop. The subtitle of the book tells the mission of the author; "A New Model for Effective Ministry to Women." Hislop believes women in pain need a shepherd who skillfully ministers pastoral care that is timely, appropriate and compassionate.

FICTION

- ***A Plain Leaving,*** by Leslie Gould. Jessica Bachmann walked away from her family, their farm, and her Amish community after clashing with the new bishop. Things change when she is forced to return home because of her beloved father's death. What will Jessica do now?
- ***As Bright as Heaven,*** by Susan Meissner. In 1918, Philadelphia is a city teeming with promise. Their dreams are short-lived when the Spanish flu reaches the shores of North America. It's a compelling story of people who find themselves in a harsh world. Decisions will need to be made.
- ***Thief of Corinth,*** by Tessa Afshar. Many of our library readers read everything that Afshar writes . . . so get in line for this one! First-century Corinth is a city teeming with commerce and charm, but it is also filled with danger and corruption—the perfect setting for adventurous Ariadne's next job opportunity. When Ariadne and her father befriend a Jewish rabbi named Paul, they realize that his radical message challenges everything they've fought to build.

See you in the library!





Our quiz team is gearing up for practices that will start in mid-October. The quiz team has the following members: Jese, Ryan and Toby Brubaker, Julie Douglass, Connor Engle, and Tyler Whitesel. If anyone else is interested in quizzing, please see Brent Whitesel or Mel Brubaker.

The first quizzing event will be the **Capital Kickoff Tournament at Harrisburg BIC on Saturday, November 10**. This will be an all-day event. We will be quizzing on John Chapters 1-4. There will also be adult quizzing.

Please mark your calendars with these important dates.

- Saturday, Dec 1 - Practice tournament at Souderton BIC
- Saturday, Jan 5 – Mixer tournament with Allegheny and Atlantic Conferences at Grantham BIC
- Saturday, Feb 9 – Practice tournament at Dillsburg BIC
- Saturday, March 2 – Practice tournament, location to be determined
- Saturday, April 13 – Allegheny Open Tournament at New Hope BIC – All day
- Saturday, May 4 – Charlie Crider Memorial Tournament at E-Town BIC – All day
- Saturday, May ? – Regional Conference finals, if necessary, at location to be determined
- Friday, June 21 – Sunday, June 23 – Denominational Finals at Bongiorno Center, Carlisle

Verse of the month: John 1:14 – “The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son from the Father, full of grace and truth.” BSB (2016)

Denominational and Conference Quiz Directors Update: Judah Fickett has accepted the position of Denominational Quiz Director. Atlantic Conference is now in need of a regional director. Julie Miller from Fairview Ave BIC has agreed to be the regional director for the Allegheny Conference. Chad and Em Brubaker are continuing as Susquehanna Conference regional directors.

A great way to financially support the quizzing ministry at Dillsburg is to purchase Giant gift cards. Please see Avis Whitesel to purchase gift cards or if you have any questions.

To be eligible to quiz, you must be between the ages of 12 and 19 sometime during the quizzing year, which is defined as beginning Nov. 1 and running through Oct. 31. Quizzing provides an opportunity to study God’s Word, fellowship with other youth, participate on a team and experience positive competition.

If you have any questions about quizzing, please contact one of us:

Mel Brough	717-432-4864	mabrough58@gmail.com
Brent Whitesel	717-432-9048	abwhitesel@gmail.com



WEDDING ANNIVERSARIES



Clarence & Mary Ann Brubaker	October 1
Brent & Avis Whitesel	October 3
Mike & Beth Beachy	October 12
Sam & Sylvia Klick	October 18

"Be generous with gratitude, for it is contagious"



Happy
Birthday



Piper Moesch	October 1	Cheyenne Storm	October 19
Anne-Marie Brandt	October 3	Jared Whitesel	October 20
Arlene VanDyke	October 3	Jim Poole	October 21
Zoe Delp	October 6	Betty Engle	October 22
Chris Douglass	October 7	Aaron Sieber	October 25
Grace Holland	October 7	Sam Stoner	October 26
Hannah Gustafson	October 8	John Long	October 28
Kenji Kanazawa	October 8	Nathan Pease	October 28
Alexa Rank	October 12	Toby Brubaker	October 28
Amy Miller	October 15	Riley Wingert	October 30
Patty Cathro	October 17	Julianne Hoover	October 30
Sharon Miller	October 17	Rocky Storm	October 31

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:00 p.m. Middle School Mondays 7:00 p.m. Women's Bible Study (Poole's)	2	3 9:00 am Women's Bible Study 6:15 Faith Finders 6:30 pm Intercessory Prayer & Praise 6:30 pm Thrive	4	5	6
7 9:00 am Classes 10:30 am Worship	8 Doulos Deadline 3:00 p.m. Middle School Mondays 6:30 pm Human Trafficking Meeting (Strayers') 7:00 p.m. Women's Bible Study (Poole's)	9	10 9:00 am Women's Bible Study 5:15 p.m. Eat 'n' Run 6:15 Faith Finders 6:30 pm Intercessory Prayer & Praise 6:30 pm Thrive	11	12	13
14 9:00 am Classes 10:30 am Worship	15 3:00 p.m. Middle School Mondays 7:00 p.m. Women's Bible Study (Poole's)	16	17 9:00 am Women's Bible Study 6:15 Faith Finders 6:30 pm Intercessory Prayer & Praise 6:30 pm Thrive	18 6:30 pm Leadership Council	19	20
21 9:00 am Classes 10:30 am Worship	22 3:00 p.m. Middle School Mondays 7:00 p.m. Women's Bible Study (Poole's)	23 6:30 p.m. Impact	24 9:00 am Women's Bible Study 5:15 p.m. Eat 'n' Run 6:15 Faith Finders 6:30 pm Intercessory Prayer & Praise 6:30 pm Thrive	25	26	27 9:00 am Prayer Walk
28 9:00 am Classes 10:30 am Worship	29 3:00 p.m. Middle School Mondays 7:00 p.m. Women's Bible Study (Poole's)	30	31 9:00 am Women's Bible Study 6:15 Faith Finders 6:30 pm Intercessory Prayer & Praise 6:30 pm Thrive			
Family Promise						