



The Doulos

Doulos: Greek n. "servant"



DILLSBURG BIC CHURCH MONTHLY NEWSLETTER

SEPTEMBER 2019

The SPICE Life

By Julie Cook

I'm a firm believer that wellness is all encompassing of mind, spirit, and body, not merely a measurement of physical illness or agility. A healthy life isn't just about eating veggies, reading a daily Scripture, or working out 4.5 hours per week; a healthy life, however, may include all three of these practices.

It can be a challenge to balance the various life pieces that contribute to our holistic well-being. Maintaining healthy soul and body equilibrium requires conscious effort. How do you take inventory of your overall health?

Five years ago at a retreat along the shores of Lake Malawi, I was introduced to the SPICE life acronym, a tool I've continued to reference to check my overall health and set goals to attain healthier life balances. At the time, I was grasping for cross-cultural life balance while serving as a guesthouse manager and financial secretary in partnership with the Brethren in Christ churches of Zambia and the U.S. Well beyond the honeymoon phase of my time in Zambia, I was desperate for practical ways to balance caring for myself amidst the stress and chaos of living and working in a foreign setting. I had employees to manage, exchange rates to wrestle, a small fleet of vehicles to maintain, local bureaucracy to navigate, a cultural



Sunrise over Lake Malawi in 2014

barrier to puzzle, and what on some days felt like a never-ending stream of people knocking at my door asking me for anything from a cup of water to a math textbook (no, I didn't stock those). It's no wonder I immediately began seeking SPICE life

balance amidst the pandemonium.

SPICE stands for **S**piritual, **P**hysical, **I**ntellectual, **C**reative, and **E**motional. Each of these five aspects of life play an important part in our overall health. Naturally, our Spiritual health is the foundation to which all the other points relate.

Here's a peek at my SPICE life five years ago when I first took inventory:

- S** – Listening to audio sermons in English, a small, in-depth weekly Bible study.
- P** – Working out at the gym 3 times a week, getting consistent sleep, eating nutritious foods.
- I** – Balancing the cash box . . . haha . . . So, maybe I need to work on some more intellectual stimulation in my life!?
- C** – Organizing and updating household items, baking— I love kitchen adventures.
- E** – Skyping with my family, sharing tea with friends, scheduled time away from all work demands at Nahumba.

Of course, my SPICE inventory of today looks different from how it looked five years ago when I was living in Zambia. As life circumstances change, so do various demands, expectations and abilities in each of the five categories—which means healthy practices must shift as well. Sometimes something that was lacking in one life season becomes overabundant (sucking life from other parts of your health) in another season: too much of a *good* thing.

As noted previously, SPICE begins with a look at our spiritual health. This is intentional because spiritual health is at the heart of overall well-being. Taking SPICE inventory reminds me to consider ways I am practicing spiritual health and steps I can take to improve.

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Reflecting on "S" can be refreshing and encouraging because I am reminded of good things that are happening and should be celebrated. When I lived in Zambia, I realized I needed to be intentional in finding ways to develop my spiritual health because the setting and spiritual stimulation were very different from what I was used to in the States.

I find "P" to be the simplest category of the acronym. It's easy to identify what I am doing (or not doing but want to do) to promote physical health.

For me, intellectual well-being varies a lot depending on my work demands. When I lived in Zambia, I had to take a more active role engaging my intellect. *Periodically balancing the cash box* left me in a state of cranial starvation! Currently, I have a job that demands significant brain power, so I actually have to focus on creating space for other areas of my health and not become drowned out by intellectual overstimulation.

I tend to forget the importance of maintaining my health all the way to the end of the acronym, but creative and emotional health are key components of a balanced life. A healthy balance looks different depending on how God created you. While I've never been wildly creative in a full-out artsy way like culturally termed and recognized "creative" people, I enjoy finding personalized ways to thrive creatively. For me, one of the fastest, most fulfilling ways to invest in my creative health is to grab my apron, head to the kitchen and bake something to share.

These days my "E" is often an everyday joy as part of my normal routine. I find "E" moments in taking deep breaths and gazing at the sky on my morning walk to work, or buying myself a bouquet of fresh flowers as an eye-feast in the dead of winter. Emotional health requires more intentionality (scheduled and spontaneous) than some of my other SPICE letters, because it doesn't feel as necessary as some other healthy practices that exhibit more external or expedient consequences.

The way you choose to categorize various healthy practices within the SPICE acronym depends on *you*. There's no set right or wrong, and a healthy practice you choose to list may cross multiple SPICE categories (e.g. listening to one of Pastor Rob's sermons may positively stimulate both your spiritual and intellectual health). The purpose of the SPICE inventory isn't to beat yourself up for failing in a certain way, but rather to take note of your holistic wellness so you can celebrate healthy current practices, and intentionally focus your efforts on goals toward more balanced health in the future. No matter my season of life these past five years, I've found ways to use the SPICE life tool as a helpful self-assessment.

What about you? How's your SPICE life these days? Are you consistently finding ways to be renewed Spiritually, Physically, Intellectually, Creatively, and Emotionally? Maybe the SPICE life tool can assist you in taking inventory and setting healthy goals.



1. Grab some free food
2. Learn about all the volunteer positions at DBIC
3. Meet a new friend or visit with an old one
4. Join a small group
5. Enjoy the child care
6. Discover a new way you could serve
7. Figure out who is in charge of what
8. Communicate your ideas and interests to ministry leaders
9. Get your face painted
10. Connect with your congregation in an informative but informal way!

The Ministry Fair starts at about 11:45 a.m. after a shortened Sunday service – and will last about an hour.

We're hosting this fair for several reasons: To have a small group sign-up launch, to allow people to learn more about ministries in the church, and to build connections and create an easy way for people to get involved.

The fair is sponsored by the Small Group Planning Team as well as Connection Ministries in cooperation with Ministry Council.

AUGUST/SEPTEMBER 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.

AUGUST 28	SEPT 11	SEPT 25
KICK-OFF CARNIVAL	SLOPPY JOE'S	TACO RICE BOWLS
HOT DOGS	CHIPS	TORTILLA CHIPS
FRESH VEGGIES	FRESH VEGGIES	FRESH VEGGIES
POPCORN/COTTON CANDY	DESSERT	DESSERT

WE WILL HAVE GLUTEN-FREE OPTIONS!!

Community

By Kimberly Tucker

In Genesis 2:18, God said for the first time that something is not good..."It is not good for man to be alone."

"The need to belong is considered a fundamental human need (Baumeister & Leary, 1995). Human beings are an ultra-social species—and our nervous systems expect to have others around us," Emiliana Simon-Thomas, PhD, sciences director of the Good Science Center at the University of California, Berkley. "We're really built to seek social companionship and understanding."

Here is why:

- Being around other people makes us healthier. "Physiologically, not having a social support system is actually a source of chronic stress for our bodies. Studies show that when people feel lonelier they have higher levels of the stress hormone cortisol. And that type of chronic stress raises the risk of cardiovascular disease and other challenges to health and wellness. Conversely, relationships can encourage behaviors that are good for us—like eating right and exercising." (Simon-Thomas)
- Our brains seem to work better when we work together. "Research shows, for example, that listening and participating in a two-person conversation is actually taxing for the brain than giving or listening to a monologue, even though what we understand about how we process language would suggest otherwise. Other studies show children learn better by interacting with others rather than observing." (Simon-Thomas)
- Challenging relationships help us grow when we have a diverse variety of emotional experiences—including feeling sad, angry, anxious, or irritated; it expands our capacity to feel good, too. (Simon-Thomas)
- It helps us to be more resilient. "Resilience, the ability to bounce back after stressful situations, is strengthened when you give and receive support. Building positive relationships with people can make a difference in how resilient you are. Try to connect with people who have a positive outlook can make you laugh and help you. The more positive your relationships are, the better you will be able to face life's challenges." ("The Power of Human Connection" by Donna Pisacano Brown in the Long Island Herald, April 27, 2018)

"The triune image of God is a perfect picture of community... throughout the first chapter of Genesis, God is identified not through singular but plural pronouns." ([Mending the Divides](#), p. 23) "Then God said, 'Let Us make man in Our image, according to Our likeness...' (Genesis 1:26) "Why? Because God was and is understood as unity-in-diversity. Our triune God—later described as the Father, Son, and Spirit—lives in a constant state of mutual reciprocity, mutual submission, and diversity in function." ([Mending the Divides](#), p. 23)

Ephesians 2: 11-22 tells us we were made for community and within this community resides the Holy Spirit. "So then you are no longer strangers and aliens, but you are fellow citizens with the saints, and are of God's household, having been built upon the foundation of the

apostles and prophets, Christ Jesus Himself being the cornerstone, in whom the whole building, being fitted together is growing into a holy temple in the Lord; in whom you also are being built together into dwelling of God in the Spirit." (Ephesians 2: 19-22)

Our western culture emphasizes independence and isolation. In at least one African culture, there is the concept of ubuntu which is literally translated, "I am because we are."

"Recently, an American anthropologist conducted a study of African culture. He gathered a group of children and asked them all to assemble on one side of a room. On the other side of the room he placed a basket of fresh fruit and then offered these instructions to the children: 'As soon as I say {Go}, the first person to run across the room and arrive at the basket of fruit gets all the fruit to themselves.' The anthropologist then stepped back and counted down to 'go'. Rather than breaking into individual sprints across the room, the children grabbed hands and walked together, as one, to the fruit. The anthropologist, dumbfounded, asked, 'Why did you do this?' One of the kids answered, 'How can one of us be happy if the rest of us are sad?' ([Mending the Divides](#), p. 130)

It has been said that the 'fingerprints of the Enemy' is someone suffering alone. We were created to feel each other's pain, taste the salt of each other's tears, and walk with one another.

If we are created to be communal, why do we not value community? Why do we emphasize a personal spiritual relationship rather than how we can benefit from living as a spiritual community? Dietrich Bonhoeffer said, "Those who love their dream of a Christian community more than they love the Christian community itself become destroyers of the Christian community even though their personal intentions may be ever so honest, earnest, and sacrificial." We need to love those who are the Christian community. When we do, "it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress." (Jean Vanier—founder of L'Arche, an international federation of communities spread over 37 countries, for people with developmental disabilities and those who assist them).

Maybe we don't value Christian community for the same reasons those outside the church don't want to enter into the Body of Christ. "You need to prioritize community over things like work, sleep, or convenience...in nearly every case the person has one excuse or the other about why they must remain alone, or isolated. In some cases the person is reaching out for community but is constantly sabotaged by an unrealistic expectation of perfection in other people. So, when people within a community prove to be flawed, that's enough for them to justify disengagement." (Keith Giles, "The Healing Power of Community," August 29, 2018)

I pray that we will make room in our lives to love one another so that we can welcome others into our community. And when we sin against each other, I pray that we will confess and repent and so we can be reconciled. Amen.



In a high school youth meeting, local pediatrician Dr. Kevin Barnes was stunned when every hand in the room was raised in response to a speaker who asked how many of the boys had been exposed to porn, or were using, abusing, or addicted to it.

Every hand in the room was raised. These were high school boys, many of whom had been raised in the church and came from great homes.

We have invited Susan Vigliano, associate pastor at Mechanicsburg Brethren in Christ Church, and Dr. Kevin Barnes, a local pediatrician and youth leader at McBIC, to speak to us about technology safety and the impact of pornography on our children.

This will be an evening packed with critical information for parents and grandparents, teachers, leaders of our youth and anyone else whose lives intersect in any way with our children and youth. We will be inviting parents of the Faithfinder kids.

"Let's Talk" is a parent information evening that helps parents better understand the impact of pornography on tween and teen brains, developing sexuality, and spiritual lives. Topics for discussion include technology safety, pornography, adolescent development and strategies for talking with your kids, tweens, and teens about porn and sexuality.

The technology of today puts porn at the fingertips of nearly every child in America; both boys and girls are exposed and using. The average age of first exposure is 10.5 years old and there is virtually no statistical difference between church and unchurched kids/teens/adults when it comes to porn. There are serious ramifications that come with porn addiction. It's not just unseemly or morally wrong; it rewires the pliable, developing brains of children that view it often.

Pornography not only harms children and adults but is also the engine that drives human trafficking. This subject has been addressed on radio and TV by many experts in the field of child development and neurological brain development.

Mark your calendars: Wednesday, September 4 from 6:15 p.m. to 8 p.m. at Dillsburg BIC. Let's talk.

"Let's Talk" on Sept. 4!

"Let's Talk" is a parent information evening where we will discuss technology safety, adolescent development and strategies for talking with your kids, tweens, and teens about pornography and sexuality, including the impact of pornography on brain development, sexuality, and spiritual lives.

More more information, visit www.peacepromise.org/our-mission/education-awareness/lets-talk/

Please sign up on the DBIC website so we have adequate child care.

During this time, Faithfinders will be watching a movie in the sanctuary, and Thrive and Intercessory Prayer and Praise will be meeting during their normal times.



The quiz team currently has the following members: Jese Brubaker, Connor and Meredith Engle, and Tyler Whitesel. If anyone else is interested in quizzing, please see Brent or Mel. Quiz practice will start in mid-October. We will be quizzing on **Hebrews, 1st and 2nd Peter**.

The first quiz event of the new season will be the **Capital Kickoff tournament at Harrisburg BIC church on Saturday, November 16**. We will be quizzing on Hebrews 1-5. This will be an all-day event.

Verse of the month: Hebrews 2:1 – “We must pay closer attention, therefore, to what we have heard, so that we do not drift away.”

The Holy Bible, Berean Study Bible. Copyright ©2019 Bible Hub.

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 starting November 1 and ending October 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:

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Annual Outdoor Service



August 18, 2019

Gifford Pinchot State Park

Our Annual Outdoor Service included a delicious breakfast together, followed by a casual worship service.

We also celebrated the testimonies and baptisms of Joe Zwally and Erika Pease.





WEDDING ANNIVERSARIES



Phil & Ruth Anne Engle	September 5
Preston & Chris Owens	September 7
Scott & Cindy Raboci	September 9
Landon & Grace Horton	September 13
Tariq & Angelina Waris	September 20

"Be generous with gratitude, for it is contagious"



Happy Birthday



Ryan Brubaker	September 1	Heidi Tucker	September 15
Ezra Brubaker	September 2	Seth Wierwille	September 16
Ginny Spurrier	September 3	Andrew Douglass	September 20
Lillian Beers	September 3	Ron Engle	September 20
bj Martin	September 5	Eric Thuma	September 21
Rowan Brubaker	September 6	Tracy Emig	September 21
Nathan Hoover	September 8	Julianne Douglass	September 21
Robert Pomeroy	September 8	Lincoln Hill	September 22
Nevin Engle	September 9	Dave Gustafson	September 23
Rose Harlacher	September 10	Judy Smith	September 24
Stan Eyster	September 11	Nina Leister	September 25
Darius Gard	September 12	Mildred Brubaker	September 27
Tom Hatch	September 13	Arabella Hill	September 29
Victoria Hoover	September 13	A'Marie Gard	September 30

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 a.m. Classes 10:30 am Worship	2 Labor Day	3	4 6:15 pm Let's Talk 6:15 pm Faith Finders 6:30 pm Thrive 6:30 pm Intercessory Prayer & Praise	5 6:00 pm NAMI Family to Family Class (FH)	6	7
8 Doulos Deadline 9:00 a.m. Classes 10:30 am Worship 12:00 pm Ministry Fair Impact trip to Knoebels'	9 6:30 pm Human Trafficking Meeting (Strayers') 7 pm Women's Bible Study (Pooles')	10	11 9 am Women's Bible Study 5:15 pm—Eat and Run 6:15 pm Financial Peace University 6:15 pm Faith Finders 6:30 pm Thrive 6:30 pm Intercessory Prayer & Praise	12 6:00 pm NAMI Family to Family Class (FH)	13	14
15 9:00 a.m. Classes 10:30 am Worship	16 7 pm Women's Bible Study (Pooles')	17 6:30 pm Leadership Council (201)	18 9 am Women's Bible Study 6:15 pm FPU 6:15 pm Faith Finders 6:30 pm Thrive 6:30 pm Intercessory Prayer & Praise	19 6:00 pm NAMI Family to Family Class (FH)	20 6:30 pm Deacon Meeting (B1)	21
22 9:00 a.m. Classes 10:30 am Worship	23 7 pm Women's Bible Study (Pooles')	24	25 9 am Women's Bible Study 5:15 pm—Eat and Run 6:15 pm FPU 6:15 pm Faith Finders 6:30 pm Thrive 6:30 pm Intercessory Prayer & Praise	26 6:00 pm NAMI Family to Family Class (FH)	27	28 9:30 am Prayer Walking
29 9:00 a.m. Classes 10:30 am Worship	30 7 pm Women's Bible Study (Pooles')					