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The Doulos Monthly Newsletter

NOVEMBER 2021

The Power of Habits

By Pastor Rob Douglass

We all have our habits, good and bad, but how much have we ever thought about what drives them, changes them and changes us?

I've been thinking about habits quite a bit recently. Most of you know that I have been invited to participate in this year's Sider Institute study conference on November 5. The topic I was asked to present was a theology of habit. I have decided to share with you (or inflict upon you) a small bit of what I have been learning.

One of the more interesting aspects of habit, according to Thomas Aquinas, is that it allows us to perform acts with speed, ease, and pleasure.

The more we respond to a particular stimuli in a certain way, the quicker we respond the next time, the easier the task is to do the next time, and the more we connect that cycle with pleasure. This is true regardless of whether the act is good or bad. It is the rough outline for the cycle of addiction, and it is also how we become virtuous people. Let me share a story that illustrates this point.

March 30, 1981 is a date that changed the lives of many people, including me. It was the day that Ronald Reagan was nearly killed. I had not lived through the assassinations of Martin Luther King, Jr., or the Kennedys, so as a young person, I was shocked that this could happen. After that day, my world seemed a little less innocent and safe.

While the assassination attempt unsettled me, it also fascinated me. At the time, I was enamored by badges, blinking lights, and sirens. I remember watching the video on the news that evening and being amazed at the speed with which several of the men in suits near Reagan suddenly had automatic weapons in their hands. The guns seemed to appear out of thin air. As exciting as that was, with the passing of time, the focus of my interest about that day has shifted from the men with the guns to the ones who did not draw theirs.

Tim McCarthy was a 31-year-old Secret Service agent at the time. When the gunfire began, Tim stretched out

his arms and legs in order to make himself into the largest barrier he could. Tim's actions to shield the president, resulted Tim being shot in the chest.

Agent Jerry Parr was there that day too. He and Agent Ray Shaddick pushed Reagan into the limousine. Jerry then dove on top of the president to protect him as the car sped away. Tim and Jerry not only saved Ronald Reagan, they demonstrated what was possible through practice.

One of, if not the most basic of human instincts is self-preservation. When we feel anxious and threatened, our bodies constrict. Every six months, I leave fingernail marks in my dentist's examination chair, proving this point. This instinct to constrict is what causes us to duck at sudden loud noises. When the gunfire started on March 30, nearly everyone ducked, including the DC Metro Police officers who were present. There is nothing wrong with ducking. Ducking at gunfire is not a sign of cowardice. It is what all humans who are not frozen in fear and confusion instinctively do.

The question is not "Why weren't those who ducked brave?" The fascinating question is, "Why didn't everyone duck?" How is it possible that people can be trained to overcome the most natural reaction to the most dangerous situation? How can someone be trained to do something that is not merely contrary to our most basic instinct but diametrically opposed to it? Not only were the actions of McCarthy and Parr contrary to the most basic human response, it is as if their natural instinct for self-preservation was replaced with a new instinct.

Hinkley fired his gun six times in 1.7 seconds. There was no time to process options, no time to huddle and devise a plan, no time to work through a Standard Operating Procedure, or to check-in with their supervisor. In fact, from the moment the first shot was fired, only .4 seconds elapsed before Jerry Parr began pushing the president into the car. Jerry Parr and Tim McCarthy were able to act as selflessly and quickly as

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Dillsburg Brethren in Christ Staff

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they did because, months and years before that day, they had made their response to situations like this second-nature. (Those who rushed towards Hinkley in spite of the gunfire could be remembered here as well.)

We call the process of making a particular way of acting second-nature, habit.

It was the agents' training (we could call it practice or habit-formation) that allowed them to react so quickly and with ease. But what about pleasure? Surely Tim McCarthy did not find pleasure in getting shot. No, but he undoubtedly was able to find pleasure in doing his job and taking a bullet for the president. He and Reagan remained close until Reagan's death.

As I have been studying habit, I have been driven to ask, what kind of people do we want to be? What kind of people are we making ourselves into? As we are approaching Thanksgiving, what are the practices that we might want to begin, in order to form a habit of thankfulness? Let's begin a new habit today so that when we are presented with even difficult situations, we are ready to respond in thankfulness with speed, ease, and with pleasure.



Under the Hood: Our 2021 Car Ministry Report

By Kimberly Tucker



In the spring of this year, the COVID 19 pandemic still shuttered the waiting room of Happy Cars Automotive. We again made an agreement for HC to perform 16 oil changes and safety checks for \$60 each. That meant that Happy Cars was not receiving full payment but was getting some local business.

Dillsburg BIC paid for only 10 oil changes since six "vehicles" did not follow through in making an appointment with HC. The oldest vehicle serviced was a 1997 Honda Accord, which may end up parked eternally in a local salvage yard! The end of the story on this vehicle has yet to be written.

I have received no fewer than four people calling about needing DBIC to pay for car repairs for them. They were referred by New Hope Ministries. These four neighbors have not ever participated in our oil changes and we do not have a relationship with them. It has been our policy to not pay for car repairs unless we have a relationship with the owner. If you believe that DBIC should pay for car repairs for our neighbors whom we do not know, please let me know – your feedback will inform our ultimate decision. If we were to change our policy, we would need to budget more money for the Car Ministry.

 I want to thank YOU for your generosity in financially giving to DBIC so we can give to our neighbors!



1 Thessalonians 1:2–3 (ESV) “We give thanks to God always for all of you, constantly mentioning you in our prayers, remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.”

This sums up perfectly how we feel about Dillsburg BIC. You have been incredibly faithful partners of Family Promise HCR for years, and we would not be able to continue our labor of love without you. Thank you for inviting Angela to give your message and speak about Family Promise on October 17. She enjoyed seeing so many familiar faces, and meeting some new ones. We were also blessed with your paper item gifts for our Open House! (see photo of Matt and Stacey!) We look forward to a continued long relationship showing Christ by serving our community.

Matt Wagner, Executive Director
Family Promise of Harrisburg Capital Region



New Hope Ministry Musings By Ginny Spurrier

The Thanksgiving and Christmas Holiday seasons are right around the corner! As usual, we have these opportunities to bless our neighbors here in Dillsburg who are guests of New Hope Ministries.

The Thanksgiving food baskets will be distributed at the New Hope Center on Saturday, Nov. 20 from 9 a.m. to 1 p.m. Our DBIC family is participating with a donation of 125 6 oz. cans of French-fried onions. We are once again partnering with another church who will supply the other half of the total 250 cans that are needed. Our donation is due at the church no later than Tuesday, Nov. 16. (If you should need an extra day, you can take them directly to the Dillsburg New Hope Center, 99 W. Church Street, on Wednesday, Nov. 17). Also, just in case you are having difficulty finding them at Giant, they are on the shelf with the green beans! I am not sure where they are in other stores.

The New Hope Christmas Blessing Express event will be held Thursday and Friday, December 9 and 10 at the center. At this event, guests shop for unwrapped gifts for the entire family. You cannot imagine the difference you make in the families lives by your willingness to help make their Christmas a special one, full of wonderful memories!

As usual, the request is for new items only and they are to be left UNwrapped. By now you will have already seen the New Hope Blessings Christmas Trees in the Narthex, on the walls in the Fellowship Hall and in the Orange Room with the "Ornaments" designating the gifts to buy. There are bins near each tree for the gifts. The due date is much earlier this year than other years... the UNwrapped gifts are due at the church no later than Thursday, Dec. 2, or you can take them directly to the Dillsburg New Hope Center no later than Friday, Dec. 3.

Thanks so much for your generous and faithful expressions of caring by sharing with those in need. May God bless you as you consider how you can bless others in these ways this year. (If you happen to be new to these activities, please take time to check out all of the information available on the New Hope website at nhm-pa.org)

Hebrews 13:16 Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship — a different kind of "sacrifice" — that takes place in the kitchen and workplace and on the streets. (The Message)



IN THE PEW NEXT TO YOU . . .

MEET JULIE AND PAUL LEREW



Born and raised in

JULIE: Bangor, Maine

PAUL: York Springs, Pennsylvania

A bit about my family

JULIE: We have a delightful 2 1/2 year old son, Paul Matthew. The family I grew up in includes my parents, a brother and two sisters— and now includes a sister-in-law, a brother-in-law, and seven nieces and nephews.

PAUL: Besides my parents who are also in the pew (or lawn chairs in the green space) next to you, I have a married older sister, a nephew and a nephew on the way!

I spend my days doing

JULIE: Most days I am spending time with our son. I also have enjoyed doing some mentoring of international workers on the side and becoming more involved with DBIC's Worship Team.

PAUL: At the moment I am taking a few theology classes to round out my education while helping out with some finance focused projects for two different family-run businesses.

How I became a Christian

JULIE: My believing parents introduced me to faith, and I became a Christian at a young age. As I grew older, God brought me through a season of doubt and wrestling with anxiety, making my faith richer in the process and teaching me how awesome it is that He has

rescued me from being chained to fear and sin. This encourages me to share hope through Jesus with people who have not yet embraced Him.

PAUL: My parents' faith shaped me from a young age, and I have a memory of being in my bedroom as a young child when I asked Jesus into my life. Years later, I was baptized the summer after I graduated from college; this was during a time when I consciously took ownership of my faith as I transitioned into adulthood.

A time I really saw God work in my life was

JULIE: After college I lived in Southeast Asia for a year and a half. For part of that time, I lived with a local family whom I had never met before. I knew no one in the city and was far from my coworkers; my host family were Muslims, and I had little access to fellowship with other believers. God taught me dependence on Him in that season, and miraculously provided for my practical and spiritual needs, strengthening and changing me permanently.

PAUL: After graduating college I made plans for a multi-day trek through Norway before heading to Stockholm for a Hillsong conference that friends of mine were also attending, but I didn't make any lodging plans for the trek. One night I was arriving by bus after dark into a town I knew nothing about, planning to sleep in the train station. While on the bus, fear crept into my heart, and God reminded me in that moment how he had just provided for me earlier that day and how he "dresses the flowers of the field in all their splendor." I felt like Jesus' disciples in the boat during the storm after Jesus had just fed the multitude. The train station in town was locked, but two people on the street, who just so happened to also be Christian, knew of a house of international students that allowed me to crash on their couch for the night.

My biggest passion is

JULIE: Seeing the best of who people are drawn out and activated, for use in God's Kingdom and the blessing of others.

PAUL: God, wife, and family.

*Continued from Page 4***I spend my free time doing**

JULIE: I love catching up with friends and getting to know new people (preferably outdoors, with a cup of coffee, or both). Good books and music are also favorite pastimes!

PAUL: Building with my son tractors, trains, towers, cherry shakers and whatever else our imaginations can create. I also enjoy being in the outdoors, whether for work or fun.

Favorite Bible verse

JULIE: "And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." Ephesians 3:17b-19

PAUL: The book of Mark has been of interest lately.

My favorite thing about Dillsburg BIC is

JULIE: The welcoming of little ones, and freedom for

them to move and encouragement of their participation in church, has been a blessing to us.

PAUL: The way DBIC has welcomed and embraced us from our very first interaction.

Something that might surprise you about me is

JULIE: I'm not very into cooking... and did not do it much until we moved back into the area, about a year and a half ago!

PAUL: I have a Lean Six Sigma Black Belt, and it has nothing to do with martial arts.

My favorite song is

JULIE: Too many to count! But one I currently am enjoying is "Kingdom of God," by Jon Guerra.

PAUL: "It is Well" by Horatio Spafford

A prayer request we have is

JULIE and PAUL: That God would continue to lead and guide our steps.



Leadership Council Report

By Avis Whitesel

Highlights from the August Leadership Council meeting:

- Some Financial reports of note:
 - Because of generous giving, the loan balance should be paid off this year!
 - Summer ingathering offering was \$38,400.
 - With unspent budgeted expenses and giving above budget, we are at about \$50,000 net operating income currently.
- Report was given regarding ministry and programming for the fall.

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, Pastor Rob Douglass, Phil Engle, Randy Fish, Ray Knepper, Sharon Miller, Rachel Pease, Heidi Tucker or Avis Whitesel.



Fresh Hope for Dillsburg

By Kathy Bennett

Editor's note: This month, we debut a new column by Kathy Bennett that will offer information, support and hope to those who are facing mental health challenges or who are walking alongside someone who's on this journey. Kathy is one of the facilitators of Fresh Hope, a group that meets on Thursdays at 6:30 p.m. in the Orange Room of our church.

Since we've been in the midst of a pandemic for a year and a half, it is difficult to remember how important feeling safe is to our mental health. But safety is vital, and if needs like safety aren't met, a mental health condition may develop.

A lot of kids and teens haven't been able to feel that sense of safety for a long time. Not only are they dealing with fears that a family member (or they themselves) might be exposed to COVID-19 or the Delta Variant, some have had to face an abusive home environment, a family financial hardship or a family loss recently. We know from research that an estimated 1.5 million children worldwide lost a mother, father, or other caregiving relative in the first 14 months of the pandemic.

When a kid or teen experiences this kind of hardship, it can feel as if the world is crashing down on them. That's why it's crucial right now, as students return to school, for parents, teachers, and administrators to do everything they can to foster a safe and secure environment. School can be a refuge from some of these difficult situations at home – and a place that students feel out of harm's way.

Still, even in the safest of environments, we are in a youth mental health crisis, and many students will exhibit symptoms of depression and anxiety as they return to the classroom. It is important to let kids and teens know that support is available. Each school has different types of education and counseling services, so it is best to become familiar with the resources that your school provides.

To take an initial mental health screening, students can access www.MHAScreening.org for a free, confidential, and anonymous mental health test.

There are also serious signs that someone is in crisis and needs more immediate help. These include thoughts or plans of hurting oneself or another person.

If you think a child or teen is in immediate danger of taking suicidal action, call the national suicide hotline at 1-800-273-TALK. Their trained crisis counselors can help you find local resources or suggest next steps.

(Thanks to Mental Health America for providing this information)



MENTAL

HEALTH





Thankfulness: An Overlooked Way to Fight Sin

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Phil. 4:6

Paul knew that we cannot just stop being anxious. Worried thoughts have a way of creeping back into our minds, no matter how hard we try to ignore them. Therefore, he instructs us to replace worrying with 'prayer and petition, with thanksgiving.' When you are in a dispute, it is natural to dwell on your difficult circumstances or on the wrong things that the other person has done or may do to you. The best way to overcome this negative thinking is to replace it with more constructive thoughts, such as praising God for his grace through the gospel, thanking him for the many things he has already done for you in this and other situations, and praying for assistance in dealing with your current challenges (cf. Matt. 6:25-34).

When you remind yourself of God's faithfulness in the past and ally yourself with him today, you will discover that your anxiety is being steadily replaced with confidence and trust (cf. Isa 26:3). In fact, recalling God's faithfulness and thanking him for his deliverance in the past was one of the primary ways the Israelites overcame their fears when they faced overwhelming problems (e.g. Psalms 18, 46, 68, 77, 78, 105, 106, 107, 136; Neh. 9:5-37).

Taken from The Peacemaker: A Biblical Guide to Resolving Personal Conflict by Ken Sande, Updated Edition (Grand Rapids, Baker Books, 2003) p. 86-87.

Food for Thought

Thankfulness for what God has done for us is a very important--but often overlooked--key to overcoming sin in our lives. Anxiety (as Ken discusses above) is one common area of sin. In this case, thankfulness corrects our perspective, reminding us of God's past faithfulness and his sure promise to care for us in the future.

The apostle Paul also prescribes thankfulness as the antidote for other sins with which we struggle. In Ephesians 4 and 5, Paul exhorts us to put off the sins of our flesh, replacing them with behaviors that reflect our new nature in Christ. He specifically mentions foolish talk, crude joking, sexual immorality, covetousness and debauchery as behaviors that the Christian is to replace with **thanksgiving** (Eph 5:3-4; 18-20). So much sin is rooted in selfishness and pride; thankfulness loosens the grip that these sins have on our hearts.

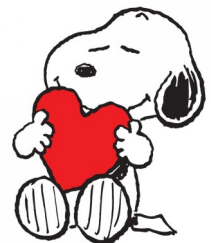
The holiday season can be a time that induces a great deal of anxiety and conflict. In the United States, we enter this season with a day of remembering the many things for which we can be thankful. As you anticipate celebrating Thanksgiving this month, take a moment to consider ways that cultivating a thankful heart can help you to overcome sins that you have been battling or conflicts that you anticipate will arise.





WEDDING ANNIVERSARIES

Kyle & Tammy Leister	November 4
Ray & Cheryl Cross	November 10
Seth & Amy Miller	November 14
Paul & Patty Cathro	November 17
Dan & Anne-Marie Brandt	November 18
Tony & Veronica Beers	November 21
Ron & Jaylene Shannon	November 25




Natasha Beers	November 4	Kathy Bennett	November 16
Harriet Conrady	November 4	Cindy Burkholder	November 18
Mike Lawver	November 5	Lois Conrady	November 18
Paul Tucker	November 8	Brandon Eyster	November 20
Isaac Tucker	November 10	Cheryl Heck	November 20
Sue Fish	November 15	Lucy Miller	November 23
Andrew Cathro	November 16	Cory Brubaker	November 26
Olivia Kimmel	November 16	Mark Burkholder	November 26
Jazmin Leister	November 16		





November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 CHURCH OFFICE CLOSED TODAY 7:00 pm ZOOM Women's Study	3 9:00 am ZOOM Women's Study 6:30 pm ZOOM Gather- ing	4 6:30 pm Fresh Hope meet- ing (Orange Room) 7:30 pm ZOOM Prayer	5 9:00 am ZOOM Local Outreach Commission	6
7 9:00 am Sunday School 10:00 am Worship	8 Doulos Deadline	9 7:00 pm ZOOM Men's Study 7:00 pm ZOOM Deacon Meeting	10 9:00 am ZOOM Women's Study 5:00 pm Corner Life	11 6:30 pm Fresh Hope meet- ing (Orange Room) 6:30 pm ZOOM Human Trafficking Meeting 7:30 pm ZOOM Prayer	12 6:30 pm ZOOM Global Outreach Commission	13
14 9:00 am Sunday School 10:00 am Worship 6:30 pm Missionary Update	15	16 7:00 pm ZOOM Women's Study	17 9:00 am ZOOM Women's Study 6:30 pm ZOOM Gather- ing	18 6:30 pm Fresh Hope meet- ing (Orange Room) 6:30 pm ZOOM Leader- ship Council 7:30 pm ZOOM Prayer	19	20
21 9:00 am Sunday School 10:00 am Worship	22	23 7:00 pm ZOOM Men's Study	24	25 Thanksgiving Day	26	27 9:00 am Prayer Walking
28 9:00 am Sunday School 10:00 am Worship	29 7:00 pm Ministry Council	30 7:00 pm ZOOM Women's Study				

These events subject to change. Stay tuned for information from DBIC on any canceled or rescheduled events.