



The Doulos Monthly Newsletter

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Schedule Your New Year's Hope Checkup!

By Carolyn Kimmel

As the twinkling lights and merry making of December fade into the land of bleak midwinter days, I'm asking myself what I always ask in early January: Where did all the Christmas joy go, and why can't we hang onto it a little longer?

There is always something so wondrous about December, from the first tree branch adorned, cookie sprinkled or secret gift purchased to the triumphant rendition of "Joy to the World" sung at the Christmas Eve service as every candle-holding hand is raised in unison on the last verse.

"He rules the world with truth and grace..."

That verse always stirs hope in me – hope that the world will recognize the Lord came, is come and will come again, and his promises are true and merciful. Nothing to mourn here! Can we all say amen?

Then January 1 comes – and with it, the task of *undecorating*, *undoing* the Christmas cookies that show up on the scale and understanding that life is back to business as usual.

How, then, can we take the hope of December Advent and punt it into January, February and beyond? With a conscious decision, I've decided.

Often, New Year's resolutions find us vowing to eat healthier or exercise more – well how about vowing to strengthen our hope? I am more certain than ever that I must pay attention to my own sense of hope as if it were an organ in my body, as important as my heart or my liver.

The dictionary defines "hope" as a desire for a particular thing to happen, but our hope as Christians is much more than desire blowing in the wind, hoping to catch a current on which to ride into success.

I love the way Hebrews 6:19 reads in The Passion Translation: "We have this certain hope like a strong, unbreakable anchor holding our souls to God himself. Our anchor of hope is

fastened to the mercy seat in the heavenly realm beyond the sacred threshold."

A **certain** hope – much more than an earthly desire dependent on whether this person comes through with that promise, or whether the budget balances or the latest health screening yields no surprises.

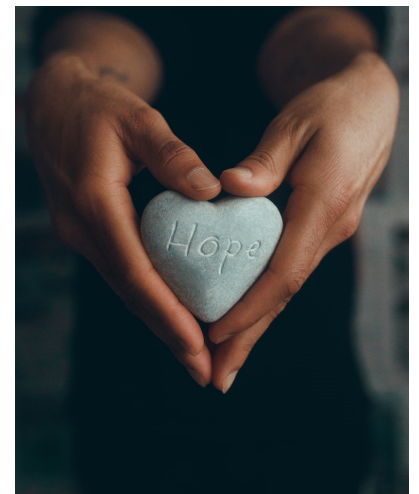
So, what can I do this year to exercise my hope muscle? I've come up with a short list; maybe you want to join me?

1. Spend more time with the One who promised that hope. If I'm scrolling the internet, watching TV, trying out a new recipe, *fill in the blank*, in every free moment, I'm missing the chance to spend time talking to the Lord, and just as importantly, listening for his voice.

2. Make a "hope has come" list and include things about which you've prayed and seen hope realized in return. Breathe in the richness of God's faithfulness and, with confidence, add new things for which to hope and pray.

3. Commit some 'hope' Scripture verses to memory, at the ready when needed. How about Psalm 62:5: "Yes, my soul, find rest in God; my **hope** comes from him." Or Job 11:18:

"You will be secure, because there is **hope**; you will look about you and take your rest in safety." 1 Peter: 3-4 about sums it all up: "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a **living hope** through the resurrection of Jesus



Christ from the dead and into an inheritance that can never perish, spoil or fade.”

Did you catch that? A living hope. To me, anything that’s living is also changing, ebbing, flowing. Yeah, my hope acts like that sometimes, but it’s my certain hope in Christ that gives me any lasting hope of living happily in a world of suffering.

I’m taking some inspiration from the shepherds for the last thing I’m going to do to strengthen my hope. In this wonderful part of the Christmas story in Luke 2:17-18, we read “When they (the shepherds) had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them.”

If we unashamedly live like we have certain hope and tell others why, maybe 2022 will indeed bring a little more Joy to the World!



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In case of inclement weather, the policy of DBIC is to cancel any in-person morning activities if Northern York School District is on a 2-hour delay. This would not impact afternoon and evening activities. All in-person activities will be canceled if the district is closed for the day or dismisses early due to the weather. If there are activities on the week-ends or days when school is not in session, please check for radio and TV (ABC27) announcements or our website (www.dillsburgbic.org) for information regarding closures.

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The Doulos Newsletter Information

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Please send submissions and content for the next issue to: carolynkimmel@comcast.net or place them in Carolyn’s church mailbox by 8th of this month.

Do you have a prayer request? You can contact us by email at connect@dillsburgbic.org or by using the individual contacts in the staff listing.



New Hope Ministries



Susan Vigliano
President of the Peace Promise Board of Directors



Scott Shughart
Director, Dillsburg Senior Activity Center

New Hope Musings



By Ginny Spurrier

Thank you to all who were able to contribute French-fried onions for the New Hope Thanksgiving baskets and gifts for the Christmas Blessings Express. Please know that each of your contributions are deeply appreciated and always needed!!

Now, for this New Year, here are some thoughts/wishes expressed by an Unknown Author that may be familiar to some of you:

May God make your year a happy one!
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
But by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright even in the shadows;
Not by making your life always pleasant,
But by showing you when people need you most and by making you eager to be there to help!

God love, peace, hope and joy to each of you for this year ahead!

(Our donation for the month of January is **shampoo.**)



Ready to expand your worldview?

Sign up for "Perspectives on the World Christian Movement"

Where: West Shore Free Church, Williams Grove Road, Mechanicsburg

When: January 13, 2022, through April 28, 2022

Sign up for the class at [Perspectives.org](https://www.perspectives.org)



December 2021 Memories...



Joyful Christmas Caroling in Dillsburg.

Christmas carols accompanied by brass, and refreshments of cookies and hot beverages in the Dillsburg Square.



Children's Christmas Bell Choir





This month, we check in with the Beers Family in Zambia

Compiled by John and Esther Spurrier, DBIC Global Outreach Commission

Hey Friends,

Rains: Once again, we are praying for rains. We received some promising early rains in October, but they abruptly stopped before most people were able to plant. The 21st of December is the longest day of the year, and it is always the hope of farmers that the maize can be up and growing long before then to take advantage of the sunshine. The delay in the rains we have already experienced will likely have a negative effect on the crops. Please pray that we will get the rains we need and soon.

Visitors and Retreat: We had a lot of visitors in November. Curtis and Leslie Book and Pam Arnold came to visit us and see our projects. It was good to receive visitors, and we also had a productive meeting at Sikalongo Bible Institute. I think I will end up spending time there in the future helping with some agricultural trainings.

The Southern Africa BIC regional retreat immediately followed, so we met these visitors again in Malawi for a week of fellowship at a lodge on the edge of Lake Malawi. We had a good time with our missionary colleagues and had a good meeting with Bishop Kamoto. We are planning to do projects together regarding water and agriculture in Malawi.

Family Life: We started both the girls in an online school based out of Missouri this month. It has been hard for the girls in public school. While the classes are supposed to be taught in English, the teachers often switch to Tonga to benefit most of the students. Unfortunately for Lilli, this often leaves her behind her peers. After much prayer and deliberation, we decided to enroll the girls in a private online school. Both the girls are enjoying the school, especially the science classes.

Veronica's grandfather was put on hospice this week. Please pray for her as she considers a one-week visit to the U.S. to say goodbye. Also pray for Natasha, as she is little and trying to understand.

COVID-19: The Zambian church was heavily affected by Covid in June and July. We lost many elders in the BIC Church to the disease, and others are still recovering from the illness' long effects. Many in Zambia are still unvaccinated as the new Omicron variant is coming from South Africa. Please pray that Zambia will be spared. Fortunately, Zambia is a young country; about half the population is under 15, and we have the population of New York City spread over an area the size of Texas. Both are factors that have spared Zambia in the past. Pray for our people and especially our medical professionals and policy makers as they make decisions in preparation for another possible wave of the virus.

We pray that this letter finds you well,

God's Blessings, Tony Beers



Grounding Grace

By Chou Gabikiny

“And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm, and steadfast.” (1 Peter 5:10, NIV)

In a world where comfort is the aim, in a culture where the “me, myself, and I” attitude is the trend, embracing grounding grace is not just a challenge but almost a dichotomy. In seeking comfort, I pull away from what seems confining. In watching out for what matters to me, it is hard to fully connect with God and others.

In our comfort, we often disconnect because comfort creates the illusion that we are okay on our own, hence we don’t need anyone, not even God. We might not say it or even think it per se, but have you noticed how complacent we get when things just flow as they should (or so we think)? Although our lips might proclaim gratitude, our hearts feel at ease - comfortable. We might think “all is well,” but is it really?

I found that I often have to step away from what I stand on and let go of what I want to hold on to in order to enter into deeper communion with God and with others. Is it that we are just “too human,” that God has to continue pursuing us to bring us closer to Him? Oh, how I wish that were not the case!

However, I shamefully admit that my burdens bring me to my knees more than any blessing ever did, and the blessings that come through trials seem to be appreciated more than what comes easily. When all is well, when all goes as I want it to, my prayers although heartfelt, tend to be superficial; they don’t come from the same place of surrender that hardships take me to.

I am not suggesting we go looking for trouble ... each day has enough trouble of its own (Matthew 6:34) if we take the time to see it instead of avoiding it. Trouble will come and most likely, trouble is present in each of our lives in one way or another. What if we embraced it rather than repelling it at all cost?

I am not an accountant, but I understand that my liabilities should not be higher than my assets or my accounts will not be balanced. If we are to store up treasures in heaven and not on this earth (Matthew 6:19), then perhaps pursuing what feels good, and protecting what we think is ours, creates liabilities in our spiritual accounts. Are we unconsciously leaving our spiritual accounts in the red by avoiding the things that make us feel unsettled? What if the balance we are seeking in life has nothing to do with what feels comfortable or what we can control?

Because His grace is sufficient in our pain, in our shame, in our loss, and in all other discomforts, this grace brings us back to exactly

where we need to be - at His feet, gazing at His face, and basking in His presence. That is what I call grounding grace!

Grounding grace is the grace that reminds us that we can come as we are. It’s the grace that says it’s okay to lose it all here on earth, including ourselves. This is the total opposite of what society teaches us. And because we have been so accustomed to being citizens of this earth, this even goes against our human nature. Maybe this is why we need His grace even more.

What if the things that bring us discomfort, the things that get under our skins, the things that make us feel unglued are all blessings in disguise? In embracing them when they happen, we open ourselves to seeing and accepting what we need the most - God’s grace! This grounding grace gives us the strength to endure and brings us closer to Him.

Next time you encounter discomfort or challenges of any kind, don’t flee from them, but instead GROUND yourself in His grace:

Give up the desire to be comfortable at all cost.

Relinquish the need to control the outcome.

Open your mind and heart to the blessings in disguise.

Unglue yourself from the thoughts, actions, and things that pull you away from God.

Develop a Kingdom mentality and dare to be different (not conforming to the ways of this world).

Reflection/Moments With Him

What hardships are you currently facing?

What will make you comfortable in this situation?

How have you been trying to control the outcome?

What blessings in disguise have come out of this situation?

What thoughts, actions, and things are currently pulling you away from God and his presence?

What concrete actions can you take to adopt a kingdom mentality for this situation?



Fresh Hope for Dillsburg

How Can You Support Someone Going Through a Tough Time?

By Kathy Bennett

I suspect each of us knows someone who is going through a tough time, whether emotionally or mentally, right now. Do you know the best things to do in order to help them?

I absolutely recommend praying for them! But please don't say "I'm praying for you" and then walk away! One thing that is very important is to provide a listening – and empathetic – ear. Listen without offering advice or judgment. Let them know you care about what they are feeling and that what they are feeling is okay. Be trustworthy – don't share the conversation with anyone else unless you feel like the person may be considering suicide or may be a threat to someone else.

Be careful about the words you choose. Be encouraging – validate positive steps the person is taking to resolve whatever it is they view as their problem. Avoid platitudes like "Everything will be okay" when you don't know that is true. Consider how you would feel if you were in their situation, and someone offered the same statement to you! It is okay to acknowledge that the place they find themselves in is a difficult place, but remind them that they are not alone in that place. They can always count on God's presence, and they can find additional support through God's people.

Don't feel like you need to bear the person's burden alone. You may want to suggest other steps like reaching out to the Fresh Hope group that meets at DBIC (Thursday evenings at 6:30 p.m. in the Orange Room – more information is available by contacting the office or freshhope@dillsburgbic.org), talking to one of the pastors, seeking out counseling, attending a grief group, or even calling a crisis center or going to an emergency room in more critical situations. As a support person, you can take those same steps to try and find good ways to help your friend.

Consider offering help the same way you would help someone dealing with a physical illness. Bring a meal, send an encouraging card, call in a day or two and ask how they're doing. Keep in touch and be a good friend.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18 (NIV)

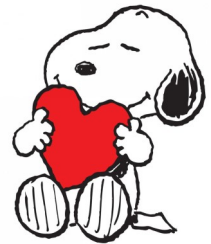
Therefore encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5:11 (NIV)



Celebrating Life Together!

JANUARY WEDDING ANNIVERSARIES

None this month!



Naomi Smith	January 1	David Vader	January 15
Joe Zwally	January 1	Noah Austin	January 17
Kyle Leister	January 2	Marian Hoover	January 18
Beth Beachy	January 4	Jeremy Rank	January 20
Sierra Storm	January 7	Stephanie Walsh	January 23
Gabriel Gabikiny	January 9	Dave Miller	January 26
Seth Miller	January 9	Steven Miller	January 26
Terry Stoudnour	January 9	Rachel Miller	January 27
Scott Eyster	January 13	Charlie Miller	January 28
Vern Martin	January 13	Sarah Hoover	January 29
Jeff Conrady	January 14		

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 9:00 am Hymn Sing 10:00 am Worship	3 3:45 pm Encircle 7:00 pm ZOOM Ministry Council	4 2:45 pm Edge	5 3:45 pm Encircle 6:30 pm ZOOM Gathering	6 2:45 pm Edge 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council 7:30 pm ZOOM Prayer	7 9:00 am ZOOM Local Outreach Commission	8 Doulos Deadline 7:30 am Pastor Rob's Prayer Team
9 9:00 am Sunday School 10:00 am Worship 7:00 pm ZOOM Musical Worship Meeting	10 3:45 pm Encircle	11 2:45 pm Edge	12 9:00 am ZOOM Women's Bible Study 3:45 pm Encircle 6:30 pm ZOOM Gathering	13 2:45 pm Edge 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm ZOOM Human Trafficking Meeting 7:30 pm ZOOM Prayer	14	15 9:00 am Pastor Naomi's Prayer Team
16 9:00 am Sunday School 10:00 am Worship	17	18 2:45 pm Edge 6:00 pm Secret Pals Dinner	19 9:00 am ZOOM Women's Bible Study 3:45 pm Encircle 6:30 pm ZOOM Gathering	20 2:45 pm Edge 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council 7:30 pm ZOOM Prayer	21	22 7:00 am Men's Breakfast 9:00 am Prayer Walking
23 9:00 am Sunday School 10:00 am Worship 6:30 pm Missions Update	24 3:45 pm Encircle 6:30 pm ZOOM Prayer Ministry Meeting	25 2:45 pm Edge 7:00 pm ZOOM Women's Study	26 9:00 am ZOOM Women's Bible Study 3:45 pm Encircle 6:30 pm ZOOM Gathering	27 2:45 pm Edge 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm ZOOM Prayer	28	29 Congregational Council Meeting (Time TBD)
30 9:00 am Sunday School 10:00 am Worship	31 3:45 pm Encircle					