



The Doulos Monthly Newsletter

18 East Harrisburg, Street | Dillsburg, PA | 717.432.3847
www.DillsburgBIC.org

Pandemic motherhood and other fears that taught me trust

By Meghan Kanazawa

Motherhood has been a huge journey for me.

No amount of parenting books, blogs, videos, or sage advice could prepare me for the challenge of becoming a mother in the middle of a pandemic.

When I was 10 days overdue with Magnolia, I joked that she was staying in safety from 2020 for as long as possible. In her baby book, I kept a list of all of the chaos that went down in the months before and after her birth. Wild fires, protests, COVID and lockdown, murder hornets...the list goes on.

I remember during one particularly stressful week, I lamented to my mother that it was the literal worst time to be pregnant. Everything I had come to know and expect was changing. It felt like so many moments were composed of fear and anxiety. I drove Kenji crazy asking him to look up my symptoms, worried at what they could mean, only to have the on-call nurse at the doctor's office tell me that everything was normal.

I thought that once Magnolia was here in my arms the fear would stop. I would be able to look at her and know that she was safe and ok. Boy was I wrong. The first few months involved googling everything, and continuing to drive the on-call nurse crazy. Was she too hot? Too cold? Too room temperature? Is she sleeping too much or too little?

I thought, maybe when she became a toddler and could express herself more clearly, maybe the fear would stop. Nope... Now I have fears about her falling down stairs, saying enough words, eating something she shouldn't, or biting at daycare.

I have come to realize that as a mother, I will always have something to worry over or fear. No stage of motherhood will be without it. However, motherhood has taught me that trusting God is an active choice. Just like love, trust is a verb. It is a decision that I have to make over and over. I have to wake up and tell God "I trust you."

Trust in God does not stop the fear from happening, but it does give me a place to turn when fear takes over. Fear is a complex but important part of what makes me a mom. It keeps me attentive and motivates me to be proactive and protective. Throughout the day, whenever I feel fear stops being productive, I try to step back and remind myself that I can trust God.

Something that I have meditated on is Proverbs 3:5-6: "Trust in the Lord with all of your heart, lean not on your own understanding, In all of your ways acknowledge him and he will make your paths straight." I realize that these verses are extremely popular... I've seen many mugs emblazoned with these words through the years... but the verses are popular for a reason. They are the exact reminder that I need each morning.

My whole life I've been told to trust God, but the past year and a half of motherhood has really given me the opportunity to actively put my trust in Him.



WE'RE HERE FOR YOU!

DBIC offers two support groups, which are open to the public.

Fresh Hope for Mental Health: Thursdays, 6:30-8:00 pm, Orange Room. This is a peer-to-peer group, meaning that everyone attending is affected by a mental health challenge of their own or of a family member or close friend. It is not necessary that you be in treatment with a therapist or doctor to attend, but our meetings are not a replacement for treatment when needed. We incorporate faith practices with psychological information or science-based information about mental health and share information, support, and encouragement with one another. The privacy of individuals who attend is important, so we are asked to keep our conversations confidential.

Support Group for Christian parents of LGBTQ+ children. (Meeting time shared as needed to protect privacy) Do you want support in your efforts to love your child and have a good relationship with them? Do you have questions or fears about your child's future? Are you questioning your parenting? We are not trying to change your child, the church or the world. We are here to support and honor each other in our efforts as parents who love their LGBTQ+ children. If you would like to join us in judgment free conversation, please contact Rob at freshhope@dillsburgbic.org or 717-432-3847.

Your Giving Goes Places!

Our **Spring Ingathering Offering** will be received on April 24 and May 1. Here are the three global projects we'll be giving toward:

- **University scholarships for at-risk believing youth in Thailand** – Young people among the Isaan in rural Thailand are often urged to drop out of school and find work to help support their families. Many young believers have the potential to pursue higher education at local universities while they continue to grow in their faith and serve their local churches. Our funds can help this happen. Find out more at <https://partnership.bicus.org/project/university-scholarships-for-at-risk-youth/>
- **Agricultural development in Zambia** – Our own Tony Beers is working with Zambian farmers to improve soil, maximize crop output, incubate eggs, plant trees and water-retaining grasses. Our funds can provide supplies and equipment along with essential training. Learn more at <https://partnership.bicus.org/project/agriculture-development/>
- **Assistance for BIC church hospitals and schools in Zimbabwe** – Economic realities in this southern African country have been very harsh for a long time. Government funds that once helped support the education and healthcare that church institutions provide are no longer given. Our funds can help our sister church show the love of Christ in this beleaguered nation. Get more details at <https://partnership.bicus.org/project/sustaining-church-hospitals-and-schools/>

DILLSBURG BRETHREN IN CHRIST STAFF



Rob Douglass

Senior Pastor

rob.douglass@dillsburgbic.org



Jeff Conrady

Associate Pastor

jeff.conrady@dillsburgbic.org



Naomi Smith

Associate Pastor

naomi@dillsburgbic.org



Esther Spurrier

Pastor of

Congregational Care
espurrier49@gmail.com



Julie Lerew

Worship Coordinator

julie.lerew@dillsburgbic.org



Kathy Bennett

Administrative Assistant

office@dillsburgbic.org



The Doulos Newsletter Information

Doulos Editor: Carolyn Kimmel

Doulos Layout and Design: Anne-Marie Brandt

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.

Dillsburg Brethren in Christ Church
18 East Harrisburg, Street | Dillsburg, PA

717.432.3847

www.DillsburgBIC.org



* **Thank you** so much for the opportunity to share Beacon Clinic’s mission with your congregation. We received your generous offering. Thank you for this generosity.

Deb McClain, Director, Beacon Clinic

* **Thank you** for your continued investment in the ministry of the Collaboratory. This year, our 22 Collab projects are working with 29 partners around the world to increase hope and transform lives. Please pray for our students who are traveling on eight site team trips this summer. You are an essential member of our team! May God bless you for your generosity.

Messiah University Collaboratory staff and students

* At New Hope, it’s not uncommon to hear energized and elated voices filling our hallways and open spaces, and to see beaming smiles on stretched faces. And it become contagious to all within earshot! Your generous giving is one reason behind these smiles. **Thank you!**

Eric Saunders, Executive Director, New Hope Ministries

* **Thank you** for your support of Peace Promise. Thank you for helping to release these precious souls into freedom and restoration so they might live lives of endless opportunities, meaningful relationships and enduring peace.

Patty Seaman, Executive Director, Peace Promise

* To our friends at Dillsburg BIC, Spring brings with it a feeling of hope and rebirth. That’s the same promise of hope that you provided our families during your host week. You reminded them that there are people out there who care, and that they can achieve a better life. **Thank you** for your support for our families and for all you do to help them in their journey from homelessness to home. Blessings!

Matt Wagner, Executive Director, Family Promise HCR



PSALM SUNDAY CELEBRATION



DISASTER
MITIGATION
RESPONSES BY
THE BRETHREN IN
CHRIST CHURCH
IN ZIMBABWE

A SYNOPSIS (C. 2012 -
2021)



Dr. Sibonokuhle Ncube, from the BIC Church in Zimbabwe, shared her infections and inspiring joy for climate care, social justice and all God’s people.

EASTER CELEBRATIONS



After a chilly but joyful sunrise service, children hunted for eggs and everyone enjoyed a light breakfast on the green.



Celebrating our Risen Savior

EASTER CELEBRATIONS



Packed with music, people and praise,
our Easter service echoed “Hallelujah”
from beginning to end.



STOP TRAFFIC

By Marj Strayer



On April 1, many of us met at Mechanicsburg Brethren in Christ Church to celebrate Peace Promise and the work they do with women who are sexually exploited.

Guest speaker Lisa Michelle is a survivor of sexual exploitation. Her story was moving and powerful. I spoke with one woman who attended the banquet who commented that the speaker's story was almost identical to her own; it was very helpful to her as she is still processing her own trauma.

It was very gratifying to see so many of you present at the banquet. I wish to thank you for your attendance and participation in this event. Peace Promise is very aware of Dillsburg BIC's support over the years through prayer, financial support, meals and special encouragement to the women we serve, and by passing the word along.

I would also like to bring to your attention that we are back making meals for the women in the club on Thursday evenings. Since COVID, one of the clubs shut down and was sold. So we only service one club now with 12 women. There are a few of us who help out with that. If we had more volunteers, we could provide a home-cooked meal more often. Along with providing a meal, we also like to include a handwritten note to each of the women. That is appreciated as much as the meal. So, if anyone would be interested in helping to provide a meal or write notes (4 notes), please let me know by phone or email at 717-432-4240 or strayered@aol.com.

A few of us meet once a month to pray for the women and those who are working on the front lines. If anyone would like to join us, you would be welcome. Prayer is the most important work we do.



Van drivers needed

DBIC will be hosting Family Promise

May 15-22, 2022

September 18-25, 2022

December 4-11, 2022

What's involved? You will need to have a valid driver's license and be over the age of 21.

- **Morning drivers** arrive at the church and leave by 6:30 a.m. Monday - Friday (weekend times are later), drive the families in the Family Promise van to the Family Center in Camp Hill and drive the van back to the church.
- **Evening drivers** need to pick up the van at the church (around 5:30), drive to the center, and back to the church arriving by 6:30 p.m. Sunday - Saturday. Due to school schedules, the van may need to leave earlier so the kiddos can catch the bus to their school.

Some answers to questions you may have:

- You *do not* need a "special" license to drive the van
- Gas is provided by Family Promise
- Training and directions are provided



If you have any other questions/concerns please see Nina Hoover, DBIC Family Promise Van coordinator, as soon as possible. Many hands, feet, and drivers make everyone's work lighter. Thanks in advance for considering this your mission field.



Grounding Grace

By Chou Gabikiny

“The Lord does not look at what people look at. People look at the outward appearance, but the Lord looks at the heart.” (1 Samuel 16: 7, New International Version)

I don't have perfect vision, and many times I miss things that are right in front me. The wallet on the table, the keys in my hand or the jacket that is staring me in the face, but I have to search the closet five times to notice it. Don't you wish things would talk back at you when you are yelling, “where is ...” for the hundredth time?

I recently have been going through a journey that awarded me both the privilege and the pain of realizing that my eyesight is not the only reason I miss things. Many times, I miss things because they don't appear as I expect them to be. In those instances, the issue is not my eyesight but what I would like to call my “mindsight.”

Have you ever discovered something about someone and you just couldn't believe it? I have had a few of those moments in the past couple months. I have worked in human services for about two decades. My first job right out of high school was working for a non-profit that supported abused women after one of civil wars in Congo. During those 20 years, I thought I had seen it all at the homeless shelter, in the psychiatric unit and in all of the other places where I've worked. I have been accustomed to seeing hurt and brokenness in the spaces I enter “to work.”

And although I intellectually know and expect to see pain and shame in the church and although I know in my head that all my Christian friends might feel just as broken as I do, I catch myself being puzzled (and in some ways shocked) when I hear or see parts of them that I don't expect, things that I might not be looking for. Because I'm not looking for it, I'm taken back when brokenness shows up where I least expect it... in the church!

When I found out that the friend I trusted for years had told me a lie, I was heartbroken. “How could she?” ... “Why?” ... “Was it worth it?” ... The questions kept running in my head. At some point, I realized that although the questions in my head sounded like I wanted to understand, my heart posture was judgmental. That was a painful discovery. People tell me I'm gracious, kind and accepting; and I believed that. However,



when it's just my thoughts, Jesus, and I, the reality of heart appears when I least expect it.

Another time I found myself in disbelief when a different friend whom I classified as “mature Christian” shared that she was married three times. I found myself thinking, how did she make the same mistake three times? The Holy Spirit in her would/should/could have helped her choose better, I thought. Was she struggling that much that she couldn't wait to find the right guy? I never said any of those words aloud, but my mind went there. You would think as a divorcee myself, I would understand and extend grace but once again, I was judging in my head. I could easily rationalize that I was only married once, my case was different, I really had no choice, I'm still single, etc. In my head I could say that I didn't think I was better than her, but obviously my judgmental heart acted as such.

Then there was the lady who was married, went to church for years and shared that she had an abortion while attending church and Bible study every week. Then another fervent Christian shared how he became infatuated with a female coworker and had an affair with her, which destroyed his marriage.

These are real issues. These are real people. These are real Christians! These are people Jesus loves and people I want to love like Jesus loves them. Maybe like me, you want to see a church as white as snow, forgetting that that thought alone indicates the need for whitening. I can identify with my friends. I am like them in more many ways than not. And the thoughts that I don't disclose prove my darkest sins, so I have no right to be casting stones, not even in my head. In my mind, I have lusted after, envied, judged, belittled, stolen and lied. The sins I act out are many, but the ones I hide are a multitude. I'm a Christian, a perpetual sinner saved by grace... just like my friends.

Perhaps you too find yourself struggling with this dichotomy, but here's the truth. Matthew (9:12-13), Mark (2:17), and Luke (5:31-32) all report on the account of Jesus stating that He came not for the righteous, but for the sinners. He came for me. He came for my friends. He came for you! If we truly grasp this truth, then our churches should be full of real people with real issues. Our churches should be real hospitals

Continued on Page 9

and real rehabilitation centers. All of us are broken people boldly coming to the throne of grace, not because we deserve it, but because Jesus came just for us and paid it all.

In 1 Samuel 13:14, God calls David a man after His own heart. Being all-knowing, God knew at that very moment that David would lust after Bathsheba, plot a wicked plan to have his husband killed then take her as his wife (and she probably didn't consent to all of this but He was the King, the King that God chose). God saw in David more than his weaknesses, more than his sins. God saw in David a man who would come back to Him over and over again, no matter what. A man with humiliating public falls, yet he was a man who continually recognized his need for God (Psalms 51). God who is holy identifies Himself in a devious and fallible man. Oh, friends, this doesn't align with “my” theology; this messes up “my” religion!

Now imagine what our churches would be like if we entered our “holy places,” not looking for perfect people but for fallible, broken, weak people beaten up by life, but continually being saved by grace. What a beautiful thing that would be! If we stopped hiding our own humanity, then perhaps we would be readily able to accept the humanity of others. If I remember how God saves me from myself each and every second, then perhaps judgment will no longer live in my heart. Oh, how I long for that day!

Dear God, please give us the grace to look at the H.E.A.R.T. (Holes Earth Anchored in us but that God can still Redeem Totally). It's only then that we can see in others what You see and truly love them as You do.

Reflection:

- What's your H.E.A.R.T.?
- What sins/issues bother you the most in others?
- In what ways do you tend to be “self-righteous”?
- How can you genuinely and actively love other sinners in the church, just like Jesus loves them?

Leadership Council Report

By Avis Whitesel

Highlights from the March Leadership Council meeting:

- Some financial reports of note:
 - Portion of excess funds to be allocated inside of the church - \$65,000
 - \$10,000 of the excess funds to the new initiatives fund
 - \$55,182 to the Capital Fund
 - General Fund offerings were behind at the end of February.
 - Utilities expenses are a little higher than normal.
 - Overall net operating income is at a loss of \$1,676 as of the end of February.
- Support for Ukraine
 - Monetary giving to MCC.
 - Collection of items through Mission Central.
- Pastor Rob's report
 - Ministry is going well.
 - Thankful that we can begin to move beyond COVID.
- Sunday morning services
 - The Orange Room will be open as a mask-required space but not staffed at least through Easter.

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. They are Pastor Rob Douglass, Phil Engle, Randy Fish, Sharon Miller, Rachel Pease, Jason Smith, Heidi Tucker or Avis Whitesel.

Fresh Hope for Billsburg

Back To Basics: Practical Mental Health Information

By Kathy Bennett



(This month's information is presented by Mental Health for America and provides some practical mental health information and resources.)

Since the start of the pandemic, more and more people are talking about mental health.

An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Are there common warning signs for mental health conditions or crises? Specific factors that can lead to mental health conditions or even crises? What resources are out there - and how do I know if they're right for me?

Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone you know is experiencing a mental health condition or crisis.

Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for. Everyone should have the support needed to thrive. Communities that have been historically and presently oppressed face a deeper mental health burden because of the added impact of trauma, oppression and harm.

There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be.

Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry and your habits and lifestyle such as a lack of sleep.

Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone - help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

Taking a screen at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results and seek out a professional to find the support you need.

While you may not need this information today, knowing the basics about mental health will mean you're prepared if you ever need it. Go to mhanational.org/may to learn more.



Celebrating Life Together!

APRIL WEDDING ANNIVERSARIES

Robert & Karen Pomeroy	May 8
Shelby & Audra Sieber	May 23
Rick & Charity Miller	May 25
Seth & Becca Wierwille	May 27
Eric & Corie Thuma	May 29
Dwight & Annabeth Rotz	May 30
Isaac & Heidi Tucker	May 31



Grace Spurrier	May 2	Jim Shelly	May 13
Kimberly Tucker	May 2	Barb Miller	May 17
Levi Sowers	May 2	Reece Thuma	May 17
Raelyn Brubaker	May 4	Faithe Spurrier	May 20
Jessica Fritz	May 4	Charity Miller	May 20
Kathy Renard	May 6	Garret VanDyke	May 21
Paul Cathro	May 6	Abraham Waris	May 21
Spencer Sieber	May 6	Meredith Engle	May 24
Bob Hess	May 7	Nina Hoover	May 28
Ellen Hoover	May 9	Wendy Zwally	May 28
Ruth Zook	May 9	Xayvion Tucker	May 29
Scott Raboci	May 10	Miriam Smith	May 29
Anna Weiser	May 10	Brooke Hardy	May 30
Helen Leach	May 11	Amy Kimmel	May 31
Levi Pomeroy	May 11	Samuel Walsh	May 31
Shekinah Waris	May 13		

May 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 9:00 am Sunday School 10:00 am Worship	2 3:45 pm Encircle	3	4 3:45 pm Encircle 6:00 pm Youth (FH) 6:30 pm Zoom Gathering	5 6:30 pm Fresh Hope 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	6 9:00 am Local Outreach	7 8:30 am Prayer Walking
8 Doulos Deadline 9:00 am Sunday School 10:00 am Worship	9 3:45 pm Encircle 7:00 pm Zoom Ministry Council	10	11 3:45 pm Encircle 5:00 pm Corner Life 7:00 pm Youth (FH)	12 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Zoom) 7:30 pm Zoom Prayer	13	14 7:30 am Pastor Rob's Prayer Team
15 9:00 am Sunday School 10:00 am Worship	16 3:45 pm Encircle	17	18 3:45 pm Encircle 6:00 pm Youth (FH) 6:30 pm Zoom Gathering	19 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council (FH) 7:30 pm Zoom Prayer	20	21 9:00 am Pastor Naomi's Prayer Team
FAMILY PROMISE HOSTING						
22 9:00 am Sunday School 10:00 am Worship	23 3:45 pm Encircle	24	25 3:45 pm Encircle 5:00 pm Corner Life 7:00 pm Youth (FH)	26 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	27	28 8:00 am Men's Breakfast
29 9:00 am Sunday School 10:00 am Worship	30	31				