



The Doulos Monthly Newsletter

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

Sleep in Heavenly Peace *By Faithe Spurrier*

For the past 15 years, I have struggled with finding consistent sleep. So when the Spirit prompted me to reflect on this phrase from a Christmas carol, I was excited to imagine that God might grant me miraculous peace at night!

But what has occurred since January has been one challenge after another, including arthritis pain, family surgeries, vertigo, and many places of uncertainty about what is the "next right thing" to do.

A friend who lost her husband suddenly last July, gave me a book titled "Destination Hope," real life stories of devastation, disappointment, loss and excruciating pain. The women sharing their lives reminded me that the discipline and focus of the heart and mind, and the prayers and companionship of friends, are crucial to staying on the road to hope and not giving up.

Out of their ideas came one I have been using these last few months: pondering the same scriptures over and over.

"I will both lie down and sleep in peace, for You alone, LORD, make me live in safety." Ps. 4:8

"Because of our God's tender mercy the dawn will break upon us from on high to give Light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace." Luke 1:78-79.

"You will keep in perfect peace those whose minds are steadfast, because they trust in You." Isa. 26:3.

"Even in darkness Light dawns for the upright, for those who are gracious, compassionate and righteous...." Ps. 112:4.

These words, and many others, became the focus of each new day, reminders of God's persistent, tender and compassionate care, for me and those I love. And as I wonder how to care for our "whole persons," I sense His faithful

Spirit reminding me of what is True, and preparing my heart for the next adventurous challenge.

But all I really long for is to sleep all night! And some of those longer stretches have come now and again. Yet God is faithful to remind me of my part;

- turn the lights out and let the darkness cover me;
- keep my head still, as I learned from my vertigo experience, so that my eyes and head don't spin;
- reflect on the day with gratitude and trust, speaking words from my heart even in the weariness of emotional turmoil.

Heavenly Peace! Perhaps a long journey rather than a gift, but I am so grateful to our Good Father for these days and nights of practicing trust, over and over, determined to not grow weary and give up.

And for the gift of friends and family, walking with us in prayer, encouragement and hope.

Here's to Sleeping in Heavenly Peace!





This is BIG! VBS is coming next month!

Mark your calendars for our summer VBS, happening **August 1-5** from 6:30 to 8:00 p.m.

This year we will focus on the story of Joseph with a southwest-themed curriculum called "Monumental: Celebrating God's Greatness."

Go off-road for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. By exploring God's awesomeness, kids form a rock-solid faith for the road ahead. VBS starts at 6:30!

Register <https://www.dillsburgbic.org/vbs/>

We're also looking for some volunteers to help in multiple ways. See Pastor Naomi Smith for details!



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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.

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THANK YOU

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*I wanted to take a moment to express my gratitude for your hospitality and support of Bible Adventure. It is exciting to reflect on all that God has done through the different teams and partnerships with churches. I wanted to share the most important and exciting update with you: 64 students throughout the programs in York County began a relationship with Jesus this school year. To God be the glory! **Thank you** for your part!

Kim Sanger, Bible Adventure coordinator

*Greetings from Bulawayo, Zimbabwe. We want to express our **sincere gratitude** for the recent very generous commitment of which we were notified by the World Mission office, to be applied to the special project of Sustaining Church Hospitals and Schools. We truly feel your love and concern, and we are expressing not only our gratitude, but that of the bishop and hospital administrators. Our church hospitals receive very minimal government support, cannot charge fees, yet serve a large portion of the local population in remote areas, specifically Mtshabezi and Phumula. They also must depend heavily on ambulance support when patients need to be transferred, yet the maintenance of these vehicles can prove to be quite costly. There are also many other costs, even for medication and equipment purchases that often are not adequately covered by the government. This donation will go a long way in alleviating some of these issues.

Again, we sincerely **thank you** for demonstrating global Christian love in this manner, and pray that you as a congregation will receive multiplied blessings.

Karen and Donald Vundhla, Africa Administrative Coordinator

*Here's what one New Hope Ministries recipient had to say recently: I look forward to my visits. When you walk through the door, you feel the Christian warmth, love and kindness from everyone. This program has been such a blessing to me since things have changed in my life. Someday I hope to be able to give back in some way. I know the Holy Spirit is filled inside this building, and I pray all who enter feel it too. I also want to **thank** all the businesses that donate their products to this program so people who need help can benefit."

***Thank you** for helping us show love, help and hope to those who need it most!

Eric Saunders, Executive Director, New Hope Ministries

***Thank you** for your recent gift to Peace Promise. We're making a difference and we couldn't do it without you.

Susan Vigliano, President of the Board, Peace Promise.

***Thank you** for your recent gift to Messiah University Collaboratory Operations. We are encouraged by your commitment and tremendously grateful for your generosity.

Jon C. Stuckey, Associate Vice President for Development, Messiah University



Nevin Engle shares enthusiasm for years of faithful service to the BICWM missionary home near his house in Grantham, starting with his late wife, Mary Ann's devotion to it.

CELEBRATING OUR GRADUATES AND SCHOLARSHIP RECIPIENTS!!



Congratulations to these graduates
who are
recipients of DBIC scholarship funds:

Connor McEnany
Allyson Maylock
Mitchel Lampron



2022 Graduates

Congratulations to these
students
who are a part of our
congregation:

Laura Austin
Micah Basom
Ethan Beachy
Allie Engle
Jazmin Leister
Sierra Storm
Josh Weiser

We wish you success as you
move
on to your future educational
and career goals .

*For I know the plans I have for you,"
declares the LORD, "plans to prosper
You and not to harm you, plans
to give you hope and a future."
~ Jeremiah 29:11*



Seniors Laura Austin and Allie Engle share next steps
now that high school is in the rear view mirror!

Stop Traffic By Marj Strayer

What is going on at Peace Promise? There are big things going on at Peace Promise. Our survivor-led economic empowerment arm, **Soaps by Survivors**, is branching out and placing their products at different venues.

How we can help? Soaps by Survivors are now selling their products at the Route 174 Roadside Market in Mechanicsburg. Stop by and check out their inventory and while there support the Roadside Market as a way to say thank you for their support of exploited women.

Route 174 Roadside Market, 849 Boiling Springs Rd., Mechanicsburg, PA 17055

Soaps by Survivors is also now featured at Camp Hebron Christian Camp and Conference Center in Halifax. If you are visiting, dropping off children as campers or counselors check out the gift shop.

Camp Hebron, 957 Camp Hebron Rd., Halifax, PA 17032

Also, check out the new body butter “Sincerely Susan,” named after the co-founder and Executive Board President. Shop Soaps by Survivors anytime online for pickup at Mechanicsburg BIC. www.soapsbysurvivors.com.

Another way to support Peace Promise is on Amazon:

1. Go to AmazonSmile.com
2. Search for Peace Promise, Mechanicsburg
3. Hit “Select”
4. Then each time you shop, Peace Promise will receive a portion of your purchase price.
5. You can also install the new “Make Me Smile” Chrome extension to ensure that every one of your Amazon purchases links to your Amazon Smile account.

Also, be on the lookout for places where Soaps by Survivors could be featured – hair salons, coffee shops, specialty shops, massage establishments, chiropractors, etc. **Contact Marj Strayer 717-432-4240 or strayered@aol.com for more information.**

Leadership Council Report By Avis Whitesel

Highlights from the May Leadership Council meeting:

- Some financial reports of note:
 - General fund offerings - under budget by \$12,767
 - General fund expenses - under budget by \$15,992
 - General fund net income - \$4,895
 - Spring Ingathering for three BICUS special projects - \$15,700
 - Other designated gifts and donation to MCC Ukraine - \$13,090
- Pastor Rob’s report
 - Regional Youth Ministry is a blessing, and we are thankful for Paul’s ministry.
 - A motion was passed to receive Martha Adams into membership.
- Pastor Rob’s five-year term is completed in July, and a review process is beginning in conjunction with Bishop Heather Beaty.

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.



*Compiled by John and Esther Spurrier,
DBIC Global Outreach Commission*

This month, we hear about transitions taking place for Eric and Corie Thuma, serving in Macha, Zambia.

Our season of living in Zambia is coming to a close and we want to start by thanking so many of you for both reaching out to ask about the transition and for lifting us up in prayer. As we consider leaving Zambia, we are doing our best to be present and cherish these remaining weeks. People often ask how we are feeling, and admittedly, it's a combination of sadness and a sense of peace. There is loss in the days ahead, but we know there is much to be gained and joy to be found, too.



Having officially stepped down as the leaders of Macha Sport + Learning Project (MSLP) at the end of 2021, our roles this year have been that of mentoring and walking alongside current leaders – doing our best to hand over responsibilities, listening to concerns and advising when asked. We continue to discern how to best encourage and advocate for Melody and Coach G as they lead and guide MSLP staff and ministry.

One of the greatest joys of our time in Zambia has been learning of other ministries and churches who have ended up encouraging and discipling our staff so they are even better equipped to mentor and lead programming at MSLP. Last month, we sent Big J (top, middle) and Namakau for the month-long training at Operation Mobilization's base in Kabwe, and we are rejoicing that their time had a great impact on both their lives. Praise the Lord that while there, Big J chose to be baptized. As he shared this news with our team, our eyes filled with tears of joy at what a privilege it is to walk with friends on this journey of faith in Christ. We look forward to the impact these two will continue to have in their community of Macha through MSLP.

We fly out of Zambia on July 6 and arrive in Pennsylvania on July 13. Though we still have some details to work out, our plan will be to find a home to rent in the Harrisburg school district where we plan to enroll the kids. Eric will work at Quality Greenhouses in Dillsburg and Corie will begin a master of public policy degree at Elizabethtown College.



Grounding Grace

By Chou Gabikiny

“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” Acts 20:35

“It’s better to give than to receive” ... we have all stood by this credo in our Christian life, and those of us who are parents remind our children of this quite often. I agree with the Scripture and also wonder if we often use this verse to hide our pride. I am not a theologian, but the more I study this verse, the more I ask myself if this statement was made to a people who struggled to support others, to people who had much but didn’t care to share with those in need. However, the way I have seen myself and others live out this verse is almost as if receiving is a sin, and those of us who want to be “holier than thou” refuse many of the blessings others give because we want to be the ones giving.

Many years ago, I had a raw conversation with a very good friend of mine. I love her dearly and know that she always wants the best for me and my family. However, I did not want to be a burden to her. Every time she would mention something about helping with my children, I would say, “Ok, thanks! I will let you know,” and I knew that I had no intention of following through on that – not because I didn’t need to help, but because I didn’t want to inconvenience anyone. I would think to myself, she is busy enough, this is my responsibility and I should not be just putting it on others... so I would never say anything until she would either revisit it or I would be in a situation where I had no choice but to ask for help, like when I needed medical care myself.

One day, I was finally convicted to tell her the whole truth. I explained to her that I appreciate her offer to help, but it bothers me to ask for her help because I don’t want to be a burden. With teary eyes, she reassured me that my kids and I were not a burden, that she was the one offering to help and that’s because she determined that she wanted to do so and could do so. She then added that spending time with my boys was actually very therapeutic for her.

In my pride or illusion of “not becoming a burden,” I failed to see that by not receiving the help that my friend was offering, I not only blocked my blessing but also hers. In so many ways, I was and still am a

stressed-out mom, and having someone to hang out with my boys for a couple of hours here and there was and still is such a relief. Additionally, my friend and her husband were trying to have children of their own for so many years and have been grieving that journey. She explained to me that spending time with my boys gave her the opportunity to be a mom, even just for a couple of hours.

When I thought I was being a burden, I actually blocked the opportunity for her to relieve some heavy grief and be blessed by our family. I had forgotten that these children, just like everything else I have, are not mine but God’s. I am just a steward of the blessings God gives me. We are blessed to be a blessing, even if that means sharing our most precious possessions and people.

I am embarrassed to admit that this was not the only time I have had a hard time receiving help. I have also noticed a lot of us whom others call “caring” and/or “helping professionals” have no problem being there for everyone near and far, but struggle to let others do the same for us. Givers don’t want to be receivers, not necessarily because we think that we are too good to be receiving help, but because we want to be the ones giving. But, have we considered how and what we actually give when we receive? We give opportunities, we give joy, we give memories, we give praise, and more.

Perhaps, if we live more like the Christians in the book of Acts, we will realize that in giving, both the giver and the receiver are blessed. And in accepting a gift, no matter what it is, the receiver is also giving something; be it gratitude, a positive experience or more. Therefore, I am challenging myself to be both a cheerful giver and a humble receiver. And each time I am the receiver, I try to reflect on what I gave while receiving. I encourage you to give it a try as well... and maybe then, all our joy will be multiplied... for both the giver and the receiver.



Fresh Hope for Dillsburg

How Kind Are Your Words?

By Kathy Bennett

*The hearts of wise people guide their mouths.
Their words make people want to learn more.
Kind words are like honey.
They are sweet to the spirit and bring healing to the body.
Proverbs 16:23-24 (New International Reader's Version)*

I saw Proverbs 16:24 painted on a coffee shop wall this week, and the verse reminded me of a T-shirt I used to have that said "Lord, make my words as sweet as honey, for tomorrow I may have to eat them." As a person who easily slips into sarcasm, this is a message I need to be reminded of regularly. Looking at the preceding verse, I was convinced that keeping my heart focused on Jesus would likely keep my words more digestible, not only if I have to eat them tomorrow, but also for the person I direct them toward today!

You may be asking, "What does that have to do with mental health?"

On one hand, it has to do with my own mental health. When I express myself using sarcasm, I am usually trying to protect myself from a perceived hurt in a very passive aggressive way, by using humor to deflect rather than being honest about how someone else's words have hurt me. This self-defense mechanism was learned early in my life and it is a difficult habit to break, but I find myself wanting to change because I don't want to hurt someone else just because I am feeling hurt.

On the other hand, how you phrase a point you are trying to get across can affect the mental health of the person hearing what you are saying. If we choose to present the truth in a direct but kind way, we can avoid both misunderstandings and hurt feelings. Being kind is not the same as being nice - but even a difficult sentiment can be delivered in a way that demonstrates that you want to help the person and that you respect them as a fellow human. One way to evaluate your words before you share them is to consider how you would feel if someone said to you whatever it is you are planning to say.

Perhaps the best way to be kind, particularly when having a difficult discussion, is to spend some time planning what we are going to say and being sure our heart is focused on Jesus by praying for wisdom before we open our mouths.

WE'RE HERE FOR YOU!

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

Fresh Hope for Mental Health: biweekly on Thursdays (summer schedule beginning 6/16)), 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.

Celebrating Life Together!

WEDDING ANNIVERSARIES

Paul & Julie Lerew	July 1
Terry & Jessica Fritz	July 8
Ron & Betty Engle	July 10
Mike & Sue Lawver	July 15
Terry & Donna Stoudnour	July 20
Travis & Jordyn Moyer	July 23
Dave & Patti Miller	July 23
Levi & Emily Sowers	July 25
Ed & Marj Strayer	July 26



Mark Kimmel	July 1	Gloria Smith	July 18
Dwight Rotz	July 3	Rachel Pease	July 20
Samuel Brubaker	July 5	Marilyn Smith	July 21
Zach Carlson	July 5	Daphne Rank	July 24
Cindy Raboci	July 7	Elizabeth Hatch	July 26
Sherry Eyster	July 13	Meghan Kanazawa	July 26
Rick Miller	July 14	Joe Bennett	July 27
Deb Hill	July 14	Don Prowell	July 28
Bobbi Delp	July 16	Dee Maxwell	July 30
Bob Garlin	July 16	Aiden Fritz	July 31
Joyce Ehrich	July 18		

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 9:00 am Pastor Naomi's Prayer Team
3 9:00 am Sunday School 10:00 am Worship	4	5 7:00 pm Ladies' Book Club (Green Space)	6 6:00 pm Youth 6:30 pm Zoom Gathering	7	8 Doulos Deadline	9 7:30 am Pastor Rob's Prayer Team
10 9:00 am Sunday School 10:00 am Worship	11	12	13 6:00 pm Youth 6:30 pm Zoom Gathering	14 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Zoom) 7:30 pm Zoom Prayer	15	16
FAMILY PROMISE HOSTING WEEK						
17 9:00 am Sunday School 10:00 am Worship	18	19 7:00 pm Ladies' Book Club (Green Space)	20 6:00 pm Youth 6:30 pm Zoom Gathering	21 6:30 pm Leadership Council (FH) 7:30 pm Zoom Prayer	22	23
24 No Sunday School 10:00 am Worship	25	26	27 6:00 pm Youth 6:30 pm Zoom Gathering	28 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	BICUS GENERAL ASSEMBLY	
31 No Sunday School 10:00 am Worship	BICUS GENERAL ASSEMBLY				29	30
						