



The Doulos Monthly Newsletter

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

A richest blessing becomes a treasured legacy

By Rachel Miller

J-Lynn and Harriet Conrady are some of the most special people in my life. They are my grandparents, but more than that, they are my friends, mentors, counselors and teachers.

Their investment in my life has been, and continues to be, one of my richest blessings. Many of you know them personally. Some of you even have your own stories with them from college days (!) A few of you have never met them because attending in-person services has been too much for them at their stages of Parkinson's and dementia, but you've heard them mentioned in prayer frequently. I wanted to thank you for those prayers and also tell you a bit about them by sharing some of the ways they've impacted my life.

Gramps is known for thoughtful questions and deep conversations, a role he continues to play in my life despite the gaping holes Parkinson's disease has left in his cognition. While I was a student at Messiah University, he faithfully showed up to the student union week after week with a snack and four questions typed on a half-sheet of paper. He rarely got around to asking all of the questions because he was most interested in listening. A natural (but untrained) therapist, he made space for me to reflect, normalized my experiences and responded with more questions than answers. He's taught me that it's okay to wrestle with questions and it's important to keep your heart open and mind engaged. I wasn't the only one he met with; he spent years mentoring students through his involvement with the Collaboratory and even led these students on cross-cultural trips to Zambia when he was really too old to be sleeping on dirt floors.

More than ten years later, we continue to have meaningful conversations though they are interrupted by Parkinson's symptoms and four kids moving in and out of play. Gramps almost always shares an observation or asks a question that inspires further pondering or encourages me in some way. Marriage, parenting, faith and interpersonal relationships are common themes in our discussions. "We have a special relationship,"



he'll say, "that we're even talking about this proves it. It's been built over many years on a firm foundation."

Grammy teaches by example more than conversation, but she offers just as much warmth and love as Gramps. Some of the main lessons I've gleaned from her are hospitality, the joy of keeping house and connection in marriage. Grammy makes sure each person feels welcome in her home, insisting that they come in and have a drink or a snack. She is always hopping up from her seat to get something someone might want but hasn't yet asked for. Even as dementia robs her memory, her mind remains preoccupied with making everyone comfortable the way she always has, from the environment (a spotless home with everything in its place), to the body (offering the most comfortable chair in the room or another helping of dessert), to the mind (a positive outlook, gentle spirit and polite chatter).

Growing up, she welcomed me to do many life tasks with her and always had abundant patience for my spills as well as tips for simple ways of doing things well—like making sure to spread the jam to all corners of the bread so each bite tastes as delicious as the next. I wasn't the only one she welcomed to work alongside her. She would

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also call on Gramps to help her with certain tasks in the kitchen—peeling the potatoes, adding the dry ingredients to the homemade bread and others. It has taken me a while to draw out the lesson here, but I've recently realized, it was always about a habit of staying connected. Their marriage is long and strong and I've no doubt that doing things together has played a role.

Both of my grandparents have spent their lives committed to serving the Lord and working together with the body of believers. They have served as deacons and on church boards, as financial secretary, as church librarian, and probably many other roles of which I am not aware. When they lived in Ashland, Ohio, they were intentional about providing a home for international seminary students. They frequently hosted people from around the world in their home and maintained contact with many of the graduates. I remember learning to use chopsticks

from their "Chinese son" Jerome and many years of enjoying authentic Indian cuisine and tabla music when Bijoy Raul would continue to visit decades after they first met him. I like to think that my love of travel and interest in other cultures started as a seed planted by my grandparents.

I have so many more good things to say about J-Lynn and Harriet; I might just have to write a book! As this is only a cover story, I'll end here with the hope that you've been inspired by them too. You can continue to pray peace for them as they continue living with unsettling diseases and peace for us as we slowly say goodbye.



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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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Neighbors Helping Neighbors focuses on Farmers Fair

Our "Neighbors Helping Neighbors" day will be a little different this year.

Our focus is going to be helping the Dillsburg Farmers Fair committee, first by continuing to do the things we have done in the past. Then on Sunday, October 16, we are inviting everyone in the congregation to help with the cleanup effort after Farmers Fair. Traditionally, a group from the church has helped during our Sunday worship time. This year, we will offer that time as well as early afternoon as times to support our community and the committee who runs Farmers Fair.

We will still have a worship service that day, so you can choose whether to help in the morning or attend the worship service and help in the afternoon. We are hoping to have a large number from the congregation participate in one way or another.

Watch for details and an opportunity to sign up in the near future!



The Capital Area Pregnancy Center (CAPC) is holding the 2022 Walk for Life on October 7 at Vibrant Church outside Mechanicsburg, beginning at 6:30 p.m. It is a two-mile event that raises funds for CAPC, which provides services to women and

men affected by an unplanned pregnancy. Those services include pregnancy testing, 24-hour Helpline, adoption referrals, clothing, food, baby materials, confidential counseling, support for family members, ultrasounds, medical referrals, parenting classes, and Abortion Recovery Ministry (ARM) programs. Jan Kerstetter is walking and would be happy to have others join her. If you would like to walk, if you would like to sponsor Jan, or if you have questions, see Jan, call her at 432-4864, or email jkerstetter56@gmail.com. From September 18 to October 2, you can sign up to sponsor Jan in the adult Sunday School class or by contacting her directly.

Attention men of all ages: We will have a cookout at Nathan Hoover's home (10 Oakwood Drive, Dillsburg) on October 7th starting at 5PM. Grilled chicken and drinks will be provided. Please bring a side dish or dessert. There will be a longbow archery demonstration. If you are an archer bring your bow and show us what you can do! Please sign up at <https://www.dillsburgbic.org/mens-event-signup/> so we know how much food is needed. See you then.

October is Pastor Appreciation Month: Here are some ways to encourage our pastors

Reprinted from Clover Media

Pastors, as human beings, could use some encouragement. When you think about it, most pastors have a tough job. While every job has its own share of difficulties and challenges, the pastor's job often carries greater weight than many others. After all, God has commissioned pastors with the responsibility for spiritual oversight. That's a tall order. What can you do to encourage your pastor?

Be An Active Listener

Encouraging your pastor isn't just about the cliché act of washing their car. That's great, but you can do something every Sunday that may be more encouraging than a clean car could ever be—listen well. Encourage them with an active demeanor, note-taking, and the occasional nod of understanding. They have spent hours getting ready for the teaching event; encourage them by being an active listener.

Be An Energetic Participant

Getting involved in church is more than just a Sunday morning event. Find ways to get involved in the church beyond mere attendance. The church needs volunteer participants like you in order to function. A typical church reports that 80% of the work is done by 20% of the people. Get involved and encourage your pastor by cheerfully sharing the load of the ministry.

Pray For Your Pastor and With Your Pastor

Prayer is huge. Pray for your pastor daily, in your own quiet time. Pray for your pastor as the service begins. Pray for them as they enter the pulpit to teach. Beyond private prayer, start a prayer time with others in the church for the specific purpose of praying for your pastor. You may also want to ask your pastor if they want to pray with anyone. Pastors may not be in the habit of praying with the people in their congregation, but if your pastor is able to do so, this time of prayer with your pastor can be a very encouraging time for them.

Support Your Pastor Financially

Scripture commands in several places that we support pastors with our money (1 Thessalonians 5:12-13; 1 Timothy 5:17; 1 Corinthians 9:14). Hopefully, you will not do this out of a grudging heart or because you know the church is keeping track of who's giving and who's not. Whether or not your pastor knows you're giving, you ought to do so. Small cash gifts, given personally, above and beyond your typical tithe, may also be an encouragement to them.

Speak Highly of Your Pastor

Out of the entire list, this is probably the most significant means of encouragement. Pastors face a barrage of criticism. Immediately after the service, listeners scuttle to their homes or restaurants to hurl epithets of disdain and



spite upon his sermon. Be an outspoken defender of your pastor. Scripture prohibits unkind speech, let alone unkind speech directed at pastors. For that reason, be vigilant to defend your pastor. Squelch criticism and never be guilty of dishing it out yourself. Speak highly of the pastor before your family, before others in your church, and before your pastor and their family.

Thank Your Pastor

Thank your pastor regularly. One of the marks of an encouraging person is the way that he or she expresses appreciation to others. As you thank your pastor, you are encouraging them. True thankfulness goes beyond the generalities. "Thanks for all you do, Pastor," is fine, but there are even more meaningful ways to say "thank you." Like this: "Pastor, the way that you explained verse five this morning was very helpful. I've written some things down in my Bible since I now understand that verse like I never have. I know it's going to make a difference in the way that I interact with my kids. Thank you so much! I can tell you did a lot of studies to prepare for your teaching. I really appreciate it." A thankful spirit like that takes longer and requires some thought, but it's worth it. The occasional thank you note or email goes a long way too. True thankfulness encourages a pastor.

Be Kind to Your Pastor's Family

The pastor is not the only one who has a tough job. Their family does, too. Constant observation, quick criticism, and life on a pedestal are not easy for the long term. Be effusive in your kindness toward the pastor's family. Honor them like you do the pastor, but recognize that they're real people, too. Pastors will be encouraged when they know that their family is being cared for.

Help To Meet Your Pastor's Needs

Regular deeds of kindness and goodwill are an excellent way to show your pastor that you care. When your pastor notices that someone is mowing his lawn, washing his car, trimming his hedge, or cleaning out his gutters, they are encouraged. Recognizing that the people he shepherds appreciate his ministry and are giving back in tangible ways. Use your gifts, training, resources, or time, to encourage your pastor.

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Surprise Your Pastor with Something Special

The big acts of encouragement deserve a mention, too. Pay attention to big events in your pastor's life—a milestone in ministry, a significant anniversary, a birthday, or some other time. Use these events as an opportunity to give them some major encouragement. Plan a birthday party, an anniversary reception, or a special service to commemorate the event. There are other special ways to encourage your pastor. Sponsor a secret fundraiser to gift your pastor with a designated amount of money for them to take a vacation with their spouse. Grant them a sabbatical if you know they are wanting to write a book or attend a class. Give them a week or two from your vacation timeshare. Send them on a first-class cruise. Sponsor their trip to the Holy Land. Think big, and you will encourage your pastor in a big way.

Be Loyal

The best encouragement that a pastor can receive is the gift of his people's loyalty. If your pastor is a person of integrity, who loves Jesus, who is committed to God's Word, and who faithfully shepherds their flock in a biblical way, stick with them. You may recognize his humanness and identify his weaknesses, but you can stick with him. Pastors need people to go through the tough times. They need you. Encourage your pastor by being loyal to them.

Grow In Grace

Nearly two-thousand years ago, the apostle John penned the heart-cry of nearly every pastor across the ages: "I have no greater joy than to hear that my children are walking in the truth" (3 John 1:4). If you really want to show appreciation – to give your pastor his greatest joy – walk in truth. Don't do this just for your pastor. Do this because you're a Christian and because Christians grow (1 Thessalonians 4:3).

Thank you cards: Have you used the thank you cards in the pew racks? If so, could you let the office know if they help you cultivate a habit of being thankful? Have you received one of them from someone else? We would love to hear from you about how it made you feel! Please email or call the office to share your input!

Do you have a prayer request? Would you like: To receive emailed prayer requests? To receive the weekly DBIC email? A church mailbox? Offering envelopes? You can contact us by email at connect@dillsburgbic.org with your request.

CORNER LIFE

On the first and third Wednesdays of the month, come to the Fellowship Hall for a delicious free meal served from 5:00-5:45 p.m. Everyone is welcome to linger after the meal for songs and activities for all ages including Thrive youth group which will begin at 6pm. If you can volunteer time to help prepare, serve, or clean up after the meal, here is the [sign-up sheet](#), and thank you!

October 5
Chili
Corn bread
Veggies
Eclair Cake

October 19
Chicken Broccoli Divan
Fruit
Rolls
Brownie

All menus are subject to change :)

Leadership Council Report

By Avis Whitesel

This month, we want to share with you the good news that Pastor Rob was offered and accepted another five-year term. Please enjoy this joyous letter from our Bishop Heather Beaty.

Dear Dillsburg Brethren in Christ Church,

Greetings and blessings in the name of Jesus. I thank our Lord for you and your faithful witness to the work of God in our midst. May God continue to make himself known through your faithful walk with Jesus.

We have concluded the pastoral review of Pastor Rob. Pastoral reviews are a regular practice of the Brethren in Christ polity. The purpose of the review is to celebrate the good work of our pastor and congregation, identify any needed areas of growth, and to dream about future ministry that God is leading us to pursue.

I want to thank each of you that took the time to fill out a survey. Your thoughts, reflections and commentary were very helpful. Following the compilation of the surveys, I met with Pastor Rob and then the board to review the survey responses.

I will preface this by saying that this was an extremely affirming review! Your reflections regarding the ministry of Pastor Rob were extremely positive and encouraging. The responses indicated strong appreciation for Pastor Rob, his preaching, his leadership, and his love for Jesus. The surveys indicated your respect and admiration for Pastor Rob and reflected how encouraged you all are to be a part of the DBIC congregation.

I am happy to announce that Pastor Rob has agreed to another five-year term to serve as the lead pastor of DBIC. I cannot express my joy in being able to tell you this news. Pastor Rob has shown to be a great leader, a faithful shephard, and a man of integrity. I look forward to hearing and seeing future reports of the wonderful ministry taking place through your congregation.

I am deeply thankful for Pastor Rob's service to the DBIC congregation and to the wider community. May God continue to bless each of you as you faithfully walk together in unity. It is my prayer that each of you know the love and peace of Jesus as you minister together!

Thank you again for your investment in Pastor Rob and the ministry of our DBIC congregation. May God continue to use you to make the grace and love of Jesus known to all people.

Sincerely,

Heather Beaty, Bishop

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, Randy Fish, Sharon Miller, Rachel Pease, Heidi Tucker, or Avis Whitesel.

THANK YOU

THANK YOU

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THANK YOU

THANK YOU

*Thank you to the many people who helped with our move, both by moving furniture and boxes and by providing food! It was a blessing to us and a testimony to our family and friends to see so many people being God's hands and feet in action!
~ *With gratitude, Joe & Kathy Bennett*

*Thank you is not enough to express the deep gratitude in my heart for all the ways you have loved us through this most unexpected turn of events in my life. Your cards, flowers, gifts, phone calls, texts, meals and more have lifted us up and made us feel surrounded with love and care. The lovely prayers and Scripture passages that many of you have sent were the only words that got me through some very dark days and will continue to as I go through treatment. The body of Christ is a beautiful thing. Thank you!
~ Carolyn Kimmel

*Thank you so much for supporting Paxton Ministries with your recent donation! Because of you, we can offer a safe and welcoming home for people who have experienced many challenges in life. No longer do they need to worry about being lonely or not having enough to eat or how to access essential healthcare. Here, they get the help they need in an atmosphere of Christ-like love.
~ *Amy Starr, Director of Development, Paxton Ministries*

*I have so much to be thankful for that I don't know where to begin. The Supreme Court made a historic decision concerning abortion in favor of the prolife movement... the predicted violence against pregnancy centers has not reached CAPC... we have received a brand new ultrasound machine... our new outdoor sign came in July and on top of all of that, our center was struck by lightning...with significant damage BUT the center is intact, everyone is safe and we did not miss a single appointment.

Everything mentioned in the first paragraph can be a distraction to what our mission is so I'm happy to report that babies are being saved, moms and dads are experiencing the love of Christ and God's name is being proclaimed and honored.
~ *The Rev. John Schaffer, Executive Director, Capital Area Pregnancy Center*

*Thank you for your recent donation to Messiah University Collaboratory Operations. An education from Messiah University not only effectively prepares students for a career, but prioritizes the heart, soul and mind of learners of all ages. Our missional commitment provides opportunities to listen to each other, to think in new ways, and to commit to words and actions of reconciliation that change us and the world we live in.
Thank you for blessing our students with your ongoing generosity.

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

*Because of your continued support, Peace Promise has joined the ranks of the brave and will soon be opening businesses to employ the women we serve in an environment that their history qualifies them for employment. They will have the opportunity to work in a safe, honoring environment with volunteers supporting them and assisting them as they learn employment skills, life skills and meet goals. Employment will lead to independence and will be the catalyst to overcome obstacles that prevent them from walking in freedom and healing.

Thank you for your continued support that is making their dreams a reality. Stay tuned for exciting updates!
~ *Susan Vigliano, President of the Board, Peace Promise*

—thank you—

New Hope Musings



By Ginny Spurrier

Just a FEW updates from New Hope!

We have some **new staff members** to introduce. Betty Markle is the new Dillsburg Center manager. Don Heavner is the new Dillsburg food program manager. Chris Brotherston is the new volunteer program coordinator/promoter. He is working just part time in the mornings.

Praise God for providing these people and pray for them as they adjust and learn all that is involved in the responsibilities of each of these positions.

New Hope has seen a **42% increase in the families served this past fiscal year**. The need is so great! Along with food, there is an increased need for donations for rent, and utilities. Clients who have not kept up with their bills during the COVID moratorium are now facing huge bills they are not able to pay. Gift cards are greatly appreciated.

- *Giant gift cards
- *Gas cards
- *Community Aid Gift Cards

*Also, as funds are available, New Hope often pays for overnight stays at the local Roadway Inn for displaced people. So designated cash gifts are needed and appreciated!

We were able to distribute 120 filled backpacks and two bicycles at the Back-to-School event. Thanks to all who contributed items for this event.

***Volunteers are still needed!**

Front desk volunteers are needed even if you can only be available on a "fill-in" basis.

Food pantry volunteers are needed (especially Friday afternoons).

Currently the Development team is looking for semi regular volunteers to assist in sorting and mailing projects. Assignments have been created for one-hour shifts on Tuesday through Thursday afternoons and one spot on Friday mornings.

If anyone is interested in helping in this area, please email Chris at cbrotherston@nhm-pa.net for more information and with any questions.

***Farmers Fair will be held October 14 & 15.**

Sadly, due to the difficulty in getting volunteers to help during the Fair it has been decided that New Hope will not be providing the activities on Baltimore Street or at the Center this year.

Looking ahead:

*Thanksgiving Food Baskets will be distributed Saturday, November 19, 9am-1pm.

*The Christmas Blessing Event will be held Thurs/Fri, December 8 & 9.

(You can be looking for more information regarding these events as the time gets closer.)

Broader New Hope Ministries Updates:

*NHM will soon have an additional Mobile Food Pantry! A large gift donation from Highmark has enabled the purchase of a second Mobile Pantry.

*There are Two new Mobile Food Pantry Managers, Paul Dauenbaugh and Paul Eveler. They are currently delivering to 13 sites and three locations where food boxes are distributed. (A local pastor, Ben, has been volunteering his time to drive the Mobile Food Pantry truck on Tuesdays and Thursdays. Praise God for him and his willingness to step in and help in this area.)

*The renovations at the Dover and New Oxford sites have been completed.

*The renovations at the Enola site are in progress.

*A new NHM Center in Etters (Redland) has been acquired and is scheduled to open in October.

Bless you for reading this long update!! Much has been happening at New Hope in Dillsburg. Please be encouraged to reach out and help in whatever capacity you might find time and interest to do so!! As always, if you are unable to physically or monetarily help...you can pray!! God IS listening, providing and working through this vital ministry to our neighbors!



Fresh Hope for Dillsburg

By Kathy Bennett

This month, I'd like to share a post from Crosswalk.com that focuses on helping children and teens emerge from COVID pandemic with resiliency.

Within the last couple of years, after the world shut down from the COVID-19 pandemic when our pre-teens and teenagers should have been going about the business of attending football games, pep rallies, school dances, summer camps, and other typical events of their formative years, they were redirected to a world of uncertainty and isolation.

While adults didn't like it, we could at least draw upon our life experience and perspective to cope with it. Were we worried about how to protect our families from COVID-19? Yes. Were we concerned about the security of our jobs and businesses? Absolutely. But adults possess a resilience that teenagers haven't had time to develop.



Under normal circumstances, kids are typically in the process of learning, discovering, and creating their personal versions of this vital life skill during their teen years. The current generation wasn't prepared to cope with the onslaught of fear, anxiety, and loneliness thrown at them so abruptly. So, what do we do now? We need to get our teens back on track toward developing resilience.

Restoring Resilience

The pandemic interrupted our children's emotional and social development with shelter-in-place orders, masks, and quarantines. Proms were canceled, sleepovers were halted, and basketball courts were suddenly empty. Sure, teens could find each other via cell phones, but it wasn't the same as face-to-face hangouts and conversation.

What was going on in their minds and hearts during this time? We can see now that a slow build of mental health issues was brewing in our youngest citizens. According to the Surgeon General's report, symptoms of anxiety and depression in youth doubled during the pandemic, with 25 percent experiencing depression and 20 percent experiencing anxiety. As if the teenage years weren't hard enough already, the 14 to 18-year-olds who represent the younger side of Generation Z have grown up in a world that feels scary and unsafe. There's a gap in their ability to live carefree and happy lives because things were anything but carefree and happy for such a long time.

Helping kids to build resilience can help them manage feelings of anxiety, depression, and uncertainty. Resilience is the ability to recover from difficulties or adapt to change—to function as well as before and then move forward. Many refer to this as "bouncing back" from difficulties or challenges, both the large ones and the everyday ones. Resilient people learn from the experience of being able to effectively manage a situation and are better able to cope with stresses and challenges in future cases.

No one can promise teenagers that their lives will be free from challenges. Therefore, caring adults in their lives (such as parents, grandparents, teachers, coaches, and youth pastors) should support and facilitate young people's resilience as much as possible.

Connection, Conversation, and Community

Those of us in a position to encourage the well-being of today's teenagers have an important role to play in

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facilitating opportunities for authentic connection, open conversation, and a strong sense of community.

Connection: One of the best ways to break down a teen's anxiety and lift depression is to have some fun and take their minds off their fears and doubts. Yours may prefer to be with their friends rather than spend time with you but be ready to provide lots of family time for them when they need it. The most protective force in our children's lives is their connection with their families. Young people also reap benefits from caring adults and peers in their school, community, and church. The more healthy connections they have, the better. Solid relationships allow us to be vulnerable because we know there's someone in our life who genuinely cares. Participate actively in social outings, parties, and other shared events and activities to help teenagers bond with others. Encourage them to have fun, participate in extracurricular activities and develop new interests.

Conversation: Opening the door for communication is an important step for parents to hear directly from their children about how they're doing. Sometimes the best time to start a conversation might be when you're in the car together. Parents shouldn't be afraid to talk to their children when they observe behavioral changes or signs of depression and anxiety. On the contrary, when we ignore the possibility they're struggling with their mental health, we inadvertently communicate that it's not something we should talk about and it's not normal to feel. Ask open-ended questions and let them speak freely before you swoop in and try to fix it all with your wisdom and perspective. Talking about their feelings is the best way for them to process their emotions. Even if they only open up a tiny bit, it's a start.

Community: This is a fantastic time for the youth, teen, and young adult ministries in our churches to link arms with parents in the community to provide help and resources. Teens may not prefer the term "support group," but regardless of what it's formally called, churches should facilitate groups for teens in the community that foster conversation with their peers about the things on their minds. Knowing they're not alone can provide the comfort they need to build resilience. Whether they talk about pressures at school, issues with their parents, friend drama, or deeper issues like depression, having a safe place to be honest with peers who "get it" can be instrumental in helping them properly process their emotions. Peer-to-peer support plays a significant role in a person's development of resilience and improved mental health. Programs like Fresh Hope for Teens can help churches and communities facilitate these kinds of positive relationships.

Although your teens may tell you they're "not a kid anymore," they're still young and can keenly feel both the normal stresses of being a teen as well as the uncertainty in the world around them. As we strive to support them in developing stronger resilience, we are equipping them for a brighter, hope-filled future.

Reprinted with permission from Crosswalk.com



Grounding Grace

By Chou Gabikiny

“Yet what we suffer now is nothing compared to the glory he will reveal to us later.”
Romans 8:18, New Living Translation.

I have been pondering on the Exodus story, how God took the children of Israel out of captivity into the promised land. As a reader, it all sounds like a beautiful story of “happily ever after,” but I am sure it did not feel as such for the children of Israel. I have found myself in between the beautiful endings and the painful transitions quite a few times. And sometimes, even knowing that “all things will work for my good” (Romans 8:28) does not appease my anxious heart. I can trust that God knows best, and He will make all things beautiful in His time, but the journey to that beautiful place is full of doubt, fear and restlessness. I am sure the children of Israel can relate.

Imagine hearing that there is a better place for you, that’s better than all the suffering you are enduring in the moment. Imagine that all you know is pain but all you hear is hope. And you want to take hold of it, but your circumstances remind you that you are not there yet. Life has a way of bringing us back to reality. Sometimes, if we focus too much on our reality, it can be easy to lose sight of the promised land, the better days ahead. And holding on to hope becomes even more difficult in those moments. I believe that’s what happened when the Israelites started complaining about their journey. They said, “It would have been better if the Lord had killed us in the land of Egypt. At least there we had plenty to eat. We had all the food we needed. But now you have brought us out here into this desert to make us all die from hunger.” (Exodus 16:3, New International Version).

The Israelites experienced God in so many ways on that journey – “a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light” (Exodus 16:21, New International Version). He

provided manna from heaven, but they forgot about His provision because of the discomfort of the here and now. Sometimes we cling to the familiar, just because it is familiar; at least we know what to expect. It might not be ideal, but at least we have an idea of what things would look like. Could it be that we are so

comfortable with our familiar situations that we stop reaching out for God’s promises for us? We settle for what’s available and disregard the abundant life we have in Christ (John 10:10). Do we get too content with the familiar that we forgo everlasting blessings? Most of us would say that would not be a wise decision; yet many if not most of us, struggle to embrace the spaces in between.

The gap between here and there is uncomfortable, and usually undesirable. When I find myself in between spaces, it’s become too easy for me to complain just like the Israelites. And when it takes too long to get “there,” what and wherever “there” is, I start making peace with the known. There is often lot of unknown during transitions, and that can cause a lot of fear. As humans, we tend to fear what we don’t know, therefore, we opt for the comfort of the known even when that’s not what is best for us. How would our faith walk and lives be more joyful, purposeful, and peaceful if we embrace the spaces in between? What if we were more intentional about growing during those transitional periods, instead of letting them bring out the worst in us?

I am learning that the destination is not always the end goal. Getting there is great, but from here to there is the space that God fills. At times, transitional periods are building our character so we can be more patient, surrender our need to control the situation and/or trust Him more. The time we spend in the wilderness might just be the conduit that God uses to refine us. I tend to become so frustrated with the process that I miss what God is doing in it. The space in between does not always feel good, and I understand how hard it can be to enjoy it, but I pray the Lord will give us the grace to embrace them.

Time with Him:

- 1) What “in between spaces” are you currently in?
- 2) How do you feel about those transitions? What emotions do they bring up?
- 3) In what ways have you experienced God’s faithfulness during this transitional time?
- 4) How can you be more intentional about embracing the “in between spaces”?



Celebrating Life Together!

WEDDING ANNIVERSARIES



Clarence & Mary Ann Brubaker	October 1
Brent & Avis Whitesel	October 3
Don & Nancy Prowell	October 3
Tom & Amy Austin	October 23
Andi & Krishauna Brubaker	October 25
Russ & Joyce Ehrich	October 29



Julie Lerew	October 2	Sharon Miller	October 17
Anne-Marie Brandt	October 3	Jared Whitesel	October 20
Arlene VanDyke	October 3	Jim Poole	October 21
Chris Douglass	October 7	Betty Engle	October 22
Grace Holland	October 7	Aaron Sieber	October 25
Kenji Kanazawa	October 8	Sam Stoner	October 26
Dave Jones	October 11	John Long	October 28
Alexa Rank	October 12	Nathan Pease	October 28
Abby Kropp	October 12	Analiese Fritz	October 30
Amy Miller	October 15	Julianne Hoover	October 30
Patty Cathro	October 17		

October 2022

	Mon	Tue	Wed	Thu	Fri	Sat
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2 9:00 am Sunday School 10:00 am Worship 	3	4	5 9:00 am Ladies' Bible Study (FH) 5:00 pm Corner Life 6:00 pm Activities for all ages 6:00 pm Thrive (Youth)	6 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	7	8 Doulos Deadline 7:30 am Pastor Rob's Prayer Team
9 9:00 am Sunday School 10:00 am Worship	10	11 7:00 pm (Zoom) Ministry Council 7:00 pm Ladies' Bible Study (Zoom)	12 9:00 am Ladies' Bible Study (FH) 6:00 pm Kids ' Night 6:00 pm Thrive Youth 6:00 pm Zoom Shar-	13 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Zoom) 7:30 pm Zoom Prayer	14	15 NEIGHBORS HELPING NEIGHBORS
16 9:00 am Sunday School 10:00 am Worship NEIGHBORS HELPING NEIGHBORS	17	18 7:00 pm Deacon Meeting	19 9:00 am Ladies' Bible Study (FH) 5:00 pm Corner Life 6:00 pm Activities for all ages 6:00 pm Thrive (Youth) 6:00 pm Sharing & Prayer	20 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council (FH) 7:30 pm Zoom Prayer	21	22 9:00 am Pastor Naomi's Prayer Team
23 9:00 am Sunday School 10:00 am Worship	24	25 7:00 pm Ladies' Bible Study (Zoom)	26 6:00 pm Worship & Prayer (In-Person)	27 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	28	29
30 9:00 am Sunday School 10:00 am Worship 6:00 pm Mission Update	31					