



The Doulos Monthly Newsletter

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

Unforced Rhythms of Grace

By Naomi Smith

I recently remembered a wonderful line from J.R.R. Tolkien's book, "The Fellowship of the Ring," that describes how I have been feeling this fall. Bilbo the Hobbit is grappling with the weight of the ring that he carries, and he says to Gandalf the Grey, "Why, I feel all thin, sort of stretched, if you know what I mean: like butter that has been scraped over too much bread." I shared this quote with a friend over lunch one day, and as she tried to spread cold butter on a crumbly biscuit, she gently pointed out that hard butter is not ideal, either. I want to keep my heart soft to the things of God, to not become so hard as to be un-spreadable, but what do we do when we feel spread too thin?

As I look at the life of Jesus, our Master and Teacher, I wonder about the realities of his ministry on earth. Surely at times Jesus felt stretched by the requests of those around him, days when he felt the heaviness of the burdens that he carried. I recognize that even with access to all the wisdom and power of God, Jesus did not meet every need he noticed. He often retreated to pray. Jesus lingered when others thought he should hurry and engaged with people that others thought he should ignore. In his obedience to the Father and partnership with the Spirit, Jesus failed to meet many human expectations.

In the eleventh chapter of Matthew's gospel, we discover that even Jesus' cousin John is having doubts about him. As John the Baptist suffers in prison, he sends a message to Jesus to ask: "Are you the one who is to come, or should we expect someone else?" This is the forerunner of Jesus, the one sent to proclaim in the desert, "Make way for the Lord," and now it seems that he is having second thoughts about whether or not Jesus really is the promised Messiah. Jesus tells the messengers, "Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. Blessed is anyone who does not stumble on account of me" (11:4-6).

Jesus knows what it feels like to be questioned or misunderstood; he knows what it means to grapple with the weight of the expectations of others. Later in that same chapter, he turns to his disciples and says: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (11:28-30). This call of Jesus is both an acknowledgment of our human frailty (we do get weary) and an invitation to join him in obedience to the Father and partnership with the Holy Spirit. The yoke of Jesus is "easy" because it is the loving guidance of a good and gracious King. In taking up this yoke, we are submitting to the perfect rule and reign of God. We can rest not because the work is done, but because Jesus is on the throne, and his kingdom has no end.

As I navigate these days, feeling like butter spread over too much bread, I am praying for wisdom to know the shape and weight of the yoke of Jesus. I cannot carry all the burdens of the world; I cannot even carry all the burdens of my family. But Jesus can, and I can point to him. In the Message, Eugene Peterson reimagines Matthew 11:28-29 this way: "Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—



Continued on Page 2

watch how I do it. Learn the unforced rhythms of grace."

Jesus offers to teach us, his disciples, how to work and how to rest. But most importantly, he invites us to do life with him. Learning the "unforced rhythms of grace" might start by acknowledging our limitations, by being still before the God who knows us and loves us, and by being honest with ourselves and others. As he lay dying, John Wesley whispered to those gathered by his bedside: "The best of all is, God is with us." In our weakness and

in our strength, may this too be our witness: God is with us.



See our DBIC kids on stage!

On November 11 and 12 at 7 p.m. in the Northern High School Auditorium, the Northern elementary schools will present "Willy Wonka Kids," a short musical based on Roald Dahl's book "Charlie and the Chocolate Factory."

Come on out and see Victoria Hoover, Kendal Rank, Miriam Smith, and Jane Tucker in action!

DILLSBURG BRETHERN 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** for your congregation's gift. Churches like yours enable World Vision to provide essential care, encouragement, and hope to hurting children and families. As we continue to see God's miraculous hand transforming lives, please know that you are an essential part of this work. In the words of Paul, "I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now" (Philippians 1:3-5, NIV).

~ Edgar Sandoval Sr., World Vision

***Thank you** for your continued support of the Messiah University Collaboratory. As we continue to educate our students and serve the world with engineering, it means a lot to have the support of a local church. We appreciate you as partners as we try to fulfill the mission God has given us.

~ Bryce Watkins, Program Manager, Messiah University Collaboratory

***Thank you** to the Dillsburg Brethren in Christ volunteers—Ann Bodling, Tom Clark, Kay Gasswint, and Jo Reichard—for all the help with the pruning at Logan Park on October 22nd! You are the best.

~ Nancy Putt, master gardener for Logan Park

***On behalf of my family and friends of Mary and myself I would like to **thank you** and everyone involved in putting together the very lovely luncheon after our mom's service. The food was wonderful and everyone was very happy and appreciated the efforts, work, and love involved in this very special time for Mom's family and loved ones! Thank you all so very much. Words cannot express our appreciation for all you did and everyone did! It was so nice to see you and other DBIC church family friends. I could feel the love along with everyone! Thank you also for providing nursery service! That was so thoughtful and kind! Thank you again. With love from all of us!**

~ Lynda Tomkinson—Mary Hulbert's daughter



Thank you, DBIC family for making my 90th birthday special. I have never seen so many beautifully worded cards, and your personal comments were very encouraging! A party with my small group, helium balloons from two friends, two cakes and candles at Eat and Run and a family dinner--what more could an old lady want? Now let's get on with living for Jesus! Thanks!

~ Grace Holland

New Hope Musings



By Ginny Spurrier

Greetings DBIC family! Here is just a friendly reminder of a very special event happening at New Hope very soon!! You have already received an email with this information, but I wanted to repeat it here just in case you have forgotten the earlier email info!!

The following is from Michelle Zemba, New Hope's development coordinator:

Hello Dillsburg Church friends! We wanted to send you a personal invitation to make sure you know about our upcoming 40th Anniversary Kick-off event that is happening on Tuesday, November 1.

This is the date for our 40th Anniversary Kick-Off Reception as we prepare for a year-long celebration in 2023 of how God has abundantly blessed this ministry. New Hope's articles of incorporation were officially filed on November 29, 1982 with the Commonwealth of Pennsylvania, and our first day open for serving the Dillsburg community (our one and only center) was January 3, 1983.

On Tuesday, November 1, 2022, we'll be holding an informal reception at our Dillsburg Center from 4:30 to 6:00 p.m., with a short program taking place at 5:00 p.m. We are so excited to share that several of the original trustees (our founders!) plan to attend this event! We hope that you (and your church family) will join us, too!!

Please RSVP below to let us know you will be celebrating with us.
<https://form.jotform.com/222685079608163>

99 W. Church Street
Dillsburg, PA 17019
(717) 432-2087 ext. 211
www.nhm-pa.org

In other news, New Hope is busy once again preparing for the Thanksgiving and Christmas events to help individuals and

families in our community who need some extra encouragement and support during these special times of the year.

THANKSGIVING NEWS...

This year, the Thanksgiving Food Baskets will be distributed at the New Hope Center on Saturday, November 19, 9 a.m.-1 p.m. Our DBIC family is participating with a donation of 125 boxes of instant potatoes. We are once again partnering with another church that will supply the other half of the total 250 boxes that are needed. Our donation is due at the church no later than Thursday, November 17. Hopefully, by the time you read this there have already been many boxes donated but probably more are still needed!

*** Something NEW starting this year! TURKEYS are NEEDED!! Because of the shortage of turkeys for the Thanksgiving Baskets, there is going to be a competition to see which church can donate the most turkeys. There will be a plaque placed on the wall at the Dillsburg Center with the name of the winning church on it. The hope is to do this friendly competition on a yearly basis and add to the plaque yearly. When you bring a turkey into the center, put the name of your church (DBIC) on the tag and ask the volunteer to document your donation on the paper on the white board in the warehouse.

CHRISTMAS NEWS...

The Christmas Blessings Express event will be held Thursday and Friday, December 8 and 9 at the Dillsburg Center. This year the New Hope Blessings Tree is in the Narthex with the "Ornaments" designating the gifts to buy. Please place New and UNWRAPPED gifts in the designated bin near the tree. The gifts are due at the church no later than Wednesday, December 7.

Thanks so much, in advance, for your generous and faithful expressions of caring by sharing with many in our community who are in need!! May God richly bless you as you consider these opportunities to reach out and bless our neighbors.



Grounding Grace

By Chou Gabikiny

*“An offended friend is harder to win back than a fortified city.
Arguments separate friends like a gate locked with bars.”*

Psalms 19:18, New Living Translation

I didn't realize how much of a control-freak I was until I became aware of my tendency to get easily offended by certain people. I tend to have a lot of patience for most people, until I expect them to “know better.” The reality is that my expectations were quite unfair. I expected people to “know better,” but in most cases, I had no evidence of such, yet I would hold them against my undisclosed expectations. To make matters worse, I would then become frustrated to the point of taking offense, when they did not meet my expectations. Can anyone relate?

Many relationships have failed because of humans' tendencies to take offense, and make rash decisions based on perceived offenses. How many times have we said, “I am not going back to that store,” “I am not getting out of my way to help them again” or anything of that nature? We tend to get offended for the wrong reasons and put up walls that break the communion. Then, in that divisive space, resentment and bitterness start growing in our hearts for offenses others often know nothing about.

I am sure you are thinking, “Sometimes, people know about the offense” and you are right. But do they know the story as you know it? Are they aware of what you think they should have known or done differently? Do they know how big this offense is in your eyes, and what altars you have built in your heart because you feel violated somehow? Probably not, or at least not at the extent that you think they should or think they do.

When I started to ask God to search my heart, it became apparent that I had junk festering in there. I was holding a double standard without even knowing it. On one hand, I expected others to know how I felt, what I needed, how they should treat me and how they should handle my discontent. But on the other hand, I was not taking the time to discover what might have been going on with them, and whether or not they were aware of the offense; and most importantly, what their intentions were, if any. Isn't this what often happens when we



take offense? We get mad at people for not catering to our needs, but we don't take a moment to consider theirs. Furthermore, we often cut people off because they don't bow down to our emotions, but we fail to recognize that our behaviors also impact theirs. If we are not careful, we can easily shift from being offended to being offensive and creating devastating division and hatred, neither of which pleases God.

Many times, grievances are resolved and misunderstandings are cleared when individuals put aside their need to be right and their right to be vindicated. I am not saying that anything goes, but I am encouraging all of us to be slow to anger and quick to listen (James 1:19). Let's take the time to have conversations, even the hard ones, so that we don't give the devil a foothold. Instead of building walls, let's build bridges. Let's take the time to listen to understand. We don't always have to agree, but if we seek to understand, we will start to move past unnecessary offenses and start healing ourselves and our relationships.

I am aware that some of us have been hurt deeply by others, and I am not discounting that. I also know many talk about church hurt to describe offenses that happened within the church. Some might even consider their offenses as mistreatment. I have heard very tragic stories and I empathize. I also know that if all I do is hold the mirror towards others, all I will see reflected is what “they did to me.” However, if I start pointing the mirror toward myself, I start to acknowledge my pain, not dismiss it, but recognize that it is there – and by the help of the Holy Spirit, I can start to reflect on it. Why does this hurt me? What could I have done better? What can I do now to start the healing process for myself and others? Who can help me with this?

Here are a few tips to prevent become offensive when we feel offended:

Find out what is truly going on inside: What are you truly feeling? What emotions come up for you?

Organize your emotions: Which ones are generated by the current situation? Which ones might be due to past experiences that are impacting the current issue?

Relinquish the need for revenge: “Eye for eye makes the world blind.” Instead, let God be handle it. “Vengeance is mine, I will repay,” says the Lord” (Romans 12:19).

Continued on Page 7

Continued from Page 6

Give the benefit of the doubt: We never know the full story of what is going on with others.

Initiative emotional and spiritual care: What do you need right now to deal with these thoughts and feelings?

Verify the validity of your thoughts: Check to see if what you think or what you are accusing others of is actually valid. They might not know what you think they know.

Engage in the ministry of reconciliation: Have you done everything you can to be at peace with those involved? If not, what can you do to cultivate peace?

May our gracious Lord help us to extend grace to others and not take offense unnecessarily. May we take our hurts to Him first, so He can help us to not become offensive when we feel offended.



Celebrating our Church Family



We rejoiced with Chelsea and Grace as we witnessed their baptisms!

Fresh Hope for Dillsburg

By Kathy Bennett

Brad Hoefs and his wife, Donna, have lived through some publicly humiliating events stemming from Brad's mental illness.

Before his diagnosis, he had an excruciatingly public episode of uncontrolled manic behavior, which resulted in the church he pastored asking him to resign, loss of friends, notoriety in the news and across the country and condemnation by other pastors. Donna remembers sitting in her backyard after this episode weeping and pleading to God - "My husband is not well. I have no job. I've got two children to care for. What am I going to do?"

After a relapse seven years later, Brad and Donna lost more friends and they lost their dream home and moved into an apartment. Donna described the inner pain of being married to someone with a mental illness "confusing... devastating... terrifying... alone... forgotten... grief... anguish."

Since that time, Brad has become a certified peer specialist and an international speaker, offering hope to those suffering from mental health challenges and to their families. Donna is involved in his work as well, and they have written two books. The first book, "Fresh Hope: Living well in spite of a Mental Health Diagnosis," is designed to help those with mental illness as well as those who love them. This is the book we use extensively in our Fresh Hope meetings. In the second book, "Holding to Hope: Staying Sane While Loving Someone with a Mental Illness," Brad and Donna courageously share their story together. Being the loved one of someone with a diagnosis can be as difficult as having the illness itself. The book focuses on empowering people to live well in spite of the roller coaster ride of a loved one's mental illness.

If you'd like to read either of these books or to learn more about Fresh Hope meetings, contact me at freshhope@dillsburgbic.org.

CORNER LIFE

On the first and third Wednesdays of the month, come to the Fellowship Hall for a delicious free meal served from 5-5:45 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 6:15 p.m. If you can volunteer time to help prepare, serve, or clean up after the meal, sign up at <https://www.signupgenius.com/go/10c094da4ac2da7fe3-corner>, and thank you!

November 2
Macaroni & Cheese with Kielbasa
Stewed Tomatoes
Peas
Cookies

Menu is subject to change :)

Celebrating Life Together!

WEDDING ANNIVERSARIES




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



Natasha Beers	November 4	Jazmin Leister	November 16
Harriet Conrady	November 4	Kathy Bennett	November 16
Mike Lawver	November 5	Cindy Burkholder	November 18
Paul Tucker	November 8	Lois Conrady	November 18
Isaac Tucker	November 10	Hadassah Fritz	November 19
Grace Hardy	November 12	Brandon Eyster	November 20
Sue Fish	November 15	Cheryl Heck	November 20
Andrew Cathro	November 16	Lucy Miller	November 23
Olivia Kimmel	November 16	Mark Burkholder	November 26

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 9:00 am Ladies' Bible Study (FH) 5:00 pm Corner Life 6:15 pm Missionary Update (Brubakers) 6:15 pm Thrive (Youth)	3 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	4	5
6 Daylight Savings Time ends 9:00 am Sunday School 10:00 am Worship	7	8 Doulos Deadline 7:00 pm Ladies' Bible Study (Zoom)	9 9:00 am Ladies' Bible Study (FH) 6:00 pm Kids ' Night 6:00 pm Thrive Youth 6:30 pm Zoom Sharing & Prayer	10 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Zoom) 7:30 pm Zoom Prayer	11	12
13 9:00 am Sunday School 10:00 am Worship	14	15 7:00 pm Deacon Meeting (Zoom)	16 9:00 am Ladies' Bible Study (FH) 5:00 pm Corner Life 6:15 pm Activities for all ages 6:15 pm Thrive (Youth) 6:30 pm Sharing & Prayer	17 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Zoom) 7:30 pm Zoom Prayer	18	19 8:30 am Men's Breakfast
20 9:00 am Sunday School 10:00 am Worship	21	22 7:00 pm Ladies' Bible Study (Zoom)	23 6:30 pm Worship & Prayer	24 Thanksgiving Day	25	26
27 No Sunday School 10:00 am Worship	28	29	30 9:00 am Ladies' Bible Study (FH) 5:00 pm Pizza, Decorating and Songs - preparing for Christmas!		