



The Doulos Monthly Newsletter

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

Habit of Gratitude or Habit of Complaining?

By John Spurrier

Most people in our country, including me, have a habit of complaining. If you aren't sure about this, try going through one day without complaining. When I tried this, it took me a week to get one 24-hour period without complaining.

But God calls us to be a thankful people. As a church we have embarked on developing a habit of gratitude or thanksgiving. In order to develop a habit, we need to practice it until it becomes second nature. Erasmus said "Habit is overcome by habit.. So maybe as we develop our habit of gratitude, it might reduce or eliminate our habit of complaining.

In the Bible, miracles are almost always preceded by thanksgiving. Could it be that we will see more miracles as we develop our habit of gratitude?

David Vader once gave me a book about how doctors become better doctors titled "Better," by Atul Gawande, who is not a Christian. I think the principles in this book are applicable to everyone. In conclusion, he recommends five things to become better.

- 1) Establish a more personal relationship with the patient
- 2) Don't complain
- 3) Count something
- 4) Write something and
- 5) Change.

I would like to use his five recommendations to challenge us in developing our habit of gratitude.


- 1) Establish a more personal relationship with Jesus and with others.
- 2) As I recommended above, try not complaining for a day – and then longer. I would also like to challenge us to stop complaining about our church and our pastors. Can we try to go one month without complaining about our pastors, our church

and others in our church to them or to anyone else? And, when you have the urge to complain, say something you are thankful for instead. Let's make a habit of expressing our thanks to others including our pastors.

- 3) As the song goes, "Count your blessings, name them one by one and it will surprise you what the Lord has done..." Recognize that God really loves you, and everything you are thankful for is a gift from Jesus to you.
- 4) We have distributed gratitude journals. Let's use them. And share what you have written with someone else. If someone makes your top 10 people to be thankful for tell them. Share what you have written in families, small groups and individuals. And share with the church ways in which this is helpful to you.
- 5) Change from having a habit of complaining to a habit of gratitude.

Jesus wants us to be thankful and joyful. And the action of thanksgiving leads to the experience of joy.





What: A fun and faith-filled program
Who: Elementary kids (K-5th)
When: Wednesdays 6:30-8:00 PM
Where: Dillsburg BIC Church
How: Register at dillsburgbic.org/shine

Mark your calendars for these theme nights:

February 8: Beach
March 8: Farm
May 3: Camping
(Ending Celebration)

Join us for a complimentary meal, served from 5-5:45pm on these dates:

February 1
March 1 and 15
April 19
May 3

Dillsburg BIC Church
18 E Harrisburg St, Dillsburg PA
(717) 432-3847

Congregational Council Meeting

Our annual congregational council meeting will be held on February 4. We will share a potluck breakfast beginning at 8:30 a.m., and the meeting will begin at 9:15 a.m. Suggested contributions for the breakfast are as follows: If your last name begins with: A - L Fruit, M - S Pastry, T - Z Breakfast Casserole.

Coffee, juice, paper products and utensils will be provided.

Everyone is welcome to attend, regardless of membership status.

Please mark your calendars and plan to join us.

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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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A Brandt family story of gratitude

By Sharon Brandt

A church family is an incredible joy!

Our family's first church was Skyline View Brethren in Christ , 122 strong for 20 years. The church was closed, and we never knew if we'd be a part of a church family again. The happiness of finding Dillsburg BIC was such a blessing. My dad just adored how much musical talent was in the church.

I'd like the church to know the story of how the church family was there, even if you didn't know! It started in January 2014 when my husband, Preston, had major back surgery and spent the next 89 days in the hospital. We came to find out he flatlined in the ICU, and God spoke to both of us. I heard, "He won't die" in a completely empty chapel at the hospital and Preston heard "It's not your time." Thank you for your prayers.



Preston's boss, John, also a fellow brother, kept his job and helped us out tremendously. However, when John left, the next manager wanted Preston gone because he used a cane. In 2017, the manager wrongfully terminated Preston. The state of Pennsylvania said we had a case, due to the circumstances.

The plan with the suit, if we won, was to give to the church and pay bills. This was a hope of ours to be good stewards, but after two years, in September of 2019, we were told the case closed and we lost. I was driving home from work, sitting in my car at Rutter's Dillsburg and crying, screaming, hitting the steering wheel and trying to pray. So furious at the wrongs done (in my mind) to our family. God spoke again, saying, "The church still loves you. Do you trust me?" It was an epiphany and when I got home there was peace.

Fast forward to April of 2020 when COVID took my job down to 20 hours a week, so I took on two jobs. Things were going well until November of 2020. Mom's health was declining and we decided I would quit both jobs in December and take care of her for a year. I was overjoyed to be with her. After rehab from her stroke, mom came home just before Christmas. On January 21, she was no longer in her earthly body. There was no Plan B, and probate took a year.

The outpouring of love from the church helped our family SO much. I went back to work, and then Preston said in April 2021 that he couldn't take Pennsylvania weather anymore, and that he would move to Florida. The kids were juniors/seniors, so I'd stay with them. We put our house on the market. When we sold, the six figures of medical bills were gone, and we broke even.



I want to say that if I had gotten the money that I'd hoped for, I would not be who I am today. Please know, it's because of my church family that I am able to be where I am. I wouldn't be attending church or be as close to God if I had that money. I'm grateful for all I've been through because I needed God and church. This isn't hard to write anymore, God is my rock and salvation. I remember a song saying they will know we are Christians by our love—that's Dillsburg BIC! During really hard weeks, I think of your smiling faces and am able to go on.

Mom said two things to me before she went home to heaven. The first was to take care of the kids and the second was that the church would be there for me. Church family, please know how very grateful I am—for all the interactions, hugs, smiles, helping me move and most of all, love, that you have shown to our family. We love you back!



Stop Traffic

By Marj Strayer

On the first Friday of each month there is a group of us from Peace Promise that gather for prayer. We pray for the women to whom we minister as well as for those who provide the care, love and acceptance, skill training and intercession.



Patty Seamens, with all of the signs of her ongoing cancer treatment, came to give us an update on the girls. This was one of her good days. Those of you who have had or are currently undergoing treatment understand the significance of those words. She wouldn't have wanted to miss this night for anything. God was gracious to her and to us. This night was going to be a night of remembrance for those of our girls who have died in their fight for freedom as well as for those courageous young women who are still in the battle.

We gathered inside the new Peace Promise building in Camp Hill. We worshipped God and prayed together for the girls we serve. We know this ministry is only possible through prayer. We then walked outside and held our candles while Patty honored those who are no longer with us. She touched on each of their six lives, their strengths and weaknesses, and the sweet girls that were tucked away deep inside them. These girls God had created for a purpose had been stolen by Satan's schemes to harm them. Many of them had professed faith in Jesus Christ and trusted him for salvation. But it had been hard to completely trust in the daily onslaught that came their way.

Patty talked about Erika, who a year ago was murdered. There was hardly a conversation about the future of Peace Promise that did not include her. She was strong in so many ways. She took responsibility for the women who worked by her side and looked after them. Erika had shared with Patty that she was looking forward to working for Peace Promise in the future to help set these women free.

Though Erika's life ended tragically, her legacy lives on through the women she helped. We then lit our candles and sang "Amazing Grace".

This is what your prayer and support is all about. Thank you.

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



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 6 p.m.. If you can volunteer time to help prepare, serve, or clean up after the meal, here is the [sign-up sheet](#), and thank you!

Menu is subject to change :)

February 1
Ravioli Casserole
Salad
Garlic Bread
Dessert

Grounding Grace

By Chou Gabikiny

“Give thanks to the Lord, for He is good. His love endures forever.” Psalm 136” 1-2, NIV

It was 2 a.m. and I couldn't sleep. As I started to dwell on all the health crises that have happened in the past few weeks, I found myself lamenting to the Lord and asking for grace to hold on. As grief overwhelmed my heart, these words started playing in my head: HIS LOVE ENDURES FOREVER. They got louder and louder as the tears rolled down my face. In that moment, when nothing and nobody could fix it, I was reminded of not only that His grace is sufficient but that His love still endures, even in that moment. A word in due season indeed!

I held on to that truth and kept repeating those words over and over again, until I drifted to sleep. Later, I started reading Psalm 136 out loud and anchoring my faith in His everlasting love for me, for my kids, for you, for us! The more I read, the more truth strengthened my weak heart. Each verse of that passage reminds us of the many ways that God's love endures for us.

He is God of gods and Lord of lords; His kingship over all is a manifestation of His love. He loves us too much to let anything and anyone rule over us. He is above all powers and kingdoms so that He alone can rule over us with love. His banner over us indeed is love (Songs of Solomon 2:4); and it's up to us to receive it.

He created heaven and earth and all that they contain (Genesis 1), with matchless order and beauty. He delivered Israelites from Egypt (Exodus 20:13) and still delivers us from the places that He has not destined for us to be in. He still fights battles that we might or might not see (Exodus 14:14). He still sets a table for us in front of our enemies (Psalm 23:5). He still provides for all our needs according to His riches in glory (Philippians 4:19). He still picks us up from the pits we find ourselves in and sets our feet on the Rock (Psalm 40:2). Everything He does is because of how much He loves us!

Christ dying on the cross for us was and still is the ultimate act of love, but it didn't stop there. Every single second, God continues to shower us with His love. Everything we are and everything we have are proof of His love for us. Furthermore, His unconditional love is what ushers in the unmerited favor we have to come as we are. Redemption/salvation, grace, and even the victory that we have in Christ (Romans 8:37) are all by-products of the Father's love. Oh, how He loves you and me!

In sickness or health, His love endures forever.

In debt or wealth, His love endures forever.

For better or worse, His love endures forever.

In life or in death, even death on the cross, His love endures forever.

No matter what we are facing today, may His love overwhelm our hearts so we can simply and fully embrace the grace we are given to be called His beloved children (1 John 3:1).

We are loved at every moment, in every circumstance, no matter what, and even if...

HIS LOVE ENDURES FOREVER!!!

May we all rest on this truth today!





Practice Makes Peacemakers

Therefore everyone who hears these words of mine and puts them into practice is like a wise man... Matt. 7:24

As Paul warned the Philippians, we cannot change unless we put what we are learning into practice (Phil. 4:9). In other letters, he used athletic metaphors to teach that godly character qualities must be developed through disciplined practice in which we seek to overcome our weaknesses, master the proper techniques, and make a desired behavior natural and automatic (1 Cor. 9:24-27; Phil. 3:14; 2 Peter 1:4-8). As we have seen, conflict provides excellent opportunities for such practice. When an argument develops, give close attention to controlling your tongue. When your desires clash with another's, recall Jesus' example and willingly submit. Or, if you have been offended, ask God to help you resist resentment and forgive as he has forgiven you. With God's help and faithful practice, you can develop a Christ-like character, which will demonstrate your repentance and enable you to enjoy the benefits of peace.

Taken from [The Peacemaker: A Biblical Guide to Resolving Personal Conflict](#) by Ken Sande, Updated Edition (Grand Rapids, Baker Books, 2003) p. 135.

Food for Thought

Can you imagine what would happen in a game if a football team never practiced? Players would run wild, unsure of where they were supposed to be and what they were supposed to do. It would be a comedy of errors, with each player relying on his own instincts to try to succeed, but failing miserably.

Is that an apt description of what happens when you get into a conflict situation? A comedy of errors? Relying on your instincts? Failing miserably? As Ken notes, maybe you could use some disciplined practice.

The professional football season is now coming to a climax, but the hard work for today's best teams began long ago. Champions were forged during the long hot days of summer, practicing in their training camps. They took what was written in their playbooks and worked it out on the practice field, even though their first real game would not be played for weeks. Yet the work they put in paid off later in those critical moments — with their techniques mastered, doing the right thing had become second nature.

If only Christians put that kind of disciplined effort into developing our own characters. Let us learn the "playbook" of God's word and put it into practice in our own relationships and churches, so that when conflicts come, we'll be ready, and our natural response will be to do the right thing — exactly what God desires.

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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.

How do I get more connected at DBIC?

By Kathy Bennett

Hopefully you have discovered that DBIC has many friendly people who are glad to have you worship with us. You may also have found that the time we spend together on Sunday morning isn't really long enough to get to know other congregation members or to learn more about the church. There are several ways to start getting more connected here. A very easy way to get connected would be to come to a "Corner Life" meal and get to know the people sitting at your table while enjoying a delicious meal. Another easy step would be to email connect@dillsburgbic.org and simply ask "How can I get more connected at DBIC?"

Here are some more ways to be more specific when you email connect@dillsburgbic.org. You could ask to have your email address added to our files so you get email updates about church activities and links to view the Sunday worship service online. You could provide contact information and information about your family so you can be added to the congregational directory. You could ask to join a small group. You could ask to join the email prayer chain. You could use the email address or talk to a pastor about what area of service you are passionate about and help out in that area - we have groups working with children, youth, local outreach, global outreach, facility maintenance, mental health, music and hospitality (things like cooking, cleaning up after a meal, or greeting or ushering on Sunday morning).

You don't have to be a formal "member" in order to do any of these things - if you worship with us, you are a part of the congregation and are welcome to participate in any of these opportunities. If email isn't your thing, feel free to call the office (717-432-3847) or stop in during regular office hours (Tues 9:00 a.m. - 12:00 p.m. and talk to one of the staff!



We have guests coming!

Family Promise hosting is coming soon. It will be starting on February 12 and lasting through the 19. If you are interested in participating in this weeklong event, there are various ways in which you can help. First, we need people willing to serve as evening and overnight hosts. Next, we need food donations for breakfast and lunch. Lastly, we will be providing the evening meals for these families. Descriptions of each role with further information can be found on the sign-up genius sites.

For any other question, feel free to contact Scott and Cindy Raboci at (717)432-9140 or sraboci@yahoo.com. Thank you in advance for being such a blessing!

Evening/Overnight Hosts: <https://www.signupgenius.com/go/10c0f44a9a722a20-eveningovernight3#/>

Breakfast/Lunch Foods: <https://www.signupgenius.com/go/10c0f44a9a722a20-family8#/>

Evening Meals: <https://www.signupgenius.com/go/10c0f44a9a722a20-family9#/>

Celebrating Life Together!

WEDDING ANNIVERSARIES




Jeff & Lois Conrady February 15
Tom & Kathy Renard February 26



Rob Douglass	February 1	Tyler Whitesel	February 16
Becky Horst	February 1	Nancy Prowell	February 18
Eliana Miller	February 2	Jan Kerstetter	February 21
Eleanor Poe	February 3	Tariq Waris	February 21
Paul Lerew	February 4	Kendal Rank	February 23
Sharon Brandt	February 5	Mary Ann Brubaker	February 23
Samantha Brandt	February 10	Suzanne Erikson	February 26
Emily Vader	February 10	Jon Dale	February 27
Angelina Waris	February 11	Katie Renard	February 28
Diana Dale	February 12	Beth Shelly	February 28
Annabeth Rotz	February 14	Tessa Walsh	February 29
Deb Monko	February 16		

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 am Ladies' Bible Study 5:00 pm Corner Life 6:00 pm Thrive 6:30 pm Shine 6:30 pm Prayer and Sharing (Zoom & in-person)	2 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	3	4 8:30 am Breakfast 9:15 am Congregational Council Meeting
5 9:00 am Sunday School 10:00 am Worship	6	7	8 Doulos Deadline 9:00 am Ladies' Bible Study 6:00 pm Thrive 6:30 pm Shine 6:30 pm Prayer and Sharing (Zoom)	9 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Strayers) 7:30 pm Zoom Prayer	10	11
12 9:00 am Sunday School 10:00 am Worship	13 7:00 pm (Zoom) Ministry Council	14 7:00 pm Ladies' Bible Study (Zoom)	15 9:00 am Ladies' Bible Study 5:00 pm Corner Life 6:00 pm Thrive 6:30 pm Shine 6:30 pm Prayer and Sharing (Zoom)	16 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council (Zoom) 7:30 pm Zoom Prayer	17	18
Family Promise Hosting						
19 9:00 am Sunday School 10:00 am Worship	20	21	22 9:00 am Ladies' Bible Study 6:00 pm Thrive 6:30 pm Shine 6:30 pm Prayer and Sharing (Zoom & in-person)	23 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	24	25
26 9:00 am Sunday School 10:00 am Worship	27	28 7:00 pm Ladies' Bible Study (Zoom)				