



The Doulos Monthly Newsletter

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

The Hard, Beautiful Work of Renewing Our Minds

By Rachel Pease

Lately, I've been thinking a lot about the thoughts I think...the sentiments that run through my mind and serve as a familiar soundtrack to accompany my days. I've lived with several harsh phrases of self-condemnation that have been part of my daily thought life for years. They're not pretty, and I've always known they're not from God.

Even so, they persisted. And my thought life became like a runaway train I felt powerless to control.

But the Bible tells us our thoughts are controllable. 2 Corinthians 10:5 says, "[...] take every thought captive to make it obedient to Christ." Romans 12:2 says "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." And Galatians 5:1 says, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

These passages make it clear that when it comes to renewing our minds and experiencing the freedom we're meant for, we can't be passive about it. We've got work to do.

I want to walk in the freedom I know Christ has given me, so the strongholds in my mind have got to go. To that end, here are three habits I've been actively establishing in order to make room for the work God wants to do in my mind. If you struggle with negative thoughts of your own, maybe these disciplines will help you, too.

1. Starting More Mornings With Praise

I realized something surprising recently. Now that I work from home, I hardly ever listen to music throughout the week. Without a daily commute and regular work trips, I no longer have a built-in need for something to occupy my mind during countless minutes and hours. And that means I'd stopped tapping into music's power to transform my mood and set my mind on things above.

So recently, I've been starting more of my days with praise. There's no room for negative self-talk when I'm singing songs that remind me of my identity in Christ. There's no better way to get my mind off my failures than to focus on God's faithfulness and forgiveness. And when the songs I sing in the morning get stuck in my head all

day long? I've just replaced errant thoughts with an endless loop of truth.

2. Creating New Soundtracks With "Breath Prayers"

There are only a few people who know the reality of what I've been dealing with in the echo chamber of my mind. Faithe Spurrier is one of them.

Earlier this year, she told me about a book she'd purchased called "Breath as Prayer: Calm Your Anxiety, Focus Your Mind, and Renew Your Soul." Written by Jennifer Tucker, the premise is that combining short prayers with deep breathing exercises can calm one's body while focusing the mind on truth. This is not a new age, humanistic idea rooted in eastern spirituality. Rather, it's a way to meditate on the truth of Scripture while also accessing the physical benefits of deep breathing exercises.

I immediately ordered a copy for myself and flipped through its pages to find prayers that focused specifically on my goal of renewing my mind. Here are a few of my favorites:

- (Inhale) Lord, turn my thoughts...(Exhale) to what is _____ (insert any of the concepts from Phil. 4:8, i.e. true, noble, right, pure, lovely, admirable, excellent, worthy of praise).
- (Inhale) Keep me in perfect peace, Lord... (Exhale) As I keep my thoughts on You.
- (Inhale) You created my inmost being, Father... (Exhale) I am fearfully and wonderfully made.
- (Inhale) Show me the way of life, Jesus...(Exhale) Give me the joy of your presence.

When dark thoughts creep in, I'm working on replacing them with one of these breath prayers.

3. Putting My Thoughts on Trial

During the Advent season, I decided to carve out time to attend Ladies' Bible Study. In my current job as a marketing writer, I can get my work done when it works for me — and I felt God tugging at my heart to make space on Wednesday mornings.

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That tug continued even when Pastor Naomi announced that our next study would focus on The Wellness Revelation by Alisa Keaton. To be honest, the last thing I wanted to do was go to a Bible study about wellness (especially as it relates to weight). But I could sense God telling me to go...so I went.

Chapter 5 of the book focused specifically on renewing the mind, and in that week's video, the author walked us through how to not only take thoughts captive, but also how to put them on trial. Alisa argued that the only way to banish harmful thoughts is to put them in front of God as the ultimate judge, with Jesus as our witness and the Holy Spirit as our counselor. By interrogating the thought and trusting the Holy Spirit to give insight into its origins, we can get to the heart of the issue and get rid of unwanted thoughts once and for all.

After the video, our facilitator led us through the following exercise.

First, we were instructed to identify a thought we've struggled with. Then we were given the following questions to ask and told to write down the responses as they came to our mind.

- Who are you?
- Where did you come from?
- When did you come into my life?
- What are you up to?
- What is actually true about me and my life?

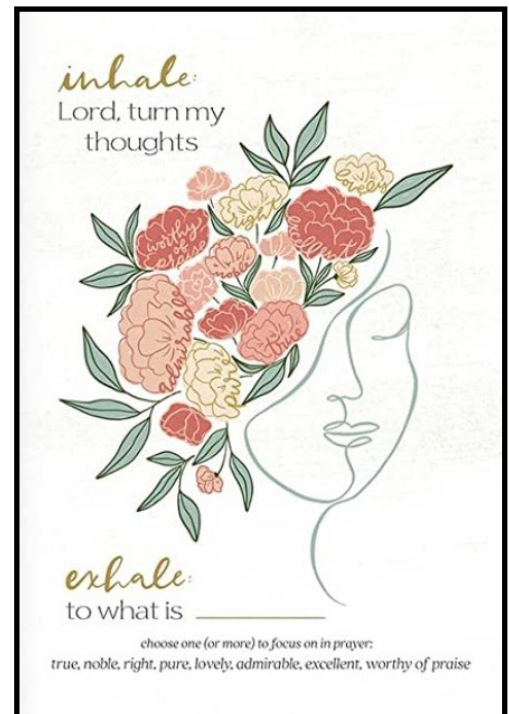
As I wrote out my thought and interrogated it with these questions, God met me in a powerful way. Sobbing, I shared what I wrote with the group and they came around me and prayed for deliverance on my behalf. It was one of

the most transformative experiences I've ever had, and I can honestly say this thought has not controlled me in the same way ever since. It's entered my mind, but it hasn't stayed there. I believe God is unraveling parts of me that have kept me chained for too long, and I am so grateful.

Renewing Our Minds is a Daily Practice

Our minds are malleable, and that can be a good thing or a bad thing. If we're not diligent, our minds can become overrun with thoughts that don't belong there. The longer we think those thoughts, the more they influence everything from how we feel to how we behave.

But there is hope. God wants to give us victory in the battleground of our minds. He created our brains to be infinitely rewirable. And when we do the intentional work of renewing our minds, it's possible to replace toxic thoughts with ones that are true, beautiful, and life-giving.



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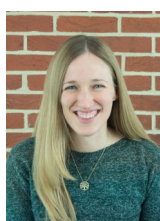
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Do you have a prayer request? You can contact us by email at connect@dillsburgbic.org or by using the individual contacts in the staff listing.

Dillsburg Brethren in Christ Church
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End-of-year Shine party planned

By Pastor Naomi Smith

The Shine Program will have a celebration on May 3 to mark the last evening of the program for this school year.

The 35 elementary-aged kids on our roster were a lively, thoughtful, talented group. We had a wonderful time interacting with Bible characters and stories, singing songs, playing games, enjoying snacks and creating beautiful craft projects.

A huge thank-you to all the volunteers who made the Shine Program possible this year: Chad and Emily Brubaker, Ray and Cheryl Cross, Connie Darbrow, Chris Douglass, Nathan and Sarah Hoover, Wendell and Nina Hoover, Becky Horst, Amy Kimmel, Scott and Cindy Raboci, Kathy Renard, Ariela and Emily Vader, and Avis Whitesel.



CORNER LIFE MEALS

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 p.m., and Shine, which will begin at 6:30 p.m. . If you can volunteer time to help prepare, serve, or clean up after the meal. Please sign up at www.dillsburgbic.org/corner-life/

May 3

Mac n Cheese
Cooked Veggies
Sheet Cake

Menu is subject to change :)

*The family of Rev. James H. Poole Sr would like to **thank you** all for your love and support at the passing of our Pappy! Your emails, calls, flowers, etc. meant so much to us. It is our prayer that his love for the Lord and for everyone he met will not be forgotten!

Nancy, Jim, Jill, Aaron & Heather, Zachary, Cristina and Margaret, Donna, Kristin and Katie

***Thank you** for your continued support of our program, as we work to educate and influence the next generation of Christian engineers. It means a lot to receive local support, as we care deeply for the surrounding area and its people. Please join us in praying for the work the Lord has for our students in the last month, and for those who are preparing to travel internationally. Thank you!

Bryce Watkins, Program Manager, Messiah University Collaboratory

Dear DBIC family, **Thank you** all for the encouraging birthday cards and gifts. Thank you for all your prayers for us, they keep us going. Thank you so much for helping with the move. Thank you for all your love near and far. We continually thank God for you!

With gratitude, Chou, Hope, Gabe, and Daniel



Answers to Your Questions about DBIC: Who are Deacons and What Do They Do?

By Rachel Miller

Julie Cook, Chris and Rob Douglass, Rachel and Steven Miller, Eleanor Poe, Esther Spurrier, Faithe and Jim Spurrier, Ginny Spurrier, and Ariela Vader make up the current deacon board.

We meet monthly to plan communion services, brainstorm and pray about the needs within the congregation. If you've ever gotten flowers or a card on behalf of the church, they were probably from the deacons. We also arrange meal trains, transportation, child care, physical labor, financial assistance, foot washing services and funeral meals.

Much of what we do is confidential, which makes it tricky to remind you that we are available to you should you need support!

You might hear the term "deacon" and think of the Catholic position in which a deacon is part of the clergy along with priests and bishops. Everyone on the deacon board would be much more comfortable if you simply thought of us as caring people; our role is not so prestigious.

The BIC Manual of Doctrine and Government would reference the scriptural qualifications listed in 1 Timothy 3 and Acts 6 as well as dictate that deacons must be presented by the governing board for election by the congregation. Someone wishing to serve as a deacon ought to be involved in the life of the church, but need not be a member.

If providing support to fellow believers sounds like something you'd like to be a part of, we'd love to hear from you! Anyone on the deacon board could answer your questions or point you in the right direction to get involved.

Easter Party a Success!



On the Wednesday before Easter, the green space outside DBIC was filled with people for the Easter Party. Kids jumped in the bounce house, youth helped set up for the meal, and adults laughed over lawn games and visited with both church members and neighbors.

Some members of the community were there in response to direct invitations from friends; others came because DBIC folks had dropped off flowers, eggs and a postcard of information about Holy Week services. In addition to enjoying a light supper prepared by Pastor Jeff, everyone who came was reminded of Jesus' entry into Jerusalem, suffering and resurrection, as Pastor Naomi told the story through "Resurrection Eggs." Julie Lerew, DBIC worship coordinator, oversaw the party planning effort and led the group in joyful songs.

Thanks to all who invited others and made them feel welcome. Special thanks also to Kathy Renard and Amy Kimmel, who chose the winners for the Easter egg decorating contest, and to Faithe Spurrier, who helped artists of all ages at the decorating table. Younger and older winners were excited to receive gift certificates for Dairy Queen, while all kids 12 and under enjoyed "goodie bags" as a take-home gift.

We look forward to more opportunities to celebrate Jesus' love with our neighbors!

Let us not love with words or speech
but with actions and in truth.



We have guests coming!

May 21-28

Our church will be hosting two to three families from Family Promise starting on May 21 through the 28th. If you are interested in participating in this weeklong event to prevent homelessness, there are many ways in which you can help.

First, we need people willing to serve as evening and overnight hosts. Additionally, we need food donations for breakfast and lunch. Likewise, we will be providing evening meals for these families. Descriptions of each role can be found on the sign-up genius sites, which can be found at <https://www.dillsburgbic.org/family-promise/>.

For any other questions, feel free to contact Scott and Cindy Raboci at (717)432-9140 or sraboci@yahoo.com. Finally, we need van drivers to take the families back and forth from the day center. Contact Nina Hoover at ninaihoover@gmail.com if you would like to drive the van. Thank you!!



This month, we get an update from the Brubakers serving in Guatemala and about the impact of Cyclone Freddy in Africa.

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

From Andi & Krishauna Brubaker ... An Eliana Update



We continue and will never stop celebrating and thanking God for the miracle Eliana is. However, this journey has been and continues to be so hard, and her care has been that of a normal newborn and harder for three months now.

Shauna and I are both getting about five to six hours of sleep each night, which takes a toll on various other daily activities. We praise God that Eliana was able to come off the last little bit of oxygen last week so that we don't need to move the oxygen concentrator and tubes around everywhere we go. She is continuing to gain weight (now just over 7 lbs.) and her doctor is pleased with her progress as well.

The after-school program this year has been the largest number of kids we have ever worked with and it continues to grow! We now have a waiting list of six kids on top of the 52 kids that are registered this year.

It has been crazy the amount of interest and pretty constant flow of families submitting registration forms. Diego and Tina have been an amazing help and have jumped in to lead certain parts as we take turns with various responsibilities. This year we added in sportsmanship thoughts at the court before we play and compete. These are short (three to five minutes) discussions about things like honesty, excellence, being a leader, teamwork, serving and connecting that with a verse or two in Scripture.

We also have an intern here with us, Ben, for two months who started at the end of March. And we have given more responsibilities to the middle school girls, Fatima and Melany, who help us one day a week. They each had the opportunity to lead one of the sportsmanship thoughts recently.

We have focused on the miracles of Jesus during our Bible times this year, and we have had some great interaction and responses, focusing on the idea that 'it doesn't make sense what God does'.



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We have also had some great questions, such as “If God created everything, who created God?” There is so much more to write about what is happening in the program this year, but this update would be so long. You can also check out Diego and Tina's updates as they are short stories from their view, which are always so encouraging. <https://ken-tina-barr.epistle.org/>

In Other News: Update from Africa

A record-breaking cyclone, Freddy, struck in southeastern Africa, especially in Mozambique and Malawi, over approximately 2 ½ weeks in March as it circled back through these countries two to three times.

Needless to say, this has resulted in massive devastation and in death, especially from ravaging floods and mudslides. The districts most affected in both countries are also the districts in which the Brethren in Christ have the highest concentration of churches. In one district of Malawi, 18 members lost their lives, and more than 70 houses of pastors and members washed away or were buried in mudslides. In Mozambique, there have been at least 15 deaths, and a total of 1040 homes and 60 churches destroyed. And of course, throughout the countries, the loss of livelihood in terms of crops is immense. A small amount of immediate aid was released, but the BIC through the Global Compassion Fund (<https://partnership.bicus.org/project/global-compassion-fund/>) and also in coordination with Mennonite Central Committee, are in the process of a greater response. The Zimbabwean church has also launched an aid drive.

Please pray for all people affected, and for wisdom and expediency in determining and distributing further aid.



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.

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.

In the Pew Next to you...

Carisa Weaver and Eben Sneddon

Born and raised in

CARISSA: Born in Gwanda, Zimbabwe and raised in Dillsburg!

EBEN: West Chester, Pa.

A bit about my family

CARISSA: My older brother, Caleb, and his wife, Alexis, live in Harrisburg. My parents, Neil and Lisa, live here in Dillsburg and attend Grantham BIC.

EBEN: My older sister, Noah, and her husband, Greg, live in Lancaster. My parents, Deb and Scott, live in West Chester. We've always had a close relationship and enjoy spending time together as a family.

I spend my days doing

CARISSA: I am an occupational therapist at Encompass Health Rehab Hospital in Mechanicsburg. I spend my days helping people return to meaningful tasks and increasing their independence so they can go home safely!

EBEN: I will be finishing up occupational therapy schooling in August. Currently, I am in a clinical rotation with the Capital Area Intermediate Unit and will begin my second placement in the middle of May at a rehabilitation hospital in Philadelphia.

How I became a Christian

CARISSA: My parents instilled the importance of faith in me for as long as I can remember. I grew up attending Grantham BIC and was baptized in 2012 after a short term mission trip to Honduras with the Grantham youth. My faith became my own after that moment and as I grew up, I began to realize the importance of Christ's sacrifice and my true need for a Savior.

EBEN: I grew up in a Christian home and came to Christ at a very young age. My parents and grandparents made sure to teach me the importance of faith and a relationship with Jesus Christ. At the end of high school and into college, I began to see how I could truly incorporate my faith into my everyday life.

A time I really saw God work in my life was

CARISSA: I saw the Lord's hand in my becoming an occupational therapist. From selecting the schools I attended, to the job opportunities I had, to the connections and blessings I've received along the way, the Lord has proven to me his faithfulness to the calling he placed on my heart when I was 17.

EBEN: In my senior year of high school, I had a major hip surgery that derailed my plans to play ice hockey through the end of high school and potentially beyond. The change in life plans took a toll on my mental health, but the Lord taught me a lot about relying on him and that his way is truly better, even if it doesn't seem like it in the moment.

My biggest passion is

CARISSA: I am passionate about developing strong relationships that are fruitful and meaningful.

EBEN: I am passionate about making sure people feel loved, heard and cared for in the interactions that I have with them.

I spend my free time doing

CARISSA: I spend my free time with my family and going to the gym. I enjoy a good cup of coffee and spending time outside!

EBEN: I really enjoy spending my free time at the gym and playing guitar!

Favorite Bible verse

CARISSA: Romans 12:12, Psalm 116:7, and Hebrews 10:22-24

EBEN: Matthew 6:34 and 1 Peter 5:6-7



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My favorite thing about Dillsburg BIC is

CARISSA: My favorite thing about Dillsburg BIC is that the atmosphere is warm and genuine.

EBEN: My favorite thing about Dillsburg BIC is how kind and welcoming everyone has been.

Something that might surprise you about me is

CARISSA: I've had four concussions in my life time that really impacted my life for a long time.

EBEN: I start every day with a walk around Dillsburg!

My favorite song is

CARISSA: "Are You Lonesome" by The Brook and the Bluff

EBEN: "Walt Grace's Submarine Test, January 1967" by John Mayer

A prayer request I have is

CARISSA: A prayer request that I have is for peace during the final months of wedding planning and over our soon-to-be new life together as a married couple!

EBEN: A prayer request that I have is that I am able to stay present while doing my clinical rotations and that I am able to appreciate the season of life that I am currently in.



An Enemy of Grace

There are many conflicts that require a lot of time and effort to resolve. But there are far more that can be resolved simply by overlooking minor offenses or relinquishing rights for the sake of God's kingdom. Therefore, before focusing on your rights, take a careful look at your responsibilities. Before you go to remove the speck from your brother's eye, ask yourself, "Is this really worth fighting over?"

*Taken from [The Peacemaker: A Biblical Guide to Resolving Personal Conflict](#)
by Ken Sande, Updated Edition (Grand Rapids, Baker Books, 2003) p. 98.*

Food for Thought

Reflect on this last week and notice the times when a spirit of entitlement rose up in your heart. What is it you really thought you deserved?

There was once a conference leader speaking to a group of pastors. He was sharing how important it was for a church to have a spirit of grace throughout all it does. He posed this question: "What do you think is the most significant threat to that spirit of grace?" Several answers were given, all of them valid. Then someone asked him, "What do you think?" He answered, "A spirit of entitlement."

A lot of conflicts can be resolved by relinquishing rights for the sake of God's kingdom; in other words, setting the spirit of entitlement aside. Ken is right: before focusing on your rights, take a careful look at your responsibilities.

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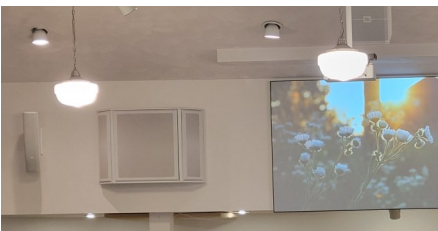
Celebrating Life Together!



Indoor Easter Sunrise Service



Easter Choir celebration



From a party to a post-Easter choir, we at DBIC celebrated the joy of the Resurrection in many ways!

Photos courtesy of Joe Bennett and Anne-Marie Brandt

Celebrating Life Together!

WEDDING ANNIVERSARIES




Robert & Karen Pomeroy	May 8
Shelby & Audra Sieber	May 23
Rick & Charity Miller	May 25
Al & Connie Darbrow	May 97
Dwight & Annabeth Rotz	May 30
Isaac & Heidi Tucker	May 31



HAPPY BIRTHDAY!

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

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 am Memorial Service for Donna s.	2	3 5:00 pm Corner Life 6:00 pm Thrive 6:30 pm Shine 6:30 pm Prayer and Sharing (In-Person & Zoom)	4 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Prayer & worship	5	6
						
7 9:00 am Sunday School 10:00 am Worship Next Steps Luncheon	8 Doulos Deadline	9	10 6:00 pm Thrive 6:30 pm Prayer and Sharing (Zoom)	11 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Human Trafficking Meeting (Strayers') 7:30 pm Zoom Prayer	12	13
14 9:00 am Sunday School 10:00 am Worship 6:30 pm Missionary Update (Zoom)	15	16	17 6:00 pm Thrive 6:30 pm Prayer and Sharing (Zoom)	18 6:30 pm Fresh Hope meeting (Orange Room) 6:30 pm Leadership Council (201)	19	20
21 9:00 am Sunday School 10:00 am Worship	22	23	24 6:00 pm Thrive 6:30 pm Prayer and Sharing (Zoom)	25 6:30 pm Fresh Hope meeting (Orange Room) 7:30 pm Zoom Prayer	26	27
Family Promise Hosting						
28 9:00 am Sunday School 10:00 am Worship	29	30	31 6:00 pm Thrive 6:30 pm Prayer and Sharing (Zoom)			