



DILLSBURG BIC CHURCH

GROWING DEEP REACHING FAR

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

June 2024

"Rest."

By Anne-Marie Brandt

Rest. What a difficult four-letter word to grasp! Finding time for rest can be a real challenge in my life. With never-ending to-do lists, looming deadlines, and a calendar packed with activities, carving out that space for rest isn't always easy.

As I strive for a more balanced life, I often think of Ecclesiastes 3:1: "There is a time for everything, and a season for every activity under the heavens." It's a reminder that while hard work and productivity are important, so too is rest and renewal.

Eleven years ago, I caught the running bug and impulsively signed up for the Hershey 10k (that's 6.2 miles for the non-runners). With a friend in Pittsburgh coaching me virtually, I began a journey of training and self-discovery. After each run, I'd send her my splits, and we'd review how I felt physically and mentally. Between her words of encouragement, she patiently answered my endless questions, no matter how trivial they seemed. Why did my shins ache? (Turns out, I needed more stretching.) Why did the tops of my feet hurt? (My shoelaces were too tight.) Why did my arches feel like they were collapsing? (Wrong sneaker support.) Why did it feel like my lungs were burning? (I needed to learn how to breathe properly.)



After two months of preparation, race day arrived. My only goal was to cross the finish line standing upright, and I achieved just that. In the week leading up to the race, my friend stressed the importance of tapering—of easing off the intense training to let my body recover. While I heeded her advice on tapering, I failed to grasp the significance of embracing rest

days. I didn't realize that allowing my body to recuperate from the rigors of running was just as crucial for improvement as the training itself. Thankfully, I learned my lesson before I ran my first half marathon in 2016.

So how do I apply this lesson in running to my daily life now? It begins with me realizing that rest is necessary—and not just something to do when I feel like it. Sometimes after a mandatory "rest" day, I find myself enjoying my run more than I would have otherwise. I find that my pace feels lighter and I enjoy it more.

It means that I also set boundaries for myself, saying no to unnecessary commitments and giving myself permission to slow down. It also means giving myself permission to take a break and "rest" from certain commitments.

One of these commitments is the DBiC Doulos. I joined Carolyn Kimmel and Kathy Bennett on the Doulos team in 2016 as the layout editor and designer. Carolyn compiled and edited all the stories and content before she sent them to me. After I designed each newsletter, both Carolyn and Kathy would proofread it before it was published. The three of us made a good team together.

Since Carolyn's death last Fall, the Doulos has been a struggle for Kathy and me. We feel Carolyn's absence deeply. We have been trying to keep the newsletter going at the same pace as before, but we have found that we need a rest.

We have decided to take a "rest" on the monthly newsletter for a couple of months. We are hoping to recruit help from the congregation to make our monthly process easier. We are looking for content, whether it is the main article or updates from ministries and events. Don't worry if you are not a professional writer—we can work with you. We are also looking for photographs, poems, words of encouragement, and updates of interest.

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I am hoping that after this Doulos “rest” that it will be renewed and rejuvenated. I am also hoping that the DBiC congregation will enjoy it more and that the content will be more fulfilling.

If you are able to help with the Doulos, please contact me at abrandt@teambrandt.net, or call/text 717.421.4706.



Celebrating Life Together!

Congrats Class of 2024!

Noah Austin
Connor Engle
Brandon Eyster
Elaina Pease
Katie Renard
Nate Spangler
Thomas Walsh



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 Editors: Kathy Bennett, Anne-Marie Brandt
Rhonda Hebbard

Doulos Layout and Design: Anne-Marie Brandt
Editor Emeritus: Carolyn Kimmel

Please send submissions and content for the next issue to: newsletter@dillsburgbic.org by the 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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“Thrift On Purpose” Opening Soon Near You!

By Kimberly Tucker

Thrift on Purpose is a Mennonite Central Committee thrift store to be located in the Mechanicsburg area. We have been meeting as a steering committee for about 18 months and had our first board meeting last month (May 2024). Thrift on Purpose will hopefully open in October 2024!

Why open another thrift store in our area? Studies have shown that thrift stores close in proximity to one another tend to thrive! When thrifters go shopping, they prefer to stop in all the stores in one full sweep! Plus, each thrift store has different merchandise; no 2 stores are alike and no 2 days to shop are alike.

The history of MCC Thrift is inspiring, starting with the first shop in Altona, Manitoba in 1972 and growing into a network of close to 100 shops in Canada and the US. Over the past 50 years, thrift shops have generated in excess of \$250 million in support of MCC's relief, development, and peacemaking work worldwide. **In 2022, profits from MCC Thrift shops provided for 19 percent of MCC's operating budget, making the bi-national network of thrift shops the second largest income source for MCC.** The tagline "where every purchase is a gift to the world" aptly encapsulates the mission of MCC Thrift and the promise of the stores.

MCC Thrift is part of a thriving growth industry. Thrift shops are recession-proof, cross-generational in their appeal, and growing in popularity. Shopping thrift appeals to bargain hunters, re-sellers, and environmentalists. Thrifting is especially popular among teens and young adults, a demographic for whom the service and peacemaking emphases of MCC hold particular appeal.

What makes MCC Thrift different from other non-profit thrift stores? MCC Thrift provides a “boutique experience” but with thrift prices. The stores are bright, cheerful, and clean, and the appealing way in which merchandise is presented gives the feel of shopping in a specialty store.

COUNTING THE BENEFITS

For MCC: The financial benefit to MCC of another thrift shop in its bi-national network is obvious, as **90 percent**

of our store's eventual profits will be directed to MCC. However, there are also important non-monetary benefits for MCC. Specifically, as volunteers are coached in how to share the MCC story with shoppers and donors, MCC will grow in name recommendation and appreciation within this region. Posters and other informational pieces on display in the store will also help inform shoppers of the transformative work of MCC in communities and countries worldwide.

For Local Ministries and Nonprofits: Per the agreement with MCC Thrift, individual shops can allocate up to **10 percent of annual profits for the benefit of local ministries and nonprofits.** Many MCC Thrift shops also provide vouchers to local ministries for distribution to the people they serve and which can be exchanged for product from the stores. Through gifts of money, product, and opportunity, MCC Thrift shops show themselves as good neighbors and places of hope.

For volunteers: MCC Thrift shops welcome volunteers from all walks of life and abilities into a community of friendship and shared purpose. We are especially eager to include persons with developmental and other disabilities in our volunteer workforce. Volunteering can also be a new start for individuals who, because of unfortunate life choices, find the doors of opportunity and a fulfilling life closed to them.

AN INVITATION

Thrift on Purpose board of directors is primed and ready to move forward with the hard work of bringing an MCC Thrift Shop to this area, but we cannot do it alone. It will require the commitment of supportive congregations, organizations, businesses, and individuals who share the vision for turning cast-offs into cash for MCC and our local community.

We need volunteers and donations! It is estimated that we need 100 volunteers. Will you step up and volunteer a few hours on a regular basis for MCC? Do you have storage spaces filled with items that you haven't used in years? If the answer is “yes” to either question, please contact: Kimberly Tucker pandktucker@comcast.net 717-855-0976

THANK YOU

THANK YOU

THANK YOU

THANK YOU

THANK YOU

Dear friends at Dillsburg—This week we became aware of a Walmart gift card. What a pleasant surprise! Leon has been watching for coolers (ice chest) to go on sale before we go camping. He wants one with a drain. I just looked and Walmart has choices. May God bless you for your kindness.

~ Wendy Cook

Dear friends at Dillsburg BIC—Thank you so much for your hospitality and partnership with Joy El through hosting a Bible Adventure program for Northern Elementary School. Because of you and many other church partnerships, many public school students have access to God's Word, His free gift of salvation, and the opportunity to build a relationship with a caring adult. We are aware of 379 who began a relationship with Jesus this ministry year. Thank you for your part in that. To God be the glory.

~ Kim Sanger, Joy El

We would like to express our heartfelt gratitude for your generous gift to the SPICE program. Your support plays a crucial role in the program's continued operation, demonstrating the significant impact of individuals and churches like DBiC. Each of the nine SPICE hostels and three community centers provides a nurturing environment for children to live out their God-given potential. Partnering with BIC U.S. World Missions, the program is led by the Brethren in Christ Churches in India and Nepal. Your gift will provide clean water, nutritious meals, group housing, nurturing care, medical provisions, education, and learning about Jesus for 22 children. Many blessings to you and your church family.

~ Dean Frey, SPICE Coordinator, Brethren in Christ U.S. World Missions

Thank you for your recent gift.. Your investment in these precious lives is making a real difference. We hope we can count on you to be a monthly Hope Giver through your generous donations. It takes consistent and tireless work on behalf of our Peace Promise team to forge relationships of trust, hope, and safety with these individuals. We're making a difference, and we couldn't do it without you. Thank you for helping to release these precious souls into freedom and restoration so they might live lives of endless opportunities, meaningful relationships, and enduring peace.

~Susan Vigliano (President of the Board), Patty Seaman (Executive Director) Peace Promise

Thank you for your recent donation to Messiah University. Messiah University combines rigorous academics, sincere faith and gracious hospitality, remaining true to our Christian identity and mission in the midst of rapid cultural change. Within a community of intentional learning and living, we have great confidence that our students will grow and thrive. With God's faithfulness as our anchor of hope, we thank you for investing in our students to be enriched, equipped and encouraged to meet the challenges that will face as future graduates of Messiah University.

~ Jon Stuckey, Vice President for Advancement, Messiah University

May is a month where a lot of women will find out they're pregnant...and they won't feel like celebrating. Recently you sent us a generous gift .. THANK YOU! Donations (like yours) allow us the means and opportunity to stand with and reassure these women that their baby is a precious gift and not a reason to panic (or worse). We share the hope, love and encouragement only found in the finished work of the cross. Thank you for providing the means to reach out to those God brings through our doors!

~ Rev. John Schaffner, Executive Director, Life Choices Clinic

THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU

We are thankful for your recent kind and incredibly generous gift. As you know, thousands of families rely upon our programs and services every day. From our food pantries to youth programs to budget classes, your generous donation ensures that every guest has their need met on any given day.

~ Molly Helmstetter, CFRE, Director of Development, New Hope Ministries

Thank you for your confidence in the New Horizons Foundation, Inc. Your generous support has enabled the beneficiaries of your gift to continue the work they have been called to do. We appreciate the opportunity to collaborate with you on this important project.

~Dr. Steven Prensner, President, New Horizons Foundation



We are very grateful for your recent support of Paxton Ministries. Thank you for helping us provide a safe, comfortable home for adults in need. Your donation makes a big difference!

Resident Patty recently shared her story with us. After facing difficult challenges in her early life and then losing close family members she had depended on for support, Patty needed a new home where she would be surrounded by people she could trust. At Paxton Ministries, she found just that place! She loves many things about living here: her room, having her own mailbox, our monthly homemade pizza night, and a great selection of daily activities to keep her busy. But, she says:

"The best thing about this place is the people!"

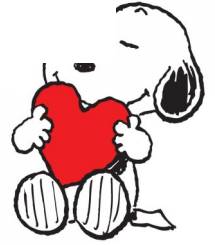
That includes you! It's because of the support from people like you that we are able to provide such a safe and supportive home for Patty and many others. You are giving Patty a life-changing community to encourage her day by day, and you yourself are part of that loving community through your gifts, service, and prayers. We are so grateful for you and for the difference you are making to adults in need!

Thank you for your donation of \$500.00. As no goods or services were provided to you in return for your charitable contribution, the entire amount of your contribution is tax deductible to the full extent allowed by law. Please retain this letter for your records.

We deeply appreciate your help as we fulfill our mission to provide affordable housing and support services to adults in need with Christ-like love!

With my sincere thanks,
Amy Starr, Director of Development
Paxton Ministries

Celebrating Life Together!



WEDDING ANNIVERSARIES



| | | | |
|-------------------------|---------|-------------------------|---------|
| Rob & Chris Douglass | June 1 | Mark & Cindy Burkholder | June 16 |
| Zach & Brittany Carlson | June 4 | Randy & Sue Fish | June 16 |
| Adam & Emily Schmehl | June 10 | Scott & Chris Eyster | June 16 |
| Chad & Em Brubaker | June 11 | Dave & Joyce Jones | June 17 |
| Jason & Naomi Smith | June 11 | Kenji & Meghan Kanazawa | June 20 |
| Joe & Kathy Bennett | June 11 | Randy & Wendy Zwally | June 22 |
| John & Esther Spurrier | June 13 | Tony & Deb Monko | June 25 |
| Bob & Carmy Hess | June 14 | | |



HAPPY BIRTHDAY!

| | | | |
|-------------------|---------|----------------|---------|
| Jim Spurrier | June 3 | Sue Lawver | June 19 |
| Jill Poole | June 4 | Brent Whitesel | June 22 |
| Oswald Miller | June 8 | Joyce Jones | June 24 |
| Krishana Brubaker | June 10 | Em Brubaker | June 28 |
| Carmy Hess | June 12 | Karen Pomeroy | June 29 |
| Brittany Carlson | June 13 | Tim VanDyke | June 30 |
| Brianna Eyster | June 17 | | |

June 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|-----|---------------------------------|--|-----|---|
| 2 | 3  | 4 | 5 6:30 pm Sharing & Prayer | 6 6:30 pm Fresh Hope 7:30 Prayer (Zoom) | 7 | 8 |
| 9 9:00 am Sunday School 10:00 am Worship | 10 | 11 | 12 6:30 pm Sharing & Prayer | 13 10 am - 6 pm Blood Drive 6:30 pm Human Trafficking mtg (Strayers) 7:30 Prayer (Zoom) | 14 | 15 |
| 16 9:00 am Sunday School 10:00 am Worship (Green Space) | 17 | 18 | 19 6:30 pm Sharing & Prayer | 20 6:30 pm Fresh Hope 6:30 pm Leadership Council 7:30 Prayer (Zoom) | 21 | 22 8:30 am Men's Breakfast |
| 23 9:00 am Sunday School 10:00 am Worship | | | 26 6:30 pm Missionary Update | 27 7:30 Prayer (Zoom) | 28 | 29 |
| 30 9:00 am Sunday School 10:00 am Worship | | | | | |  |