

The Air Hill Breezes

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Office Hours Mon.— Fri. 8-12

April 2026

AIR HILL STATEMENT OF
PURPOSE
“To Follow Jesus Christ through the
Wind of the Holy Spirit”

Middle-Aged Creep

A blog about the “middle-aged creep” begins this way:

Wasn't it just yesterday that your body was tone and tight? You had a fresh diploma on your wall and the whole world was in front of you. Fast forward a decade or two and for many it is hard to recognize that person. This is a phenomenon that I like to call the “middle-aged creep”.

It starts out slow; you get a job that you're pretty happy with and start a career. Now, there is not quite as much time to go to the rec center or do some of the other activities you enjoyed while in college. You gradually may notice that you have gained a few pounds, but no big deal, right?

Then you meet that perfect someone and set a date for the big wedding. You realize that you've got to look good for that and some of your motivation comes back to get in better shape and look good in your wedding photos. Whew! That took a lot of work, and you are noticing that you're still about 10 lbs. heavier than you were a few years ago.

Not soon after the “big day” comes the babies! Less time to work out, your hormones change, “kid food” is everywhere around the house. It's easy to tack on another 5 to 10 pounds, so you do, in the blink of an eye. (“The Middle Age Creep” at prescriptionfitness.com.)

Those are the words that describe the middle-aged creep physically. However, I was just reading C.S. Lewis' “The Screwtape Letters.” He does not describe the “creep” physically, but spiritually. In Letter 28, Screwtape the elder demon is advising the younger demon Wormwood about tempting Christians:

The long, dull, monotonous years of middle-aged prosperity or middle-aged adversity are excellent campaigning weather. You see, it is so hard for these creatures to persevere. The routine of adversity, the gradual decay of youthful loves and youthful hopes, the quiet despair (hardly felt as pain) of ever overcoming the chronic temptations with which we have again and again defeated them, the drabness which we create in their lives, and the inarticulate resentment with which we teach them to respond to it – all this provides admirable opportunities of wearing out a soul by attrition. If, on the other hand, the middle years prove prosperous, our position is even stronger. Prosperity knits a man to the World. He feels that he is ‘finding his place in it,’ while really it is finding its place in him. His increasing reputation, his widening circle of acquaintances, his sense of importance, the growing pressure of absorbing and agreeable work, build up in a sense of being really at home on Earth, which is just what we want.”



Cont. on next page.

Beware of the middle-aged creep, not only of the waistline, but of the soul and spirit. Beware of the lies of Satan! This is often how it works. Let's pretend we hear a statement, "Gluttony is good for you." Because we have read Scriptures and/or teaching, we consider gluttony a sin. The first times we hear "Gluttony is good for you," we will identify that statement as false. However, if that statement is repeated enough without counteracting it with Scripture and our relationship with God with our guards up, we will begin to eventually accept it as true, so much so, we too become a glutton. You can see this in different forms throughout our culture.

Remember, it is so hard for humans to persevere in their faith. Watch and pray, or you too will become victim to the middle-aged creep. It is so hard for humans to persevere.

Enjoy Jesus!

John M.



April Spiritual Exercise

Ask God through prayer to reveal to you any "middle-aged creep" or "youthful creep." Pray Psalm 139:23-24 daily.

April Prayer



"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
(Psalm 139:23-24 NIV)



The church board:

- Approved a recommendation of property management to hire a maintenance person for up to four hours per week.
- Approved a recommendation of property management to pay a person for the opening and closing of doors for the blood bank.
- Renewed the local ministry license for Jason Wenger as long as he works at Shalom.

Community of the Month:

Upper Strasburg

Walk, ride, or drive through Upper Strasburg. Ask God to give you the opportunity to talk and pray with people.

Missionary of the Month

Anthony & Shawna Myers

YOUTH MINISTRY

I offer up this month's newsletter as a **thank you** to everyone that helped with the successful youth pancake fundraiser. The event could not have been pulled off without the help of everyone. A big **"thanks"** to **Dwaine and Wendy Wenger** who were the kitchen generals and kept everything and everyone on task. **Danae Wenger, Bekii Kisamore, Stacie Grove, Dan Garling** also proved extremely valuable in the morning efforts. Thank you also to the **Hawbaker's** for donating the farm fresh eggs, **Wayne Campbell** (parent of Teigan who attends Wednesday nights) and **Justin Geisinger** (parent of Clayton and Weston who attend Wednesday nights). I also want to thank all of you, Air Hill, for coming and supporting the youth. Without your generous donations we would not have been successful. If, by chance, you could not make it out and would still like to contribute to the Big Creek mission trip, you may still feel free to give donations. Make a check out to the youth group or give cash to me (Travis) and I'll make sure it is given to the proper account. We raised a total of \$4376, which was very successful for a morning fundraiser. Again, I express my thanks to all at the church who are so willing to help see the youth events succeed and being willing to invest in these students' lives.



In His Grip,

Youth Pastor Travis

We are on our way to...



Shepherd Ministry Moments

On March 14th, the shepherds met for a time of training and fellowship. The topic for the morning was “listening”.

We began with a continental breakfast followed by an old childhood game of “telephone”. Needless to say, we ended with a much shorter sentence than what was whispered to the first person. I’m not sure if that was due to our listening skills or our hearing!

Pastor John taught us on “Problems Listening”. With obstacles such as barriers, preoccupied minds, having our own agendas, or being uninterested, leads us to only having about 17 seconds of active listening. Wow, are we ever missing a lot of important things!

Are we applying our 5L’s to our listening; Look, Love, Listen, Learn, Lead? We need to love the speaker, whoever it may be, to really be able to listen.

The shepherds were given proposed changes to the ministry in order to fulfill our goal of shepherding everyone in the congregation. If the changes are accepted, more details will go out to everyone in the future.

We ended our morning by circling up in groups to pray for each other.

If you would like to know more about the shepherd ministry, please talk to one of our shepherds. Our shepherds are:

Anthony & Deb Ogburn, Ray & Betty Alleman, Betty Mummert, Nancy Melhorn, Don & Becky Shenk, Ray & Rozanna Myers, Margaret Burkholder, Ruth Lehman, Rosie Beam, Dan & Rachel Garling, Todd & Sandy Bender, Cora Alleman, Darlene Detweiler, Brian & Angie Johnson, and Nancy Jo Shenk.



KINGDOM KIDS

Closing Program!



This year we had 35 children who were regular attenders of Kingdom Kids. During our time on Wednesday nights, they participated in singing, hearing God's Word, making crafts, and games in the gym. Now, it is time for all of that to end for a season. Feel free to join us for our closing program in the sanctuary on Wednesday, April 8th.



In April, we will receive grocery bags from MCC. MCC provides a list of items to be purchased for each bag. Filled bags should be returned to the church by **May 10th**. These bags are distributed in the greater local area. Each bag should contain:

- | | |
|-----------------------------------|------------------------------|
| 32 oz of vegetable oil | 2# pasta |
| 2# white rice | 2 cans of meat (12 oz each) |
| 15 oz tomato sauce | 2 cans fruit (14-20 oz each) |
| 2 cans vegetables (14-16 oz each) | 2 cans beans (15.5 oz each) |
| 2 # dried lentils | 18 oz old-fashioned oats |
| 2# all-purpose flour | 26 oz salt |
| 3 oz ground pepper | 1 box cereal (14-18 oz) |



June 22nd – 26th

Plan now to attend "Emerald Crossing, An Irish Adventure Through Psalm 23" this summer!

VBS will be from 6:30 to 8:30 pm for the following ages:

5 years old – 5th grade

Youth: 6th grade to 8th grade

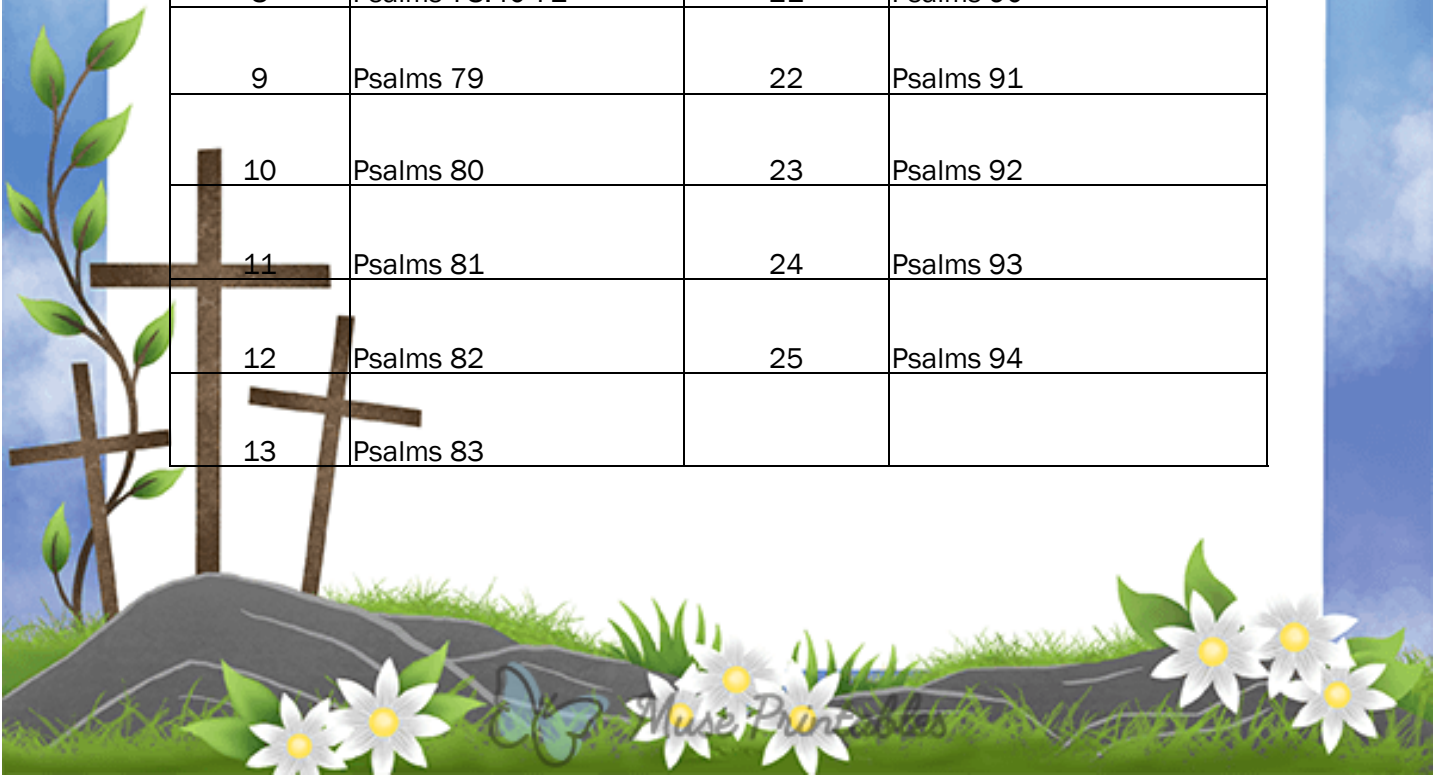
(grade completed this school year)

Also, there are a variety of things to do if you'd like to volunteer. Please see Stacie Grove or Wendy Wenger for more information! Please check the VBS table in the narthex for any donations that are needed and invitations to hand out. We hope to see you all there!



APRIL 2026 BIBLE READING PLAN

1	Psalms 72	14	Psalms 84
2	Psalms 73	15	Psalms 85
3	Psalms 74	16	Psalms 86
4	Psalms 75	17	Psalms 87
5	Psalms 76	18	Psalms 88
6	Psalms 77	19	Psalms 89:1-18
7	Psalms 78:1-39	20	Psalms 89:19-52
8	Psalms 78:40-72	21	Psalms 90
9	Psalms 79	22	Psalms 91
10	Psalms 80	23	Psalms 92
11	Psalms 81	24	Psalms 93
12	Psalms 82	25	Psalms 94
13	Psalms 83		





Nippon NEWSFLASH

Word of Life

1.24.26

“Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.”
Isaiah 26:3-4

Praises & Prayer

Praise the Lord for how He is leading Nzinga and I as we prepare for marriage through marriage counseling.

Praise the Lord for opportunities to serve at the Okutama Gospel Christ Church!

Praise the Lord for the six students who have applied! Pray that more will apply for the coming terms.

Praise the Lord that He has provided dorms for our students!

Praise the Lord that after everyone’s prayers and support, SYME is REOPENING!

Below in yellow is one of our former SYME students, Makie. She and her husband are serving the Lord in Cambodia. Recently, she shared that she is using the things she learned from SYME as she teaches children the Scriptures in Cambodia. Praise the Lord!



SYME is RE-OPENING!

The time has come for SYME to re-open! On March 27th our students arrive! One of our interns has already arrived; and the second will come next week or the week after. We have six students for Spring Term! A couple of them are not sure if they will stay longer than one term, so we are praying that they will stay if it is God’s will. During this term, the classes our students will be studying are English Conversation, Pronunciation, Old Testament, and Evangelism. I have the privilege of teaching one of the English classes, Pronunciation, and Evangelism. I will also be preparing lunch and dinner for the students Tuesday through Friday. If it seems like quite a lot, you are correct! The reason for teaching so many classes is because I am currently finishing my master’s internship and need the teaching hours. Please pray with me that God will provide the strength I need to finish this internship well.

Below are some pictures of the ministry center in its completion.

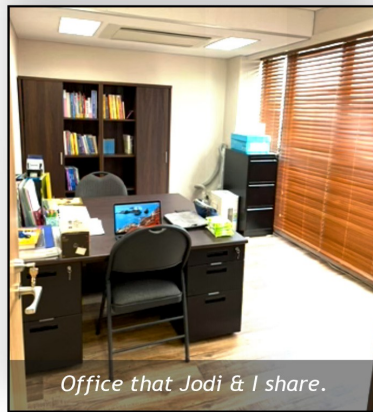
Thank you for your contributions!



Classroom #1



Classroom #2



Office that Jodi & I share.



Chapel & Dining

Hello Prayer Warriors,

Here are several ways that you can pray for our family in the coming weeks.

Pray for "P" and "H", two Navajo men seeking to walk God's path. "P" is a husband & father who's desiring to learn from his past mistakes and lead his family in a better direction. Jason is encouraged by the growth he's seeing in "P" as they meet regularly. "H's" mother recently passed away and He's being tempted to pursue addictive behaviors as a way to cope with life. We thank God that another church member has regular contact with "H" and is trying to encourage him in the right direction. **Pray that these two men would grow in their ability to listen for and obey the voice of Jesus; and that they could discern when other voices aren't speaking truth. As they heal and grow in Jesus, we're also praying for them to gain a vision for discipling and leading other people.**



As our family continues to pray for Navajo People who are eager to grow in discipleship and leadership; we are keenly aware that we need to be diligent in keeping consistent routines. Establishing a presence in an area and asking God to change the atmosphere is a powerful tool. Two examples of this. We show up every week for scheduled gatherings (even if no one else comes, we hang out in case someone shows up late). Also, Jason spends considerable time doing prayer walks around the perimeter of the apt complex. Some days he makes several laps without encountering anyone, other days his walk gets interrupted by people who want to talk and/or pray (which is a good thing). **Pray with us that as we faithfully do what God calls us to do each week that He will do his part to raise up Navajo disciples equipped to lead others towards Jesus! Ask the Lord of the harvest to send out workers!** Matt 9:35-38.

Once again this year, pastors and church leaders from area churches will be joining together to host an Easter Sunrise Service at the Kirtland Park on April 5th. This has become a great tradition that many community members look forward to participating in. Several people from Freedom of Nations church will be assisting with music and other roles in the service. **Pray with us that this event would be more than just a social event for people to attend. We're praying that people will encounter the living Christ as they join together.**

We'll be doing some traveling this month. Jason will be driving with other NM people to the BIC Midwest Conference meeting and retreat in Oklahoma, March 13-18th. Jason and Bekah will be driving to Phoenix, March 23-27, for a Spiritual Formation retreat. This retreat is a part of an online Spiritual Direction course that Jason has enrolled in. We're grateful that spouses of course participants are encouraged to attend the retreats! Pray that as Jason and Bekah cultivate a deeper relationship with Jesus, it would naturally overflow into relationships with each other, our children, and those we lead in ministry. **Pray for safety in all of our travels, for good fellowship, and refreshed spirits. Pray for family members who'll stay at home to care for things while we travel.**

Our children continue to do well in their homeschool studies and other activities. Our goat herd is providing real-life science lessons for our children. For example, last year our main breeding male goat produced 90% male babies. However, so far this year the same buck has produced 100% female babies. Several more mamma goats are due to have babies in the coming months. Time will tell what kind of gender results we end up with for the year. **Please continue to pray for our children as they engage with their studies, care for their animals, pursue friendship with other youth, and grow in their knowledge of God.**

Thank you for your continued support and prayers.

The Oberholser Family

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY RESURRECTION DAY! HE IS RISEN!</p>			<p>1</p> <p>6:30 pm Kingdom Kids & Youth Group</p> <p>6:30 pm Women's Group</p>	<p>2</p> <p>5:00 am Discipleship Group</p> <p>6:00 pm Maundy Thursday</p> <p>6:15 pm Youth Girls Discipleship Group</p>	<p>3</p> <p>7:00 pm Good Friday Service</p>	<p>4</p> <p>7:00 am Discipleship Group</p>
<p>5</p> <p>7:00 am Sunrise Service</p> <p>8:30 am Prayer Time</p> <p>9:00 am Sunday School</p> <p>10:00 am Worship</p> <p>6:30 pm Praise & Prayer</p> <p>6:30 pm Youth Discipleship Group</p>	<p>6</p> <p>6:00 pm Basketball</p> <p>7:00 pm Sunday School Meeting</p>	<p>7</p> <p>7:00 pm Praise & Prayer</p>	<p>8</p> <p>6:30 pm Kingdom Kids & Youth Group</p> <p>6:30 pm Life Committee Meeting</p> <p>6:30 pm Women's Group</p>	<p>9</p> <p>5:00 am Discipleship Group</p> <p>6:15 pm Youth Girls Discipleship Group</p>	<p>10</p> <p>7:00 pm Allegheny Conference</p>	<p>11</p> <p>7:00 am Discipleship Group</p>
<p>12</p> <p>8:30 am Prayer Time</p> <p>9:00 am Sunday School</p> <p>10:00 am Worship</p> <p>6:30 pm Youth Discipleship Group</p>	<p>13</p> <p>8:30 am Ladies Sewing</p> <p>7:00 pm Church Board</p>	<p>14</p> <p>7:00 pm Praise & Prayer</p>	<p>15</p> <p>6:30 pm Youth Group</p> <p>6:30 pm Women's Group</p>	<p>16</p> <p>5:00 am Discipleship Group</p> <p>6:15 pm Youth Girls Discipleship Group</p>	<p>17</p>	<p>18</p> <p>7:00 am Discipleship Group</p>
<p>19</p> <p>8:30 am Prayer Time</p> <p>9:00 am Sunday School</p> <p>10:00 am Worship</p> <p>6:30 pm Youth Discipleship Group</p>	<p>20</p> <p>6:00 pm Basketball</p> <p>7:00 pm Ministry Board Meeting</p>	<p>21</p> <p>7:00 pm Praise & Prayer</p>	<p>22</p> <p>6:30 pm Youth Group</p> <p>6:30 pm Women's Group</p>	<p>23</p> <p>5:00 am Discipleship Group</p> <p>6:15 pm Youth Girls Discipleship Group</p>	<p>24</p>	<p>25</p> <p>7:00 am Discipleship Group</p>
<p>26</p> <p>8:30 am Prayer Time</p> <p>9:00 am Sunday School</p> <p>10:00 am Worship</p> <p>6:30 pm Youth Discipleship Group</p>	<p>27</p>	<p>28</p> <p>7:00 pm Praise & Prayer</p>	<p>29</p>	<p>30</p> <p>5:00 am Discipleship Group</p> <p>6:15 pm Youth Girls Discipleship Group</p> <p>6:30 pm Property Mgmt Meeting</p>		