

The Air Hill Breezes

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Office Hours Mon.— Fri. 8-12



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

Worry = negative meditation.

Why is it that if we have a pimple that develops on our body, our fingers automatically gravitate to it? We want to touch it. We want to feel it. We may even want to pop it. Of course, we do the same with a cut that develops a scab. We just want to touch it, feel it, and even pick at it. We always seem to find the negative, and often without even intentionally planning to do so.

Worry = negative meditation.

As we pick at these negative things on our body like pimples and scabs, we also “pick” at the negative things or possible events within our lives. We constantly come back to those things in our minds. We focus on our fears, our anxieties, our concerns, and our apprehensions.

Worry = negative meditation.

Philippians 4:6-7 teach us how to handle worry and anxiety. “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” That seems like a pretty simple prescription on how to handle worry or anxiety:

- 1) Pray.
- 2) Give thanks to God. (“Rejoice in the Lord always. If we include Phil. 4:4.)
- 3) Present your requests to God.
- 4) Allow God’s peace to dwell within you.

In other words, trust. Trust God = positive meditation on God. Focus on who God is and what he has done. That is why and how we can give thanks to God. We may present our requests to God, our ‘pimples,’ but we do so focusing also on the goodness of God. Let us turn our negative meditation inside out with turning our attention to God.

John Elkridge has an app called the “One Minute Pause.” He has words of prayer and meditation on this app that last 1 minute, 3 minutes, 5 minutes and 10 minutes. Each prayer begins with a breathing exercise to slow down our body and mind. I have included my favorite five-minute prayer below:

“Give all your worries and cares to God, for he cares about you” (1 Peter 5:7).

Jesus, I give everyone and everything to you. I give everyone and everything to you God.

(Linger for a moment)

Jesus, what do I need to get rid of?

(Linger and listen. Then give those specific people and things to God.)

“I have given them the glory that you gave me, that they may be one as we are one- I in them and you in me” (John 17:22-23).

Father, Son, Holy Spirit – heal my union with you. I am created for union with you, God.

Cont. on next page.

*I give everything for union with you. I love you. I believe you. I worship you.
Restore our union, Lord. Heal and restore our union.*

(Linger there for a moment.)

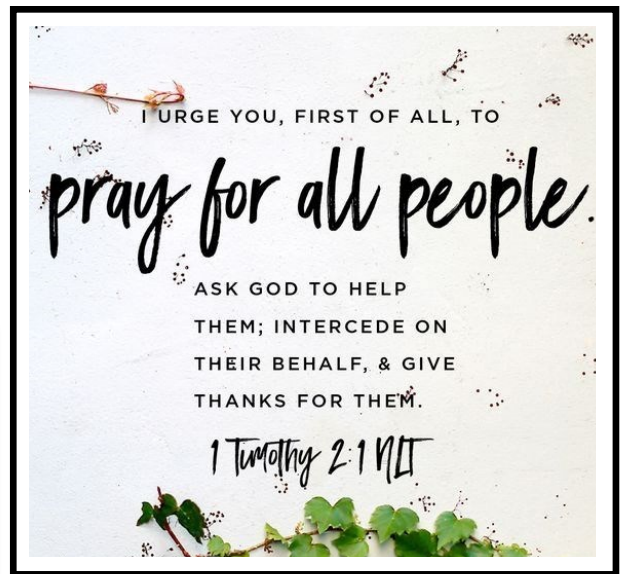
*“That you may be filled to the measure of all the fullness of God” (Ephesians 3:19).
I pray for more of you, God. Fill me with more of you. I pray the River of Life would fill
me, restore me, renew me, surround me.*

I need more of you, God. Saturate me with your love. Saturate me with your life.

AUGUST 2024 BIBLE READING PLAN			
1	Luke 13:1-9	14	Luke 17:20-37
2	Luke 13:10-21	15	Luke 18:1-8
3	Luke 13:22-35	16	Luke 18:9-17
4	Luke 14:1-14	17	Luke 18:18-30
5	Luke 14:15-24	18	Luke 18:31-43
6	Luke 14:25-35	19	Luke 19:1-10
7	Luke 15:1-10	20	Luke 19:11-27
8	Luke 15:11-32	21	Luke 19:28-38
9	Luke 16:1-9	22	Luke 19:39-48
10	Luke 16:10-18	23	Luke 20:1-8
11	Luke 16:19-31	24	Luke 20:9-19
12	Luke 17:1-10	25	Luke 20;20-26
13	Luke 17:11-19		

Community of the Month
Edenville/Cheesetown

Walk, ride, or drive through Edenville/Cheesetown. Ask God to give you the opportunity to talk and pray with people.



August Spiritual Exercise/Prayer

by John Elkridge

Read, meditate, and pray the prayer below at least twice a week, if not more: *“Give all your worries and cares to God, for he cares about you” (1 Peter 5:7).*

Jesus, I give everyone and everything to you. I give everyone and everything to you God. Jesus, what do I need to get rid of? (Listen.)

“I have given them the glory that you gave me, that they may be one as we are one- I in them and you in me” (John 17:22-23).

Father, Son, Holy Spirit – heal my union with you. I am created for union with you, God. I give everything for union with you. I love you. I believe you. I worship you. Restore our union, Lord. Heal and restore our union. (Listen.)

“That you may be filled to the measure of all the fullness of God” (Ephesians 3:19).

I pray for more of you, God. Fill me with more of you. I pray the River of Life would fill me, restore me, renew me, surround me. I need more of you, God. Saturate me with your love. Saturate me with your life. (Listen.)

So be it.

Youth Ministry

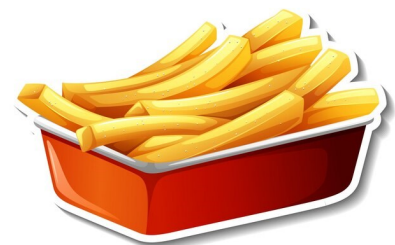


The month of July was our trip to Big Creek Missions in Bear Branch Kentucky. Air Hill sent a group of 27 people (22 students and 5 adults). We served alongside 140 other individuals from different churches from Pennsylvania, Tennessee, Georgia and other locations.



We served in local food pantries, helped in different homes, and served in two local community day camps. We also had the opportunity to put on a huge community picnic on the 4th of July. I was very proud of our youth as they both worked and played hard, they participated fully in the work projects, worship services and church times that we had each evening. A highlight of the week for me was one evening during our group time, and there was a prayer request, I asked if two students would pray for the request. The two students who were on the left and right prayed. This continued until most everyone prayed for another student in the youth group. It was a very special moment of watching the kids get out of their comfort zone and praying for their fellow friends. I also enjoyed watching all our kids break out of their normal friend groups and join with others in the youth group as well as with other youth at the mission's base.

At the end of July there were a number of youth helped make French fries at the Shippensburg Fair. This served as a fundraiser for the youth group. The kids worked alongside 3 awesome adult volunteers. Amy Wenger, Wendy Wenger and Leslie Armer. The group made and served hundreds of pounds of French fries.



In His Grip, Travis Kisamore





MCC School Kits

We will be collecting items for MCC School Kits this year. These kits will be distributed throughout the world to students so they will have basic supplies as they attend school. We will collect from August 4 through August 18. There will be a collection box in the narthex during this time where you can put your items. Please also read an article about the importance of these kits that is located on the main bulletin board.

Contents (NEW items only)

- 4 spiral or perforated-page notebooks; about 21.5 cm x 27.5 cm (8.5 in x 11 in); aprox. 140 pages (**70 sheets**) each
- 8 new unsharpened pencils
- 1 ruler (flat, good quality; must indicate 30 cm (inch markings optional))
- 12 colored pencils (in packaging)
- 1 large eraser
- 4 new black or blue ballpoint pens






Karina Thrush 



Nippon
NEWSFLASH

 Word of Life

7.29.24

"O Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man."
Nehemiah 1:11

Praises & Prayer

Pray God would continue to clarify to our team where He is leading us to move in Japan.

Pray that we are united in the decision and willing to follow wherever He guides.

Pray for God to raise up a team of supporters and prayer warriors from Japan & the US for the Shiobara's (new teammates).

Praise God for 12 Japanese campers for International Camp! Pray for the salvation of those who are unsaved and spiritual growth for the saved.

Pray for Ayaka to see that life with Jesus is better. Pray she continues to seek truth.

Lunch with Ayaka

It was a privilege to have Ayaka over for lunch to catch up on life; and God gave us the opportunity to talk about spiritual things. Due to some of the difficulties she is experiencing at work, she asked me if I ever get angry and if so how I overcome it. I shared with her that as a Christian, God is always with me; and He helps me to calm down and learn to trust Him in times that I feel frustrated or irritated. We talked about human weakness and how the only way to do the right things we want to do, is by God's power, not our own. In and of ourselves we are unable to do what is right in God's sight. She is comparing the things she believes with what I am teaching her about the God of the Bible; and as she does this, it is my prayer and desire to help her see that life with God is better than life without Him. Please keep praying for Ayaka!



Almost time for Camp!

Only a couple days until we will meet our campers at the airport to travel to the International Camp in Korea on the Bible Institute property in Jeju, South Korea! The Lord has blessed us with 12 Japanese campers from 6 different prefectures! At least 3 of our campers are not Christians so this will be a great opportunity for them to hear the gospel presented in many different ways. Pray especially for one camper named Yui. This will probably be her first time ever hearing the gospel. Pray for her heart to be open and for good spiritual conversations with her counselor, Ruth.

Gion Festival

This is the most famous festival in Japan; and it has been celebrated since the year 869. It is held in the former capital city of Kyoto in the month of July. The main event is a 3 day parade of 33 elaborately decorated floats. These floats weigh around 12 tons each. The festival began as a way to appease the gods during an epidemic. Each year one young boy is chosen to sit on one of the floats for 5 days; and during that time, his feet are never to touch the ground. For more information, visit: <https://www.japan.travel/en/spot/83/#>.





August 2024 Prayer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
Lamb Church	Japanese with Junko	Japanese with Chie	Yukimi Pray for growth in faith.	All Team Meeting	Kazuto Pray for wisdom in decisions for future.	Miku Pray for upcoming wedding plans
4	5	6	7	8	9	10
Lamb Church	International Camp in South Korea	Camp Day 1	Camp Day 2	Camp Day 3	Camp Day 4	Camp Day 5 Fly back to Japan
11	12	13	14	15	16	17
Lamb Church	Japanese with Junko	Japanese with Chie	Prep for US trip	Prep for US trip	Prep for US trip	Prep for US trip
18	19	20	21	22	23	24
Lamb Church	Japanese with Junko	Travel to Tokyo	Visit Friends in Tokyo All Team Meeting	Visit Friends in Tokyo All Team Meeting	Visit Friends in Tokyo	Visit Friends in Tokyo
25	26	27	28	29	30	31
Shiobara's Church Help Shiobara's pack & prep	Help Shiobara's pack & prep	Fly to US with Shiobara Family	All Team Meeting	All Team Meeting Ministry Partner Prep	Ministry Partner Prep	Friend's Wedding in Pittsburgh

***These are the activities that I am involved in besides camp prep, ministry prep, and online classwork.*

Word of Life Japan 2024 Theme: "Forward" (Joshua 1:1-8)

We want to be moving forward as individuals and as a ministry toward our vision, capacity, and purpose.

We will continue focusing on our personal walk with Christ, the growth of our team, moving the team to a location that fits our vision, and preparing to restart some ministry programs.

Our goals are divided into 3 phases.

Phase 1: **Rebuild** (our team)

Phase 2: **Relocate** (find a property & move)

Phase 3: **Re-establish** (ministries)

Progress Update:

Phase 2: Pray for us as we analyze the data we have collected and make a decision on where to move. Our goal is to decide the location by the end of August so that we can start the moving process.

The Oberholser's

Hello Prayer Warriors:

Here are a few highlights and prayer requests since our last update.

Highlights:

- Our regional retreat in Colorado with other global workers at the end of June went very well! We were grateful for the opportunity to fellowship with other like-minded workers. We were also thankful to connect with God in a deeper way.
- Last week we hosted a team from the Antrim BIC Church. They assisted us to lead a successful VBS at the Village Apt complex. Not only was the Gospel message presented, we also made new connections with residents. We believe these new relationships will be beneficial as we seek to plant a church in that neighborhood. We're also grateful for the various work projects that the Antrim team was able to complete during their visit.

Prayer Requests:

- We are hosting our first official gathering in the new community room at the Village apt on July 31st at 5:30pm EST. We're praying that the excitement of last week's VBS will continue as families come out for food, fellowship, and teaching.
- We invite you to pray for all individuals and families connected with Freedom of Nations Church. Some are going through health, emotional, financial, relational struggles. We're praying that as they surrender to the Lordship of Christ that they'll find the freedom and healing they are longing for.
- Pray for our church leadership as we continue to wrestle with what God's vision is for our church as we desire to reach people in our community who are hurting and struggling. We pray that people would learn that church isn't a scary place, but rather a place where they connect with God and build meaningful relationships with other people.
- The San Juan County fair runs from Aug 12-17. Pray for our children as they prepare their animals and other projects to show at the fair. Pray most of all that they would reflect Christ in all they do, regardless if they win first place or come in last!

Blessings,
The Oberholser Family

FunFest 2024:

Mark your calendars for our annual FunFest event. This year we will be mixing it up a bit. The event will be on **September 7th** beginning at **4:00 PM** with the usual games, bounce house, barrel train, hayrides, food, etc., followed by a **family friendly movie at 7:00 PM** in the parking lot. Bring your lawn chairs and blankets. We will provide the popcorn and drinks!



Before you relax too much, though, I do need some help with this event. If you can help, please text, call or see me after church. Thank you and see ya there! Oh, and be sure to tell your family, friends and neighbors!



Sharon Warren (717)360-1374



Our Kingdom Kids Wednesday night program will be starting another exciting year on September 18th from 6:30 - 8:00 pm. Classes are for preK (potty-trained) through 5th grade.

Please tell your family, neighbors and friends about our program. If you would like to be a part of our program by helping with teaching, games, sharing a craft or hobby/skill, or just being a general helper, we would love to have you. Please text, call, or see me in person.

*Thank you,
Sharon Warren (Kingdom Kids Coordinator)
717-360-1374*



August 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3 7:00 am Discipleship Group
4 8:30 am Prayer Time 9 am Sunday School 10 am Worship Service	5	6	7	8	9	10 7:00 am Discipleship Group
11 8:30 am Prayer Time 9 am Sunday School 10 am Worship Service	12 7:00 pm Church Board Mtg.	13 9:00 am Blood Drive 7:00 pm Praise & Prayer	14 9:00 am Blood Drive 6:30 pm Youth Group	15 6:30 pm Discipleship Group	16 5:00 pm Youth Group Family Picnic	17 7:00 am Discipleship Group
18 8:30 am Prayer Time 9 am Sunday School 10 am Worship Service 6 pm Ice Cream Social at Parsonage	19 7:00 pm Family Life Mtg.	20 7:00 pm Praise & Prayer	21	22 6:30 pm Discipleship Group	23	24 7:00 am Discipleship Group Praise & Prayer
25 8:30 am Prayer Time 9 am Sunday School 10 am Worship Service	26	27 7:00 pm Praise & Prayer	28 6:30 pm Youth Group	29 6:30 pm Property Mgnt. Meeting 7:00 pm Discipleship Group	30	31 7:00 am Discipleship Group