

The Air Hill Breezes

MARCH 2021

This month I called Rosie Beam to see how she was doing. As we talked, she told me that she has been growing in Christ over the last several months. God did not take away her pain, but she was experiencing God in the pain. I asked her if she would be willing to tell her story. She agreed, and so here is her story:

Pastor John wants me to share my story with you. I told Pastor John that I am not one to share things with a group of people, and that I am better one-to-one. So, he suggested that I write something up for the Breezes. I told him that I would really have to think and pray about that.

In Feb of 2008 I was just leaving TB Woods where I worked. It was freezing rain. When it would be bad weather, I would always stay at my sister Carolyn's place at Menno Haven so I wouldn't have so far to drive. I never liked to drive in bad weather. If the weather would be too bad, then someone from TB Woods would come out and pick me up.

Well, that night I wasn't too far from TB Woods when a SUV slid in front of me, and I hit it, and then a car behind me hit me. At the time I didn't think that I was hurt. I got out of my car and went up to the lady in the SUV, and she had gotten out of her vehicle. She had 2 children in her vehicle, so she was quite upset and crying and apologizing to me. I told her it was okay, for nobody was hurt. The youngest son was probably about a year old and the daughter was probably about 4 years old. I was talking to them to make sure they were okay. The person that hit me from the back seemed okay. Then at that point I looked down over the bank, and there was a car down there. I asked her if she was okay and she said,

Air Hill BIC Church
7041 Cumberland Hwy.
Chambersburg, PA 17202
267-3373
airhilloffice@gmail.com
Office Hours Mon.— Fri. 8-12

AIR HILL STATEMENT OF PURPOSE

“To grow a healthy, loving, Christ centered church family that has a passion for reaching the community and the world for Christ”

“yes.”

By that time my neck was starting to bother me. The ambulance was there, and they asked if I would go to the hospital to be checked out. At first, I said, “No,” but then I decided that I would go. The mother and her 2 daughters were already in the ambulance sitting on the seats. When I said I would go, they quickly put me on the stretcher, and they strapped me down so that I couldn't move at all. The little girl came up to me, and she touched my face and said, “I like you.” I said, “I like you too.” I called her my little angel. I was really glad that nobody else was hurt. I just thank the Lord that he protected all of us. It could've been a whole lot worse. So, since I am retired now, I don't go anywhere in bad weather, because bad weather is what started my problems.

The outcome of this all was that I had a whiplash. I often heard of people having whiplash, but I didn't know that I would suffer from a whiplash the rest of my life. I have some good days where it doesn't bother me much, but then there are those days that I have awful headaches and my neck would just really hurt.

Throughout the years I went to different chiropractors trying to get help. They would help me for a while, and then I would be back again at the chiropractor. This last chiropractor I really liked, because he didn't keep having me come back all the time. I would go one time to him, and he would say call me if you need me. Sometimes if he thought I needed an extra treatment, then he would have me come back again. Sometimes I wished he would have me

come back for another treatment. Well, the last time I was there he had me come back 4 times, and then he finally told me that he thought I should go medically so I felt like he was dismissing me. I was a little discouraged and thinking about what they could do for me medically.

I had an appointment with my spine specialist (Aaron) and I asked him if they treat necks. He said, "Yes." I told him my story. He sent me for an x-ray. I also was having problems with my shoulders, but Aaron said he doesn't do anything with the shoulders. He said my family doctor would have to work with me on that. I got an appointment with my family doctor, and he sent me for x-rays also.

Aaron decided to send me for therapy. Therapy worked on my neck and my shoulders. My neck is very fragile, and they would do traction on my neck. That night after traction, my neck would cause me so much pain with headaches and neck aches, that I couldn't sleep at night. I would take a pain pill. At night I would take 2 Tylenols which didn't help, and so I would lay awake and count the hours until I would be able to take 2 more Tylenols. After I would take the 2nd set of Tylenols, then I was able to go to sleep which would sometimes be 4:00 or 5:00 in the morning. They would always ask me how things were after I had my last treatment, and I would tell them that I had headaches and my neck would really hurt. Well, after about a month of therapy, I noticed that I wasn't getting the head aches, and that I was able to sleep very well. I told my therapists that my neck hasn't felt that good for a long time. They were happy to hear that.

About 2 weeks after that, I was out on the road and this truck pulled out in front of me. I had to slam on my brakes, and I hoped that I didn't mess up my neck. Sure enough, I was back to where I started. Then a week after that, a car pulled out in front of me, and the same thing happened. I told my therapist that I must have a sign on my car that says whenever you see that 2018 Ford Focus coming, just make sure that you pull out in front of her. Shortly after that, I had a phone conversation with Aaron. He told me that I probably got another whiplash. Again, they worked on my neck, and I was discharged from therapy after about 4 months with my neck really feeling good again.

Back in November I ended up in the ER, be-

cause my blood pressure was sky high. They said it was probably high because of the pain that I was in. I had a Christian doctor that night, and he really gave me a "good talking to", because I was all stressed out because it was so high. After he left the room, I think I relaxed more because of what he said to me, and my blood pressure started to come down. I was thankful that we have good Christian doctors.

When we started getting snow, I slipped on the ice and that was enough to stir up my neck problems. I said to different people that I had a month without pain. I was always thankful when I didn't have pain or the headaches.

When you lay there awake at night, your mind thinks all kinds of things. One thing when I am laying there trying to get some sleep, I think I am the only one going through this. But then the Lord stops me and says there is a lot of people that are going through a lot worse. A lot of times I would pray and ask the Lord, "Please let me fall asleep." But the Lord always brought people to my mind that was having far worse physical problems than me, and then I started to pray for them.

For my devotions I have in the morning, I was reading about how the Lord wanted me to learn a new habit. The new habit was to begin saying, "I trust you Jesus" even when it seemed impossible. The devotional said that this simple practice will help me to see the Lord in every situation, acknowledging his sovereign control over the universe. So, when I think my situation isn't what I would like it to be, I just say, "I trust you Jesus."

One of my favorite verses is, "Cast all your cares upon him for he cares for you," 1 Peter 5:7. When I can't sleep, the Lord reminds me of this verse.

Another thing that I am reminded of is that God will help me through whatever I go through.

In my devotions on another morning, I was reading: "*Trust me by relinquishing control into my hands. Let go and recognize that I am God. This is my World. I made it and I control it. Yours is a responsive part in the litany of love. I search among my children for receptivity to me. Guard well this gift that I have planted in your Heart. Nurture it with the Light of My Presence.*"

When you bring me prayer requests, lay out your concerns before Me. Speak to me candidly; pour out your heart. Then thank me for the answers that I have set into motion long before you can discern

results. When your requests come to mind again, continue to thank me for the answers that are on the way. If you keep on stating your concerns to me, you will live in a state of tension. When you thank me for how I am answering your prayers, your mind-set becomes much more positive. Thankful prayers keep your focus on my presence and my promises.” **This is from Jesus Calling: Enjoying Peace in His Presence.**

When I can't sleep at night because of the pain, I am also reminded of Psalm 46:10 where it says "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the

earth. The Lord is always with us.”

I am trying to remember that I am not the only one that is going through difficult situations and that there are other people that are going through far worse things than I ever have gone through. When the Lord brings those people to my mind, I stop and say a prayer for them whether it be at night when I can't sleep or whether it be throughout the day.

Rosie Beam

MARCH 2021 BIBLE READING PLAN			
1	Rom. 1:1-17	14	Rom. 9:1-18
2	Rom. 1:18-32	15	Rom. 9:19-33
3	Rom. 2	16	Rom. 10
4	Rom. 3	17	Rom. 11:1-24
5	Rom. 4	18	Rom. 11:25-36
6	Rom. 5:1-11	19	Rom. 12:1-8
7	Rom. 5:12-21	20	Rom. 12:9-21
8	Rom. 6:1-14	21	Rom. 13
9	Rom. 6:15-23	22	Rom. 14
10	Rom. 7:1-12	23	Rom. 15:1-13
11	Rom. 7:13-25	24	Rom. 15:14-33
12	Rom. 8:1-17	25	Rom. 16
13	Rom. 8:18-39		

March Spiritual Exercise:

Daily pray the Jesus prayer: “**Lord Jesus Christ, Son of God, have mercy on me.**”

Read and meditate on Psalm 115:4-8,
“⁴But their idols are silver and gold, made by human hands. ⁵They have mouths, but cannot speak, eyes, but cannot see. ⁶They have ears, but cannot hear, noses, but cannot smell. ⁷They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats. ⁸Those who make them will be like them, and so will all who trust in them.”

Meditate on these words: Richard Rolle:
 "All love which is not God-directed is bad love and makes its possessors bad, too...Indeed such people become like what they love..."

Make a list of your loves. Then ask these questions to God as you look over them:

- a. How have you become like the things you love?
- b. Are these loves competing for your devotion to God?

Air Hill Etiquette for Covid

As you enter the sanctuary, you will find a table that includes a bucket for offering and the bulletins and some other materials.

Wearing a mask is optional during our services. We invite you to wear a mask as you enter and as you leave when there may be little social distancing. When you have your seat socially distant from another family unit, you may take off your mask.

We ask that you sit on the rows marked with the decorations, and that your family unit sit six feet on the right and on the left from other family units.

Most of all, show love and respect for each person, for there are many different views in how to respond to covid.

Church Board Highlights

- The church board is exploring a new vision for our church, and the vital behaviors to fulfill that vision.
- The board discussed a God honoring way to structure the Children's Ministry.
- The board was asked to begin thinking about what it will look like going back to one service.
- The board has been reading through "A God Centered Church" by Henry T. and Melvin D. Blackaby. They will finish this book for the March meeting. If anyone is interested in borrowing a book, see one of the church board members.



Everence®

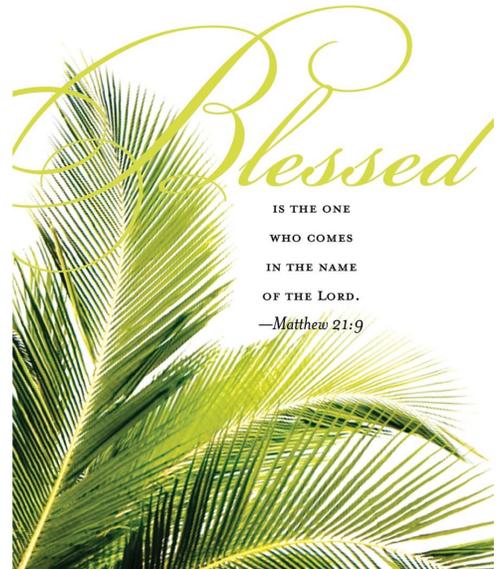
The Everence Sharing Fund provided \$778.69 in matching funds to support special needs in our church last year. Anthony Ogburn serves as the Everence advocate for our congregation. Please contact him for more information.

Congratulations to Tara Wentz

Tara was named to Susquehanna University's dean's list for the fall 2020 semester.

The dean's list recognizes students who achieve a grade point average of 3.4 or higher out of a possible 4.0 for the semester. To qualify, students must complete a minimum of 12 semester hours.

Tara is a Biochemistry major at Susquehanna University, class of 2022.



Congratulations!

“Call to Me and I will answer you, and will tell you great and hidden things that you have not known.” Jer. 33:3

Nippon NEWSFLASH

 **Word of Life**

2.22.20



God has provided!

We praise the Lord for providing 3 more students, all of which are girls. Two of them will only join for one month due to starting new jobs in April. God has also given us the opportunity to connect with Tokyo Christian University. They are planning to send about 10 students to SYME for the month of July as their substitute for an overseas experience. We are also working on plans to run a girl's school camp in the summer if COVID slows down. With all of these blessings also comes great responsibilities. Pray we can be effective in all things and be filled daily with God's wisdom and grace.

Special Café

We are hosting another Special Café outreach event on March 6 at SYME. This time we are teaching and training our students to prepare for and lead the event. Our theme is “Seasons.” We will discuss light-hearted topics such as what we like to do during each season, but then also talk about seasons in our lives of joy, grief, anxiety, etc. Especially during this COVID “season” we want to be an encouragement and light to our community. Pray for open hearts and opportunities to share the gospel!

Word of the Month:

祝福 (shukufuku) Blessing

This month I praise God for the blessings we have seen recently. Due to COVID many Japanese cannot travel overseas so they are looking for English opportunities within Japan. Pray that we can maximize this blessing from God for His glory!

We enjoyed a special Valentine's Banquet together! The students heard many words of wisdom from our staff couples about marriage, dating & family life.

Praises & Prayer

Praise the Lord for 3 more girl students (two of them coming just for 1 month).

Continue to pray for more students for the spring, summer and winter terms.

Wisdom as we work with Tokyo Christian University that it will become a long term, mutually helping one another relationship.

Pray for unity and teamwork as we adjust to a new SYME director, Kelly Smith.



Left: Many of our students this term are musically talented. It has been a blessing to hear them practice and play in their free time.

Right: Our students seem to be doing great adjusting to the new, longer schedule. They are working hard and learning a lot.



MARCH

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11:00 am Care-giver's Tea 7:00 pm Ministry Board Meeting	2 7 pm Praise/Prayer	3 6:30 pm Kingdom Kids/Youth Group	4 5:30-8:30 Gym in Use	5 5:30-8:30 Gym in Use	6
7 9 am Worship 10:15 S.S. 11 am Worship	8 8:30 am Sewing 7:00 pm Church Board	9 7 pm Praise/Prayer	10 6:30 pm Kingdom Kids/Youth Group	11 5:30-8:30 Gym in Use	12 5:30-8:30 Gym in Use	13 6:00 pm Family Feud Game Night
14 9 am Worship 10:15 S.S. 11 am Worship 	15	16 7 pm Praise/Prayer	17 6:30 pm Kingdom Kids/Youth Group 	18 5:30-8:30 Gym in Use	19 6:30-8:00 Shepherd Training	20
21 9 am Worship 10:15 S.S. 11 am Worship 2 pm Gym in Use	22	23 7 pm Praise/Prayer Blood Drive	24 6:30 pm Kingdom Kids/Youth Group	25 5:30-8:30 Gym in Use	26 5:30-8:30 Gym in Use	27
28 9 am Worship 10:15 S.S. 11 am Worship 	29	30 7 pm Praise/Prayer	31 6:30 pm Youth Group			