

The Air Hill Breezes



2023

Air Hill BIC Church
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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”

Childhood Pain and Defaults

As I have been studying pornography addiction through the Covenant Eyes library, I came across a course called “Hidden Triggers and Your Inner Child.” Your inner child is defined as “the subconscious driver of why you think, feel, and act the way you do.” In my terms, it is the default mode a person learned as a child in how to respond to certain situations. The challenge of this inner child, or default mode, is that it does not know how to respond to emotional distress. The way a person learned how to handle emotional distress as a child carries over into adulthood unless one has since learned otherwise. The inner child has one objective - seek comfort at all costs - to soothe the pain.

Many people turn to pornography to ease their angst. Not only that, but people also use food, fashion, cars, sports, shopping, drugs, alcohol, and so much more to smooth over the pain they are experiencing. In short, the method that a person used to handle their emotional pain as a child continues to be their source of comfort for their emotional pain that they have as an adult.

Let me list the different childhood pains that people often don’t resolve, and thus they keep using some “distraction” (i.e. “security blanket”, “emotional support”, “distraction”) to cover up a similar emotional pain they experience in the present.

The Bored Child: As a child, they had family members who were distant, and they had few or no friends. They felt isolated and like outcasts. They had a lack of purpose, and so they found something like pornography to stimulate them. If this is not addressed as they mature, they will continue to look to pornography or some other outlet to fulfill them.

The Unnoticed Child: This child is similar but different. As children they also felt like they did not belong; their parents were too overwhelmed or too distracted. They often made strong efforts to be noticed; “bad attention is better than no attention.” Even as adults, when they feel rejected or dismissed or forgotten, they turn to their “distraction,” the one they learned as a child.

The Unaffirmed Child: As a child they did not hear much, if any, affirmation and encouragement. They had often only heard negative criticism. Thus, when they hear any form of verbal assaults as adults, they return to their default, in whatever form they learned as a child - food, sports, TV, porn, etc.

The Emotionally Voided Child: As a child they were raised learning that expressing and sharing emotions was not safe. They were often labelled shy and awkward and were afraid to engage with people. Thus, as adults they cannot process their emotions, and they treat people more as objects. When they feel disappointed, uncomfortable, and out of place, they turn to their default “comfort”.

The Need For Control Child: This child grew up in a highly chaotic home environment. They had many roles to fulfill, yet life seemed out of control. As an adult, they often mask their anxiety with busyness. They work hard to control situations, yet to relieve their lack of control, they turn to

their “emotional support.”

The Entitled (Spiteful) Child: As a child, they learned that their needs did not matter. This evolved into anger and bitterness. They then struck back against those who they believed wronged them. Thus, as an adult, when they feel they have been cheated, overlooked, or wronged, they turn once again to porn or some other soother.

The Inferior/Weak Child: This child often endured bullying along with the accompanying embarrassment and shame. This resulted in them feeling inferior, defeated, and disillusioned. Thus, they learned as a child, and repeat as an adult, to turn to their default to cover up their struggle with their self-worth.

The Stressed Child: As a child, they faced many challenges which may have included neglect, abuse, or traumatic events. They learned to turn to their “security blanket” to relieve their stress. Thus, as an adult, when they feel overwhelmed or out of control, they turn to their “blanket” to relieve their stress.

The Early Sexually Exposed/Abused Child: One in nine girls and one in twenty boys are sexually abused under the age eighteen. This has devastating effects on their minds. This hinders them from maturing emotionally. They use porn as a substitute for healthy relationships. They use porn to hide their broken and damaged lives.

Let’s ask these questions as we close:

What childhood pain did you experience? You may have more than one listed above.

What did you do to find comfort in your pain? What was your “security blanket” as a child?

Have you resolved that pain, or do you still have that pain reoccur in certain situations?

What is your “default comfort” as an adult?

Ask God to enter your childhood pain and bring healing. As you heal, may you not turn to the “default comfort” but to God himself.

Pastor John

September 2023 Church Board Highlights

- The board accepted the opportunity to host the Allegheny Regional Conference for April 6, 2024.
- The board approved the membership of Gavin Wenger and Sharon Ezelle.
- The board is continuing to work on filling the roles of Treasurer, Personnel Committee members, and Treasurer’s Report Reviewers.

October Spiritual Exercise

Read the Breeze’s article and work through the questions asking the Holy Spirit to lead you and guide you. You may want a prayer partner with you as you do this.

October Prayer:

Father, you are my healer.
You heal both the physical and emotional pain. Heal me so that I may grasp nothing but you. I pray this in and through the grace of Jesus.
Amen.

Community of the Month

Scotland

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

OCTOBER 2023 BIBLE READING PLAN			
1	Jeremiah 1-2	14	Jeremiah 35-38
2	Jeremiah 3-4	15	Jeremiah 39-43
3	Jeremiah 5-6	16	Jeremiah 44-46
4	Jeremiah 7-9	17	Jeremiah 47-48
5	Jeremiah 10-11	18	Jeremiah 49
6	Jeremiah 12-13	19	Jeremiah 50
7	Jeremiah 14-15	20	Jeremiah 51
8	Jeremiah 16-18	21	Jeremiah 52
9	Jeremiah 19-22	22	Lamentations 1
10	Jeremiah 23-25	23	Lamentations 2
11	Jeremiah 26-29	24	Lamentations 3
12	Jeremiah 30-31	25	Lamentations 4-5
13	Jeremiah 32-34		

To God Be the Glory

Saturday morning, September 23rd, 19 shepherds and “2 little sheep” enjoyed a continental breakfast in our church gym.

After singing “To God be the Glory”, Pastor John taught us our 3rd session of “Full of Grace & Truth”.

From the scriptures John 16:1-15, Matthew 14:11-14, and Mark 6:12-13; 30-34, we learned:

- Jesus, full of grace and truth, had compassion on the crowds.
- Jesus, full of grace and truth, invited them to think out of the box.
- Jesus, full of grace and truth met their need.
- Jesus, full of grace and truth rejects people’s purposes for Him and He only wants God’s purposes.

Jesus took time and left the crowd to go away to grieve, pray and listen to His Father.

Our goal as shepherds is to encourage our sheep to make their purpose be “to follow Jesus Christ through the wind of the Holy Spirit.

It was a good morning of learning and sharing with one another.

Is God calling you to this caring ministry to be a shepherd? You are needed.



CRC Fall Work Day is Saturday, October 14 from 8-12. Projects include painting picnic tables, stacking firewood, and performing light labor. Lunch will be provided. If any youth or adult is interested in helping contact Wendy Wenger.

FROM OUR MISSIONS COMMITTEE

Our 5th Sunday special offering in October will go towards the SPICE Ministry of BIC World Missions. Your offering will help to break the cycle of poverty in the life of a child. The SPICE program provides education, Christian discipleship, clean water, nutritious meals, nurturing care, and medical care to children in India and Nepal. More than 800 children participate in this program. You can designate a gift to the SPICE program on October 29.

Sponsorship
Program
for
International
Children's
Education

CROSS, a ministry for developmentally disabled adults, is having a fundraiser at Hoss's Restaurant on Tuesday, November 7. If you would like to participate, you may pick up a ticket from the bulletin board by the mailboxes. You must have a ticket before you go to have a percentage of your bill to go to CROSS. One of the homes is located on Pinola Road.

Read about BIC **missionaries** from Spain on the bulletin board by the mailboxes during the month of October.

Read news from missionaries and programs that we support on the bulletin board by the church office.

Air Hill has contributed funds to the Global Compassion Fund of the BIC church. Please see the list of the many places for which the money has recently been given:

Eastern Nepal, devastation from rains in July
Bihar, India, damage from a cyclone at a school
Malawi, helping victims from Cyclone Freddy
Malawi, India, Pakistan, damage from intense flooding
Macha Mission, furnishings for hospital
Athens, Greece, aid for refugee camp
Sikalonga Bible Institute, maize for students and teachers

Because of your generosity, Air Hill has reached around the world to help meet the needs of people in crisis situations. Thank you!



An opportunity to see how aircraft can help in missions is coming close to us on October 7 and 8 at the Carlisle Airport. JAARS, an organization that supports missionaries around the world, will have their **“Missions at the Airport”** from 10 to 5 on Saturday and 1 to 5 on Sunday. This is a free event, unless you want to have an airplane or helicopter ride! For more information, check out jaars.org/wit2023.



From Jason and Rebekah Oberholser

Here are several ways we are praising God since our last update:

- For safe travels and good connections with partners during HM so far.
- For the Missionary House in Grantham that will be our home through the end of November.
- For our friend Larry who is staying at our house and is doing an excellent job caring for our property in NM.
- For the people who have already committed to support us through prayer and finances (over 75% of our financial goal has been met)

Here are several things to pray for:

- For the Freedom of Nations church to continue to be a beacon of light in a dark world. Pray that each member would make it a priority to intentionally grow in Jesus everyday and that members would continue to grow in leadership.
- Pray for travel safety and good health as we finish up home ministry traveling over the next 10 days.
- Pray for good connections with people interested in partnering with us. We are praying for the remaining \$60,000+ to be raised in God's timing.
- Pray for God to prepare our family's hearts for sabbatical that'll take place Oct-Nov.
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If you haven't done so yet, we encourage you to consider becoming a financial partner with us. You can email us with your intentions for support (knowing your intentions to give helps us with budgeting purposes). Or you can follow the directions below to submit payment. Please reach out to us with any additional questions you might have about our finances.

Blessings, The Oberholser Family



While we use a variety of media to share the Gospel in other parts of the world, we recognize the great need for people in our own neighborhoods to hear the Truth about Jesus.



For this reason, we are inviting YOU to join the 26 individuals who have already accepted the challenge to ask at least 10 people over the next 12 months,
"Have you heard about Jesus?"

Sign up for the challenge today.

October

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>1 8:15 Breakfast 8:30 Prayer 9:00 S.S. 10:00 Worship Communion/ Membership/ Baptism</p>	<p>2 11:30-2:30 Homeschool Group 7:00 Sunday School Meeting</p>	<p>3 7:00 Praise/ Prayer</p>	<p>4 6:30 Youth Group/Kingdom Kids</p>	<p>5 11:30-2:30 Homeschool Group</p>	<p>6</p>	<p>7 7:00-8:00 am Discipleship Group 5:30 Volunteer Banquet</p>
<p>8 8:15 Breakfast 8:30 Prayer 9:00 S.S. 10:00 Worship</p>	<p>9 11:30-2:30 Homeschool Group 7:00 Church Board</p>	<p>10 8:30 am Ladies Sewing 7:00 Praise/ Prayer</p>	<p>11 6:30 Youth Group/Kingdom Kids</p>	<p>12 11:30-2:30 Homeschool Group</p>	<p>13</p>	<p>14 7:00-8:00 am Discipleship Group</p>
<p>15 8:15 Breakfast 8:30 Prayer 9:00 S.S. 10:00 Worship 5:00 Shepherd/ Flock Family Campfire</p>	<p>16 11:30-2:30 Homeschool Group 6:30 Finance Committee Meeting</p>	<p>17 7:00 Praise/ Prayer</p> <p>Blood Drive</p>	<p>18 6:30 Youth Group/Kingdom Kids</p>	<p>19 11:30-2:30 Homeschool Group</p>	<p>20</p> <p>Youth at CRC</p>	<p>21 7:00-8:00 am Discipleship Group</p>
<p>22 8:15 Breakfast 8:30 Prayer 9:00 S.S. 10:00 Worship</p> <p>Youth at CRC</p>	<p>23 11:30-2:30 Homeschool Group</p>	<p>24 7:00 Praise/ Prayer</p>	<p>25 6:30 Youth Group/Kingdom Kids</p>	<p>26 11:30-2:30 Homeschool Group 6:30 Property Mgt. Meeting</p>	<p>27</p>	<p>28 7:00-8:00 am Discipleship Group</p>
<p>29 8:15 Breakfast 8:30 Prayer 9:00 S.S. 10:00 Worship</p>	<p>30 11:30-2:30 Homeschool Group</p>	<p>31 7:00 Praise/ Prayer</p>				