

# 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”



**Summer or fall 2022:** I had just completed the climb from Shippensburg to Big Flat on Baltimore Rd. As I descended the mountain, the bike naturally picked up speed. The last time I went down this mountain, once I rounded the curve, I did not brake. This time, however, my bike began to shake. I thought my rear bike tire was going flat. I fought the bike to remain upright and eventually brought it to a stop part way down the mountain. I didn't find anything wrong, so I coasted down the mountain braking occasionally.

I took the bike into the shop and told the owner what happened. He said there was nothing wrong with the tire or the bike. He thought it was just fear.

**August 2, 2023:** I again completed the climb from Shippensburg to Big Flat. As I began to descend, I remembered the words of the bike shop owner. I prayed. The bike began to violently shake. I braked hard and eventually brought it under control. I safely completed the descent. As I rode home and over the next days, I began to think about the “fear” that is causing me to have the bike shake.

As I approached my vacation, I thought about doing a longer ride on one of my days off. The ride I hoped to do would entail three mountains. I would bike from home to Spring Run to Loysville to Colonel Denning State Park and then home again. But, what about this “fear”?

**August 22, 2023:** At 1:20 a.m. I woke up to use the bathroom. This was the day I planned to make “the ride.” As I went back to bed, my mind went wild with fear. My thoughts panicked: “If I have fear going down Big Flat, how can I do Timmons?” “How can I skip Timmons?” “Will I crash?” “How can I do this?” “How can I tell Nancy I am a chicken?” “Will this fear stop my mountain riding?” “Will this fear stop my riding?”

My Father got me out of bed. I began thinking about “the jitters” which I heard a few baseball players experienced and which stopped their careers. I went on the internet and took some notes on what to do about “the jitters.” As I was exploring that, my Father brought me to an article about the jitters on a bicycle. Then the Father took me even further; he brought me to a series of articles on the “speed wobble” which occurs on bikes and motorcycles when they reach high speeds. As I read, my Father showed me that my problem was not fear on Big Flat, but my problem occurred because of issues with the bike. The problems could be various: a lowly inflated front tire, out of true wheels, uneven weight on the handlebars, and even cross winds. A bike with these issues may not be “stiff” enough to handle the higher speeds; a “speed wobble” may occur. Plus, there were tips on how to prevent the bike from going into the “speed wobble.” The great fear was relieved from my mind. I went back to sleep for a bit, and that morning, I left, and my Father and I conquered three mountains on that ride.

Let me make four observations about life:

- We need to beware of the stories we tell ourselves or accept from others.
- Our words have power. They affect the lives of others. The bike shop owner did not intentionally try



to harm me. He just shared his one thought.

- One thought of fear focused upon can easily erupt into terror or panic.
- Fear hinders us from accomplishing God-sized tasks. Before we know it, one thought of fear fans into flame and stifles us.
- I know I said four observations but let me give you a bonus. On August 21, a church board member asked me by text for any specific prayer request. I listed three, including the ride on August 22. Our Lord answered. Our Lord provided.

**August 26, 2023:** Now that I conquered those three mountains, I felt compelled to conquer Big Flat again. It did not go as well as I had hoped. I never hit a “speed wobble”; I am thankful for that. However, I admittedly had some fear. The road was rough with a tar and chip surface. As I went from the smooth asphalt to the tar and chip surface on top of Big Flat, I found my bike reacting greatly to the tar and chip surface and the disguised bumps hidden under the tar and chips surface. This happened even as I climbed the next grade. (Maybe the resurfacing of the road with tar and chips has changed the nature of the road creating my problems which I did not have before.)

Fear or no fear, my Father is there with me.

Pastor John



### **August 2023 Church Board Highlights**

- The scheduling of a church council was approved for September 10 for the recommendation from the property managers to use the Capital Fund Savings to pay for the cost of the replacement of a HVAC unit in the sanctuary.
- A marriage seminar was approved for March 2024.
- The board is working on filling the roles of Treasurer, Bookkeeper, Personnel Committee, and Treasurer’s Report Reviewers.
- One interview for the Administrative Assistant is scheduled with a possible second person.

### **September Prayer:**

**Father, you did not give me a spirit of fear and timidity, but of power, love, and discipline. Help me walk in your strength and courage today. Amen.**

### **Community of the Month**

#### **Shippensburg**

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

| SEPTEMBER 2023 BIBLE READING PLAN |              |    |              |
|-----------------------------------|--------------|----|--------------|
| 1                                 | Isaiah 1-2   | 14 | Isaiah 37-39 |
| 2                                 | Isaiah 3-5   | 15 | Isaiah 40-41 |
| 3                                 | Isaiah 6-8   | 16 | Isaiah 42-43 |
| 4                                 | Isaiah 9-10  | 17 | Isaiah 44-45 |
| 5                                 | Isaiah 11-13 | 18 | Isaiah 46-48 |
| 6                                 | Isaiah 14-16 | 19 | Isaiah 49-50 |
| 7                                 | Isaiah 17-20 | 20 | Isaiah 51-53 |
| 8                                 | Isaiah 21-23 | 21 | Isaiah 54-55 |
| 9                                 | Isaiah 24-26 | 22 | Isaiah 56-58 |
| 10                                | Isaiah 27-28 | 23 | Isaiah 59-61 |
| 11                                | Isaiah 29-30 | 24 | Isaiah 62-64 |
| 12                                | Isaiah 31-33 | 25 | Isaiah 65-66 |
| 13                                | Isaiah 34-36 |    |              |

# FUNFEST

September 9th,  
10:00 am - 2 pm.

Games/prizes  
Story Time  
Learn how to pound flowers  
**Franklin County Rock & Mineral Club**  
Petting Zoo  
Bounce house  
Barrel train rides  
Hayrides  
Face Painting  
Candy Sand Art  
Tattoos  
Free Food - walking tacos, ice cream  
Come join the Air Hill church family for  
this FREE event.

## September Spiritual Exercise

Identify the fears you are facing in your personal life or in your professional life.

Pray your way through your fears:

Pray through Scriptures such as Deuteronomy 31:6; Psalm 27:1-3; 34:1-4; Isaiah 41:8-10; John 16:33; Romans 8:15-17; 2 Timothy 1:7 and 1 John 4:17-18.

Pray: remembering whose you are and who you are.

Pray: examining the source of your fear.

Pray: listening for the voice of the Holy Spirit.

Pray: knowing this is a battle against the evil one.

Ask another person/s to pray for you.

For web lovers: check out <https://hc.edu/center-for-christianity-in-business/2015/06/08/overcoming-fear/>

## VOLUNTEER APPRECIATION DINNER

A Volunteer Dinner is planned for October 7, 2023 @ 5:30 pm in the gym. The banquet will be catered by Long's Catering from Waynesboro. This is open to all adults and their spouse that volunteer at Air Hill. Please sign up on the bulletin board.

# SUNDAY SCHOOL @ AIR HILL

Fall Quarter beginning September 3rd

9:00 am - 9:45 am

You are invited to go deeper in your walk with Jesus  
by attending Sunday School.

Sunday School is a place where discussions on  
Biblical living takes place. It's a safe environment to ask  
questions and to be encouraged to  
"follow Jesus Christ through the Wind of the Holy Spirit".

Nursery: Ages 0-2

Preschool (Room 12) : Ages 2-Pre K

Elementary (Room 9) : Ages K - 5th Grade

6th-8th Grade (Room 15) : Teachers: Travis Kisamore,  
Frank Christopher

9th-12th Grade (Room 2): Teachers: Kevin Grove, Rachel  
Garling

Three adult classes:

God's Law is Love (Room 13)

Teachers: Dave Detweiler and Andrew Melhorn

Light in the Darkness: A Message of Hope from the  
Exile. (Center Square)

Teachers: Dennis Diehl and Warren Peckman

Biblical Parenting (Gym)

Teacher: Pastor John Melhorn



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

|  |  |  |   |  |           |   |
|--|--|--|---|--|-----------|---|
|  |  |  |   |  | <b>1</b>  | <b>2</b><br>7-8 am Men's Discipleship Group                               |
| <b>3</b><br>8:30 Prayer<br>9:00 S.S.<br>10:00 Worship  | <b>4</b>   | <b>5</b><br>7:00 pm Praise/Prayer                    | <b>6</b><br>6:30 pm Youth Group               | <b>7</b>   | <b>8</b>  | <b>9</b><br>7-8 am Men's Discipleship Group<br><br>10-2 Funfest           |
| <b>10</b><br>8:30 Prayer<br>9:00 S.S.<br>10:00 Worship | <b>11</b><br>11:30 am Home-school Group<br>6:45 pm Children's Ministry<br>7:00 pm Church Board | <b>12</b><br>8:30 am Sewing<br>7:00 pm Praise/Prayer | <b>13</b><br>6:30 pm Youth Group/Kingdom Kids | <b>14</b><br>11:30 am Home-school Group                              | <b>15</b> | <b>16</b><br>7-8 am Men's Discipleship Group                              |
| <b>17</b><br>8:30 Prayer<br>9:00 S.S.<br>10:00 Worship | <b>18</b><br>11:30 am Home-school Group<br>7:00 pm Ministry Board                              | <b>19</b><br>7:00 pm Praise/Prayer                   | <b>20</b><br>6:30 pm Youth Group/Kingdom Kids | <b>21</b><br>11:30 am Homeschool Group                               | <b>22</b> | <b>23</b><br>7-8 am Men's Discipleship Group<br>9:30 am Shepherd Training |
| <b>24</b><br>8:30 Prayer<br>9:00 S.S.<br>10:00 Worship | <b>25</b><br>11:30 am Homeschool Group<br>6:00 pm Personnel Committee                          | <b>26</b><br>7:00 pm Praise/Prayer                   | <b>27</b><br>6:30 pm Youth Group/Kingdom Kids | <b>28</b><br>11:30 am Homeschool Group<br>6:30 pm Prop. Mgt. Meeting | <b>29</b> | <b>30</b><br>7-8 am Men's Discipleship Group                              |