The Air Hill Breezes

Air Hill BIC Church
7041 Cumberland Hwy.
Chambersburg, PA 17202
717-267-3373
airhilloffice@gmail.com
Office Hours Mon.– Fri. 8-12

November 2025

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

Self-Control: the ability to control one's emotions, behavior, and desires in the face of external demands.

Edmund Hilary the first man who conquered Mount Everest was asked by an interviewer about his passion for climbing mountains. He gave this reply: "It is not the mountain we conquer but ourselves."

Can we conquer ourselves?

Do we have the ability to control our emotions and behavior and desires in the face of external demands? Even though I am on a diet, will I resist the cake and ice cream in front of me? Even though I am tired, will I ride my daily ten-mile jaunt? Even though someone is calling me names, will I respond with peace?

Can we conquer ourselves?

Maybe in some things, but not in all. We need God as our help and strength. Alcoholics Anonymous recognizes this truth. They understand a person cannot break their habit of drinking on their own; they need to look to a power greater than themselves. They cannot control their drinking without God helping control it.

"Like a city whose walls are broken down is a man who lacks self-control" (Proverbs 25:28). What does that mean? If the city wall is broken down, the enemy can enter in easily. If the city wall is broken down, the diet can be destroyed by unhealthy food. If the city wall is broken down, pornography will destroy any desire to be pure. If the city wall is broken down, laziness will block a person from going to work. If the city wall is broken down, rage will overwhelm a person when somebody slows them down.

Where does self-control come from? God. The apostle Paul lists self-control as a fruit of the Holy Spirit. In other words, as one surrenders to the yielding to the Holy Spirit, the more one practices self-control. As we grow in trust in the Lord, he will empower us to practice self-control. Here is the amazing paradox of life. The more we allow God to control us the more self-control we will have. We have to give up control to practice self-control. We don't focus on self-control to gain self-control. We focus on God, and he will provide self-control. What irony!

Self control
[self kən'trōl] • noun

doing God's will,
not your own

[titus 2:11-12]

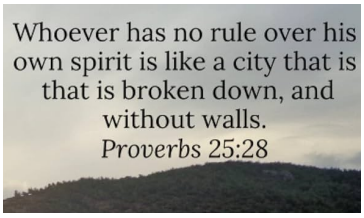
Cont. on next page.

Cont. from page 1

A traveler in Ceylon tells the following story: “As I was dining in a home I was startled to hear the hostess ask her servant to place a bowl of milk on the deer skin beside her chair. I knew at once that there was a cobra in the room, for they prefer milk to anything else. We also knew that a hasty movement meant death, so we sat like statues. Soon, to our amazement, a cobra uncoiled from my hostess’ ankle and swiftly glided toward the milk, where it was quickly killed.” What a triumph of self-control over the external! But if we use the same quiet trust in Christ as this woman did in the bowl of milk, when the serpent of all evil approaches us, the internal triumphs over him would be more numerous than they are now. (Record of Christian Work.)

Enjoy Jesus!

John M.



November Prayer

Lord Jesus, replace my desire for _____ that controls me with a desire for you and your right way of life. Amen.

November Spiritual Exercise

Identify one area (desire) in which you need to practice more self-control.

Offer it to God and ask him for his strength to control that desire.

Ask someone to be your accountability partner.

Daily meditate on Jesus and the victory you may have through Jesus Christ.

The church board approved:

the compensation for the pastoral staff and administrative assistant for 2026.

the use of the church for the wedding of Kelsey Bumbaugh and Josiah Burns.

The church board also discussed:

a property management request to build a garage for $18,000.

the shepherd ministry and deacon ministry.

Community of the Month:

Letterkenny

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

Missionary of the Month

Karina Thrush

The GOAT King Jesus

This past month, October 10-12, the Air Hill Youth Group and friends took our annual trip to the Christian Retreat Center (CRC) for our weekend retreat. This year's speaker was Mr. Mark Vincenti, also known as my brother-in-law. Mark came to us from Huntingdon, Indiana where he works as campus Pastor at Huntingdon University. He also served as a Youth Pastor for almost 20 years at King Street and other churches. So when he agreed to come and be the speaker for our weekend retreat I was really excited. Mark spoke of "The G.O.A.T." or The Greatest Of All Time. He shared that in sports or life there is no actual Greatest of all Time. More correctly there is the GOOT (Greatest Of Our Time). Eventually, there will be someone that is better than the person that is currently the best. However, Jesus is the GOAT (Greatest Of All Time). Jesus is the King. Mark led us through Scripture in Revelation 1:9-18 giving a description of Jesus. He led us in Scripture talking about how Jesus is the same yesterday, today and tomorrow. He talked about the Imago Dei (Image of God). We are created in the image of God, we are God's masterpiece. He shared with us in Genesis where God created humans and said it was very good. He shared with us how throughout Scripture whenever there was a conflict between Jesus and something/anything, Jesus is always the victor. He challenged us to commit our lives to the service of Christ, conforming to His will, ways, and teachings, and finally to carry the message of Jesus to the world.

Mark also joined in the group meal times and games as well. I was thoroughly impressed with his ability to learn all the names of the students, participate in the games and to strike up genuine conversation with people. But CRC could not have happened without all of the help from my adult volunteers. I would like to thank the following people for giving of their time to participate: Dwayne and Wendy Wenger, Dan, Rachel and Micah Garling, Sadie Anderson, Amy Wenger, Jason and Danae Wenger, Eileen Beutman, Andrew Melhorn, Larry Goshorn, Don Shenk and Becky Shenk. I would also like to thank the Air Hill congregation for their prayers and the staff at CRC for their ministry.

In His Grip, Travis Kisamore

YOUTH MINISTRY

Christian Retreat Center

Bible Reading Plan

NOVEMBER 2025 BIBLE READING PLAN			
1	2 Peter 1:1-11	14	1 John 3:1-10
2	2 Peter 1:12-21	15	1 John 3:11-18
3	2 Peter 2:1-9	16	1 John 3:19-24
4	2 Peter 2:10-16	17	1 John 4:1-6
5	2 Peter 2:17-22	18	1 John 4:7-21
6	2 Peter 3:1-9	19	1 John 5:1-12
7	2 Peter 3:10-18	20	1 John 5:13-21
8	1 John 1:1-4	21	2 John 1-13
9	1 John 1:5-10	22	3 John 1-14
10	1 John 2:1-11	23	Jude 1-7
11	1 John 2:12-17	24	Jude 8-16
12	1 John 2:18-23	25	Jude 17-25
13	1 John 2:24-29		

BIC News

While Bishop Rob is on sabbatical from his “bishoply duties”, he is fully engaged in family life and welcomed a new grandson on October 8, 2025. Cameron Andrew Patterson was born to Rob and Daryl’s youngest son, Mark, his wife Angela and joins big brother, Gabriel. Cameron weighed in at 9 lb. 5 oz., 21 ½“ in length. Mother and baby and doing well.

Continue to keep Bishop Rob, Daryl, and their family in your prayers.

Blessings,

Mary Ellen Feight

Administrative Assistant

Brethren in Christ U.S.

The Oberholser's

Hello Prayer Warriors, here are several ways you can pray for us this month.

Recent world and community events have caused our Sunday morning group at the Neighborhood House to have some deep, thought-provoking discussions. As leaders, we've been encouraged to see how people from differing backgrounds and viewpoints have been able to have civil conversations surrounding potentially volatile subjects. **Pray that the members of Freedom of Nations Church can be a light in our dark community as we represent Christ and love people where they are at.**

In our Sept email we mentioned our plans to move our **"Friday Night"** outreach events from the Kirtland community to the apartment community. So far we've had two Friday Night gatherings at the apartment complex. We set up a portable propane fire pit outside and welcomed residents to join us for snacks and fellowship around the fire. We've had a lot of children come for snacks, but then they quickly disappear for the night. While we're glad to offer them snacks, we desire that they would stick around and interact in conversation with us. Many people in our community view the Church as a place to go for handouts and free stuff. We desire to find creative ways to break down that stigma and show them how church is meant to be a community where people come together to honor Jesus through mutual blessings and encouragement. **Pray with us that we can find creative ways to connect deeply with adults and children residing at the aparments. Also, pray for Amy.** Her family recently moved into the apartments but she's no stranger to us as she used to attend the Freedom of Nations gathering in Kirtland many years ago. We are grateful that God has reconnected us with Amy's family again, and **we're praying that we'll be able to build deeper connections with them.**

November 3-18 Jason, Rebekah, and our 4 younger children will be driving to the Pacific Coast. We are excited to connect with several BIC Churches and other individuals living in Oregon and California. If you live in either of those states and would like to connect with us, please reach out! **Pray for safe travels and good connections with people. Pray for Christy & Abby as they stay home to housesit and attend to their work/educational responsibilities.**

Blessings to all!

The Oberholser Family

Karina Thrush

Nippon NEWSFLASH

Word of Life

10.24.25

"Oh give thanks to the LORD, call upon His name; make known His deeds among the peoples" Psalm 105:1

Praises & Prayer

Pray for wisdom in finding a local church to be a part of in our new location. There are two churches I am considering now.

Pray for SYME students for the 2026 reopen! Praise the Lord for the few students who have showed interest already!

Pray for wisdom as the renovation project is underway. Pray for safety for the work team and open eyes to see the lost in Japan.

Praise the Lord for those who have given toward the renovation project & how the Lord has provided so far!

Renovation Update

The renovations to our ministry center have begun! The Lord has provided 83% of the funds needed for the project so far! Our staff team helped to rip out the old carpet and trash some of the unnecessary things in the building. We have taped up the lights in the ceiling for a paint job that we would like to do before the work team comes, which is in less than two weeks! We are also busy making final decisions on doors, paint colors, and flooring so that we can purchase all the materials needed for the work team. During all of these preparations, the Japanese construction company has been working on the gas line and renovating the kitchen. It is so exciting to see the work starting! Our leaders, Scott & Kelly are working hard connecting with the contractors, electric and gas company, and DIY stores trying to keep the progress moving forward.

On November 3-16 a work team of 11 people from the States will arrive in Japan and serve with us. They will be building a couple walls, laying flooring, painting, and a few other odds and ends. While they are working hard, I will be cooking lunch and dinner each day and leading a one-day tour into Tokyo for sight-seeing. I will also prepare my home for seven of the men to stay during their time here (I will be staying with other staff members). I am excited to show you the progress in the next newsletter!

Address: 358-0026 Saitama-ken, Iruma-shi, Koyata 1-7-33

Email: thrushkarina@gmail.com

A Time of Giving

The Missions Committee is offering the opportunity for you to give to local ministries. This year we will be collecting for CROSS, a residential ministry for disabled adults in Shippensburg and central PA. We will also receive food items and $30 Aldi gift cards for our Andrew Buchanan weekend lunch program. The items we need are listed below. Please bring the items to the church narthex beginning November 9. We will continue to collect through November 23. Thank you for your generosity in supporting these two important ministries.

Andrew Buchanan Grocery Bag List

Please check expiration dates. We cannot use anything beyond expiration dates. You may supply any of the items you want.

Breakfast:

- Individual Boxed Cereals (#1 item needed)
- Granola Bars
- Pop Tarts

Fruit:

- Individual Boxes of Raisins
- Individual Cups of Fruit
- Individual Cups of Applesauce

Dinner: (all individually wrapped serving sizes)

- Macaroni and Cheese
- Beefaroni
- Ravioli
- Ramen Noodles
- Flavored Microwave Lunches
- Mashed Potatoes

Snacks:

- Little Debbie (off brand) Snack Cakes
- Individually Packaged Crispy Treats
- Individually Packaged Cookies
- Pudding Cups (non-refrigerated)
- Jell-O Cups (non-refrigerated)

CROSS THANKSGIVING GIFTS

Fresh fruit or canned
Fruit Juice
Coffee – Decaf and reg.
Creamer
Granola Bars
No tears shampoo
Dawn
Kleenex
Paper towels
Plastic spoons
Deodorant
Disposable razors
Shaving cream (for men)
Dishwasher detergent -liquid
Mouthwash
Bathroom paper cups
Toilet paper
Olive oil
Tea Towels/Bath Towels

We will begin collecting items on November 9th and continue through November 23rd. You may place items in the tub in the Narthex.

Upcoming Important Dates

November 8: 7:00 pm - 11:00 am Half Night of Prayer

December 1: 12:30 pm Widow's & Caregiver's Luncheon

December 14: Congregational Council & Potluck Meal

December 15: End of Year Council Reports due

December 21: 5:00 pm Christmas Caroling

December 24: 7:00 pm Christmas Eve Service

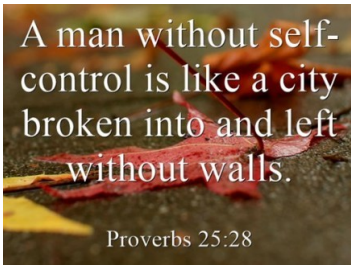
Thoughts On Self-Control

Samuel Stokes, an American missionary, walked through the Punjab, carrying only a water-bottle and blanket, trusting wholly to native hospitality. In one village he was given a particularly hostile reception. The headmen of the village sat in chairs in a circle, smoking, leaving him the whole evening sitting on the floor. When Samuel asked if he might nurse their sick and teach them, they hurled horrible insults at him; but Samuel made no reply. Then they gave him stale crusts in a filthy bowl. He thanked them courteously and ate. For two days this lasted. On the third day, the headman laid his turban at Samuel's feet as a token of respect. The headman explained that they had heard that Jesus' disciples were commanded to love their enemies and had decided to put him to the test. The result had amazed them. Now they brought him their choicest food and were eager to hear his teaching. If Samuel had lost his temper, he would have lost his chance.
– Gospel Herald.

Sometimes the amount of self-control it takes not to say what's on my mind is so immense I need a nap afterward.
Caprice Crane

Self-control is knowing you can, but deciding you won't.

Any fool can criticize, condemn, and complain, but it takes self-control to be understanding and forgiving.
Dale Carnegie



November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 am Discipleship Group 9:00 am Universal Directory Portraits
2 8:30 am Prayer Time 9:00 am Sunday School 10:00 am Worship 6:30 pm Youth Discipleship Group	3 6:00 pm Basketball	4 7:00 pm Praise & Prayer	5 6:30 pm Kingdom Kids & Youth Group	6 5:00 am Discipleship Group	7 6:30 pm Shepherd Ministry Dinner	8 7:00 am Discipleship Group 7:00 pm Half Night of Prayer
9 8:30 am Prayer Time 9:00 am Sunday School 10:00 am Worship 6:30 pm Youth Discipleship Group	10 8:30 am Ladies Sewing 7:00 pm Church Board	11 7:00 pm Praise & Prayer	12 6:30 pm Kingdom Kids & Youth Group	13 5:00 am Discipleship Group	14	15 7:00 am Discipleship Group
16 8:30 am Prayer Time 9:00 am Sunday School 10:00 am Worship 6:30 pm Youth Discipleship Group	17 6:00 pm Basketball	18 7:00 pm Praise & Prayer	19 6:30 pm Kingdom Kids & Youth Group	20 5:00 am Discipleship Group	21	22 7:00 am Discipleship Group
23 8:30 am Prayer Time 9:00 am Sunday School 10:00 am Worship 6:30 pm Youth Discipleship Group	24	25 7:00 pm Praise & Prayer	26	27 	28 Air Hill Office Closed	29 7:00 am Discipleship Group
30 8:30 am Prayer Time 9:00 am Sunday School 10:00 am Worship 6:30 pm Youth Discipleship Group						