

# Doubling Gap Church of God Beacon

50 McCrea Road  
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www.doublinggap.org

## Standing in the GAP with the Gospel

FROM THE DESK OF PASTOR DON

### “So after they had fasted and prayed...”

Acts 13:1-4

The month of March marks a period of Lent, a time of preparation for Holy Week and Resurrection Sunday. It is a period of 40 days (minus the Sundays) that commences on Ash Wednesday, which is February 26<sup>th</sup> this year. Not all Christian Churches recognize Lent let alone do anything ‘special’ in recognition of it. Here at The Gap we do and have been. On the February 26<sup>th</sup> we will have held a ‘marking of the ashes’ service as part of the service that night, after having been challenged to take this period of Lent to fast and pray about the direction our Church should take on the building expansion. This expansion project has been ‘talked about’ for years and we need to decide if we should move forward, rethink the project, or move in a totally different direction. With Council’s approval, I am asking you all to join me in a time of regular fasting, one day a week, in order to seek God’s direction in the expansion project. Why fasting?

This was taken from <https://www.crosswalk.com/faith/spiritual-life/lent>: “Fasting is a way of denying ourselves the excesses of life so that we might be more attuned to the Lord's voice.” In the scripture listed for this month’s article, the disciples were practicing this spiritual discipline of fasting and prayer when God called them to set aside Paul and Barnabas for the mission God was calling them to. Throughout scripture we see people in both of the testaments practicing fasting and prayer as part of their regular spiritual lives. It was done in order to seek God’s voice, His direction, His confirmation of what they were unsure about. This is where I think we are today concerning the building expansion. Is this something God is calling us to do in order for us to better serve Him in the mission He has called us to in ‘Standing in The Gap with the Gospel’? If the expansion is what God’s desire is for us, money is not an issue! If expansion is not part of God’ plan for us here, no amount of money would be enough! So it makes sense to make sure we are in keeping with God’s will for the ministry He has called us to here at Doubling.

So, will you join me in taking one day a week, every week of Lent, to commit to a time of fasting AND prayer? I plan to set aside every Wednesday evening at 6:00 for a time of corporate prayer here at the church. It will be open for anyone who wants to join me and others in praying for God’s clear will to be made known concerning the building project. We will wrap up by 6:30 in order to allow for everyone to prepare for evening services. If you cannot make it to Church, set aside that time wherever you are for prayer. And the fasting? If health reasons do not allow you to go 24 hours without food, fast from something that is a regular daily drink, food, or activity. The idea is to take the time you would normally spend in that activity or in eating that meal/food, and pray. I firmly believe that if we seek, we will find. If we ask, it will be made known. And if we knock, the door will be opened to us! Sounds familiar, doesn’t it? Join me in this month of prayer and fasting! May God reveal to us in a mighty way His plan and purpose for the Gap’s ministry!

**Pastor Don**

#### Elders

Charlie Clouse

Shannon Kane-Vice Chair

Bill Fulton-Chairman

#### Deacons

John Whisler

Dawn Agar –Secretary

Sam Clouse

#### Deaconesses

Betty Clouse

Tammy Cornman



March 2020

Volume 20 Issue 3

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#### Special points of interest:

Pastor Snyder will have office hours as shown on page 2. If he is unavailable, please leave a message and he will return your call.

In case of an emergency, you may call Pastor Snyder at home or on his cell. Numbers are found on page 2.

## PRAYER REQUESTS FOR MARCH

### Pastor Don

- For the team planning and participating in the Lenten Luncheon on the 13<sup>th</sup>.
- For this month's time of prayer and fasting concerning the building expansion.

### Pastor Brian

- I will be speaking at the Newville Youth Retreat, March 20-22.
- Continued balance between family, school, and responsibilities at church.

Pastor Don's email is  
doublinggap@embarqmail.com

OR

feedmandcs@yahoo.com

In case of an emergency you may  
contact Pastor Don at home or on  
his cell phone at:

Home: 776-1191

Cell: 278-7904

### PASTOR'S OFFICE HOURS

#### FOR MARCH

Monday through Thursday

8AM to 12 NOON

Fridays "off" day.

Also appointments can be made .



### SECRETARY'S OFFICE HOURS

Monday through Friday

9AM to 12 NOON

dgapsec@embarqmail.com

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## Community Lenten Luncheons

Fridays at Noon

Location-First United Presbyterian Church

### Theme: 20/20 Vision

2/28      Newville Church of the Brethren  
3/6        Zion Lutheran Church  
3/13      Doubling Gap Church of God  
3/20      Big Spring Heights Church of God  
3/27      Newville Church of God  
4/3        First United Presbyterian

**All are welcome!**

Each week, a brief worship service led by local pastors is followed by a simple lunch.

## FROM THE DESK OF PASTOR BRIAN

### Where Jesus Prayed

“We will pray, or we will fail.” For the past couple of months, I’ve been encouraging you to dig deeper into the discipline of prayer. We’ve seen from scripture that Jesus prayed early because it was quiet, and there were no distractions; and that he prayed because it was important – dare I say “vital” – to maintaining His relationship with the Father. Prayer fosters relationship with God, because it’s our way of inviting God into our lives and sharing what’s important to us with him. This month, let’s look at another piece of prayer: *where* Jesus prayed. In Matthew 6:6, Jesus told his disciples “When you pray, go into your room, close the door, and pray to your Father, who is unseen.” Verse 5 offers a contrast with the “hypocrites” who prayed publicly and loudly for others to see and hear. Jesus tells us there are two ways to pray: prayer done for show, and prayer done in private.

The word for “room” refers to a small, private room in the interior of a house. Other places in scripture it means something more akin to “storeroom” or “pantry”. This seems silly to us. Imagine getting up early, and then hiding in your bathroom towel closet, just to pray! I honestly don’t think Jesus was instructing his disciples to pray in the kitchen pantry! The idea is simple to go to a place that is private, and away from where other people will see you. Even if it’s in your own home, you should find a place that isn’t in the middle of where everyone else will be. Don’t try to pray in the living room, while others are watching TV. Don’t try to pray in the kitchen, when your spouse is doing the dishes. Don’t try to pray in the garage, when someone is working on the car. Find a place and a time in your house where you can pray without being distracted by, and without being a distraction to, others. For me, prayer time comes in the morning, before anyone else is up, and usually in the front room, away from the living room and kitchen, where others won’t see me or distract me when they come down.

If you think about it, this really isn’t a very unusual practice. Remember that prayer is simply a conversation, and that some conversations are private. When Emily and I have important things to discuss, we don’t talk about them in front of our kids. We wait until after they’re in bed; or we go for a walk outside where we’re away from the house; or we go to our bedroom and close the door. We don’t have discussions about household budgets, or frustrations at work, or struggles with friends or family, or other private matters in front of other people. Besides being private, it also makes it awkward for the other people. Have you ever been at someone’s house, or out to dinner with someone, or out in public with others, and they started fighting? Do you remember how uncomfortable that made you feel? Now imagine being out in public with someone, and that person suddenly dropped to their knees and began to pray out loud for all to hear. Wouldn’t that make you uncomfortable – and wouldn’t that also make others who see them, who don’t know Christ, more reluctant to engage in conversation about Him? Honestly, if I didn’t believe in Jesus, and I saw someone making a show of praying out to him in public, I don’t think I’d want to become a believer, for fear that I would have to do that too!

The point that Jesus was making, simply put, is that personal prayer is private. There are times it is completely appropriate to pray out loud and in public. We often call this “corporate prayer” because it’s done when the body of believers comes together. Prayer is an important part of our worship services. James 5 tells us to pray together over one who is sick, and to pray for one another. Many times in Acts, the apostles would pray aloud publicly to praise and worship God. But in our regular, everyday Christian lives, prayer is private, because some conversations are private. I’d like to encourage you to take this practical step in your prayer life. Make time each day, in a quiet, private place, to pray.

My prayer for you is that you will experience the presence of God in new and powerful ways, not only in your prayer life, but in your every waking moment life. If you’d like to talk more about this, or share your stories or struggles, let’s get a cup of coffee together.

*Pastor Brian*

## MARCH'S GREETERS



- 1-Jake & Eileen Bear
- 8-George & Dawn Agar
- 15-Richard & Joyce Hockensmith
- 22-Sharon Runyon & Bev Agar
- 29-Randy & Diane Shade

## MARCH'S NURSERY SCHEDULE

### Sunday School

- 1-Jenn Bolze & Jeanette Morris
- 8-Joyce Smith & Jeanette Morris
- 15-Dawne Dewalt & Cassie Blomstrom
- 22-Joyce Smith & Jeanette Morris
- 29-Cora Agar & Cindy Clouse

### Worship

- 1-Stephanie Cohick & Jeanette Morris
- 8-Amber Hoch & Carley Miller
- 15-April Smith & Sue Jardine
- 22-Cindy Clouse & Jenn Bolze
- 29-Kelly Bier & Sharon Hostetter



## Sportsman Dinner & Program

Friday, March 20, 2020 6:00 PM

**\*Bring a game dish to share**

**Speaker: Joseph Yarish**

On 9/11/01 a Franklin County, PA couple found out the baby they were expecting had spina bifida, the most devastating birth defect. They were advised to abort, as they were told the baby wouldn't walk, be of poor intelligence and have low quality of life. Come to meet this baby, now 18 years old and hear how God has used and blessed this young man.

## JUNIOR CHURCH 1 (AGES 3-5) TEACHERS & HELPERS

**\*Meet in Room #4 in the CE Wing at 10:00 am**

**1,8,15 & 22-Nathan & Lori Chronister  
29-ARKK & Children's Chat**

## JUNIOR CHURCH 2 (Kindergarten, 1st, 2nd Grade) TEACHERS & HELPERS

**\*Meet in Room #2 in the CE Wing at 10:00 AM**

**1,8,15 & 22-Shannon & Katie Kane  
29-ARKK & Children's Chat**

## JUNIOR CHURCH 3 (3rd, 4th, 5th Grade) TEACHERS & HELPERS

**1-Adam Cohick & Gracie Chronister  
8-Adam Cohick & Sharon Barrick  
15-Adam Cohick & Wendy Stuber  
22-Adam Cohick & Carrie Kimmich  
29-ARKK & Children's Chat**

**\*\*When you are assigned to be a helper, PLEASE be in the Junior Church room by 9:50. If you cannot be a helper on the Sunday you have been assigned, PLEASE let Carrie Kimmich know (658-6339) so a replacement can be obtained if necessary.**



### *Easter Morning Services (Sunday, April 12)*

**Sunrise Service at 6:30 am**

Come worship the risen Savior as the morning sun peaks over the mountain top.

**Breakfast around 7:15 am**

Fellowship together with an amazing breakfast.

**Song Worship Service at 9 am**

As you join us in the sanctuary, worship together with songs of praise to our Savior!

**Easter Morning Worship service at 9:30 am**

Easter family service.

We would love to have special music throughout the spring time and Easter morning. Please see Emily Ramsey or put a note in her mailbox if you would like to sing or share a song through an instrument on a Sunday morning. Any favorite song requests are welcomed as well.

\*No Sunday School classes on Resurrection Sunday.

**ACTS OF RANDOM KINDNESS KIDS (ARKK)**

*"Follow my example, as I follow the example of Christ."*

1 Corinthians 11:1



**Collection for Isaiah 61 Ministries:** For the month of March, ARKK, will be collecting canned vegetables and drink mixes for Isaiah 61 Ministries. They are also in need of Men's jeans and children's clothing in good condition. We will have a box set up for both collections in the gym. Thank you in advance for your donations!

**New this year, ARKK will be collecting empty egg cartons.** We are collecting empty egg cartons to donate to the New Hope Ministries in Mechanicsburg. We ask that you collect these at home and bring them in and place them in the designated bin at church.

ARKK is still collecting aluminum soda tabs and glossy magazines for the Ronald McDonald House in Hershey.

If you have any questions, please feel free to contact Melisa Lucas at 717-713-4244 (cell) or email at [actsofrandomkindnesskids@gmail.com](mailto:actsofrandomkindnesskids@gmail.com).

**Women's Ministry**

**March 6-8, 2020**

**Upcycled**

**From Our Mess to His Message  
At Winebrenner Seminary, Findlay, OH**

**Next Meeting**

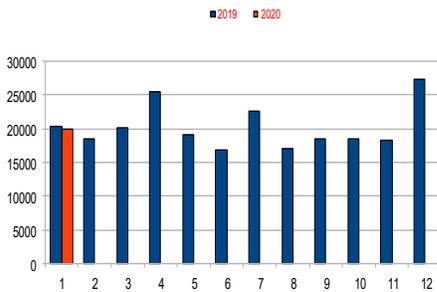
**Monday, March 9 at 7:00 PM**

**Remember to be praying  
for your Secret Sister**

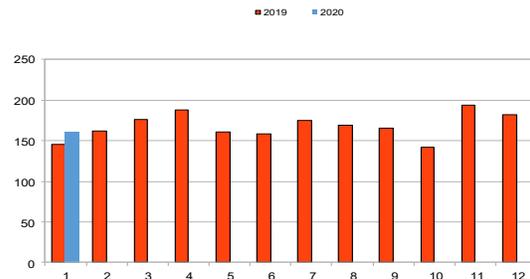


**JANUARY'S INCOME & ATTENDANCE CHARTS**

INCOME



ATTENDANCE





# DISCIPLESHIP

## Bulletin Board

February 2020



Bobby Baker	Standard Lesson Quarterly	Room 9
Charlie Clouse	“Power of Love” by David Jeremiah,	Room 8
Leilani Reeder	“Judges” with JD Greear	Room 10
Adam Cohick	Gospel of Mark” by Francis Chan,	CE Wing
Mike Bolze	That the World May Know” by Ray Vander Laan	Room 5
Preschool – 1 <sup>st</sup> Grade	Cliff & Connie Cornman	Room 11
2 <sup>nd</sup> – 3rd Grade	Carl Baughman & Alan Dewalt	Room 13
4th-5th Grade	Shane Reed, Tammy Cornman, Dawne Dewalt	Room 14
6 <sup>th</sup> – 12 <sup>th</sup> Grade	Emily Rosenberry, Kyle Whisler	Room 7

### Weekly Adult Groups

“The Book of Judges” Some of the most exciting and intriguing stories from the OT appear in the book of Judges. We meet at 7 on Wednesday evenings for prayer & bible study. Open discussion, question-and-answer style. Come join us!

“Gospel of Mark”, by Francis Chan Men’s Bible Study, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month, 7:00 at the church.

### Family Life’s Weekend To Remember

Poconos March 20-22, 2020

Poconos March 27-29, 2020

Cost is \$175 per person, plus lodging. Check [www.familylife.com/weekend-to-remember](http://www.familylife.com/weekend-to-remember) for available discounts; our church will also **help pay** for your registration. Contact Pastor Brian for details.

**Mission Board Update**

**March's Mission Moments**

- 1-Drive Thru Nativity**
- 8-Meet the Need**
- 15-Faith Promise 2020**
- 22-Easter Egg Hunt**
- 29-Praise & Testimony**

**Feed My Starving Children**

**Saturday, March 7 12-2 pm**

**Packing Location-Mechanicsburg  
First Church of God Community  
Center**

**201 East Green Street,  
Mechanicsburg**

**Paw Pack Spaghetti Dinner &  
Silent Auction**

**Saturday, March 7 4:30-7:00 pm \*  
(Snow date March 14<sup>th</sup>)**

**Location-Green Spring Brethren in  
Christ Church.**

All you can eat meal includes: salad,  
spaghetti, garlic bread, dessert and  
drink.

Cost is \$10.00 per ticket, see Royetta  
for tickets.

**Mission Celebration**

**April 26, 2020**

**Carlisle First Church of God**

**More details in April's Beacon**

**Next Mission Board Meeting**

**March 5 2020 at 7:00 PM**

**Check these out on**



RightNow Media is a free resource our church provides to you. *Check out one of these this month!* Unsure how to use RNM? Contact Pastor Brian or the church office, and we'll get you started!

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**“MAKERS Discipleship Series”, by Crown Financial Ministries.** Discipleship is at the very heart of the ministry of Jesus. It should be at the heart of the life of the Christian as well! This series has been designed for those that are wanting to fulfill God’s plan for their lives of being Disciples of Jesus, and making Disciples of Jesus. Each of the 5 sessions are less than 10 minutes long, and there is a FREE downloadable study guide.

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**“She’s Got Issues”, by Nicole Unice.** Christian counselor, ministry leader, and regular mom Nicole Unice shines on video in this inspiring six-session study. Nicole talks candidly about how the everyday issues that drive you crazy affect you . . . and why you don’t have to settle for letting them win. Some days living up to the whole good-Christian image seems impossible. You do the right things but you just don’t feel changed by your faith. Deep down, you’re still dealing with the ordinary struggles—control, insecurity, comparison, fear, anger, and unforgiveness—that hold you back from living free and loving well. The good news? You don’t have to “fix” yourself. You have access to the power of Christ. His power can transform your everyday weakness into your greatest strengths and gifts. The video sessions range from 20-25 minutes, with a FREE

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**“Engage”, by Kirk Cameron.** Raising children in a tech-obsessed social media world is tough. What limits do you put on it? Is it safe? Why can't kids just put their phones down? Engage is a five-lesson, practical course hosted by Kirk Cameron that will help you navigate parenting in a social media age. Packed with expert interviews, a hands-on study and resource guide, downloadable tools, and biblical principles, it's the ultimate tool for not just surviving but thriving as a parent in today's culture and engaging your children on such a crucial topic. Sessions range 13-20 minutes, and a free study guide can be viewed.

Parents' Corner  
March 2020

## Parenting Reactive Children or Youth

By Christina Chismar and Timothy Sanford

***Parenting reactive children or youth can be difficult, but a technique known as therapeutic parenting can be helpful.***

Trying to correct a child's behavior when she's screaming and throwing a tantrum can un-nerve the most patient adult. Parenting reactive children or youth who are routinely challenging parents through their actions or speech may require a specific technique. *Therapeutic parenting* is the preferred approach when working with a child or young person who has a reactive brain. Please note that reactivity may be seen in young children, adolescents and teenagers. Therefore, strategies for intervening with reactive kids of different ages are provided in this article. However, the needs of the reactive child will be pretty much the same, regardless of age.

Therapeutic parenting was pioneered by the late Dr. Karyn Purvis as part of Trust Based Relational Intervention (TBRI). Therapeutic parenting is a way to parent a child who is highly reactive. Your child's behavior becomes a clue to what's going on in his brain.

Therefore, as you address his brain's needs in order to help him feel safe, he'll be less likely to react in negative ways. In short, you're parenting his *reactive brain* rather than simply confronting his *negative behavior*. Because of this, therapeutic parenting takes extra time and intentionality. Dealing with your child's tantrum or adolescent's emotional outbursts may take a few minutes or up to several hours. Depending on your child's history, using therapeutic parenting will take between six months to two years of repetitive intervention. This is necessary to get your child to the place where traditional parenting techniques may work. This is because you're helping his brain to "heal" not just working to change his behavior.

**The Importance of Connecting.** The TBRI process of parenting reactive children or youth focuses very intentionally on connecting with them. The purpose of connecting is to disarm any anxiety, fear or lack of trust. Also, you calm their reactive brains so they can stop the unwanted behavior of their "Downstairs Brain". Instead, you help them learn how to act appropriately and use their "Upstairs Brain". Only then can they process what you're trying to say as you correct their behavior.

Connecting begins with a child's perception of feeling safe both environmentally and emotionally. This may sound obvious, but with a child or adolescent who can be reactive, don't assume he will *feel* safe. Make sure your home environment is conducive to meeting his daily physical and sensory processing needs. When your child or adolescent reacts with a negative behavior, remove any objects he can use to harm himself or you. Remember, if his brain doesn't "think" he's safe, he will most likely react with an unsafe outburst of actions or his words. So, be sure he can't harm himself or you. When parenting reactive children and youth, your safety is just as important as theirs.

Connect with a reactive child in a light-hearted, silly or surprising way; “Whoa Nellie ...” or “Oopsy, let’s try that again.” Or, you might be more directive with an adolescent and calmly say something like, “Stop, you’re not being safe.” Then, follow up with, “What do you need to feel safe right now?”

**Connect Physically Too.** Physically connect with a young child. Get down on his eye level; ask to see his eyes. Next, if he’ll let you, have him place his hands in yours or place your hand on his shoulder. Talk in a calm up-beat voice. Your child learns best in a playful fun setting where he doesn’t feel threatened. The same is true for adolescents so if possible, touch a hand or shoulder when talking to a reactive preteen or teenager. However, if a teen won’t let you touch him, don’t force it. Give him the space he needs to feel safe. In therapeutic parenting, connecting helps your child feel like you’re with him rather than against him. Be sure you make the connection before proceeding.

If your child or adolescent is able to connect with you, give him time to calm down. Then, have him do a “do-over.” Parenting reactive children or youth takes patience and persistence so do-overs are a common practice in therapeutic parenting. A do-over is redoing the action or restating the conversation this time with the appropriate behavior or words. Also, a do-over is a powerful training technique sports coaches use with their athletes even at the professional level. So, having your child or adolescent act out the desired behavior or say the appropriate words is really helpful. This reprograms the pathways in his brain and increases the chances of the positive behavior happening next time.

**Empowering Your Child.** If your child can’t connect with you or she isn’t able to calm down, empower her. Give her a choice between two acceptable options. By doing this, she’ll feel less “in trouble,” scared and defensive if she has a choice in the interaction. When she’s scared, she’s unable to hear what you’re trying to teach her anyway. So, ask her, “Would you like to wear your sneakers or your snow boots?” Options empower by giving her control in the moment. When she feels “in control,” she’ll likely feel safe and more likely to cooperate. Choosing is a mental exercise that moves her from her reactive “Downstairs Brain” to her thinking “Upstairs Brain.”

If you think you’re giving up control and allowing your child to have all the control, you’re not. Remember, in therapeutic parenting, you control which two options to offer and give her the opportunity to choose. Additionally, you control seeing she gets the option she chose. Therefore, you’re allowing her to have *some* control over the situation. However, at the same time you’re retaining the rightful control you have as the parent.

If she is able, allow her to make her choice and follow through. Then, you can go back and connect with her and have her do a “do-over.” If she can’t choose either of the two options you presented, work at calming your child.

**Calming Your Child.** Meet the sensory needs of your child by using sensory processing tools. These include fidget toys, a blanket, a sweet or salty snack or dimming the lights for young children. Soothing music and soft pillows might work well for the reactive adolescent. Also, you might try reducing the noise level or going to a “safe place” in her room or elsewhere in the house. This calming process can be the most time-consuming part of therapeutic parenting. That’s OK. Take the time your child needs to

become calm again. Once your child is calm and can use her words appropriately, connect with her and have her do a “do-over.”

**Connecting, Empowering and Calming Lead to Correcting.** Once you’ve connected with your child and he’s calmed down and feels safe, you redirect his behavior. When parenting reactive children or youth, “correcting the behavior” is done through the “do-over” process. Therefore, have your child or adolescent act out the appropriate behavior or communication. If the first “do-over” attempt is not acceptable, thank him for listening to you and trying. Then, offer another calming sensory item and allow for another “do-over.” Focus on the desired action and language even if an appropriate attitude is lacking. You’re not looking for perfection, just acceptable and appropriate behavior—even if it’s barely acceptable. Working on his attitude behind the behavior or language can be addressed once the pattern of reactivity has diminished.

Note that this “do-over” technique *is correcting* the negative behavior. However, you’re correcting the unwanted behavior not with a lecture, but with actions—his actions. Your child is acting out the desired behavior or using his appropriate language. In therapeutic parenting, this experiential learning is training the neuropathways in his procedural memory. For a child in his reactive “Downstairs Brain” this is immensely more effective than a conversation with him.

Remember, a therapeutic parenting episode may take from two minutes to several hours depending on your child and her age. Yes, several hours. Therefore, parenting reactive children or youth requires you to be ready and be patient. Also, you need to keep your cool and remember, you’re parenting a reactive brain not (just) the unwanted behavior.

**Finding More Help.** Do you need help finding a trained Christian counselor who specializes in family attachment therapy and therapeutic parenting? Do you need help with parenting a reactive child? If so, your family pediatrician may be able to recommend a good fit. If not, Focus on the Family’s Counseling department can provide referrals to qualified professionals in your area.