



DoveTales

Frederick Church of the Brethren

*a place of
welcome where
people find
peace, purpose
& power
through Jesus
Christ*

FALL 2015

A CHECK OFF MY BUCKET LIST

by Darl W. Hinkle

Everyone has a bucket list. We may call it various names: want list, wish list, things to do list, etc. ...however, “bucket list” sounds more intriguing! I have had all these lists but it was this summer when the Picnic in the Park activity, HOT AIR BALLOON RIDES, was listed, that I thought this was a great opportunity to experience. However, there was a little voice whispering, “Darl, don’t do this. It is dangerous.” I soon silenced the voice and decided to do it.

It was a beautiful Saturday afternoon, when I left Middletown. I thought if there is no place to park, I will go back home. But guess what? There were plenty of parking places. Everyone was having a blast—jumping in the bounce, eating hotdogs and ice cream. I saw Pastor Tim; he and I connected and had a good conversation.

Then I looked up and there it was—this big, colorful balloon laying on its side, deflated. I thought “They can’t get this up, so I will go home.” Pastor Tim and I continued to walk around and chat. I kept my eye on the balloon and finally it was airborne. A nice young man called to me; it was time for me to go! Casting all doubts and fears away, I bravely marched toward the basket. There were Pastor Tim and Pastor Sandi encouraging me on. There was Pastor Brian—what a comforting feeling. Several big, hefty guys shoved me into the basket. It was thrilling going up and looking over Baker Park. The heat source was right above my head; I hoped it wouldn’t burn my one hair! Coming down was as exciting as going up. “Bend your legs! Bend your legs!” several guys directed and hauled me out of the basket.

What a great feeling to have accomplished something you never expected to do. And remember you are never too old to check things off your bucket list.



*Darl Hinkle and Pastor Brian Messler
preparing to go up in the Hot Air
Balloon for the first time*



HOLY SPACE

My Sabbatical journey began with a desire to gain a better understanding of “community” and the role that contemplative spiritual practices play in the life of creating and nurturing “Christian community.” Additionally, my question was how I might use my “Sabbatical findings” to strengthen ministry at FCOB and my heart’s desire to keep that special “sense of community” that I was (along the journey) and am even now experiencing in my life today.

I discovered that spiritual practices have a profound impact in the creation and nurture of a Christian community, but they are not the only influences or criteria for the health of a community life. Rule, prayers, worship, work, legacy, hospitality, liturgy, shared experiences, accountability, shared vision, and more are all an active part of a nurturing community.

One of the spiritual practices I explored personally was common prayers.

Each of the communities I visited during my Sabbatical journey had some type of common prayer practice: prayers that had been written, either for their community, or for a larger body, beyond their physical room. In talking with community members and guests, they were all in agreement of the significance it was for them to be praying with a larger community of faith, sometimes all over the world. Knowing that others were praying the same prayers each morning or evening gave them awe and awareness of being part of a larger body of Christ. It brought them strength, encouragement, hope, comfort, and a deeper sense of community.

I discovered this experience myself during my Sabbatical. This past January, at the FCOB Leadership Retreat, I introduced the idea of shared prayers; prayers we could pray for and with each other when we were not gathering. I created morning, mid-day and evening prayers for the leadership of FCOB.

I affirm that praying, especially the morning and evening prayers, has been very impactful for me. Praying these prayers every morning and evening has changed my heart, and tendered it towards my family of faith in fresh new ways I never expected. Since returning from my Sabbatical, I have had



*Pastor Sandi reflecting and praying at the Nunnery in Iona Island, Scotland.
(Photo Credit: Pastor Sandi)*

the privilege of praying these same prayers in community here at FCOB and I have been overcome with the power of the Spirit in the midst of our prayers.

Jesus prayed the Psalms and so do many others whose prayers come from the Psalms. The Apostle Paul and even Jesus himself called for praying the Lord’s Prayer in community. Praying scripture together can be faithful. Jesus said “if two or more of us agree...” there is impact. There is POWER in praying with one another; it was God’s idea in the first place.

DID YOU KNOW?

by Darl Hinkle

November 24, 1955--The first service was held in the new Sanctuary on Thanksgiving Day, at 10:30 a.m. (The present Chapel)



FEELINGS

I'd like to begin with a question: what six words can trip-up your life, faster than any other words? Give up? Well here are the words: "I just don't feel like it!" I mean I know I need to pray today – but I just don't feel like it. I know I need to visit that sick friend today – but I just don't feel like it. I know I need to cut back on my caffeine and never "darken the doorstep" of a Starbucks today – but I just don't feel like it! But great people, transformed people rise above feelings -- and do the right thing – anyhow.

I mean can you imagine if Dwight D. Eisenhower had given into his feelings? I mean as clouds thickened on D-Day – his feelings must have thickened. But Eisenhower launched D-Day -- anyhow. Or take Martin Luther. I mean as he pounded the 95 theses on the Castle Church door in Wittenberg – his heart must have pounded. But Luther nailed the 95 theses and launched the Reformation – anyhow. And as Jesus carried a heavy cross up a hill called Calvary – his spirit must have been heavy. But Jesus went to Calvary and died for our sins – anyhow. Friends: we are called to similar greatness; we are called to rise above feelings and do the right thing – anyhow.

Frankly, feelings are just another word for emotions, and managing them is a critical part of knowing a transformed life. For emotions unmanaged, in the words of Watchman Nee, become "...the most formidable enemy to the life of a spiritual Christian. [For] he...who lives by emotion [eventually ends up living] without principle." Translated: you end up moody – swinging back and forth between varied feelings -- rather than the reality of God's truth and God's word. Aren't you tired of being moody; aren't tired of being captive to emotions, feelings, sentiments on any given day?

Well then realize that Christianity is a factual faith. Persons often perceive Christianity as an emotional faith based on syrupy truth. But nothing could be further from the truth. Christianity is a factual faith – based on solid truth.

Paul drives this home in 2 Timothy 1:12: "...I am not ashamed -- because I know whom I have believed and am convinced that he is able to guard what I have entrusted to Him..." (2 Timothy 1:12). The Amplified Bible is even more explicit. "...I am not ashamed -- for I know (perceive, have knowledge of, and am acquainted with) Him, Whom I have believed...and I am (positively) persuaded that He is able to guard and keep that which has been entrusted to me..." (2 Timothy 1:12, The Amplified Bible). Nothing syrupy about that! Why that's solid-stuff -- based on undeniable facts – documenting the utter reliability of God.

Such facts are encased in the promises of God. Wonderful promises such as God's promise to supply our every need – Philippians 4:19. God's promise to



never leave or forsake us – Hebrews 13:5+6. God's promise to empower us when tempted – 1 Corinthians 10:13. God's promise to give us victory over death – 1 Corinthians 15:37.

But that's only the beginning. Why by best estimates there are 7,484 additional promises! (Everek R. Storms, *Standing On the Promises*, Contact, March, 1978, 13-14). It's crucial we claim such promises, for as Thomas Watson, the old Puritan once observed: "...faith lives in a promise -- as [a] fish lives in the water... [why God's promises] are [the] flotation devices [that]...keep us from sinking when we come to the waters of affliction [in life]. [And so] trade much in the promises, [for] there is no condition...you can be in [for which there is not] a promise [from God]" – Thomas Watson.

Yes "trade much in the promises," the promises of God -- and not feelings. For feelings are fickle – easily leading us, astray!

LOVE SRI LANKA

by Ben Barlow



From L to R: Ben Barlow, Tuan Staples and Michelle Dorsch form part of the assembly line to transport blocks to build a new home.

For mission teams at FCOB, developing relationships is at the heart of the mission experience. Whether at local or international sites, those going on mission trips have repeatedly experienced what happens when you open your heart to those in need around the world. In July of this year, FCOB Missions experienced that in an entirely new setting - the island nation of Sri Lanka, off the eastern tip of India.

Once again, FCOB partnered with the Fuller Global Builders, the international home building organization founded by Habitat for Humanity founder Milton Fuller. As with previous trips with the Fuller Center, whether in Ghana or Nicaragua or Peru, team members found the work difficult, the people joyous, and the experience incredible. The team's work consisted of building two houses a short drive apart in the Mount Lavinia area on the southwest coast of the Island.

Much of the work consisted of carrying and laying concrete blocks, pouring concrete floors, and excavation. But as FCOB teams have found in the past, the physical labor at the work sites with the future homeowners and craftsmen is but one small part of the mission trip experience. Teams interacted with the community around their respective houses including with the always present collection of children watching the daily work with wide eyes. That interaction with people, and the team members' interaction with each other truly provides the foundation of what the FCOB missions program is about.

And yet the physical work and the relationship building in Sri Lanka was still only one part of the experience. Daily devotions led by team members, worship with local congregations, worship with the Fuller Center staff and ministers from throughout the area, and time spent in individual reflection and devotions provided the fuel that made all of the other activities possible.

In addition to the work and team building, the team also had the opportunity to experience the wonders of the Island itself. From trips to an elephant orphanage, to a stunning climb of Sri Lanka's Sigiriya; from tours of sites sacred to Sri Lankans, to stunning walks along the beach, where the teams stayed, from shops selling local specialty teas, to taking daily work breaks from the unrelenting heat to sip tea prepared by future homeowners, the FCOB team experienced all the island and its wonderful people had to offer. In doing so, hopefully the team left lessons about the Christ we serve, and hopefully the team learned a little more about that Christ themselves.

Thank you to the wonderful family at FCOB for making this trip and trips like it possible. Please seek out any who were on the Sri Lanka team for more stories about the trip and for encouragement for how you, too, might join an upcoming FCOB Missions Team in spreading the joy of the Faith in our community and around the world.



*Ed Moser and Lorna House walking with children at a school that the FCOB group visited
(Photo Credit: Rick White)*

AN INTERVIEW WITH...DEAF MISSIONS

by Amy Lindley, Deaf Fellowship@FCOB



Deaf Fellowship: New logo for Deaf Missions just released in October

The Deaf Fellowship at FCOB has been a long-time supporter of Deaf Missions, a Christian nonprofit organization that is committed to bringing Jesus Christ to deaf and hard of hearing people in the United States and abroad. Their mission is very dear to our hearts because less than 1% of deaf people in the world know Jesus Christ as their Savior. Deaf Missions focuses on 3 areas of ministry: 1. preparing and distributing Bible visuals for deaf people; 2. training Christians – both deaf and hearing – to minister among deaf people; and 3. doing personal work among deaf people.

Chad Entinger, the executive director of Deaf Missions, has come to the Deaf Fellowship on several occasions to promote awareness of the program as well as to guest preach for us. Recently, while doing our bi-annual “check in” with each of the missions we support, we were able to “interview” Chad through email on what was happening with Deaf Missions:

Question: How are you and Deaf Missions doing?

Chad E/Deaf Missions: Overall, we’re doing well. We have a new logo. Translation of the Old Testament in ASL continues to progress – we are now working on Job as you may have seen on Facebook. We have an increased number of students we are training this fall, which is wonderful news. And we have a new Deaf Devo app!

Question: Are there any concerns or needs that you need prayers about?

Chad E/Deaf Missions: Please pray for our training program - we’ve maxed our dorm space and we’ve already got more people planning to come next year! This is a good problem to have!

Question: Are there any concerns or needs that you need financial support for?

Chad E/Deaf Missions: Our greatest financial need is adding dorm space. A house and property adjacent to the Deaf Missions’ main building is up for sale - we are now in the process of talking with the owner to purchase. It will be about \$200,000 to buy this house with a little over 1 acre of land (about \$175,000 for the house/property and \$25,000 to renovate/transform it into more of a dorm). So far we have received \$116,000 in donations/pledges. We are now looking for another \$84,000 before the end of the year as we plan to, God willing, take ownership at the end of December and begin using it as a dorm in the Fall of 2016.

Question: Are there any areas we can provide you assistance with?

Chad E/Deaf Missions: Could you encourage people in your church/ community to download the Deaf Bible and Deaf Devo apps? Spread the word!!

Question: Name 1 or 2 new projects you are dreaming about or starting.

Chad E/Deaf Missions: We are dreaming of expanding our Bible translation work to other countries! We want to get the ASL finished AND work with Deaf natives in various countries to get the Bible translated into their respective signed languages.

Deaf Missions has grown so much since it was first founded by Duane King in 1970 and continues to do so with its video projects, ASL Bible translations, training future missionaries for deaf people, and so much more! The Deaf Fellowship is thrilled to be a sponsor of Deaf Missions and we look forward to many more years together!

To find out more about Deaf Missions and the Deaf Bible/Deaf Devo apps, please go to www.deafmissions.org. They also have a Facebook page titled Deaf Missions. Consider supporting Deaf Missions with prayers, finances and involvement!



BAND OF BROTHERS CORN HOLE SOCIAL EVENT

by Yves Ouedraogo



On Friday, October 25, 2015 The Band of Brothers organized a corn hole social event to kick off its activities for the fall. The outreach event aimed to bring all men and sons together to reconnect and/or meet new faces. People started gathering around 4:30 p.m. to set up a tent, corn hole boards, grill, and others. Then the event started at 5:30 p.m. and ended around 8:30 p.m.

The event was held in the upper parking area. It was a nice day for the outdoor activities to take place, (no rain, Praise the Lord). Some of the activities included knife and hatchet throws and the corn hole bag toss. For some of the participants, it was the first time they played corn hole and that was an enjoyable learning experience. In addition, everyone got to enjoy some hot dogs and hamburgers for the occasion.

The event was a success, though a modest turnout of 12 people was recorded. That included two deaf fellowship members, couple of children/adolescents, and two young adults. The outreach was fun and gave the opportunity for everyone to relax, connect, play, and fellowship in the name of the Lord.

SAINTS ALIVE JULY 2015 “DAUGHTERS OF THE AMERICAN REVOLUTION” LUNCHEON

by Rebecca Oyhus



FCOB Saints Alive Attendees

A few more signatures have been added to the Constitution of the United States. After an informative and entertaining program on the Daughters of the American Revolution (DAR) at the July Saints Alive luncheon, delivered by FCOB's very own Anna Peterson, attendees took part in a mock signing of our country's Constitution. Dressed in period attire, Anna shared about the work of the DAR, its history, mission and motto, which is “God, Home

and Country.” She also explained the eligibility for membership, which is any woman 18 years or older, who can prove lineal descent from a patriot of the American Revolution. The Frederick chapter of the DAR is the second oldest chapter in the State of Maryland, organized in 1892. Vietnam veterans were also recognized at the meeting, and a pocket Constitution was handed out to all those that were present.



*Anna Peterson, guest speaker from Daughters of the American Revolution
(Photo credit: Anna Peterson)*



FCOB YOUNG ADULTS by Britnee Harbaugh

Care Package anyone? October 4, 2015 The Basement service put together 30 care packages that were sent out to college students, both local and far away. Each package had a card signed by people who helped with the packages. The packages were filled with all kinds of goodies from candy and microwavable soup to fresh baked cookies and hand sanitizer. Emails, texts, and Facebook posts have been sent back to the church sharing appreciation of how much the students enjoyed the packages. There were a lot of smiles and excitement as the packages were made and a lot of smiles and excitement as packages were received. May we continue praying for our college students as finals approach in a little over a month.

Our Sunday morning g.group continues to meet at 9:45 a.m. on Sunday mornings in the media center. We are currently moving through the Nooma series by Rob Bell. Each week brings new conversations, challenging questions, and fellowship. We welcome anyone between the ages of 18 and 35 to come join the time together.

Don't miss our last football Sunday, December 20th. We will gather in Room 116 for lunch, football, and fellowship. If you don't like football, that is okay. Please come for food and friends instead. While some are following their fantasy football league and favorite team, others are talking together and catching up on life. It is a great time for all!



*Photo and comment by Katey Hallock-
"My care package from church arrived today!! Thanks everyone who helped to put it together!!"*

FCOBMARRIED MOVIE DATE NIGHT

by Summer Wilkes

When is the last time you saw a movie for free and had a chef to cook for you and your spouse? It is often hard enough to get the kids into bed so you can enjoy a video and popcorn for date night, so the fcobmarried Movie Date Night on October 24, 2015 was a real treat. Fifteen couples gathered in the candlelit Multipurpose Room to watch "The Hundred Foot Journey," an endearing "Romeo and Juliet" story of a rivalry between a fancy French restaurant and a noisy, lively Indian restaurant that opens up across the street. Former chef and FCOB member Keith Percy was hard at work before the event to prepare fresh French and Indian dishes, including French onion soup, steamed mussels, tandoori chicken, and palak paneer (spinach with cheese cubes). The kids had their own party with pizza, popcorn, grapes and cookies and their own movies in the Landing, while their parents enjoyed Keith's culinary creations and a variety of appetizers and French themed desserts too. One couple celebrated their anniversary that night, and others had fun meeting new people in the church.

The fcobmarried team hopes to plan more evenings next year where couples can relax and enjoy each other, and meet other couples for fellowship. Our next event is planned for February 13, 2016, a Valentine's "Concert Soiree" featuring a live band playing Americana/folk love songs, inspirational messages, heavy hors d'oeuvres, and dessert. During the evening, the band will perform inspiring songs dedicated to the art of marriage, lifting up a vision of God's design for marriage.

Godly marriages are the foundation of the Christian family. The fcobmarried team is committed to supporting strong, healthy and joyful marriages in our congregation. If you have a great idea for how we can serve the congregation, please contact Pastor Sandi or Nathan and Summer Wilkes at nathansummer@me.com.

FCOB MEN'S SOFTBALL TEAM WINS 2015 FREDERICK CHRISTIAN SOFTBALL LEAGUE CHAMPIONSHIP

by Dan Grove



1974 Men's Softball Team Back Row L to R: Frank Warner, Richard Dagenhart, David Grove, David Yinger, John Grove, Stanley Smith, Denny Cline, Stevie Shaffer. Front Row L to R: Jerry Fogle, Cephus Thomas, Calvin Ramsburg, Ken Tinney, Larry Williams, Lerry Fogle



2015 Men's Softball Team Back Row L to R: Brian Messler, Michael Belcher, Beau Bailey, Toby Gift, Matt McConahey, Bob Rice, Milt Gordon, Eric Fogle. Front Row L to R: Adam Earp, Jake Earp, Aaron Grove, Dan Grove, Tyler Fogle, Mike Willard, Josh Willard

Growing up you hear all of the stories of the glory days from your dad. I was no exception. One of my fondest and oldest memories is sitting in the church office Sunday mornings after Sunday school and helping with the church offering. My dad, John Grove, was there every Sunday with the usual cast of characters, which included Charles "Tink" Kline, Rich Dagenhart, Stevie Shaffer and, frequently, Calvin Ramsburg. They had all been going to FCOB their entire lives and many times the conversation turned to reminiscing about their church softball conquests. When we doubted any of the stories, they would be sure to pull in Lerry and Jerry Fogle, and anyone else they could find from the good ole days, to substantiate their claims. From the way they told it the team was stacked; Calvin was a vacuum at short stop and the outfield never let a ball drop in. I also remember the story about how Dad decided to stick with Rich as pitcher in the Championship game against Feagaville Lutheran--even though it wasn't his turn. The decision paid off, despite everyone not being happy about it, because FCOB took home their second Championship. I am sure I left out some details, or got some of the information incorrect. I didn't check my facts on purpose: to give them something to debate for the next few years.

In 2005, Pastor Brian Messler and Bill Vanbuskirk approached me about putting a new FCOB team into the Frederick Christian Softball League (FCSL). I jumped at the chance to play and to repeat the glory days of the FCOB team from the 70's. We had tons of players come out the first year. We had high hopes and were excited to get going. We couldn't wait until the weather broke. As Eric Fogle remembers, "Dan has a way of picking the worst days for practice. The first year we had 45 players come out and we practiced in the rain. The second year there was freezing rain and only me, Dan, and Aaron Grove showed up."

The first year didn't go as well as we hoped, and the team ended with a 5-16 record. We were a young team who made a lot errors, tried to hit the ball as far as

we could and tried to throw everyone out at home. With softball being a team sport you have to learn to play together, support each other and win as a team. We started improving when we put the "hero" tendencies behind us and made safe choices on defense and settled for base hits.

Friday night softball has been a great outlet for many of us to participate in and provides us with competitive, yet wholesome fun. The FCSL has the following doctrine:

- To provide an avenue for fellowship among born again believers.
- To provide a tool for evangelizing the lost.
- We believe in the Bible as the inerrant Word of God, verbally inspired, the all-sufficient rule of faith and practice.
- We believe in one God, eternally existing in three Persons: Father, Son and Holy Spirit.
- We believe in the Virgin Birth, Sinless Perfection and the Bodily Resurrection and Ascension of Jesus Christ.

NEW FCOBKIDSSERVE

by Jill Wallin



Jill Wallin sits down with fcobkids in The Landing during Thursday's Table as part of fcobkidsserve

For the fall term of Thursday's Table, fcobkids Elementary ministry launched fcobkidsserve. Each week, kids spent time fellowshiping, learning, and serving together, with the focus that Jesus calls people of all ages to serve others.

Through studying the story of the Good Samaritan, kids learned that we are called to help not just our neighbors, but those in other countries as well. The story of Loaves and Fish, helped children consider Jesus' response to hunger. A lesson on the Great Commission reminded kids that even they can go and make disciples and spread the Good News.

Service projects were designed to serve those in need locally, nationally and globally. School Supply Kits were built for Church World Service and delivered to Brethren Service Center in New Windsor. Posters were created for a future food drive at FCOB for our local Blessings in a Backpack program. Fall tray favors were crafted for residents at Buckingham's Choice, and shoeboxes were carefully packed for Operation Christmas Child so that children in another country might receive a box and hear about Jesus.

We prayed together for each person who would receive our items, that each may know the love of the Father and be blessed. It is our hope to continue to offer intergenerational service opportunities for our youngest members of FCOB to serve, connect with the church body and grow closer to God.



Thursday's Table at our fall costume party and Giant Candyland

FCOB MEN'S SOFTBALL TEAM CONT.

- We believe that Jesus Christ died for our sins as a substitutionary sacrifice, and that all who believe in Him are justified on the ground of His shed blood.
- We believe that all who receive by faith Jesus Christ are born of the Holy Spirit and thereby become children of God.

The Friday night league has both teams pray together before and after the games. We also rate each other on Sportsmanship, and, at the end of the year, the team with the highest Sportsmanship score receives recognition at the End of the Year Tournament. FCOB has won this award twice in the last five years.

As they often say, if you do the little things right the big things will fall in line. With great sportsmanship and teamwork, the wins started coming. We won the lower division and got moved up to the top division three years ago. This past season we ended with a 20-0-2 record, won the top division, and swept the End of the Year Tournament to be crowned 2015 champions. We have also learned that winning is actually the little thing and sportsmanship and teamwork is what really counts.

With that being said, I can assure you I was beaming from ear to ear the next Sunday, when I carried all of our trophies into the office, where my Dad, Tink and Rich were still sitting after all these years later. "20-0-2," I said and held the trophies up. Without missing a beat they said, "I think we went something like 37-0." I guess the Legends live on...

BDM EVENTS AT FCOB

by Jenn Dorsch



Participants at the CDS Training learned how to take a suitcase called a "Kit of Comfort" filled with items like this and set up a child care center to work with children who have just experienced trauma. (Photo Courtesy of Children's Disaster Services.)

They shared briefly at three services and then provided more information during a presentation at 12:30 p.m. Their talk included information on the current state of the denomination's response to the crisis caused by attacks from the extremist group Boko Haram. The over \$3.6 million that has been donated is supporting work that includes building homes, strengthening the church and its leaders, providing education and trauma healing workshops as well as supporting livelihoods. Continued help is needed in the coming years as the 700,000 affected try to recover. For more information, visit www.nigeriacrisis.org.

FCOB was also the host site for a Children's Disaster Services (CDS) Training on Friday and Saturday, October 30-31, 2015. 19 people registered for the event to train to become CDS Volunteers. CDS is a program of Brethren Disaster Ministries that deploys volunteers right after disasters in the United States. These groups travel and set up child care centers in the same building as emergency shelters to provide a safe place for children to stay while their parents are distracted by registering and finding immediate relief.

While the children are there they participate in trauma healing activities facilitated by the CDS participants. The training started Friday night and involved sleeping in Red Cross cots overnight at the church to simulate what conditions could be like if they were serving after a disaster in a shelter. For more information on CDS, visit www.brethren.org/cds.

BDM will also be taking another group on a BDM Rebuild trip next summer during the week of June 26-July 2, 2016 at Loveland, Colorado site. If you are interested in rebuilding homes damaged by flooding in 2013 and wildfires in 2012, contact Jim Dorsch at dejim@aol.com.

FCOB SNAPSHOTS



Ben Cronkite and Pastor Sandi celebrating his God and Family Cub Scout Award (Photo courtesy of the Cronkite family)



Virgil Earp served preparing the beef alongside many other volunteers at the annual Global Missions Beef Roast on October 17, 2015



On Sunday August, 16, 2015 after The Basement service, attendees stayed to put together Hygiene Kits to be given to The Frederick Rescue Mission and the Alan P. Linton Jr. Emergency Shelter.

TAKE A LOAD OFF WITH CELEBRATE RECOVERY

by A Celebrate Recovery Team Member



Are you thinking of making a New Year's resolution to lose weight? I've struggled with carrying excess cargo myself. I can't disguise mine with clothes; it's invisible. I'm guilty of lugging emotional baggage. Denying the bulk existed just delayed my progress, and I lacked the willpower to dislodge it. Once I admitted I was powerless, God began His powerful process of freeing me from the trappings that held me captive. He did ask for a mustard seed of faith as it can move heaps of hurts, habits and hang-ups.

He led me to Celebrate Recovery (CR). I didn't have to get in shape first. CR

provides a come-as-you-are, safe, non-judgmental environment. I have the best Life Coach – the one-and-only Higher Power, Jesus Christ. Who better to save me from myself, but the Savior who bore the weight of the Cross? He has offered to join each of us on our road to recovery and to lighten our burdens, and rest has been promised.

No membership fees! No treadmills to fall off of while walking off fatty issues! Plug into God's power and set your own pace through CR's 12 steps, taking one step at a time. Support is available along the way. We'll be battling bulges of issues and getting mentally and spiritually fit. Workouts will be energizing and truth-based, and you'll be encouraged through plateaus. God's Word is CR's fitness guide to behavioral weight loss and spiritual wellness, converting losers to winners. No changing of clothes but attitudes by the CR Eight Principles (based on the Beatitudes). Aerobically abandon addictions and abuse, curb co-dependency, burn off anger, shed shame, sculpt pain into peace, build self-worth, flex fears into faith, lift depression, trim love handles of hurt and more! Your diet will consist of the Bread of Life and Living Water sweetened by the Holy Spirit.

God is more concerned with inner beauty than physical weight or outward appearance. CR changes you from the inside-out. Ask for a checkup from the Great Physician, and check out CR. Let go of your load, and let God begin rebuilding a leaner temple. If you trust Him and don't quit, you'll be so transformed you'll eagerly reveal your before-and-after testimony of renewal to others. Hope, help, healing and a caring CR Team are at FCOB for you! You'll feel so much lighter on the inside and reflect Christ's light brighter on the outside!

PICNIC IN THE PARK

by Katherine Lukaszewicz

The 9th Annual FCOB Picnic in the Park took place on a beautiful sunny Saturday on August 15, 2015 at Baker Park. About 60 smiling FCOB volunteers served approximately 3,000 picnic visitors hot dogs, ice cream and chilled water.

Something-for-everyone, fun activities included: pony rides, moon bounces, hot air balloon rides, zip lines, pillow jump inflatables, corn hole games, kickball, a DJ, and lots of free food. The picnic's biggest attraction, literally, the tethered, colorful hot air balloon named Dreamstar (provided by the Friendship Hot Air Balloon Company), stood 75 feet tall and mesmerized picnic goers with its majestic presence, as it rose 60 feet into the air and back down.

The event concluded with a viewing of the classic movie, "The Princess Bride," shown on a huge, inflatable screen. The picnic's success can only be described as "Inconceivable!"



A zip line was one of the many inflatable options at FCOB's Picnic in the Park in Baker Park in August.



Mark your Calendar

DECEMBER

12.4	8:00 a.m. – 2:00 p.m.	Christmas Bazaar
12.5	8:30 a.m. – 11:30 a.m.	New Leadership
12.5	11:30 a.m. – 1:00 p.m.	Chair Orientation
12.6	3:00 p.m. – 5:00 p.m.	New Member Reception
12.12	12:00 – 3:00 p.m. and 5:00 – 8:00 p.m.	Search for the Christ Child
12.18	10:00 a.m.	COBLC Christmas Pageant
12.19	10:00 a.m. - 3:00 p.m.	Advent Labyrinth
12.20	7:00 p.m.	Blue Christmas Healing Service
12.24	3:00, 5:00, 7:00, 9:00 & 11:00 p.m.	Christmas Eve Services

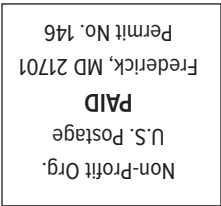
JANUARY

1.9	8:30 a.m. – 12:30 p.m.	FCOB101
1.10	All Services	Bread and Cup Communion
1.16	8:30 a.m. – 12:00 p.m.	Leadership Retreat

FEBRUARY

2.2	7:00 p.m. - 8:00 p.m.	Congregational Forum
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“RETURN SERVICE REQUESTED”



Frederick
Church of the Brethren



201 Fairview Avenue
Frederick, MD 21701
301.662.1819

— A Place of Welcome —

DoveTales Editorial Staff

Feature Editor
Jenn Dorsch
jenn.dorsch@gmail.com

Administrative Assistant for
Pastoral/Staff Support
Debbie Crum
301-662-1819 ext. 15