



DEVOTED



Recently my wife Deb and I had a yard sale. A lot of old treasures that had not been used for a while were dragged out, cleaned, and moved to the driveway. One item was an old hardwood desk and chair from the Mountville Elementary School when Deb was a youngster. I thought it would be a popular item. But as it turns out, no one hardly glanced at it.

That all changed late in the afternoon when a mother and her two children stopped by. The little girl in her pink bike helmet immediately went to the little desk. She wanted it! Her momma said, “No!” She wanted it! Her momma gave one reason after another why they should not buy the desk.

“There’s no room in your bedroom.” “You’ll soon outgrow it.” But for each reason, the little girl had a reasonable answer. She wanted it!

Finally, Mom said, “Let’s call Daddy and ask him to come look at it.” I am a dad of a daughter. I knew at that moment, “Sold!” While waiting for the dad the mother decided to cross the street to our neighbor’s yard sale. But the little girl, pink bike helmet, and all announced she was not leaving because someone might come along and buy the desk. So as her momma and brother left, she sat right down. This was her desk, and she was not going anywhere!

Dad came, she pleaded her case, and soon the desk and chair were being loaded in their car. Sold! In Acts 2 we are told the story of young Christianity at its growth point. What had been 120 persons was now over 3000! Like CBC, the young church had grown dramatically in a noticeably brief time. We began with forty-nine persons in 2019 and today represent more than 11,000 in 150 congregations in the U.S. and several other nations worldwide. How does that happen?

Dr. Luke records, “They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.” Acts 2:42 NIV The word translated here as “devoted” means “to persist in dedication.” (Complete Biblical Library) To what? To God’s Word, each other, the ordinances, and prayer.

My little girl in the pink bike helmet was certainly devoted to that desk! And we, dear brothers, and sisters, like the first Christians, must remain “devoted” (persisting in 2 dedication) to God’s unchanging Word. And to each other. And to the ordinances given in the Bible that strengthen, empower, and unite the church! And to prayer, fervent and effectual that availed much! (See James 5:16) There will be and are many diversions and distractions that will seek to weaken our devotion. Let us stand strong! Let’s be devoted! Let’s grow!

Larry M. Dentler, Executive Board member

They Said THANK YOU!



On Monday the 7th of October Lindsey Teets of Maple Spring, George Schell and Craig Howard of Brake Covenant Brethren Churches closed the doors on a 26-foot jam packed U-Haul truck and left Petersburg, WV heading for Eastern Tennessee. They were representing the Cen-



tral Allegheny Region of the Covenant Brethren Church on their way to link up with Jeremy Dykes, John Swonger, and Scott Kinnick of the Southern Region who, working with a group of volunteers, was leading a feeding and distribution effort in their area to help people affected by the flooding and the workers that were serving them.



Money and items had been collected over the previous four days from churches and the Petersburg community. The load was almost more than the truck could handle but with careful driving the trip was made with no incidents. To say that the people in Tennessee were appreciative would be an understatement. To say that those who had the privilege of making the trip were blessed and moved

with compassion would also be an understatement. Although the load and money delivered was substantial, (approximately \$35,000 worth of supplies and almost \$29,000 in cash and checks) it was a drop in the bucket compared to the need.



As the pictures show, losses were great and extended for hundreds of miles along three major rivers.

The recovery will take years but the people there are rolling up their sleeves and pitching in to help their neighbors in any way they can. Groups are coming together to pray; churches are offering their facilities to feed people and distribute needed goods, and God is being lifted up. One impromptu Wednesday night service led by CBC leaders saw 250 people come together in a field to pray and hear God's word lifted up. Seven people came to Christ that night and were baptized in a horse trough.

CBC leaders in the Southern region are using the cash and checks mentioned above to help those who suffered losses in buying perishable supplies or helping to replace lost income due to jobs being shut down. Every dollar will go to help affected people we were assured.

Other members of CBC are preparing to work with Samaritan's Purse to offer labor and assistance. Directing financial assistance to Samaritan's Purse is still a huge need and can be done by sending donations through Covenant Brethren Church, Att: Fred Shank, 4955 Thomas Springs Rd. Bridgewater, VA 22812. (Cont.)



Every dollar sent will go to humanitarian relief under a new program with Samaritan's Purse that has been set up where no administrative costs have to come out of those funds. Besides your prayers, this is a way you and your church can make the biggest difference. Covenant Brethren Church is trying to do what it can to help with this enormous disaster with love in Jesus' name. We are but one small part, but you can be sure we will do our part to the Glory of God.

Don't forget to pray, and if you would like to be a part of a team going to work, be patient, everything is pretty full right now, but help will be needed for a long time. Contact our National Office and let them know of your interest. You can call 304-534-8010 or send an email to

contactcbc@covenantbrethren.org. God has more for us to do in all of this to show His Love in action.

How to Prevent Seasonal Affective Disorder During the Winter Months

1. Maximize Your Light Exposure

- ⇒ Spend time outdoors during daylight hours. Even on cloudy days, exposure to natural light can help your body produce more vitamin D and serotonin, which help with mood regulation.
- ⇒ Keep curtains and blinds open during the day to let in as much light as possible.

2. Maintain a Regular Schedule

- ⇒ Stick to a consistent daily routine, with regular times for waking up, eating, and going to bed.
- ⇒ Include physical activity in your daily schedule. Exercise can be a powerful tool in fighting depression.

3. Stay Socially Connected

- ⇒ Engage in social activities, even if it's virtually. Regular interaction with family, friends, and acquaintances can provide significant emotional support.
- ⇒ Participate in community events or join clubs and social groups that align with your interests.

4. Eat a Mood-Boosting Diet

- ⇒ A diet rich in fruits, vegetables, whole grains, and lean proteins can help maintain energy levels and overall health.
- ⇒ Avoid excessive caffeine, sugar, and alcohol, which can negatively affect mood and sleep patterns.
- ⇒ Consider taking a vitamin D supplement to compensate for the reduced sunlight available in winter.

Our annual Ornament Party



This will be such a fun filled evening of good food and fellowship. The date is Tuesday, December 3 at 6 PM in the Fellowship Hall. Please remember to bring a covered dish to share, an ornament to exchange, and a friend to share in the fellowship & fun.



On Sunday, November 17, immediately following our morning worship service at 12 Noon, the Youth will host a luncheon for our veterans and their family. Veterans, please sign up in the vestibule along with how many from your family will be attending.

Old Fashion Divinity Candy

It's no surprise this traditional divinity candy recipe has stood the test of time. Made with basic ingredients you likely already have on hand, this easy-to-follow method is basically foolproof.

Ingredients:

- 2 cups white sugar
- ½ cup light corn syrup
- ½ cup hot water
- ¼ teaspoon salt
- 2 egg whites
- 1 teaspoon vanilla extract
- waxed paper

1. Combine sugar, corn syrup, hot water, and salt in a heavy-bottomed 2-quart saucepan over medium-low heat. Cook and stir until sugar dissolves and mixture comes to a boil. Continue to cook, without stirring, until mixture reaches 250 degrees F (120 degrees C) on a candy thermometer, or until a small amount of syrup dropped into cold water forms a rigid ball. Frequently wipe crystals forming on the sides of the pan, using a pastry brush dipped in water. Remove from heat.

2. Just as the syrup is reaching temperature, begin whipping egg whites: In a large glass or stainless steel mixing bowl, beat egg whites until stiff peaks form. Pour hot syrup in a thin stream over beaten egg whites, beating constantly with the electric mixer at medium speed. Increase speed to high, and continue beating for about 5 minutes. Add vanilla; continue beating until the mixture becomes stiff and begins to lose its gloss. If it is too stiff, add a few drops of hot water.

3. Immediately drop by teaspoonfuls onto waxed paper. For a decorative flair, twirl the top with the spoon when dropping. Let stand until set and dry on the outside, at least 8 hours. Store in a single layer in an airtight container at room temperature.



There is a card mailbox in the vestibule to put your Christmas and other cards in for those in our church family. Place your cards in the recipient's slot according to their last name. This is a great way to send your greetings to the church family without paying postage. Everyone is welcome to participate in sharing the love and joy that sending cards can bring. Please check your slot each week in December for your cards from others.

Afternoon Bible Study



Jean Westlake is leading a Bible study on the Book of Ephesians every **Wednesday afternoon at 1:00 PM – 2:00 PM**. The study is at the church. Come and join in. It is a great time of teaching, discussion and fellowship. Everyone is welcome.

Biting the Hand That Rescues Us

This spring the Shenandoah Valley experienced a combination of high winds and dry conditions sparking many fires.

Thankfully no one died but some families lost homes to the flames. Besides the well-publicized structure and woodland fires, there were smaller stories of how different individuals had their problematic situations. One of the micro-stories involved a lady in our congregation. As she took her dog, Ellie, out to potty, the wind caught the screen door slamming it into the house. When it did, the commotion frightened the pooch who took off like a rifle bullet.



In Ellie's attempt to escape her perceived danger, she jumped a fence heading to the next lot. Only she didn't quite make it. Ellie's back feet got caught in the fence and left her hanging upside down yelping for help. As her owner arrived, Ellie was still excited. While her human worked diligently to free her, Ellie turned on her master and bit both her hands requiring an ER visit, antibiotics, and stitches. Thankfully, Ellie and her owner recovered without lasting damage to their bodies or relationship.

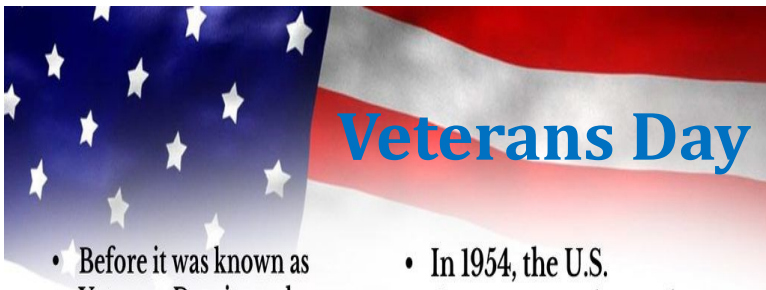
This is a depiction of what happened between God and man with a few key differences. We were running full speed away from our Master. Although our fear of sin's consequences motivated our haste, that was caused by our own pride as we determined to escape His dominion and live on our own terms. As we attempted to achieve what we thought would be true freedom, we tried to clear His protective barrier of laws and commands. We didn't make it either. We became hopelessly ensnared experiencing great pain in the process. As we thrashed around to free ourselves through good deeds and man-centered religion, our predicament only got worse. Our disobedient struggles resulted in further entanglement and greater pain.

Thankfully, our Master came to help. But as He taught, healed, and loved us, we snapped at Him. Instead of welcoming His assistance and cooperating with Him, we fought against Him. Not only did we put holes in His hands, we drove nails through His feet as well as we hung Him on the tree of death. We whipped, pierced, ridiculed, and crucified our Master. He died setting us free.

Unlike terrified Ellie, we fully knew what we were doing and did it anyway with no mercy or remorse. Even this did not cause Him to respond in hatred or anger. Instead, in love and grace, He forgave us as we tortured and killed Him.

Thankfully, our Master had power that Ellie's didn't. He not only endured His crucifixion, He turned it into glory as He rose from the dead and then offered that same resurrection power to all His rebellious creatures who would receive it! If her master had never come, Ellie would have perished there. And if Jesus had never come, so would we! If you're entangled in sin's fence, invite Jesus to free you, and if you have been freed, thank Him for it!

George Bowers CBC EX. Committee



- Before it was known as Veterans Day, it was known as Armistice Day
- This is due to the fact that the holiday originally served as a remembrance for the end of the Great War, later known as World War I
- The armistice, or cease-fire, for that war had been signed at the 11th hour, of the 11th day, of the 11th month, in 1918 (11 am on 11/11/1918)
- In 1954, the U.S. Government changed Armistice Day to Veterans Day as a way to pay tribute to all of our nation's vets, not just those of World War I
- In some places in the world, Veterans Day is now known as Remembrance Day

Thanksgiving Word Scramble



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbov _____
13. gobabl _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____

THE Lamplighter

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