



Broadfording Church of the Brethren Fellowship

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Growing Through Meditation

by Pastor Len Smith

Psalm 119:78, " ... I will meditate on your precepts."

From Richard Foster's book, Celebration of Discipline, I have shared the following spiritual disciplines that can help our church grow since 2005: Guidance through the Body of Christ, Service, Bible Study, Worship, Spiritual Submission, Prayer, and Simplicity. For the year 2012, I want to suggest material about the inward spiritual discipline of "Growing Spiritually through Meditation" from Richard Foster's Celebration of Discipline.

In contemporary society Satan seems to major in three things: noise, hurry, and crowds. The psychiatrist C.G. Jung once remarked, "Hurry is not of the Devil; it is the Devil."

If we hope to transcend our culture, we must be willing to rediscover the ability to recreate silence and explore the inner world of spiritual contemplation. There are unexplored inner spiritual regions that are just as real as the physical world we experience. Meditation offers us exciting possibilities for new life and freedom in the Holy Spirit.

It is a sad commentary on the spiritual state of modern Christianity that meditation is a word we seldom consider. Meditation has always stood as a classical and central part of Christian devotion, a crucial preparation for an adjunct to the work of prayer.

Meditation was certainly not foreign to the human authors of the Bible. Gen. 24:63, (Isaac) ...*went out to the field one evening to meditate*. Ps. 63:6 KJV, *When I remember thee upon my bed, and meditate on thee in the night watches*. Ps. 119:48, *I lift up my hands to your commands, which I love, and I meditate on your decrees*. And Ps. 1:2, *But his delight is in the law of the Lord, and on his law he meditates day and night*.

Christian writers throughout the centuries have spoken of meditation as a way of listening to God, of communing with the Creator, and experiencing God's eternal love.

May we have the courage to side with Biblical tradition and once again practice the ancient art of meditation. But Christian meditation is not synonymous with the concept of meditation centered in Eastern religions. In reality they stand worlds apart. Eastern meditation is an attempt to empty the mind; Christian meditation is an attempt to empty the mind in order to fill it. These two concepts are radically different.

Christian meditation goes far beyond the notion of detachment. We must go on to attachment. We must have a detachment from the confusion all around us in order to have a richer attachment to the Lord. Christian meditation leads us to the inner wholeness necessary to give ourselves to God freely, and to the spiritual perception necessary to withstand evil. In this sense it is the most practical of all the spiritual disciplines. Not only do we need to be emptied of evil, but to be filled with good. You may also consult Luke 11:24-26.

P.T. Rohrbach has written, "The best over-all preparation for successful meditation is a personal conviction of its importance and a staunch determination to persevere in its practice. Meditation can be one thing that can sufficiently redirect our lives so that we can deal with the demands of modern living successfully."

Often meditation will yield insights that are deeply practical, almost mundane. There will come instruction on how to relate to your wife or husband, on how to deal with a sensitive problem, or a difficult financial or business situation.

Christian meditation that does not make a difference in the quality of one's outer life is short-circuited. It may flare for a while, but unless it results in finding richer and more loving and caring relationships with other human beings, the chances are that an individual's interest in the practice of meditation will fizzle out.

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Growing Through Meditation, continued

Anyone who imagines he/she can simply begin meditating without praying for the desire and the grace to do so, will soon give up.

The inner reality of the spiritual world is available to everyone willing to search for it. Human beings seem to have a perpetual tendency to have somebody else talk to God for them. For example, consider the following texts: In Ex. 20:19, at Sinai the people cried out to Moses. 1 Sam. 8:7 records a note of sadness on the part of the Lord because Israel insisted upon having a human king rather than submitting to the theocratic rule of God over them.

Meditation boldly calls us to enter into the living presence of God for ourselves. Jesus and the New Testament writers make clear that this is not just for the religious professionals – the priests - but for everyone. All who acknowledge Jesus Christ as Savior and Lord are the universal priesthood of God and as such can enter the Holy of Holies and converse with the living God.

We learn to meditate from meditating. We must see the importance of giving some portion of every day to formal meditation. A mind that is continually harassed and fragmented by external affairs is hardly prepared for meditation.

In the April-May issue of our church newsletter I will discuss further the “how” of growing through meditation.



... *I will meditate on your precepts.*

Psalms 119:78

Supporting loved ones through economic challenges

We all know someone whose job has come to an abrupt halt since the market upheavals in 2008 and 2009. Job loss has impacted the lives of everyone, including the young and old: Older employees currently average 53.6 weeks of unemployment before finding a new job according to AARP, while only 59.5 percent of 18- to 24-year-olds in the work force were employed in July 2011—the lowest rate for that demographic in the Bureau of Labor Statistics' history.

With the nation's job market at a low point, there are many people out there who have lost their jobs or who are affected by a job loss in their family. It's difficult to comfort friends and loved ones who are grieving the loss of their careers, financial security, and self-esteem. How can you comfort those whose lives have been impacted by the Great Recession?

Ask how you can help

You may feel uncomfortable talking with your loved one about his or her recent job loss, but an important way to be supportive is to ask if you can offer your help, or offer to do specific things so that person doesn't have to determine what would be helpful. It can be difficult for those in need to ask for assistance, so offer it before it's requested.

Children may need extra support

Losing a job can impact family dynamics, even if the household finances are secure. Children in particular may struggle to understand why a parent has lost a job. The New York State Department of Labor suggests

keeping children “in the loop” regarding job loss and the job search process—that way they don't manufacture worst-case scenarios. Children need to be reassured that it's neither a parent's nor the child's fault. It might even be helpful to children if they are allowed to feel like they are helping the family stay strong through the hard times.

“(Kids) want to help, and having them do something like taking a cut in allowance, deferring expensive purchases, or getting an after-school job can make them feel as if they are part of the team” the Department of Labor guide recommends.

Keep them in a rhythm

For someone who's spent perhaps their entire adult life in a work schedule, being derailed from the 9-to-5 rhythm because of unemployment might be a huge source of stress. Help that person stay active and motivated to fill each day with routine events. For example, help the person schedule a “shift” in the day for job searching. Encourage him or her to volunteer during the week—the feeling of working, combined with getting that person out of the house, might improve his or her outlook.

Encourage your unemployed friend or family member to take control over forces that can be controlled. Setting up meetings with former colleagues, attending job support groups and career fairs, and spending time making a great cover letter better might be the things that your loved one can do to feel in control of the situation.



Global Food Crisis Fund grants aid farming efforts

Ventures work for mediation, food security in Congo and Rwanda

In eastern Democratic Republic of Congo, a small cluster of Brethren churches (Eglise des Freres Au Congo) is striving to mediate an end to the violence that in recent years has engulfed indigenous Pygmy and Bafulero groups. The warring parties, suffering from hunger, look to restarting farming as an essential step toward reconciliation. A \$2,500 grant from the Global Food Crisis Fund is making seeds and handtools available. Support for the ongoing process of mediation is provided by Church of the Brethren Global Mission and Service.

Across the border in Rwanda, a similar GFCF grant has been extended to a Quaker community helping yet another group of Pygmies venture into farming.

In the midst of a modern breadbasket, saving India's small farms

India's southern Gujarat state is fast becoming a modernized breadbasket. Within range of the Mumbai megacenter, the region has an insatiable appetite for food, energy, and technology. And while agribusinesses tend to flourish, smallholder farmers find the complexities of technology and capitalization overwhelming. The suicide rate of Indian farmers is among the highest in the world.

Linking small farm operators to available resources is a prime task of the Rural Service Center at Ankleshwar, an extension program begun by the Church of the Brethren in the 1950s.

The center connects the rural poor to such government and industry programs as soil testing, biogas development, animal vaccination, irrigation canals, and greenhouse production. The center also conducts workshops and sponsors demonstration plots.

"For an Indian family to lose the land it has possessed for generations is devastating," observes Jay Wittmeyer of Global Mission and Service. "A Global Food Crisis Fund grant of \$8,000 enable the Rural Service Center to help vulnerable farm families navigate the tumultuous times of globalization."

—E-news of the Global Food Crisis Fund, January/February 2012

Reaching young hearts for Jesus Christ

Thank you for your recent gift to the ministry. You blessed and encouraged me. Your gift allows me to continue to serve at Joy El. It is a delight to be a part of a ministry where there is evidence of God working in young hearts.

In December our Released Time classes shared the story of Jesus' birth. I talked with a teacher who was totally shocked that some students in his class heard this story for the very first time. Pray that this message will transform lives.

I recently wrote a winter training that will be shared with the volunteers at each Released Time. I used Tedd Tripp's book - "Shepherding a Child's Heart" as my reference point. Our desire is that the volunteers will shepherd the hearts of the children they work with each week in Released Time. Did you know that the 10-15 minutes of direct interaction between adult and child is more positive interaction than most students receive in a week? I just heard statistics on the radio that the average child only spends 3 1/2 minutes in meaningful conversation a week with a parent.

Pray that God will continue to transform lives in 2012. Pray that God will continue to give me creativity in writing curriculum and supportive materials.

In His Service,
Lois Ann Glessner

2012 Meat Canning Project

For the 35th year, the Mid-Atlantic and Southern Pennsylvania Districts are co-sponsoring a Meat Canning Project which is scheduled for April 9-12 and April 16-17 at the Christian Aid Ministries facility in Ephrata, Pennsylvania. The goal for 2012 is to can approximately 67,500 pounds of chicken in six days of processing.

The Broadfording congregation continues to be supportive of this project, both financially and through volunteer worker participation. Milt Greenlee along with others from our church will be assisting with the canning process on April 16.

Ministry Centers share highlights of 2011



Shepherd's Spring Outdoor Ministry Center

2011 was an exciting year at Shepherd's Spring, but I can't let it come to a close without thanking each and every one of you for your prayers, volunteer hours, donations, and your support for this wonderful ministry!

To catch everyone up, please let me share a few of the year's highlights:

- * We celebrated 20 years of summer camp ministry with great festivity
- * 170 children attended camp this year, including 65 that requested scholarship assistance
- * Meritus Health System utilized our wonderful campus to host their family day, bringing nearly 1200 guests to Shepherd's Spring
- * The Thailand home in Heifer Global Village was completed
- * The annual Golf Tournament raised the most ever this summer—nearly \$20,000!
- * The gardens at Shepherd's Spring produced a bounty of potatoes, tomatoes, onions, eggplant, peppers, cucumbers and more! Every age group, from kids in summer camp to Road Scholar participants were helpful in the seeding and weeding!

In addition to the celebrations this year, we have also been visited with challenges—especially keeping up with regulations and maintaining buildings and equipment that are beginning to show their age. Two air conditioning units in the Lodge had to be replaced, two others are limping along - there are 26 more systems that are the same age! The dishwasher that came from Camp Woodbrook got a new motor and couple of new switches. The nurse's golf cart got a makeover, yet barely made it through summer camp.

We are truly blessed with friends like you - who participate with time, talent and treasure in the things you hold dear to your heart.

Ann Cornell, Administrator



Susquehanna Valley Ministry Center

The Susquehanna Valley Ministry Center is a partnership of those invested in providing high quality ministerial education for the Church of the Brethren in our region. This partnership of five districts (Atlantic Northeast, Southern Pa., Middle Pa., Western Pa., and Mid-Atlantic) along with Bethany Theological Seminary and the Brethren Academy for Ministerial Leadership, is committed to providing relevant and accessible ministerial training for those preparing for ministry, as well as quality continuing education for ministers in the five districts that we serve.

During 2011, the Susquehanna Valley Ministry Center:

- ❖ Offered 21 ministry training courses in regionally based settings or online
- ❖ Enrolled over 150 students in the 21 courses at the graduate, TRiM and ACTS levels
- ❖ Presented ACTS certificates of completion to 6 students at district conferences
- ❖ Received re-certification of our ACTS training program through the Brethren Academy
- ❖ Planned and hosted quality continuing education opportunities in the region
- ❖ Organized a tour, dinner and lecture at the Ephrata Cloister and Ephrata COB

Your gifts of prayer will sustain those who teach and those who learn through the training opportunities we can provide through your support.

Donna M. Rhodes, Executive Director

Our regular offerings help to support the Shepherd's Spring Outdoor Ministry Center and the Susquehanna Valley Ministry Center, as well as the Global Food Crisis Fund, Lois Ann Glessner serving with Joy El Ministries, and the Meat Canning Project featured on the previous page.

Meet Lloyd and Judy Carbaugh

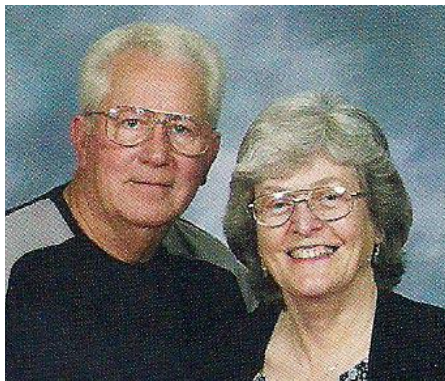
This is the second in a series of articles profiling individuals who serve in various capacities within our congregation. In this issue we are featuring Lloyd and Judy Carbaugh, Co-Sunday School Superintendents and Second Mile Servants. Additionally, Judy currently teaches the Wednesday evening class for grades 2-5, is an assistant Sunday School teacher, chairs the Communion Committee and serves on the Altar Committee. You will also see her helping with Vacation Bible School, Saturday Happenings, fundraisers, and anywhere she can be of service. We thank Lloyd and Judy for their labors of love for the Lord.

When Lloyd and I started dating our junior year of high school, Lloyd was a member of the old Broadfording Church of the Brethren along with his brother, Roy, and his parents, Obern and Julia Carbaugh. I was a member of the Evangelical United Brethren Church in State Line, Pa., with my family: parents, Numan and Laura Shifflett; sisters, Delores, Sandra, Patricia, and Melinda; and brother, Newman.

Not knowing one another at the time, we had both accepted Jesus as our Savior when we were twelve years old. Lloyd was baptized by Rev. Petre in the Conococheague Creek on a day that was so cold his clothes froze when he came out of the water. I was baptized at the E.U.B. Church. While we were dating we took turns on which of our churches we would attend on Sundays. We married at 18, the same year we both graduated from Williamsport High School in 1958. Our wedding was at Broadfording Church of the Brethren in the old sanctuary with Rev. Petre performing the ceremony. After we married, Lloyd moved his membership to the E.U.B. Church. God has blessed us with 53 years of marriage—so far.

We also were blessed with two wonderful sons, Trent, 50 (Arthur's dad), and Drew who went to heaven at age 35. Most of our congregation knew Drew and shared in his hugs and unconditional love. Lloyd and I were very thankful for the way our church family accepted Drew. The

ministry to the Potomac Center residents was one of many reasons we came back to Broadfording Church 25 years ago. Besides a terrific daughter-in-law, Debra, we also have three grandchildren, Owen, Alex, and Arthur, who bring so much joy to our lives.



Lloyd started his work career at age 16 working at the Williamsport Esso Station. Pepsi became our family's favorite soda when Lloyd went to work for the company in Hagerstown. After ten years there, he became a correctional officer at M.C.I., retiring in 1989. The next ten years were spent working at Bob & Mickey's in Mercersburg, Pa., in sales and gunsmithing. After they

closed their store, Lloyd went to work at Murray's Gun Shop in Williamsport where he still helps out part time.

I was a "stay-at-home" mom who kept busy taking care of the family, volunteering at the children's schools and various events in the community and at church. I enjoy quilting and sewing for others.

Lloyd and I enjoy walking on the C & O Canal Tow Path and bird watching.

The most important part of our lives together is our love for the Lord and serving Him.

Written by Judy Carbaugh

Thank you for your outreach during the Thanksgiving and Christmas seasons

Our congregation gave:

Hagerstown Rescue Mission: \$244.00

Clear Spring Food Bank: 104 nonperishable food items

Operation Christmas Child: 25 gift-filled shoe boxes plus \$181.00 to help with shipping expenses

The Salvation Army: 24 gift-filled Christmas stockings

An invitation to attend Dan Rudy's ordination

Dan Rudy, a Summer Ministry Intern at Broadfording in 2005, will be ordained as a Church of the Brethren minister on Sunday, February 19, at 7:00 p.m. The ordination will be held at Glade Valley Church of the Brethren in Walkersville, Md. Dan invites the members of our congregation to attend. He graduated from Bethany Theological Seminary on May 7, 2011, and serves as pastor of the Ninth Street CoB in Roanoke, Va.



Spaghetti Dinner
Saturday, March 17, 2012
Served 4:00 – 7:00 p.m.
Suggested donation:
Adults - \$7.00
Children under 8 - \$3.00



**God...
has appointed
a time for
every matter,
and for every
work.**

Ecclesiastes 3:17

Brethren Benefit Trust Long-Term Care Insurance Seminar

**Broadfording Church of the Brethren Fellowship
Sunday, March 4, 2012
6:00 p.m.**

Have you thought about purchasing long-term care insurance, but just keep putting it off? Maybe you need more information or are concerned that it might cost too much. Perhaps you have questions such as:

- What is long-term care insurance?
- What does it cover and how?
- Would this kind of insurance be important to me and my family?
- How are premiums determined, and when are they paid?
- How is long-term care insurance different from Medicare and Medicaid?
- Why is long-term care insurance important to our Church of the Brethren retirement communities?

These and many other questions will be discussed at a free presentation provided by Randall Yoder, Long-Term Care Specialist (an agent working with Brethren Benefit Trust to provide this product to members of the Church of the Brethren, their family members and friends).

Randy, a former pastor and district executive in the Church of the Brethren, is a licensed agent trained to sell long-term care insurance. He will share handouts, make a presentation and answer questions that you might have about long-term care insurance.

Please invite your family, friends and neighbors to join you for a time for discovery and learning on March 4.

... consider the other insurance products you invest in, like home insurance or car insurance, and what your risks are after age 65. The 2011 American Association for Long-Term Care Insurance Sourcebook reports that men have a 2.2 percent chance of having a major house fire and a 15.5 percent chance of having a severe car accident, but a 44 percent chance that they will need long-term care insurance. Women over 65 have a 2.6 percent chance that they'll have a major house fire and an 18 percent chance they'll get in a serious car accident, but there's a 72 percent chance that they'll need long-term care insurance.

—Excerpt from **Benefit News**, Fourth Quarter 2011

Benefit News is published by Brethren Benefit Trust, an agency of the Church of the Brethren that provides health and welfare benefits, pension and employee financial services, asset management, deferred gifts, and financial advocacy for the entire denomination and its affiliated organizations.

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