

## Running the Spiritual Race

When I was in high school one of our gym class teachers was the track coach. Observing me doing some of the long distance running we had to do, he asked if I would like to go out for the track team. I was not fast enough to be a sprinter but could do well in the long-distance running. But then and now, running just to run is not my thing. I am fine doing sports that involve running. Maybe some of you are that way. My mentor was told when he went out for track that he would not make the team because he "ran too much in one place." That's how slow he was.



But all of us are in a spiritual race. And we are called to run this race well. Paul wrote at the end of his life, he had run and finished the race. The writer of the letter to the Hebrews gave instructions about how to run our spiritual race with endurance and perseverance. Hebrews 12.1 **"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."** NLT

The writer had just given us an amazing list and short summary of great people from the Old Testament who ran their spiritual life with great faith. He then tells us two things. First, he wrote, **'let us strip off every weight that slows us down.'** Weights are normal things of life that are not initially sinful but can eventually become distractions and even sins. Here is a short list: Money, Social Media, Church Ministries, Relationships, Routines, Work and Hobbies. All of these are good, but when we focus more on them, they can take our focus off God and slow us down in our quest for maturity in the faith.

Secondly, he wrote **the sin that so easily trips us up.** The word sin literally means, "to miss the mark." We aim at pleasing God, but our spiritual arrow falls short or goes over or to the side instead of hitting the bull's eye of obedience and submission. We all know the many things on that list. We know them from the Bible and through the conviction of the Holy Spirit. Sins trip us up, entangle us and take us down.

Imagine trying to run a marathon with a heavy backpack weighing you down or ropes tangled around your feet. It's almost impossible to make progress, right? The same is true in our spiritual journey. And so let us strip off those things and run the race with endurance as the Spirit gives us strength.

**In Christ Alone**





## **Prayer & Praises**

- Doris Myers requested prayer for her neighbor Irene. Irene had a colonoscopy and a blockage was found. She had it removed yesterday. Please pray for healing.
- Bill & Trish O'Bryan requested prayer for Becky, a close friend who is in the hospital with some health issues.
- Glen and Sue Deardorff want to thank everyone for their prayers for Bob. His surgery went well.
- Please pray for Larry & Deb Dentler. Deb's breast cancer surgery is scheduled for July 11<sup>th</sup>.
- Sharon Stepp's son David, just lost his job and is very depressed about it. He is in a Lancaster hospital.
- Sharon had a TIA several weeks ago. She is asking for prayers to help her heal and reduce her stress levels.
- Cheryl Kurtz requested prayer for Kala for her cancer.
- Cheryl requested prayer for Austin to get stronger.
- Merv praised that Tina Good is much better. Pray for her to have wisdom for 3 mid-term tests she needs to take.
- Colin Staples requested prayer for Amy Staples who twisted her knee Saturday.
- Jerry Stiffler shared a praise and a thank you for the meals, phone calls and prayers.
- Brett and Pam Miller requested prayer for Tom' Ferrence's family and his wife Bonnie. Tom passed away.
- Flossie Deardorff requested prayer for the family of Dave Cochran. Dave passed away last week. He ran Dave's Shoe Repair in Dover for years.
- Please keep Kim Shearer's Dad Austin in your prayers as he was admitted to Altoona Hospital with A-fib. He has had heart issues before. Pray for wisdom and guidance for decisions.
- Pray for healing for Melinda Little who has bruised ribs and whiplash along with bone contusions.

- Joyce Wagaman requested prayer for Brian Garvick for healing and easing his pain.
- Al & Sue Smeltzer requested prayer for Ben Neff (Mike & Sand Neff's son). Ben passed out causing a head injury. He is now in the hospital for various tests to find out why his platelet count is so low and he also has a very low heart rate.
- Mark Lipsitz requested prayer for Liz Lipsitz to continue recovering from the gastro virus.
- Deb Yost requested prayer for Kala & Dillon. Kala will be seeing a specialist on Friday. Pray for healing for Dillon's hand and arm.

### **CBC WEEKLY PRAYER POINT**

Have mercy upon us, Oh God, according to Thy lovingkindness: according unto the multitude of your tender mercies, blot out our transgressions. Wash us thoroughly from our iniquities and cleanse us from our sin. For we acknowledge our transgressions and our sin is ever before us. Against You and You only have we sinned. We were born in sin and are not able to save ourselves. You desire that we see the truth, and that truth would be a part of even our DNA. Wash us with Thy blood that we may be made whiter than snow. Create in us a clean heart and renew a right spirit within us. After You have dealt with us, let us hear joy and gladness and enjoy Your presence every day of our lives. Amen!

### **Please pray for these congregations and pastors:**

- Barren Ridge Congregation in Staunton, VA, and Pastors Henry and Janet Elsea
- Bashan Congregation in the Democratic Republic of Congo, Africa, and Pastor Buturi Majeru Alphonse



### **SAFE HAVEN TRAINING**

Everyone who works in any ministry of our church that involves children/youth (e.g. Nursery, Sunday School, VBS) is required to provide the church with State Police Clearances and Childline Clearances. Julie keeps track of this and will remind you when your clearances are due. Our Safe Haven policy also requires periodic trainings in the area of child abuse and the details of our policy. It has been quite a while since the training has happened so we are asking everyone who is involved with any of our children/youth ministries to attend one of two trainings by Pastor Gary in June.

**Saturday, June 21, 9:30 to 11:30 AM.**

Thank you all for your service in our children/youth ministries.



## Widow and Widowers Luncheon

Sunday  
June 22<sup>nd</sup>

At Noon

At

Brenda Eisenhower's  
Picnic Pavilion  
Please See Nancy  
Smith to RSVP



Celebrate the Graduation of  
Courtney Grim and Landon  
Frantz with us June 22<sup>nd</sup>!



DEAD TO SIN - ALIVE TO CHRIST

# BAPTISM

There will be a Baptism Service on  
June 22<sup>nd</sup> after our regular  
morning service. There will be no  
Sunday School.



Bermudian Church  
Vacation Bible School  
Online registration is open!  
[Bermudianchurch.org/vbs](http://Bermudianchurch.org/vbs)

July 27<sup>th</sup> - July 31<sup>st</sup>

### Volunteers Needed!!

Craft Helpers, Herders, &  
Teacher for the 2-3-year-old class  
See Sue Mayle for more info  
and to sign up to help!

Wednesdays

June 18<sup>th</sup> & 25<sup>th</sup>

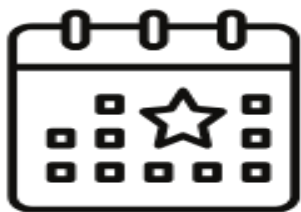
6:30 pm - 7:30 pm  
with Pastor Gary

# Life Group

Studying:  
Highlights in the Book of Proverbs



Tuesday, July 1<sup>st</sup>, 2025  
6:30 pm



# Reminders

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## Wednesday 6/18



Joyce Wagaman's Birthday

06:30 pm – Life Group



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## Thursday 6/19



Tony Harlacker's Birthday



Glen & Susan Deardorff Anniversary

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## Friday 6/20



Jeff Gleim's Birthday



Joel & Joanne Miller Anniversary

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## Saturday 6/21



Darlene Snelbaker's Birthday



Jerry Stiffler's Birthday

07:00 am Men's Bible Study Breakfast, Dover Valley Restaurant

09:30 am – 11:30 am – Safe Haven Training

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## Sunday 6/22

09:00 am – Come Worship



Celebrate Courtney & Landon's Graduation

10ish am – Baptism to follow service – No Sunday School

12:00 pm – Widows|Widower's Luncheon at Brenda Eisenhower's Picnic Pavilion

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## Monday 6/23



Ruth Cook's Birthday

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## Tuesday 6/24



Rick Shearer's Birthday



Colin & Amy Staples Anniversary

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## Wednesday 6/25

06:30 pm – Life Group



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## Thursday 6/26



Bob Billet's Birthday

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## Friday 6/27



Kasey Shank's Birthday



Zach Wire's Birthday

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## Saturday 6/28

7:30 am - Church Clean Up Day – Attic

Deardorff – Gathering Place reserved

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## Sunday 06/29



Dave Shaffer's Birthday



Galen & Marilyn Julius Anniversary

09:00 am – Come Worship

10:00 am – Intersections Café

10:20 am – Sunday School

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## Tuesday 07/01

06:30 pm – Women's Fellowship

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## Wednesday 07/02

06:30 pm – Life Group



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## Thursday 07/03



Kenneth Warren Sr.'s Birthday



July Newsletter Deadline

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## Friday 07/04



Emily Lipsitz's Birthday



Gary & Tammy Breighner Anniversary

Independence Day 

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## Saturday 07/05



Ann Hammond's Birthday