

Pain is a Gift

By Pastor Andy Straubel

“No pain, no gain” is an expression made popular in the eighties. It was used to say that it is necessary to suffer or to work hard in order to succeed or make progress. It is a proverb of sorts and generally true, especially when applied to exercise.

The word pain appears over seventy times in scripture. It's first usage explains the pain experienced in childbirth (Genesis 3:16). The context suggests that pain is the result of sin. Because of sin the whole earth was cursed, and death entered in as a result of sin (Romans 5:12).

While not specifically stated in the Bible, medically, we know that pain is a gift. Without it we would not know when we need medical attention. In fact, the absence of pain is one of the problems associated with leprosy. Children would never learn that touching a hot stove is a bad idea. Spiritually speaking, pain alerts us to danger and produces endurance - literally the ability to remain under a load (James 1:2-3). James goes on to say that a joy is experienced knowing God is at work in us and that Christ-like character is being developed in us.

On July 11 I am scheduled for a total knee replacement on my left knee. People who have gone through it assure me that it will be worth it. But they also want to prepare me for the pain that will accompany it. I am not sure what is worse, the surgery or the anticipation of the pain that comes with it. Either way there is no turning back. I will keep you all posted.

To say that “pain is a gift” might be overstated. Maybe it can be said in the end, but, until some distance is put between surgery and recovering the jury is out. Upon reflection pain does have

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In early June, Walter Kennedy gave a presentation during church updating the congregation on his and his wife Diane's missionary work in Papua, Indonesia. Among their various ministries, it was wonderful to see how greatly their outreach expanded via their Facebook Discipleship and Evangelism Ministry. Windsor Chapel has been in partnership with the Kennedys for forty-four years!

“Pain is a Gift,” continued...

some inherent blessings. First, pain provides an opportunity to experience the grace of God. In 2 Corinthians 12:9 the Apostle Paul said, “*My grace is sufficient for you, my strength is made perfect in weakness.*” Paul was speaking of a “*thorn in the flesh,*” a physical problem of some kind that he considered to be used by Satan to distract and discourage him. We don’t know what that ailment was, but it seems to have been painful for him. He recognized that God’s grace was being given to him so he could endure. God will give His children grace to bear pain.

Second, the good news is pain is limited to this life. Scripture assures us that a day is coming when Jesus will wipe away every tear from our eyes; there will be no more death, no more mourning, no more crying, and no more PAIN (Revelations 21:4). The pain we experience living in a sin-cursed world will be a thing of the past.

Pain is not pleasant, but we can thank God for it. It alerts us that something is wrong in our body. It causes us to reflect on the awful consequences of sin and for God making the way of salvation. No pain can compare with the pain Jesus experienced on the cross. He willingly suffered that pain to redeem us. His pain became our gain! In this way the idea that “pain is a gift” is profoundly true. “*Thanks be to God for His unspeakable gift*” (2 Corinthians 9:15).

Save the Dates!

August 20, 10am-1pm

Women’s Fellowship with Michelle S. Kim,
author of *Non-Stop Love:*
A Journey Towards Joy

August 27, 4-7 pm

Church Picnic
at Joe and Randi Herry’s

***The one whose walk is blameless,
who does what is righteous,
who speaks the truth from their heart;
whose tongue utters no slander,
who does no wrong to a neighbor,
and casts no slur on others.***

Psalm 15:2-3



Laura Zimmerman was baptized by Pastor Andy in a Believer’s Baptism in June. She started attending the Thursday Night Bible Study a year ago and has been growing in her faith ever since.



Blessings to all who celebrate a birthday this month. May you feel the love, joy and presence of the Lord as we all celebrate your special day with prayers and warmest wishes.

Happy Birthday!

Graeme Cull	July 10
Janet Berrill	July 15
Lise Hill	July 16
Don Ober	July 16
Stephen Berrill	July 19

Elders' Corner

By Ken Bills

Caspian is back! For those who are not familiar with our collection of three pet cats and a dog (which we fondly refer to as "the zoo"),



Caspian is the (somewhat crabby) "old man" cat of the group. About eighteen months ago, Leo, our youngest cat, joined the family. Leo is an incredible cuddly bundle of joy, energy and mischief; he

loves to enlist other members of the zoo in his continual search for trouble, and if that fails, he is happy to look for trouble on his own by stalking them. Caspian, to put it mildly, was offended and appalled that such a creature had been allowed to join the household. Whenever Leo entered a room, Caspian ran out. If Leo came close to him, Caspian hissed and swatted before running away. Whenever possible, Caspian stayed safely out of the way in one of our elevated cat houses. As the months passed, we grew accustomed to Caspian staying in his house for most of each day and accepted it as part of his old man personality.

Until this spring. Suddenly, Caspian is Mr. Social: he is around us a lot more often; he no longer flees the room when Leo arrives; he has started to take some of his naps out in the open; he and Leo sometimes eat together out of the same bowl; they will sometimes even sleep cuddled together! In hindsight, it seems clear that Caspian's time in his house was less a reflection of his personality than a consequence of his fear of Leo. He was being controlled by his fear.

Our experience with Caspian has given me reason to ponder the role fear plays in people's

lives (and no, this isn't an article about Covid). The author of Hebrews says that Christ, through his death, destroys the one with the power of death (Satan) and sets free those who Satan kept in slavery through their fear of death. (Hebrews 2:14-15). In contrast to that fear, there is the "fear of the Lord" that is the beginning of wisdom (Psalm 111:10), and so not a bad thing – although it is probably best understood in the life of a believer as a reverential awe.

But if we are being honest, most people have lots of more mundane, if no less powerful, fears. Fear of the dark, fear of being alone, fear of heights, fear of embarrassment, fear of a bad medical test result – the list of possible threats to fear in this fallen world is seemingly endless. It would be easy to categorically conclude that "fear is bad" or not spiritual, but that is too simplistic by far. A quick look through the New Testament shows that Paul admitted to being afraid at times (2 Corinthians 7:15). For example, he feared how the Corinthians might receive him when he came to them, and that God would humble him before them (2 Corinthians 12:20).

When Adam and Eve fell, fear and shame entered God's creation. In a fallen world, where there are real dangers, fear is actually a gift from God. Fear can warn us so that we can avoid or prepare for possible dangers. It triggers physiological changes (like adrenaline) to help us fight or flee when attacked. As with our other emotions, however, our fears have also been distorted by the fall, and it is not always a reliable guide.

In his allegorical book, The Holy War, John Bunyan writes about Mr. Conscience who was the town crier in the village of Mansoul. His job was to report the news to the people of Mansoul, warning of danger and providing

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“Elders’ Corner,” continued...

good tidings as appropriate. Mr. Conscience, however, had been infected by sin and so would often sit quietly in despair when threats appeared, or cry wildly at night when no dangers approached. Our fear can sometimes be like that – wildly overestimating some dangers and missing other more serious threats altogether.

Paul, in discussing our appetites, says, *“I will not be controlled by anything.”* (1 Corinthians 6:12). And that is what our Lord desires for us. But as fallen people in a fallen world, becoming free (or freer from fear) is both complex and challenging. We need to do two things simultaneously. We need to respect our fears, grateful to the God who gave us fear to keep us safe, while carefully evaluating it with the help of the Holy Spirit and godly wisdom. As the indwelling Holy Spirit continually renews our minds, we can seek to evaluate and respond appropriately to our fears. As with many things in a fallen world, that is often a long process. There may be issues of brain chemistry that need medical assistance, and childhood trauma and patterns of dysfunction that counseling can help to uncover and submit to the Lord for redemption. For some of us, fear and anxiety may be the thorn in the flesh requiring a lifetime of dependence upon the Lord’s grace. It is also worth mentioning that we undoubtedly have opportunities to share the truth and grace of Christ with others—believers and unbelievers alike—as they struggle with fear.

Knowing how to evaluate and respond in wisdom and faith to our fears is not easy. The good news is that God wants to deliver us from being dominated by our fears, even if it takes a lifetime. Paul, writing to Timothy who was a young pastor leading a difficult church, encourages him to be bold, for *“God has not given us a spirit of fear, but of power, and love and a sound mind.”* (1 Timothy 1:7). And when this fallen world has been redeemed, when the new heaven and the new earth have come, the time for fear will be over. The lion and the lamb will lie down together, and as God wipes away our tears, He will also wipe away our fears, and we will fully know the truth of God’s promise: *“There is no fear in love, but perfect love casts out fear.”* (1 John 4:18).

Kids’ 5-Day Club Starts Soon!

The Kids’ 5-Day Club for children ages 5 – 12 is almost here! This solid, action-packed week of fun will start at Windsor Chapel on Monday, July 18, and continue through Friday, July 22. The hours will be from 7:00 – 8:30 pm. Children will learn timeless truths of the Bible through exciting and engaging ways, including songs, games, Bible and missionary stories, snacks, outdoor play and more!



Please register your children on our website at www.windsorchapel.org, and share this exciting news with your family, friends and neighbors, too! All are welcome!

There are many easy and enjoyable ways to partner in this important outreach, including registering children, greeting parents as they arrive, and decorating. Help is especially needed in providing snacks for the children. You may volunteer to provide the snacks for just one night or for several nights if you wish. Youth ages 12 and over are also encouraged to get involved. Since many parents stay at the church during the event, the 5-Day Club presents a perfect opportunity to welcome new people to Windsor Chapel.

To learn more, please contact Ed MacQueen by email at e.macqueen1@comcast.net or by phone at 609-751-6584. Please pray that God will prepare the hearts of the children (and their parents, too!) to hear and believe the Gospel.

Financial Update

(Through May 31, 2022)

“The Lord is my Shepherd, I shall not want...”

	Actual	Budget
Income	\$76,534	\$98,144
Expense	\$97,483	\$98,143

Windsor Chapel has sent \$11,960 to our missionary partners this year. That is 15% of your giving!

Further Up and Further In

*Inviting dialogue to encourage growth in
and among us*



By Cindy Bills

Truth or Consequences

July is the month when we celebrate our freedom in this country. It is worth celebrating! Scripture is clear that God hates oppression in any form, and so the political freedoms that we enjoy are a blessing from Him. Discussions about freedom, though, often center around the issue of rights. And while personal and corporate rights are a legitimate component of freedom, our Lord is much more concerned about the spiritual freedom that often entails the sacrifice of our rights for the good of others. If we want real, eternal freedom, we must look beyond our rights to find the freedom that the Lord offers, the freedom that is the fruit of knowing the truth.

We live in a day where truth is personal and subject to change at any moment. We, like Adam and Eve, cannot seem to resist looking to feel good about ourselves, by ourselves. And so the concept of absolute truth that was once commonly if not universally accepted has taken a beating.

Truth can be challenging indeed. A well-known line from the film *A Few Good Men* sums it up nicely: "You can't handle the truth!" We prefer our own custom-made truths that serve to keep us in our comfort zone and protect us from the need to grow.

But there is a cost to such an approach. We serve the Lord Jesus Christ, whose identity and nature are Truth. If we serve lesser truths, we miss the opportunity to know our Lord, partake in His nature, and become who He has created us to be. Please consider this quote with me:

"The truth will set you free. But not until it is finished with you."

David Foster Wallace

This reference to Jesus' words as recorded in John 8 bears significant thought. In this section of John's Gospel, Jesus is teaching about what it means to be one of His disciples. The life of a disciple is one of knowing the truth, and then reaping the fruit of freedom that truth offers. It is no small matter.

One aspect of knowing the truth is knowing Jesus as the Truth. We become enabled to know Truth as we pursue a personal faith relationship with Him. In order to do this, though, we must put aside the selves that would prefer comfort and independence and find our identity in our Lord. And then, as we develop this faith relationship with Christ, the indwelling Holy Spirit is able to do His work of sanctification. The Bible tells us that the Spirit is a wind, blowing where it will; as it blows unpredictably within us, it will often expose lies that have been masquerading as truth. If we can embrace the work of the Holy Spirit, He will be more and more able to make us whole: to bring the truths that we believe into alignment and harmony with our faith relationship with the Truth.

As we persist in knowing the Truth in deeper and fuller ways and commit to the work of the Holy Spirit within us, then the truth will indeed make us free: free from the penalty and power of sin; free from the opinions and expectations of others and our culture; free from lies that would bind us in self-imposed boxes. It is, of course, a life-long process, but that only tells us that the time to start—or continue—is now.

Please feel free to contact Cindy (609-275-8557 or cynthialbills@gmail.com to continue the dialogue...

Believing What You Hear

By Janet Berrill

My friend Sharon and I were hiking in Virginia when we came to a bridge which crossed a small stream. As we approached the bridge, we saw two people taking pictures of something on a rock. One man turned to us and said, "Do you want to see a copperhead snake?" We looked over and saw a snake



lying on a large rock. I know that there are many kinds of snakes, but I would

not be able to identify them by sight. I do know that copperhead snakes are poisonous, so if this really was a copperhead, then I would not want to disturb it. I took a picture of the snake thinking it would be fun to show others the copperhead snake I saw. Then Sharon and I began to wonder if it really was a copperhead. I used my phone to look up what a copperhead snake looked like and found that it was more colorful than the snake in front of me. Sharon also pointed out that the shape of the head was not right. Copperhead snakes have a wider head whereas the snake we were looking at had more of a long head.

Later, we went into a gift shop and saw a park ranger. Sharon showed her the picture of the snake we saw, and she identified it as a common water snake. I pulled up a picture of a water snake on my phone and sure enough, that was the snake we saw.

You can't believe something just because someone tells you. The man was so confident in the way he spoke. He didn't say, "I think that is a copperhead," or "This might be a

copperhead." Instead he said, "Do you want to see a copperhead snake?" as if he was sure that is what it was. I don't know if he identified it (falsely) himself or if someone told him it was a copperhead, and he believed the other person and passed it along.

As followers of Jesus, we need to be even more careful about believing what someone else tells us regarding the faith. Acts 17:10-12 tells of Paul and Silas traveling to Berea and going to the Jewish synagogue to share the Gospel. The Bereans were of noble character and received the message with eagerness, but they didn't just take Paul and Silas' word for it, they examined the scriptures every day to see if what they said was true. This is a good model for us to follow.

I had a conversation with a person of the Catholic faith who told me that the Catholic church and its teachings were the foundation of the truth rather than the Bible. She even had a verse she used to support her viewpoint. Rather than just believe her, I got out my Bible and read the verse in its context. Having done that, I concluded that the verse did not support her point. If I had not examined the scriptures for myself, I wouldn't have known why her argument was wrong.

Be on your guard. Don't believe everything you hear. Examine the scriptures for yourself to see if what you are hearing is true in context and is consistent with the rest of the Word of God. Pray and ask the Holy Spirit for discernment and to reveal truth. If you don't do this, you might find yourself believing things that just are not true.

If you have any items or information you would like to share in the newsletter, please e-mail:

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