

Where is God? - by Pastor Norm Bleick



Several years ago, now, churches were abuzz with the language of vision and mission. Many people struggled with the nuance between the two words and for good reason – they were virtually synonymous. Vision is what you see, what you would like to see; it's the dream. Mission is making the dream reality. Your vision is to be living in a log cabin on a small island in the middle of a quiet lake when you retire. Your mission is to make that happen.

Make that happen. There's a phrase; a very secular, human, egocentric phrase.

There's nothing wrong with making something happen per se, until you are led to leave God out of the equation. Let's build a church. We want lots of people. How are we going to make that happen? What's that really successful church down the street doing? Can we do that? How are we going to do that? Innocent enough questions, but where's God in it all?

My vision for HBC, and, hopefully yours too, is that we strive to fulfill the greatest commandment: love God, love others (Matthew 22.36-40). And we take seriously the great commission:

go make disciples (Matthew 28.16-20). If people ask me what my vision for HBC is, I simply say: we want to be a family of believers seeking to glorify God. In that phrase is the goal to see people become disciples who truly love the Lord and their neighbours.

Over time I hope that all our activity, our ministries, our efforts reflect the goals of showing love as we live out our faith, with integrity and with a commitment to grow in our faith while seeking to reach the community, friends and family, and all we meet with the good news of the Gospel. At the centre of it all is complete surrender to the guiding and leading of the Holy Spirit so that whatever happens is to the glory of God because if the Lord isn't building this house, all our efforts are in vain (Psalm 127.1).



Special points of interest:

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Knowing Nathan Shessel - by Bill Holmes

After our Annual General Meeting in June and the designation/election of four church members to our Leadership Board, I thought it would be useful to get to know them better. After some minor coercion all the Board members agreed to an email interview. Nathan Shessel agreed to be the guinea pig.

The 2023 Constitution states "Hillview Baptist Church will be led by a Leadership Board following what we believe to

" ... WE MAKE
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EVERY TIME
SUMMER GOES
..."

be the Biblical pattern for church government (overseers: Acts 14:23; 20:17; Philippians 1:1 Titus 1:5)". I suspect other required qualifications are having the wisdom of Solomon, the patience of Job, the love of Jesus, and an advanced degree in Biblical maturity.

The Leadership Board members are:

- Nathan Shessel – Moderator
- Warren MacDonald – Vice-Moderator
- Sally Carr
- Krista Carlberg
- Pastor Norm – non-voting member

The Board are representatives acting on behalf of the church

membership. They provide support, encouragement and direction to the various church ministries. They also receive congregational feedback and attempt to respond in a Christ-like fashion to issues of concern. All decisions are voted on by the four current leadership members. The Pastor is the spiritual leader. Each member of the Leadership Board also acts as liaison with the various church committees. The committees and their Board contacts are:

- **Worship, Audio/Video** – Pastor Norm
- **Missions, Property Management** - Warren
- **Hospitality, Christian Education**- Nathan
- **Finance** - Sally
- **Benevolent, Administration** - Krista

So we begin with Nathan:

1. Tell us about your family?

I've been married to my wife Summer for 20 years, we have 3 kids Jordan (17), Noah (13), and Eli (10). We have 3 dogs Jessie, Thor, and Honey and just moved into a new house in Spruce Grove at the end of July.

2. Besides being a husband, dad, and Church Elder what do you do? I've been working in the field of recreation for the past 15 years. I'm currently the Foreman of Recreation with the city of Spruce Grove and run multiple municipal facilities in the area.



3. If you weren't a Recreation Foreman, what would you be doing for a living?

If I wasn't working in recreation, I'm not sure what I would be doing... I worked in construction for multiple years as a carpenter and just didn't enjoy it. When I was much younger my dream was to be in the NBA but sadly that didn't pan out. I mean I could have made it, but I decided I didn't want all the fame.

4. Where did you spend your childhood? What was the best part? I spent most of my life living in Spruce Grove and have been here since 1989. Before my family moved to Spruce Grove we lived in Toronto, where my dad was from. I spent my summer months growing up hanging out with my cousins and going to different church camps.

5. It's Sunday morning, what do you have for breakfast?

Almost every Sunday we make Pillsbury cinnamon buns (Flakey). Noah takes the lead on this and every time Summer goes out to the grocery store, he reminds her to get some, if she forgets it can throw the whole morning off.

6. What made you sad this year? What made you happy?

Moving in the last month was a bit of both a good and a sad thing. After my dad passed away, we ended up buying the home I grew up in. I have a lot of good memories in that house growing up and I was able to make some good memories with my family as well. So moving had some emotions attached to it. However, we are excited about our new place and the memories we will make going forward.



7. If you could attend an event or concert, what or who would it be?

It would be a dream of mine to go to a Super Bowl. Ideally with the Buccaneers coming away as champions! Go Bucs!!

8. What is your favourite TV show? Why?

Probably my favorite show would have to be Deadliest Catch, but I also like Gold Rush or any other discovery tv show where people are working miserable jobs hoping to win big. (I don't know what that says about me)

(Continued on page 3)

Knowing Nathan Shessel

(Continued from page 2)

10. What do you think are the 3 funniest movies of all time? In no particular order Airplane, Rat Race, and Ace Ventura.



11. Last book you could not put down?

The last book I couldn't put down was probably a Batman comic.

12. What is your favourite vacation destination?

I really would like to go back to Mexico. Summer and I went around 7 years ago without the kids and still talk about going back.

13. What is the one thing you have not done that you would love to do?

I would like to sky dive



**If at first you
don't succeed,
SKYDIVING is
not for you!**

14. How long would you last in the wild?

I'd like to think I could last a while. I have zero survivor skills but that shouldn't stop me.

15) What physical activity or sport could you defeat most anyone at.

Again, I am really good at basketball I could have gone pro if I wanted to. Maybe it's a case of the older I get the better I was, but I think I can still play.

16. What are you most proud of? I am most proud of my family. I have a great wife and awesome kids.

17. How would you spend your time if you could not use any devices for a month?

I think I would spend my month in a coma. No, I think I would be outside a lot in the day throwing the football with Noah and play board games in the evenings.

18. What song do you sing in the car when you are alone? What about with your kids? For us it was "Downtown" by Petula Clark or "I am a Pizza" by Charlotte Diamond.

I sing country music when I'm in my truck driving around and when the rest of the family is in the vehicle, they listen to Summer and I put on a show for them.

19. You're in a restaurant, the church is buying. What are you having?

Steak, medium rare with mashed potatoes. mushrooms and mixed greens.

20. Your most favourite hymn and chorus?

Amazing Grace. A classic.

21. What are the most difficult aspects of being on Hillview's Leadership Council?

For me the most difficult aspect of being on the elder team is geography. It can be a challenge at times living in a different community.

22. Just one final question – regarding the Leadership Board. If you consider the number of committees and the responsibilities of the Board are four members sufficient? Do you think additional Board members are needed?

We have had only one Elders meeting before our summer break, and those roles were just given out at that time. It will be a bit of a new transition with two elders stepping down. With that said, in some ways it remains to be seen how taxing it could be considering we haven't really met to discuss the vision for this coming year. Lord willing we will thrive and see spiritual growth and maturity in our faith as we head into whatever God has in store for us as a congregation.

That concludes Nathan's "interview". I trust it has provided some insights and background about Nathan. In addition, I think we all should take up a special collection to help Nathan achieve his dream of going skydiving, assuming, of course Summer and his children must agree. Next month I think it will be Sally on the Reflection's hot seat. She has an advantage because she now has an idea as to what to expect. Nathan didn't! Ed.

Something to Think About - by Brad Baker

Apostle Paul as a Tailor

"... PAUL WAS
TAILORING
HIS GOSPEL
TO FIT A
PARTICULAR
AUDIENCE
LIVING IN
THESSALONICA."

According to the career guide on Indeed.com, if you have an eye for detail, are skillful with your hands, and have a good sense of style, you should be a tailor. Tailors take either the cloth or a garment and, after carefully measuring their client, they transform the clothing/material to fit their customers perfectly. It is not uncommon for a tailor to take an "off the rack" suit or dress and turn it into something stunning. As it turns out, the tailor's trade is not unlike the tasks of a theologian.

The theologian takes the fabric of Scripture (that is, the text rather than the textile) and with care "fits" or matches the Word of God to the needs of individuals and communities. In other words, theologians attempt to take the timeless Word of God and find ways to apply Biblical truth in appropriate and helpful ways.

We all have something to say about God with our words and our walk. But, are you and I 'tailors'?



1 Thessalonians: A Case Study in Tailoring Our Theology

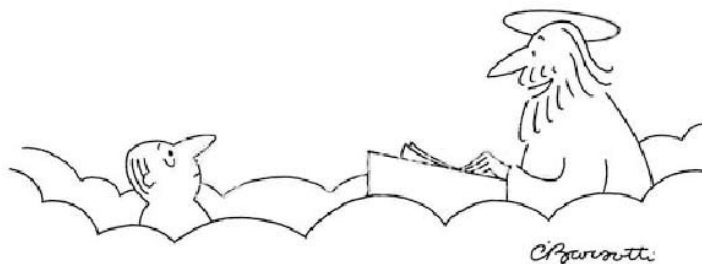
A little jaunt through 1 Thessalonians demonstrates how Paul's work as a diligent and faithful apostle was in many ways the work of a skilled tailor.

Measuring the People

Paul was one of the most prolific and influential evangelists/theologians in the entire history of the church.

In Thessalonica he reaches out to a young church in a foreign country with a rather long and instructive letter. This letter was designed to shore up the faith of this fledgling church. He did this without including a single quotation of Scripture. Can you imagine that? Imagine our pastor speaking from the pulpit one Sunday morning without a single verse from the Bible! In the Apostle Paul's case, this letter was not a weak, haphazard, or amnesiac effort, despite his omission of any reference to the Jewish Bible. Paul was tailoring his gospel to fit the audience living in Thessalonica. Paul's strategy had to do with his ability to effectively 'measure' or understand his audience.

In 1 Thessalonians 1:9, we discover that Thessalonian believers: had "...turned to God from idols to serve the living and true God," (NIV). In the Thessalonians' world, the reception of the gospel and the formation of a new community of faith led to a great loss on their part. In the 1st Century, especially in Thessalonica and the surrounding regions of Macedonia (i.e. northern Greece), associations were a big deal. People formed many groups that offered belonging and meaning to their lives. Through these associations, people met their social needs. However, the Thessalonian believers had



"Theologian? You guys are always fun."

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Apostle Paul as a Tailor

(Continued from page 4)

renounced their paganistic religious practices. Socially, they had turned away from a common thread that wove its way through all of their public, civic, professional, and even private lives. These formerly important aspects of their lives began to unravel when that thread was snipped. The Thessalonians likely experienced quite a bit of whiplash as their new commitment to Christ rapidly removed them from their former associations.

Paul knew all of this. He knew the Thessalonian believers had some major social issues to deal with. They no longer belonged to their former communities, but they still had a desire for belonging. Would that need for connection steer them back into their former lives? Paul had to hash out some answers to fit the gospel to these people and their pressing needs.

Customizing the Comfort of Christ

One of the first things Paul attends to after taking these aforementioned measurements of the people, is the selection of a suitable style with which to contour the gospel. Earlier, I noted how 1 Thessalonians is strikingly devoid of any Old Testament quotations. This point actually helps us better understand the whole letter. 1 Thessalonians is comparable to Athenian funerary orations. Athens had a long and famous history of developing

a popular form of funeral speech. This was adopted by the people of Thessalonica. Paul used Athenian funeral rhetoric as a key component in the format of his letter. In this type of persuasive writing, emphasis was not placed on providing proofs and arguments (i.e. reasoning from the Scriptures), but on providing comfort and knitting the grieving people together in unity.

Remember how these Christian Thessalonians had been removed from their associative groups? One type of association which was especially significant in 1st Century Thessalonica was the funerary association. People would join a funerary association and pay their dues to ensure that one day they would be honored, celebrated, and buried when they died. In this context death was not seen as an 'end'. When you died, it was time for your place in the community to be commemorated and remembered.

Today, the closest we might get to this picture is a Celebration of Life. Except, in these funerary associations, there was more festivity and joy. In addition, there were paganistic religious practices. This meant that the Thessalonians' process of "turning from idols" required the complete abandonment of this very important and meaningful practice. You never quite belonged like you did at your own funeral. In this culture, death was not a cessation of belonging but, rather the height of your belonging. That prospect of

belonging was ripped away.

Paul sets out to cultivate and enrich these Thessalonians' "deep conviction" (1:5) of Christ. The phrase "deep conviction" in Greek refers to assurance. When Paul uses the form of funerary rhetoric here, he is essentially 'customizing', like a tailor, the gospel of Christ. It becomes comforting to the Thessalonians who, now being socially dislodged and displaced, were struggling with their utter lack of a sense of belonging. Paul is neither tossing some "off the rack" remarks their way, nor is he forming his thoughts in a vacuum. Instead we are witnessing the detail-rich application of the gospel.

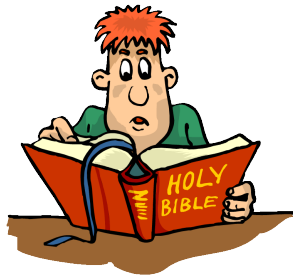
Overall, we have thus far seen Paul's general approach as a theologian, an apostle, an evangelist, and as a pastor. Paul expends much effort and diligence in tailoring the gospel to the needs and circumstances of the Thessalonians. While he doesn't quote from the Jewish Torah, Paul nonetheless communicates its content. He gives primacy to the content of the gospel itself, as well as to the ways we work it into peoples' lives.

In next month's issue, we will look a little further into how Paul tailors his theology in 1 Thessalonians, and how we too can and ought to do the same.



"...THE PROCESS
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Men's Bible Study - Why I Attend - by Dale Hufnagel



"WHY
WOULD I
TAKE AN
EVENING OUT
OF MY
BUSY WEEK
TO ...

Why would a man want to take an hour or so out of his week to go to the church and study the Bible when he could be doing all kinds of things at home? He could even study his Bible by himself. Why would I take an evening out of my busy week to prepare and lead a Bible study? Do I need more teaching and study? After all, I already spent years and years in Biblical and ministry post-secondary education. Do I need more teaching and study? Why would I do this? The short response is that the men's Bible Study is not

just about intellectual enlightenment or learning new things about the Bible. It is about brothers in the Lord getting together with the Lord and growing in the faith to become more like Jesus. Paul tells us that we are members one of the other, functioning members in the same spiritual body, united by the Holy Spirit.

Men need one another, but we seldom realize that need. Being in ministry leadership for about 25 years, I learned to tough it out on my own. Leaving the ministry and finding myself in the business world responsible for 2 contracting businesses, I find it easier to not participate in church activities outside of Sunday morning. However, I also thought I still had something to offer to the men of our congregation, so I agreed to lead the Bible Study.

Interestingly enough, I am discovering that each of the men in the study has had plenty to offer me and often I feel I have contributed very little. Instead, collectively through each one present, the Lord leads us to Himself and to becoming more like Him. No one is obliged to share or participate, but most evenings, everyone contributes in very significant ways even if the discussion veers in directions that I never prepared for.

The subject of discussion normally is introduced by watching a video of a Biblical and archeological scholar presenting a Biblical truth on site of a historical setting in the holy land. He weaves a tapestry of background events and cultural realities that most of us could never discover on our own. After

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"The men are having a party without us; how do we get even?"

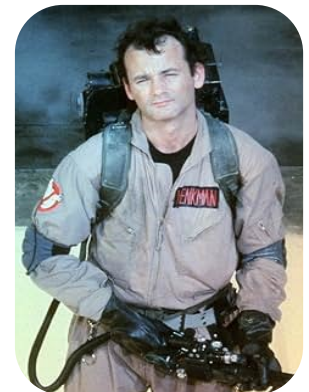
In celebration of Bill Murray's birthday as well as the autumn equinox, the men are having a celebratory breakfast.

Date: September 21, 2024

Time: 9AM

**Location: Ricky's Grill - Holiday Inn,
4485 Gateway Blvd.**

**For info contact : Neil Carlberg 780-660-3679
or neilcarlberg@gmail.com**



Men's Bible Study - Why I Attend

(Continued from page 6)

the video, I usually lead with a few questions. This opens up an opportunity for discussion based on the issues and themes outlined in the video. The Scriptures and Bible stories are then connected to the issues we face in our daily lives. As the author of the Proverbs notes, "iron sharpens iron".

Last spring, we visited virtually many historic Biblical locations of tremen-

off. We will then move on to five lessons regarding the early Church and visit Caesarea Philippi, Sardis, Pergamum, Ephesus, and Laodicea. We look forward to you joining us. Invite your friends — believer, unbeliever, even men from another congregation. We've had at least three other congregations represented. You never know what you might have to share that will encourage a brother. We need you there to help complete us in the Lord.

church would be built and the gates of hell would never prevail against it. Perhaps the grotto represented the gates of hell. It was here Peter stated his "great confession" that Jesus was the "Messiah, the son of God" (Matt 16: 13-20, Mark 8:27-30). Today, the site is part of Israel. Ed.

Dale and his wife Marcy have attended Hillview for 2.5 years. After returning from the mission field he

started his own renovation company and also does consulting work for his son's construction company, Hufnagel Contracting and Services. Ed.

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Historic image - Grotto of Pan at Caesarea Philippi

dous significance in the Lord's training of his disciples. The Gospels came to life for us in a new and profound way. Then, as we discussed the truths, we found the Lord uniting us as if we were His disciples. As each one of us contributed, the Holy Spirit did significant work. At the end of our discussion, we like to share our concerns and pray together.

On September 4, 7:00 pm in the church library, we will pick up where we left

As a participant in the Men's Bible study I thoroughly appreciate Dale's leadership. And right now I am especially interested in the upcoming study of Caesarea Philippi. This area included a pagan worship site called The Grotto of Pan. Pan was a flute playing half-man, half-goat deity. Sacrifices, including humans, were tossed into the cave as offerings to Pan. It was considered a dark and evil place.

Many believe that it was here that Jesus said his



Recent photo - Grotto Of Pan

Reflections

Women's Bible Study - by Marcy Hufnagel



Women's Bible Study

I discovered the Wednesday evening women's study group in March of 2022. Though I was older than many of the women there, I quickly felt welcomed. I have so appreciated the friendships that have developed and the desire of each of the women to study God's word, apply it to their lives, and grow in their spiritual lives. The first Wednesday evening of each month is reserved for an informal visiting time to catch up on our lives and chat about life,

though the conversation always seems to veer toward the spiritual side of our lives. I love how easily it flows from each one.

Last fall we delved into the book of Nehemiah. We learned how Nehemiah led the people to re-build the walls of Jerusalem and persevere in the face of opposition from those around the city.

In our winter session, we took on weightier matters. We learned from Phylicia Masonheimer on a video series that "Every Woman a Theologian". She helped us study theology so we would know what we believe, live it confidently, and learn to communicate it graciously. In the spring we studied 2

Timothy. Paul's life as a prisoner in Rome gave us many lessons on how to live when facing persecution. He taught that God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (1:7) He also warned that we must be faithful in the Word so we do not allow our itching ears to turn us away from the truth and begin to follow myths. (4:3-4)

This fall we are going to learn more about the prophets Hosea and Amos. How much do you really know about these more obscure prophets? Come meet with us in the conference room at 7 pm Wednesday evenings as we learn together.

SHE HELPED
US STUDY
THEOLOGY
SO WE WOULD
KNOW
WHAT WE
BELIEVE...

Finding Closet Space - an email conversation



Hi Gloria,
Joy has a bunch of clothes that we were going to give to Goodwill, I am wondering if you would know whether or not Hillview would want them? Thanks
Bill

Hi Bill.
Absolutely we will take them. Clothes have been flying off

the hangers on Mondays I think we have literally been giving away at least 100 items each week and then another 100 kitchen items etc. One Monday we gave away 202 items, 10 Bibles, 6 Get to Know God Books and 10 other Christian books were picked up. It is so exciting being a part of all this! And we are gearing up for a big clothing give away at the Back 2 School Event. Can you mention it in the newsletter? Just leave the clothes in the White Cross room.
Greatly appreciated.
Gloria

Gloria,
Thanks for the information.

We will drop off a gigantic bag of clothes on Wednesday. I love it when Joy makes room in "our" closet. Would it be ok with you to include our email conversation in the next issue of Reflections? Perhaps some people are unaware of this ministry. I was. Unfortunately I cannot promote the "Back-to-School" event in the newsletter because it will not be distributed until Sunday September 1. Would it be ok with you to include our email conversation in the next issue of Reflections? What do you think?
Bill

(Continued on page 10)

WE WERE
GOING TO
GIVE THEM TO
GOODWILL, I
AM WONDERING
IF YOU...



Jesus prayed for His friends.

Use the code to find some of His words.

○=A	◐=E	◑=I	◒=M	▤=Q	◻=U	◻⊗=Y
◉=B	◌=F	◓=J	▥=N	◻⊗=R	◻=V	◼=Z
◕=C	◔=G	◑=K	◻=O	◻⊗=S	◻⊞=W	
◌=D	⊗=H	◌=L	◻=P	◻⊙=T	◻⊞=X	

He said, “

▤ ⊗ ◻ ◐ ◕ ◑ ◉

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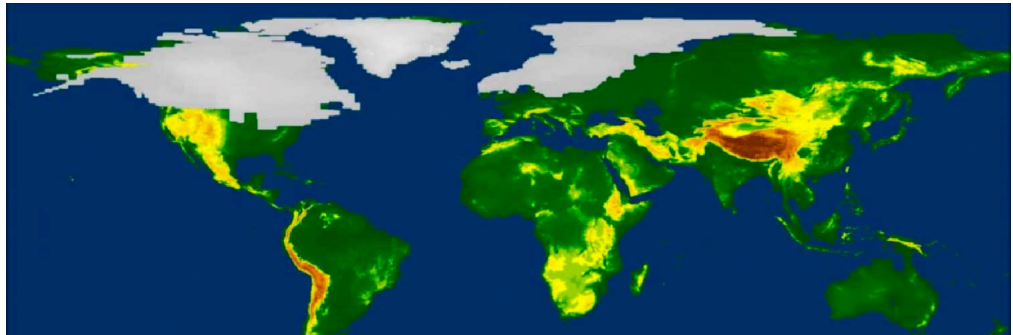
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”

Genesis Insights - by Wayne Baker



ACTUALLY
THE BIBLE
HAS
PRECIOUS
LITTLE TO SAY
ON THE
TOPIC.

Does the Bible have anything to say about the Ice Age(s)?

According to the National Oceanic and Atmosphere Administration, "an ice age is a period in Earth's history when the ice on the polar caps significantly expands due to a lowering of the Earth's global temperatures. Over the course of millions of years, scientists believe

that the Earth has experienced at least five major ice ages".

Actually the Bible has precious little to say on the topic. Why would such a major event not be mentioned in the Bible? The above map shows the extend of ice coverage in the northern hemisphere. This would suggest the reason; the ice age does not seem to extent into the world of the Hebrew people. This would mean the He-

brews would not have any significant experiences with snow and the ice age.

However, if I understand scripture references correctly, there is a mention of snow/ice in the Bible. In Job 38: 22,23; 29,30. "Have you entered the place where the snow is stored? Or have you seen the store-houses of hail, which I hold in reserve for times of trouble, for the day of warfare and battle? Whose womb did the ice come from? Who gave birth to the frost of heaven when water becomes as hard as stone, and the surface of the watery depths is frozen"? Holman Christian Standard Version



"Everyone always talks about the ice age, but nobody ever does anything about it!"

Finding Closet Space - an email conversation

(Continued from page 8)

Absolutely Bill, I think it is so important that the congregation of Hillview know what is going on behind the scenes. So many of them have donated clothing, kitchen items and Bibles and it is good for them to know that their donations

are being used.
Gloria

Gloria,
What I think is wonderful is learning how Hillview groups work together toward a common goal and achieve something good. I am sure Hospitality is involved in making your local outreach effec-

tive. I know our Audio/ Visual people are ready to assist with the GEM conference if needed. An example of 1 Corinthians 12: 15-26 in action.
Bill

GEM is Coming to Hillview - by Gloria Swain



Get ready and mark your calendars and/or devices for a GEM weekend at Hillview -

**October 25,26,
2024.**

GEM means Greater Edmonton Missions. We are honored to have been asked to host the 2024 GEM Conference. This is an annual opportunity for the North American Baptist (NAB) churches of northern Alberta to celebrate the work of NAB missions in Cameroon, Brazil, Romania, Russia and Ukraine. Posters and tickets will be available soon. Registration is \$25.00, which includes a hot roast beef dinner.

Hillview's Mission committee has formed a GEM planning team. The members are Pastor Norm, Kurt, Larry, Jo, Mo, Brian, and myself. This team has been working diligently for the past four months to

put together an outstanding program. It begins on Friday night Oct. 25 at 7 p.m. with an evening for our youth and young adults. On Saturday the day begins at 9a.m. with a coffee fellowship. The key-note guest speaker is Randy Schmor, along with presentations by the following missionaries: Telmo and Jacques - Chain of Love-Brazil, the Moody's and Kristi

ten Clay - Cameroon, the Bergman's and Chad Merryfield - Romania, Gary Clutterbuck - Russia/Ukraine, Nick and Iris-Japan. Missionaries will also have display tables set up to provide even more information on their ministries. And did I mention, it includes a hot roast beef dinner.

Kurt is working on a "Memorial" for those who have gone before us. Special music will follow his presentation. Our own Keith and his FREEDOM band will be leading the praise and worship. And there is a hot roast beef dinner.

Our offering goal this year has been set at \$25,000.00 with three primary ministries in mind:

- Emerging Peoples Ministries,
- Emerging Leaders Ministries, and
- Emerging Ministries.

More information regarding these ministries will be available at the conference. Any money received on Friday evening at the youth event will go to Camp Falcon Rock in Romania. In addition, a hot roast beef dinner on Saturday

Last year we exceeded our goal of \$20,000.00 and this year, with the Lord's blessings and your help, we plan to do the same. This year's theme is LIGHT THE FIRE as found in 2 Timothy 1: 6,7 "For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For God did not give us a spirit of timidity, but a spirit of power, of love and self-discipline". And, of course, don't forget the hot roast beef dinner.

**HOPE TO SEE YOU AT
THE GEM!
TICKETS WILL
BE
AVAILABLE SOON!**

WHICH
INCLUDES
A HOT
ROAST BEEF
DINNER.



Living, Loving, Reaching, Growing

HILLVIEW BAPTIST CHURCH

253 Woodvale Road West
Edmonton, Alberta
T6L 1E5

Phone: 780-461-5393
Email: office@hillviewchurch.ca
Website: hillviewchurch.ca



Picnic time at Larry and Barb Hubscher's hovel!

Goosebumps - by Rick deLeeuw



WHAT ARE GOOSEBUMPS?

The muscle contraction that causes the skin to stand on end is what we call "goosebumps". Goosebumps are formed when the tiny muscles in your body's hair follicles contract when you are cold, making those hairs stand on end. The goosebumps fluff up the hair, trapping air and making an insulating coat around the body.

There are a lot of emotional rushes that can trigger your autonomic nervous system's feedback process and give you goosebumps. A rush of adrenaline, the natural hormone surge we get when faced with stress, was useful for our ancestors' "fight or flight" response. If someone were threatening to attack you, your "flight" response would be to fluff up your hair to look bigger and scarier. Think of lions or bears-or your cat! They still do the same thing. The expression "Don't get your hackles up" "or dander up" really means "Don't

let your "piloerector" muscles give you goosebumps." Another theory how goosebumps originate is ...body muscles contract in quick bursts to generate heat and your "hypothalamus" triggers a rush of adrenaline. As the tiny muscles attached to each of your hairs tighten, the hairs shoot straight into the air, pulling the skin at their base upward. Goosebumps are born.

Other automatic responses to emotions are blushing, gagging and getting butterflies in your stomach.