



Days of Grace

SEPTEMBER 2026 EDITION

UPCOMING EVENTS

Children's Sunday School @ 9:00 am
Worship Service @ 10:00 am

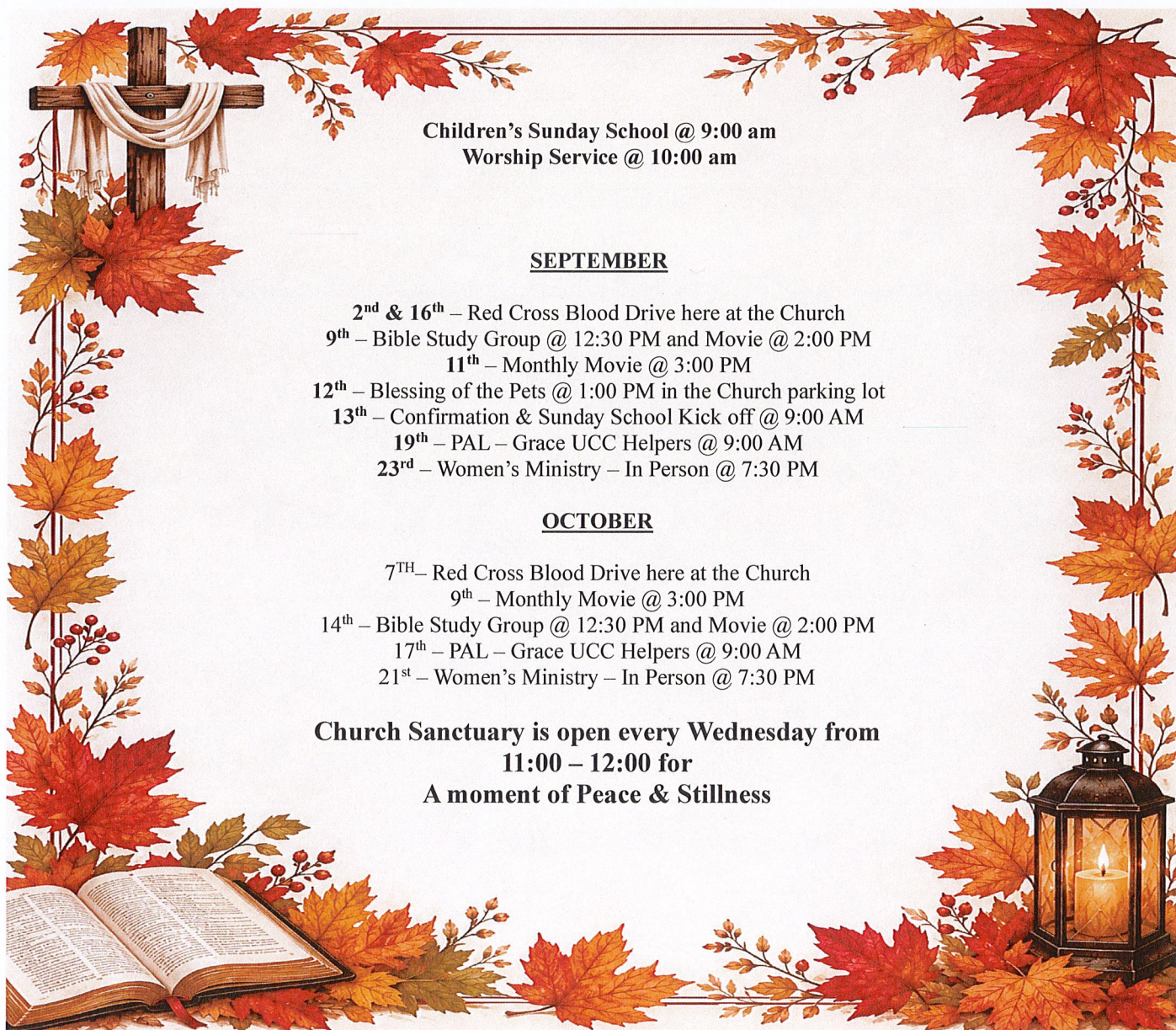
SEPTEMBER

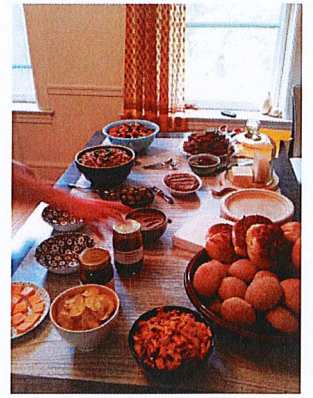
2nd & 16th – Red Cross Blood Drive here at the Church
9th – Bible Study Group @ 12:30 PM and Movie @ 2:00 PM
11th – Monthly Movie @ 3:00 PM
12th – Blessing of the Pets @ 1:00 PM in the Church parking lot
13th – Confirmation & Sunday School Kick off @ 9:00 AM
19th – PAL – Grace UCC Helpers @ 9:00 AM
23rd – Women's Ministry – In Person @ 7:30 PM

OCTOBER

7TH – Red Cross Blood Drive here at the Church
9th – Monthly Movie @ 3:00 PM
14th – Bible Study Group @ 12:30 PM and Movie @ 2:00 PM
17th – PAL – Grace UCC Helpers @ 9:00 AM
21st – Women's Ministry – In Person @ 7:30 PM

**Church Sanctuary is open every Wednesday from
11:00 – 12:00 for
A moment of Peace & Stillness**





Dear Friends,

There is something about September that feels like a beginning. The days begin to change, the air gets a little bit cooler, the kids settle into a new year at school, and Grace UCC comes alive again after the slower pace of summer. September invites us to ask ourselves, "Where is God inviting me to grow?"

This month, I keep coming back to the picture of a table of grace. A table where we gather. A table where we all come with different stories and experiences, we come with different questions, and we are all at different places on our faith journey. Some of us feel strong in our faith and others may be filled with questions (or even doubts). Some of us are celebrating while others are hurting. Some may have been a part of the church for many years, and others might be wondering if there is truly a place for them here. The answer, my friends, is an easy one.

There is.

At God's table, we don't have to have everything figured out. We don't have to be a certain age, or have a certain story, or have the "right" answers. We come just as we are. We are each welcomed exactly as we are because there is room for each one of us.

This September, we will begin something new with our confirmation ministry (grades 6-12) as we introduce our Confirmation pillars. These pillars will offer an opportunity to explore their own faith, to ask questions and build relationships, and really discover what it means to live out a life of faith. But the biggest goal is to help us all remember that growing in faith is something that we do our entire lives.

All of us are still learning. We all experience God in our lives in different ways. I invite each of you to join us and find a place at the table. Join us for worship each week. Get involved in one of our ministry opportunities. Spend a little more time in prayer or with Scripture. Get to know someone new that you don't usually sit beside in the pew. Maybe, it just means that you come through the doors on Sunday, knowing that you are welcome here, exactly as you are.

There is room at this table. There is room for our questions and our joys. There is room for our doubts and our hopes. As we begin this new season together, let's make room for one another. Let's make room for God in our lives. Let's continue to discover what it means to be a community of faith where no one ever has to question whether they belong.

No matter who you are, or where you are on life's journey, you are welcome here!

Blessings and peace,

Pastor Amy

WOMEN'S Music Ministry

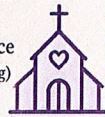
FOURTH WEDNESDAY

of every month,
we will meet

in person

@ 7:30 PM

either outside in
Franklin Street lawn
or in the
gathering place
(weather pending)



Women of all ages
are invited to participate in both.



JOIN US FOR A

MOVIE Afternoon!

POP CORN

SEPTEMBER 11TH

STARTS @ 3:00 PM

FELLOWSHIP HALL

TAKE TIME.
RELAX.
ENJOY THE SHOW!

GOOD MOVIES
GREAT COMPANY
MEMORABLE TIMES

Bring a friend and enjoy an uplifting movie afternoon!

Blessing of the Pets

A Community Celebration



Saturday, September 12
1:00 - 3:00 PM

Grace United Church of Christ
100 Fourth Street, Hanover, PA
Parking lot (alley)

Bring your pets for a blessing from Pastor Amy!
All pets and people are welcome.

(No pet? No problem! Come meet your neighbors and support local animals.)

Help Support Local Animal Rescues

Forever Love Rescue (Gettysburg) - Cat Rescue
Adams SPCA

Suggested Donations:

- Paper towels
- Dawn dish soap
- Laundry detergent
- Fancy Feast Kitten canned food
- Cat Chow Dry Food
- Friskies canned food

Stop by the
photo booth
for some
selfies!



GRACE
United Church of Christ

Join us on

SEPTEMBER 13TH

AT 9AM

AS WE KICKOFF OUR

Fall Faith Formation Experiences!

GRADES K-5

We invite
GRADES K-5
to join us for
Sunday School
at 9am in the upstairs
Sunday School room.

GRADES 6-12

We invite
GRADES 6-12
to join us as we begin
our *Confirmation Pillars*--
ways to connect and
grow in faith.

Let's grow together in faith, friendship,
and God's love this fall!

"Train up a child in the way he should go;
even when he is old he will not depart from it." PROVERBS 22:6



PROVIDE A LUNCH (P-A-L)



Grace is still preparing the meal every 3rd Saturday at Hanover Area Council of Churches for the PAL lunch! Contact Linda or Craig Bixler with any questions. Sign-ups for upcoming months are in the Gathering Place

GATHERING PLACE REFRESHMENTS



Our Gathering Place on Sunday mornings is abuzz with great fellowship and caring hearts. Won't you consider joining us before and/or after the service? We're also seeking new people to offer to provide snacks.... Nothing fancy needed 😊. Sign-up sheet on the bulletin board



Lectors

LECTOR SIGN UP

If you are interested in being a part of the morning worship service by serving as a Lector, please see the bulletin board in the Gathering place to sign up. Thank you.

PRAYER REQUESTS



If you have a prayer request, please call, text, or email Pastor Amy Fawks who will then add your request to the Bible Moment and Prayer Line (717-346-1703). You may leave messages on the Prayer Line or reach her at 717-698-6366. You can email her at FawksAmy@gmail.com.

SEPTEMBER FILM



This 1978 musical will take you back to a California high school in the 1950s. The film will be shown Friday September 11th at 3 PM in Fellowship Hall. The film runs 110 min. and is rated PG. Snacks provided. Doors locked at 3:15.

WOMEN'S MUSIC MINISTRY



Fourth Wednesday of every month we will meet in person @ 7:30 pm either outside in Franklin Street lawn or in the gathering place (weather pending) **Women of all ages are invited to participate in both.**

PERSONNEL COMMITTEE

The Personnel Committee continues to complete human resource responsibilities as outlined in the Constitution and By-Laws. We are coordinating our role with the Finance Team's as work continues for the 2027 Budget.



MONTHLY HEALTH TOPIC'S INTRODUCTION

Robert (Rob) Dice, MS, RN, is a retired registered nurse with forty years' experience in critical care and emergency/trauma care. He also is a retired volunteer paramedic starting in Westmoreland County (PA) with most of his volunteer career spanning nearly thirty years in Howard County (MD) Department of Fire and Rescue. Beginning with the September newsletter, he will be featuring one health topic. Because of the importance or details he will provide, some topics are continuations of a previous month's topic. Please note the following disclaimer. It will appear with each health topic. ***Health Topics are for educational purposes only and are not intended to take the place or contradict healthcare information you might receive from your personal healthcare provider. Please follow the advice given to you by your provider.***

Also, if you want to suggest a subject for Health Topics, kindly email Rob at rd.dice@comcast.net. Suggestions of what YOU want to know are greatly appreciated. Rob



CURRENT CONSISTORY MEMBERS - 2026

Co - President – Vickie Arnold
Co – President – Jenn Weaver
Vice President - Joleen Fennell
Secretary – Craig Bixler
Asst. Secretary - Anita Kincaid
Co – Treasurer – Brad Arnold
Co – Treasurer – Rick Boyer
Asst. Treasurer – Chelsey Topper
Becky Boyer
Susan Dienes
Angie Boyers

GRACE UCC STAFF

Pastor - Amy Fawks
Organist/Dir. of Music -
Office Manager/Bookkeeper-
Karen Samuelson
Sexton – Zachery Jackson
Office Phone Number
Prayer Line and Bible Moment

2026 Committees & Teams

Administrative Committees (bold denotes chair)

- **Budget & Finance:** Brad Arnold, Richard Boyer, Linda Bixler, Pastor Amy Fawks, Chelsey Topper
- **Deacon's Fund:** Pastor Amy Fawks, Victoria Arnold, Craig Bixler, Rebecca Boyer, Fay Emlet
- **Education Fund:** Linda Bixler, Brad Arnold, Richard Boyer, Pastor Amy Fawks, Chelsey Topper
- **Memorial Fund:** Pastor Amy Fawks
- **Nominating:** Victoria Arnold, Pastor Amy Fawks, Jenn Weaver, Judy Rummel
- **Personnel:** Joleen Fennell, Angie Boyers, Fay Emlet, Pastor Amy Fawks, Pam Kreitz
- **By-laws & Policy:** Dormant in 2026

Trustees: Leonard Bankert, Craig Bixler, Pastor Amy Fawks, David Fawks, Mike Mummert, Chelsey Topper

Worship & Music Team

- **Worship & Music:** Pastor Amy Fawks, Victoria Arnold, Martha Channell, Susan Dienes, Pam Kreitz
- **Hospitality:** Victoria Arnold, Pastor Amy Fawks, Angie Boyers, Anita Kincaid, Chelsey Topper
- **Head Usher:** Consistory
- **Altar Guild:** Susan Dienes, Rebecca Boyer, Pastor Amy Fawks, Joleen Fennell, Anita Kincaid, Chelsey Topper

Church Relations

- **HACC:** Craig Bixler, Linda Bixler
- **Conference Delegates:** Pastor Amy Fawks, Craig Bixler, Linda Bixler, Jenn Weaver, Chelsey Topper

Empowerment Team

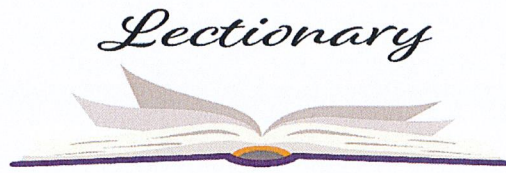
- **Visitation:** Pastor Amy Fawks, Craig Bixler, Linda Bixler
- **Pastoral Relations Team:** Pastor Amy Fawks, Rebecca Boyer, Charlie Fennell, Jenn Weaver
- **Stewardship:** Chelsey Topper, Pastor Amy Fawks

Faith Formation

- **David Fawks, Jenn Weaver,** Linda Bixler, Pastor Amy Fawks, Joleen Fennell, Anita Kincaid

Outreach Team

- **Craig Bixler,** Janette Becker, Linda Bixler, Rebecca Boyer, Angie Boyers, Pastor Amy Fawks, Joleen Fennell, Pam Kreitz, Chelsey Topper, Marsha Theisson



SEPTEMBER

September 6th – Exodus 12:1-14 & Psalm 149, Ezekial 33:7-11 & Psalm 119:33-40,
Romans 13:8-14, Matthew 18:15-20

September 13th – Exodus 14:19-31 & Psalm 114 or Exodus 15:1b-11, 20-21, Genesis 50:15-21
& Psalm 103: (1-7), 8-13, Romans 14:1-12, Matthew 18:21-35

September 20th – Exodus 16:2-15 & Psalm 105:1-6, 37-45, Johah 3:10-4:11 & Psalm 145:1-8
Philippians 1:21-30, Matthew 20:1-16

September 27th – Exodus 17:1-7 & Psalm 78: 1-4, 12-16, Ezekial 18:1-4, 25-32 &
Psalm 25:1-9, Philippians 2:1-13, Matthew 21:23-32

OCTOBER

October 4th – Exodus 20:1-4, 7-9, 12-20 & Psalm 19, Isaiah 5:1-7 & Psalm 80:7-15,
Philippians 3:4b-14, Matthew 21:33-46

October 11th – Exodus 32:1-14 & Psalm 106:1-6, 19-23, Isaiah 25:1-9 & Psalm 23,
Philippians 4:1-9, Matthew 22:1-14

October 18th – Exodus 33:12-23 & Psalm 99, Isaiah 45:1-7 & Psalm 96:1-9, (10-13),
1 Thessalonians 1:1-10, Matthew 22:15-22

October 25th – Deuteronomy 34:1-12 & Psalm 90:1-6, 13-17, Leviticus 19:1-2, 15-18 & Psalm 1,
1 Thessalonians 2:1-8, Matthew 22:34-46

August Consistory Digest

There were 9 members present including Brad Arnold, Rick Boyer, and Pastor Amy Fawks.

Treasurer Reports:

Not Available Online

The Music Search Committee has received 1 resume for Grace's Music Director position.

Trustees:

- C & H Davidson was at Grace 7/29/26, to check the A/C units on the roof. The loud vibration is due to the age of the units. Rubber "waffles" were installed under the units to reduce vibration. The filters in the A/C units have been replaced.
- Robert G. Miller installed the new window in the choir room on August 7th.
- Pete Truesdale was contacted to see if he would be interested in helping with the Trustees at Grace. He said he is interested in helping.

Outreach Committee:

- September 12th Blessing of the Pets: This event will be held in the parking lot for participants to drive in and have their pets blessed. The time will be 1 PM to 3 PM.
- The Hat and Mitten tree will be set up for December to collect hats and mittens for Hanover Area Council of Churches Shelter.
- Parish Nurse: Rob Dice presented a Parish Nursing Program Proposal for Grace UCC. He stressed one does not need to be a nurse to participate, however, a nurse will be needed to lead the program. Rob plans to reactivate his Pennsylvania nursing license. He plans to investigate online faith community nursing (FCN) certificate programs. He hopes to enroll in and complete one of the programs. The course may take a year. In the meantime, he suggested some activities we can do at Grace, such as blood pressure checks, finger sticks for blood glucose, pulse-ox checks, and phone visits for Grace members.

• **Pastor Amy:**
SPECIAL WORSHIP:

- Blessing of the Backpacks (Aug 30th)
- Blessing of the Pets (September 12th)
- Confirmation Kick-off (September 13th)
- Fall Sunday School Kick-off (September 13th)
- Upcoming: There will be a music fest held at St. David's UCC in the afternoon of November 8th. Each UCC church in the Gettysburg Association is invited to bring their choir or special music groups to share their talents at the music fest. All are welcome to attend! (More details to be shared soon)
- Rideshare: I would like to see if we can start a rideshare opportunity for those in our congregation who are in need of a ride to an appointment or such. I know that we have those in our congregation who help with this when asked, but this may make it a little more accessible for our congregation without the ability to get to appointments. Karen is also preparing information about rideshare opportunities through the senior centers in York/Adams County.

Co-presidents: Vickie Arnold and Jenn Weaver:

- We look forward to continuing our second Saturday tradition. This month we have our games event and we are meeting soon to talk about plans for the fall and winter. If anyone has ideas or wants to host or lead a Second Saturday this fall or winter, please reach out to Vickie or myself.
- Annual Meeting is approaching! This is your reminder that you should be preparing to submit your articles to the annual report. If you are part of a committee, please make sure your committee has a designated person to prepare your report and submit to Karen in September (exact date pending)
- Next year's consistory will look a little different as we have folks that will be stepping aside. Please reach out to the nominating committee if you have suggestions for someone who may be interested in consistory or someone that you think would make a good fit. Also please think about what you want your role to be in the next year. What leadership role might you want to step into? What committees are in interested in being involved with?

Prepared by Craig Bixler 8/13/26



High Blood Pressure (HBP) - aka, Hypertension



High Blood Pressure or Hypertension is a common condition, especially in older adults, where blood pushes too hard against your artery walls. It is diagnosed when blood pressure readings **are consistently at or above 130/80 mm Hg**, categorized using tools like the *American Heart Association Blood Pressure Guide®*. It is often called a "silent killer" **because it has no early signs**. High blood pressure causes your heart to work harder to pump blood throughout the body. This can cause enlargement of the heart – a condition called cardiomegaly. Blood flow to an enlarged heart muscle is never adequate especially with exertion.

Blood Pressure Categories (source: *American Heart Association Blood Pressure Guide®*)

- **Normal:** Less than 120/80 mm Hg
- **Elevated:** Top number 120–129 and bottom number under 80
- **Stage 1 Hypertension:** Top number 130–139 or bottom number 80–89
- **Stage 2 Hypertension:** Top number 140 or higher, or bottom number 90 or higher
- **Hypertensive Crisis:** Over 180/120 mm Hg — seek emergency care immediately

Please remember that blood pressure readings are dynamic and can change. Treatment is never provided with a single reading. This is why you are given a Blood Pressure Card to track your blood pressure readings over time. Please share this card with your provider at each visit.

Risks and Complications of High Blood Pressure

- **Heart Disease:** Forces the heart to work too hard, leading to heart attacks or heart failure.
- **Stroke:** Damages the delicate blood vessels in the brain, which can block blood flow (ischemic stroke) or rupture a blood vessel in the brain (hemorrhagic stroke).
- **Kidney Damage:** Harms the blood vessels in the kidneys, reducing their ability to filter waste. Kidney disease or failure can be acute (AKD) or chronic (CKD). CKD is usually managed by dialysis which is long term and life-style altering.

Management and Lifestyle Changes

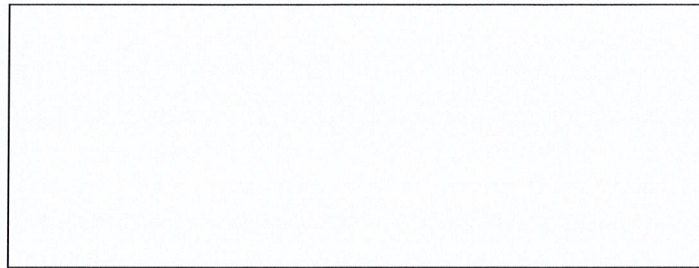
- **Healthy Diet:** Eat more fruits, vegetables, and whole grains while cutting back on salt (sodium) intake. **Limit caffeine intake and/or smoking for 30 minutes prior to assessing your blood pressure.**
- **Weight Control:** Lose extra weight to lessen the workload on your heart. **Consult your healthcare provider prior to starting any exercise or weight loss program.**
- **Exercise:** Be as physically active as possible on most days of the week. **Daily walks for 20-30 minutes five days each week are helpful.**

Medical Treatment: Take prescribed blood pressure medications if lifestyle changes alone are not enough. **Take all prescribed medications according to your healthcare provider's advice and directions. Please inform your provider of all medications you are taking including and especially over-the-counter (OTC) ones because some OTC medications interfere with the action of prescription medications.**

Disclaimer: This document is provided for educational purposes only. It is not intended to provide medical advice and is not intended to replace care or advice provided by your primary healthcare provider. References available upon request.



Grace United Church of Christ
100 Fourth Street
Hanover PA 17331



CHRIST CALLS US TO REACH OUT WITH LOVE AND SHARE GOD'S GRACE

WELCOME EVERYONE!

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(717) 632-1146

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