



Days of Grace

OCTOBER 2026 EDITION

UPCOMING EVENTS

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

OCTOBER

7TH – Red Cross Blood Drive here at the Church
9th – Monthly Movie @ 3:00 PM
17th – PAL – Grace UCC Helpers @ 9:00 AM
27th – Trick or Treat – 6:00 – 8:00 PM

NOVEMBER

1st – All Saints Sunday
4th – Red Cross Blood Drive here at the Church
11th – Bible Study Group @ 12:30 PM and Movie @ 2:00 PM
13th – Monthly Movie @ 3:00 PM
21st – PAL – Grace UCC Helpers @ 9:00 AM
29th – 5th Sundays are Special – 1st Sunday of Advent

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

Dear Friends,

The calendar pages continue to fly off the calendar. It seems like we just turned the page to September, and now October is here. The days move quickly, the seasons change, and before we know it, another month has come and gone. Pumpkins, apples, fall leaves, and a slight crispness in the air—all reminders that we are heading into autumn.



This is one of my favorite times of the year. In the busyness of the days, this time of year always reminds me to pause and notice the little things along the way. In those pauses, we notice the changing colors of the trees, the beautiful mornings, conversations with a friend, and the simple things we might otherwise miss.

The writer of Ecclesiastes reminds us, “For everything there is a season, and a time for every matter under heaven.” There is a season for everything. There are busy seasons and quiet seasons. There are seasons of celebration and seasons when life feels difficult. There are times when we feel like everything is moving forward, and there are times when we simply need to stop and catch our breath.

October gives us plenty of reminders to slow down and pay attention. The world around us is changing, but God is right there in the middle of it all. Sometimes we expect to find God in the big moments, but I think God is just as present in the ordinary ones. Maybe it is sitting outside with a cup of coffee on a cool morning. Instead of lamenting the never-ending cleanup of falling leaves, pause for a moment and notice God in the sound of leaves crunching under your feet.

As we begin this new month, I invite you to pause. Take a breath. Notice what is around you. Look for the little things that bring you joy. Find the moments where you feel peace. Pay attention to the people God places along your path. Through it all, look for the reminders that you are not alone. As October begins, take some time to notice. There is more happening around us than we sometimes realize.

Blessings and peace,

Pastor Amy



CONFIRMATION CLASS

GRADES 6-12

PILLAR #1: COMMUNITY AND BELONGING

✦ This pillar focuses on relationships, hospitality, and shared life within the church. We will learn what it means to be part of the body of Christ and practice radical welcome and hospitality, listening, encouraging, and supporting one another.

PILLAR #1 MEETING DATES:
SEPT 13 · OCT 11 · NOV 8 · DEC 13

9:00 AM - 9:45 AM

DECEMBER 13: CULMINATING ACTIVITY FOLLOWING
WORSHIP

NO MATTER WHO YOU ARE, OR WHERE YOU ARE ON LIFE'S
JOURNEY, YOU ARE WELCOME HERE!

Questions? Contact the church office.

JOIN US FOR A
MOVIE
Afternoon!

POP CORN

OCTOBER 9TH | STARTS @ 3:00 PM

★ FELLOWSHIP HALL ★

TAKE TIME.
RELAX.
ENJOY THE SHOW! ♥

Bring a friend and enjoy an
awesome afternoon together!

GOOD MOVIES
GREAT COMPANY
MEMORABLE TIMES

ADMIT ONE

HARVEST HOME

MEALS THAT STRETCH

There is always room for one more at the table.

This year for Harvest Home, we're collecting ingredients for simple, hearty Meals That Stretch—meals designed to feed a family and provide leftovers for another day. We will share a few meals and the ingredients needed.

Pick an ingredient or more from the list and bring them with you to worship.

We will collect these items and store them by the altar.

Take an ingredient. Fill a kit. Help fill a table.

Together, let's make sure there is enough to share.



◆ A Harvest Home Community Collection ◆

DONATIONS

Needed for

TRICK OR TREAT

We are collecting donations to help make Trick-or-Treat a fun and safe night for all the little ghosts, goblins and princesses!

Suggested Donations:

- Wrapped candy (individually wrapped please)
- Small toys & trinkets
- Non-food treats (stickers, pencils, etc.)
- Monetary donations (to help purchase supplies)

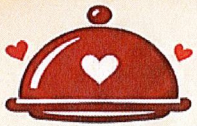
ANY DONATION HELPS!

Thank You!

Your generosity makes a difference!

Announcements

GET INVOLVED • SERVE • GROW • TOGETHER



PROVIDE A LUNCH (P-A-L)

Grace is still preparing the meal every **3rd Saturday** at the Hanover Area Council of Churches for the P-A-L lunch!

Contact Linda or Craig Bixler with any questions. Sign-up sheets for upcoming months are available in the Gathering Place.

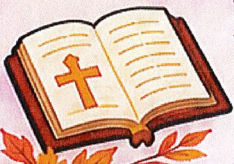
GATHERING PLACE REFRESHMENTS



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 willing to provide snacks. Nothing fancy is needed! 😊

A sign-up sheet is available on the bulletin board.



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 for helping make our worship service special!



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.



Prayer Line: 717-346-1703

You may leave a message on the Prayer Line.



Pastor Amy: 717-698-6366



Email: FawksAmy@gmail.com



OCTOBER FILM

This 1998 film is based on a true story about a U.S. corporate giant that polluted water in West Virginia which caused birth defects and in some cases led to death.



Friday, October 9th at 3:00 PM
Fellowship Hall

The film runs 2 hr. 6 min. and is rated **PG-13** due to some strong language.



Snacks provided!

Doors locked at 3:15 PM.



WOMEN'S MUSIC MINISTRY

Will be postponed until Lent.

Please Plan to join us then.



PERSONNEL COMMITTEE

The Personnel Committee continues to complete human resource responsibility goals using their "Timeline Goals by the Month."

Our focus this month is to review and revise documents as necessary.

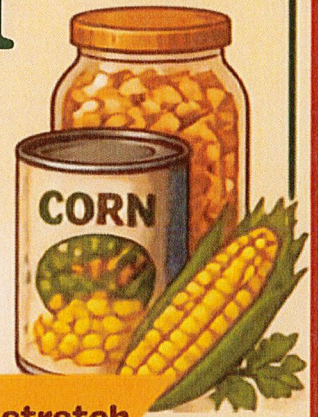


BLESSING OF THE PETS

There were no community visitors during the event. However, Grace members donated a car trunk load of pet food, treats, and cleaning supplies. The items went to the Adams County SPCA and Forever Love Rescue in Gettysburg. Thank you for your donations.

Together in Faith, Service and Community

HARVEST HOME MEAL KITS



Donations for simple, hearty ingredients for meals that stretch.

Meal Kit #1: Hearty Chili

Recipe makes 6-8 servings

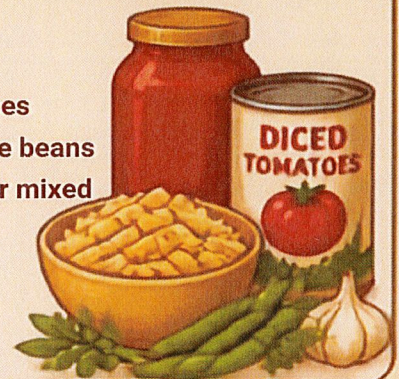
- 2 cans kidney beans
- 2 cans black beans
- 2 cans diced tomatoes
- 1 can tomato sauce
- 1 can corn
- 1 package chili seasoning
- 1 lb. pasta or rice
- 1 box cornbread mix



Meal Kit #2: Pasta & Tomato Dinner

Recipe makes 6 servings

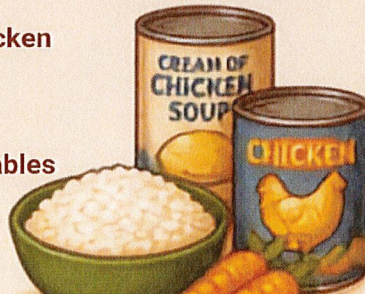
- 2 boxes pasta
- 2 jars pasta sauce
- 2 cans diced tomatoes
- 1 can kidney or white beans
- 1 can green beans or mixed vegetables
- Italian seasoning
- 1 box biscuit mix



Meal Kit #3: Chicken & Rice Casserole

Recipe makes 6 servings

- 2 boxes rice
- 2 cans cream of chicken soup
- 2 cans chicken
- 2 cans mixed vegetables
- 1 box stuffing mix
- 1 can chicken broth



Meal Kit #4: Taco Bean Bowls

Recipe makes 6-8 servings

- 2 cans black beans
- 2 cans pinto beans
- 1 can corn
- 1 can diced tomatoes
- 2 packages taco seasoning
- 2 boxes rice
- 1 jar salsa
- 1 package tortillas



CURRENT CONSISTORY MEMBERS - 2026

Co - President – Vickie Arnold . . . 717-476-1492
Co – President – Jenn Weaver ... 717-451-9703
Vice President - Joleen Fennell-... 717-633-7813
Secretary – Craig Bixler . . . 717-632-5606
Asst. Secretary - Anita Kincaid . . . 717-476-1222
Co – Treasurer – Brad Arnold ... 717-688-0890
Co – Treasurer – Rick Boyer ... 717-881-9116
Asst. Treasurer – Chelsey Topper ... 717-640-1092
 Becky Boyer . . . 717-881-9116
 Susan Dienes - . . . 717-870-1288
 Angie Boyers - ... 717-817-5344

GRACE UCC STAFF

Pastor - Amy Fawks . . . 717-698-6366
Organist/Dir. of Music -
Office Manager/Bookkeeper-
Karen Samuelson . . . 717-688-9891
Sexton – Zachery Jackson ... 301-802-1570
Office Phone Number . . . 717-632-1146
Prayer Line and Bible Moment . . . 717-346-1703

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



Lectio



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

NOVEMBER

November 1st - Joshua 3:7-17 & Psalm 107:1-7, 33-37 or Micah 3:5-12 & Psalm 43,
1 Thessalonians 2:9-13, Matthew 23:1-12

November 8th – Joshua 24:1-3a, 14-25 & Psalm 78:1-7, Amos 5:18-24 Psalm 70, 1 Thessalonians 4:13-18

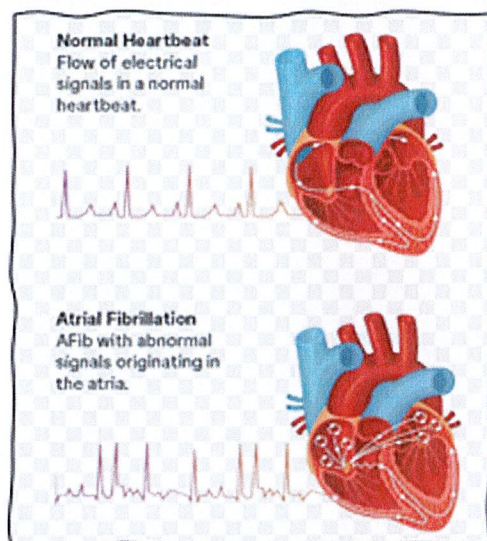
November 15th – Judges 24:1-3a, 14-25 & Psalm 78:1-7, Zephaniah 1:7, 12-18 & Psalm 90:1-8, (9-11), 12,
1 Thessalonians 5:1-11, Matthew 25:14-30

November 22nd – Ezekiel 34:11-16, 20-24 & Psalm 100, Ezekiel 34:11-16, 20-24 & Psalm 95:1-7a,
Ephesians 1:15-23, Matthew 25:31-46

November 29th – Isaiah 64:1-9, Psalm 80:1-7, 17-19, 1 Corinthians 1:3-9, Mark 13:24-37



Atrial fibrillation (aka, AFib) is a common type of irregular heart rhythm, or dysrhythmia, in which the upper chambers of the heart (the atria) beat fast and in a chaotic way (fibrillation). This mismatch means the heart does not pump blood well to the rest of the body, which can lead to shortness of breath, fatigue/tiredness, fast heartbeats, or a higher risk of stroke. It is classified as chronic (long standing) or acute (new onset). New onset **AFib** is a medical urgency. Medical consultation should be sought sooner and not delayed.



The electrical tracing, or electrocardiogram (ECG), in **Atrial Fibrillation** is called an *"irregular irregularity."* Compare the ECG tracings in the image to the left. The pulse also varies in intensity which can be felt when palpating the pulse at the wrist.

Atrial Fibrillation causes the loss of the "atrial kick" that completes filling of the heart's ventricles (lower chambers) thereby reducing overall cardiac output – the amount of blood (in liters per minute) the heart delivers to the body. This results in fatigue and/or shortness of breath, especially with physical exertion such as walking

Common Signs and Symptoms

- Fast, fluttering, or pounding heartbeat (palpitations)
- Extreme tiredness or lack of energy (impaired cardiac output and perfusion)
- Shortness of breath or trouble breathing especially exertional (might indicate fluid buildup in the lungs)
- Dizziness or lightheadedness
- Chest pain or discomfort

Main Causes and Risk Factors of AFib

- High blood pressure (hypertension)
- Getting older (risk goes up with age)
- Other heart problems or past heart attacks
- Thyroid disease, especially hyper- or overactive thyroid
- Diabetes
- Drinking too much alcohol
- Being overweight

Why AFib Is Serious

- Blood can pool in the upper heart chambers (atria) and form clots
- These clots can travel to the brain and cause a stroke or to the lungs and cause a pulmonary embolism especially if the atria have even one regular contraction which *is* still possible in **AFib**
- Over time, it can also lead to heart failure if the heart works too hard because the heart has lost the benefits of the atria (atrial kick)

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.

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Harvest Festival

Word Search

W	L	Z	W	A	I	D	R	E	B	M	E	T	P	E	S	U	T	P
K	F	P	Q	E	M	P	D	B	E	V	O	S	Q	U	A	S	H	A
M	A	K	A	F	M	T	H	R	W	O	R	C	E	R	A	C	S	T
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Y	R	T	T	E	F	V	A	O	W	Z	I	E	E	L	A	I	L	B
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I	R	T	Y	L	A	V	I	T	S	E	F	G	U	U	W	H	O	X
P	Q	P	Y	L	S	A	S	A	E	R	H	M	C	O	R	N	M	Z
O	X	W	H	W	T	H	A	R	V	E	S	T	E	A	Y	Y	U	N
C	H	L	J	X	I	C	H	B	A	R	B	Y	S	Z	S	W	S	F
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O	Y	U	S	V	O	O	F	C	H	O	T	A	E	F	T	A	G	P
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T	L	V	B	M	C	K	S	C	R	L	G	W	S	P	F	N	Q	S

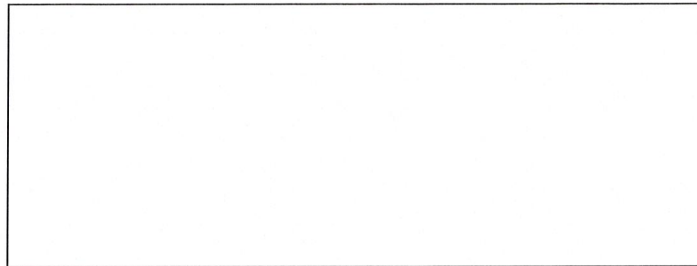
ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST

HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH





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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