

Sabbatical/Sabbath Rest, part 3

Pastor Doug Hinton

Between June 28th and September 12th, I spent time on Sabbatical, unplugged from the life of the church to spend time with God, time with family, time to heal, and most importantly, time to rest. On September 20th, I spoke of my time travelling with family out to Colorado and my time at Saint Vincent Archabbey on silent retreat, and on September 27th, I'll speak on my readings from God's Chosen Fast by Arthur Wallis and Crucial Conversations: Tools for Talking When Stakes are High, by Joseph Grenny, Kerry Patterson, Ron McMillan, Al Switzler, and Emily Gregory. Through this time, I met with Galen Hackman who preached back in May on Sabbatical practice as well as a coach from Tin Man, an organization a friend suggested to help me ground and process my emotions as I minister.

I learned two lessons from one event after hiking more than seven miles in Colorado at elevation, becoming very ill and taking a trip to the ER for three hours at 10 o'clock at night. 1) My core is healthy: my heart and lungs are strong. However, I am overweight and need to get serious about addressing my health. Steps in that direction will take the shape of running and fasting. 2) I need to be honest about what I can and cannot do, meaning, I'll say 'no' more in the future as well as ask for help. If those two steps do not address a situation, then maybe that event doesn't need to happen and I can let it go. Another aspect tied to this is learning rhythms of rest and rejuvenation. This will be fleshed out in the upcoming year.

As my family and I began our trip West, I started a journal naming past hurts and how I have dealt with them, beginning in my early teen years and working toward my time in ministry. My time at

Saint Vincent Archabbey helped me begin to bridge these gaps. Father Shawn Anderson led five sessions on the book, Into the Silent Land: A Guide to the Christian Practice of Contemplation by Martin Laird. I attended my first (and second) Catholic Mass, daily times of prayer, learned about Catholic practice, and attended five learning sessions around the named book.

The crux of the lesson fell into a three-step practice:

- ▶ Notice: What happened – just facts?
- ▶ Accept: Can I give an honest account of what happened?
- ▶ Surrender: my will to Christ.

This practice is used in the midst of silent prayer where, when one's thoughts begin to stray, the one praying turns to the 'prayer word,' a Scripture to repeat to refocus. As you meditate on God's Word, you invite God's presence to sit with you, allowing His presence to bring things, events, people to mind that He may want you to forgive, pray for, or address in your own

being. For example, I carry a fair amount of unforgiveness, especially when I cannot understand a person's actions or what made them do what they did. God brings to mind a certain individual: notice – what did they do? Just the facts, not my interpretation. Second, accept an honest account of what happened. Finally, surrender my will – my thoughts, emotions, my desired outcomes, and my actions – surrender my will to Christ's. I struggled with acceptance and when I asked Fr. Anderson to clarify, he began to teach from the Unmerciful Servant found in Matthew 18, a lesson I taught men back in January at a men's breakfast. It was like God

"Trust in the Lord with all your heart
And do not lean on your own
understanding.

In all your ways acknowledge Him,
And He will make your paths straight.
Do not be wise in your own eyes;
Fear the Lord and turn away from evil.
It will be healing to your body
And refreshment to your bones."

Proverbs 3:5-8

showing up and smacking me right in the face – in a loving, convicting, and clear way. I finally had to face things as they happened, recognize my own brokenness and sin, and begin to work toward sincere forgiveness. I am learning to accept when things do not meet my expectations and surrender to what Christ may have for me. What do you need to accept in life? Who do you need to forgive? Where do you need to surrender your will to Jesus? This will be an ongoing life practice.

Next month, I'll continue reflecting on my time off. In that time, I'd like to hear from you. My questions for you:

- 1) What stands out to you about this time of Sabbath? What did you learn about yourself, the body, and/or Christ?
- 2) Who stepped up to use their gifts?
- 3) Did any concerns come to light? (or, what did not work?)
- 4) Have any themes come forward—words, Scriptures, ideas around ministry?
- 5) Did you learn anything about me in my absence that I may need to hear?

Next month, I'll speak about communication and fasting. A large part of both of those is listening and awareness. Please share your thoughts, experiences, and feeling with me from the last couple of months so that we can learn how to do things even better in the future! God is good. God is near.

Your brother in Christ,
Doug Hinton
Pastor

Associate Pastor of Discipleship

“Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever.” Psalm 23:6

Recently I had the honor of presiding over the committal service of a long-time member. While I didn't know him well, everyone I spoke with in preparation for the burial had glowing things to say about this man. He was humble. Hardworking. Dedicated to serving God's people and kingdom well. A devoted husband and father. And in those last moments before the casket was closed, I observed his wife surrounded by her sons stand and say their final goodbyes. And then one of the “boys” said, “He was a good dad. He was a very good dad.”

These sacred moments were evidence of a life well lived. Of a cherished individual loved well and committed into the hands of Almighty God. A life of discipleship concluded in due time and entrusted into eternity.

As I contemplated Psalm 23 in advance of that service, and as I sit with verse 6 now, I'm reminded of how very much God is looking forward to this eternity with each of us in the future. So much so that we are already seated both on earth and in the heavenly places all at once. (Ephesians 2:6) And the word “follow” in that verse above? It comes from the Hebrew *radaph* which means to pursue, run after, or chase. How amazing is it that the goodness and mercy of God is literally chasing us down? What good news for God's people!

And how do we experience this? By engaging with God, with his people and his creation. We come to know the Father, the Son and the Holy Spirit by intentionally spending time with them. Clearly that can and should be done by spending time in scripture, in prayer and meditation, participating in worship services and the like but if you need some fresh opportunities to connect with God, perhaps one of the following might speak to you:

- Take a walk and notice the beauty of God's creation. If walking is hard, find a bench and observe or take a drive.
- Set boundaries around social media/tv/etc. and sit in the stillness.
- Practice breath prayer.
- Keep a notebook in which you jot down verses that are meaningful, prayers, thoughts, etc.
- Spend meaningful time with your people. What rises up within you?
- Read scripture from a different translation than your usual choice. What do you notice?
- Read *Practicing the Presence of God* by Brother Lawrence. What can you learn from his experience?
- Listen to inspired music.
- Practice confession with a trusted friend.
- Record moments of joy daily. Thank God for them.

As you can see, a life of discipleship is very much about simply spending time with God. We can't know a God with whom we never spend time, and often I think we can complicate that idea. Let's all purpose to choose one simple way to slow down, take a deep breath, and connect with God intentionally in the next month. I can't wait to see how He shows up in your life!

In Christ,
Pastor Laura



It's tough to believe that Fall is already here. For me, the Back to School season goes by so quickly as we jump back into routines and structure. The days seem to fly by at the beginning of the school year, and the sun is suddenly setting much earlier in a different spot in the sky.

With Fall also comes the solid reminder that although the seasons change, God's faithfulness stays the same. We will be leaning into this reminder with the children throughout this season.

In Children's Church in September, we are diving into our new curriculum, Simply Loved. Our first few units start us off in Genesis, and we are learning (and re-learning for many) the ins and outs of when God created the world. Although the story of Creation has been learned before, it was neat to hear some of the children asking new questions!

We enjoyed spending time together on Rally Day in mid-September! What an exciting time in the church to welcome Pastor Doug back from his sabbatical. We celebrated after the worship service with a delicious meal, some ax throwing, a corn hole tournament, and a few other fun games!

We will be holding our annual Harvest Fest on Sunday, October 18th at 3:30! There will be many new station options this year, as well as our Trunk-or-Treat to end the evening! Additionally, you will have the opportunity to donate to an Outreach Organization by entering a raffle to throw a pie in Monica's face! There are also many ways in which you can get involved by donating or volunteering- please stop by the table in the Narthex to check it out!

Stay tuned for more info, and please help us to spread the word! Registration is now open, so please let us know if you plan to attend!

Registration link: <https://forms.gle/DQR9jgtmrq1YdEXY9>



Upcoming Dates:

-10/18- Harvest Fest

-12/6- All-Church Meal and Gingerbread Competition

Your sister in Christ,
Monica

Messages in October

October 4



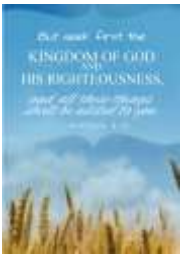
Testimony of a Shepherd

1 Samuel 17, John 10

Pastor: Doug Hinton

What does the testimony of a Shepherd look like? What might it entail? In seminary, I had a professor ask, “What if David and Goliath was not a story about a boy and a giant, but a shepherd and a king? What if it’s not about David and Goliath, but David and Saul?” Clearly, this stuck with me as this was more than 10 years ago. We’ll look at David’s speech and actions going into his confrontation with Goliath and compare them to Saul’s words and actions. What might a person with shepherding gifts care about, speak about, focus upon?

October 11



Testimony of a Teacher

Matthew 6:25-34; Luke 12:18-21

Pastor: Laura Meiser

What is the testimony of a teacher? From the very beginning, followers of Christ referred to him as Rabbi, or teacher if we translate from the Hebrew. As he called people to follow him, Jesus utilized a variety of teaching styles drawing on what he saw around him as he walked and talked, things those around him would immediately know to be true (but we might not 2000 years later), and even through challenging those around him when it was called for. What can we learn from Christ’s example? What might a teacher or preacher find important that the rest of us might not?

October 18



Testimony of a Prophet

2 Kings 6:8-23; Matthew 13:53-58

Pastor: Doug Hinton

From where does a prophet seek strength, approval and purpose? Ultimately, what is a prophet’s reward? Jesus carried strong words about a prophet and his hometown, as well as the treatment of prophets of the Old Covenant. Today, we look to Elisha, that is, Elijah’s successor. The king of Aram sends enough horses, chariots, and soldiers to surround the city of Elisha and his servant to bring Elisha back with them. Why such force for two men? Yet, when the city was surrounded, Elisha did not fear; he knew the power of the One he served. So, what happened? How did Elisha’s king respond? What does this point to today and how we receive a prophet’s message?

October 25



Testimony of a Helper

Luke 10:38-41

Pastor: Laura Meiser

What is the testimony of one displaying gifts of service or to whom we look to for help? A hospitality minded individual who immediately comes to my mind is Martha of Bethany. We know this story well, and at times find ourselves rolling our eyes at Martha's "poor choice". What if there is more to the story? As those gifted in behind the scenes serving and helping, how do we honor God's call on our lives without getting our being and our doing out of balance?

HCOB Family News



Checks For You

... Blood Pressure Checks that is.

The Deacon Committee, through their Health Ministry Team, is providing monthly blood pressure checks to all participants of our church family.

Next check November 1.

Where: Library

When: After the church service



It is coming to that time of year when we make sure that our church directory is update with all your latest information. If you have changed something (i.e. phone numbers, address, etc.), please send a note to Irene at office@hempfieldcob.org.

Welcome New Member!



A Short Biography of Vivian Moyer New Member August 23, 2026

Vivian Moyer was received as a new member in our Hempfield Church of the Brethren on Sunday, August 23, 2026, by transfer from the Trinity United Methodist Church in Denver, PA. She also recently moved into an apartment at Brethren Village from her long-time residence near Denver. Her husband Richard passed away in April 2025. Our Lord Jesus Christ generously facilitated an easy sale of her property between April and Thanksgiving, when she took up residency in her apartment at BV. She was also wonderfully blessed by our Lord to receive an apartment at BV so quickly. Her good friends, Janice and Ed Haldeman helped her to choose her apartment.

Vivian is blessed to be the mother of one child, her daughter Trisha, who lives and works in New York City. She has made a number of trips by train to New York City so you can ask her to show you how to find someone in Grand Central Station.

After studying in college one year, she took a job at the former Denver and Ephrata Telephone Company. Later she worked as a Teacher's Aid in the Denver elementary school (Cocalico School District). When her daughter went off to college, Vivian returned to the D & E Telephone Company. Her career took another turn when the phone company was sold and all the employees were terminated. Her next employment was with the County of Lancaster as a court clerk in the Denver (PA) area office. She is now retired.

She was active in her home church, Trinity UM Church, where she held numerous positions. For her own enjoyment she played her piano. She learned seven chords on her guitar and enjoyed playing songs that could be played with those seven chords. She parted with those instruments when she moved to BV. But she loves to sing and has chosen to join our choir. Involvement in many activities at BV keeps her busy. Ask her about drumming, one of her favorite activities.

Ed and Janice Haldeman invited her to attend our church. She accepted their invitation and has chosen to become part of our church family.

We welcome you, Vivian, and invite you to share your life and talents with us.

Del Kautz, Biographer



Offering tabulators for 2026

Cycle A: January, April, July, October

Dan Witter

Deb Bendit

Cycle B: February, May, **August**, November

Gary Shenk

Darren Meiser

Cycle C: March, June, September, December

Dave Dum

Rick Schaidle

Alternates:

Justin Kleinfelter, Jim Kettering, Tom Connelly, Wes Bowers

We heartily thank these individuals for their willingness to help in this important work of the church. You are a vital part of the ministry of the church. With the accurate nature of the work they do each Sunday, only those scheduled should be present as they count the offerings. If you cannot be available on the weeks that you are scheduled, please make arrangements to obtain coverage for yourself from another tabulator or substitute volunteers. Please don't leave your partner alone with the job. Blessings and thanks to all who volunteered. If you are interested in helping, please see Justin Kleinfelter.



Help Wanted: **FINANCE TEAM**. We are seeking individuals to help guide and be a steward for the Church's finances. Experience is not needed, but must be willing to learn and share ideas. Anyone interested in hearing more, please contact Justin Kleinfelter. 717-585-3472



HCOB's 2 Cent-A-Meal Offering is part of the Global Food Initiative (GFI) which is a Church of the Brethren ministry. Since 1983, GFI has raised over \$8,000,000 for community development projects in numerous countries around the globe; empowering people to meet their nutritional needs, to farm sustainably, to feed children, and to create livelihoods. Donations to the Global Food Initiative Fund support practical, faith-rooted responses to hunger through international partners, U.S. congregations, and trusted food justice organizations—expanding access to food, clean water, sustainable agriculture, nutrition education, and livelihood opportunities. Many GFI grants support global Church of the Brethren denominations as they minister in under-resourced contexts with high poverty levels, social inequality, unstable political circumstances, ongoing violence, and other challenges. (Irene, if you want more, you could add the following.)

Our offerings make a difference!

- **Farmers and communities built long-term resilience** through sustainable agriculture trainings, school gardens, small animal microbusinesses, and improved crop processing and storage.
- **Families gained more reliable food access** through church food pantries, community meals, Blessing Boxes, fresh produce from church gardens, and garden education.
- **Clean water came closer to home** for families, reducing the burden of long walks for water and supporting health, school attendance, and daily life for women and children.
- **The church's witness for food justice expanded** through partnerships that strengthen hunger advocacy, global food security, and farm worker justice.

HCOB collects the 2 Cent-A-Meal offering quarterly, on the second Sunday in March, June, September and December.





Featured Hymn Writer

October 2026

Keith & Kristyn Getty

Our hymnwriters for this month are a duo from our current time in history and known throughout the Christian and gospel music community. They are probably best known by many for their song, "In Christ Alone", written by Keith Getty along with Stuart Townend. Our biographies will give a brief life history of The Gettys, both Keith and Kristyn. Keith was born in 1974 to musical parents and later studied at Durham U. In Durham, England. He also took private conducting lessons in both London and at Tanglewood Music Center in Massachusetts. Kristyn was born in 1980 in Belfast, Northern Ireland. She later studied English literature and ethnomusicology at Queen's University in Belfast. She was a member of several local bands in the early days of her career, as well as a songwriter. Her first song was released in the album "Your Song to Me" under her maiden name, Kris Lennox. The couple married in 2004, then moved to Switzerland and worked at the International Church in Geneva, as well as with several organizations and projects in Northern Ireland. Soon after that they moved to Cleveland, Ohio and were based at the Parkside Church for 4 years, along with Alistair Begg who mentored them. From there, it was on to Nashville on 2010.

Their number one song soon took off across the world, attaining the highest ever rating in England, and from there to Australia and the U.S. The song has been recorded and performed by many gospel groups in many countries. The Gettys performed it in person for President G.W. Bush and Mike Pence. It was also nominated for a Dove award in 2007. Their musical style has been influenced by Irish folk music, as well as by classicists like Bach and Gershwin. Begg was also influential to their writing with his constant reminders to remain spiritually alive in their hymns. The duo has done countless tours with their well-known albums, such as "Joy-An Irish Christmas" since 2011, even performing at Carnegie Hall, along with Ricky Skaggs. They have entertained in over 20 U.S. cities alone in 2014.

Today the couple live in both Nashville and Northern Ireland with their four children. They continue to be prolific writers and performers and have produced countless albums from "In Christ Alone" in 2007 to "Sing from Generation to Generation" in 2025. They have been the recipients of numerous honors both in England and other countries.

Keith actually performed at Lancaster Bible College in 2011. Both collaborated in writing a book entitled "Sing. How Worship Transforms Your Life, Family and Church" in 2017.

We will experience some of their awesome music here at Hempfield during the month of October.



Current Study...



In the pages of Matthew's Gospel, we find the tax collector-turn-disciple present to us a snapshot of the life and teachings of Jesus. This certainly is not a complete biography nor an exhaustive collection of Jesus' teaching. Instead, we will be looking how Jesus words transformed the lives of people in his day and how they can impact our modern day lives and faith.

- Oct. 4th - Matthew 11:1-6, 16-24 **Comforting Doubts**
- Oct. 11th - Matthew 12:14 **Rejecting Legalism**
- Oct. 16th - Matthew 13:34-30, 36-30, 36-43 **Judgement Coming**
- Oct. 25th - **Congregational Gathering (No Class)**



HCOB Youth Ministry exists to be a loving, Christ-centered community that grows together in faith and life.

At HCOB Youth Ministry, we desire to see youth who build bridges between the church and the world through the profession of Christ as Savior, discipling others in their walks of faith, and continuing in communion with church and family.

To those I have not had the chance to meet with yet, let me introduce myself a little bit. I will go over some basic information here, but I hope to have the chance to introduce myself to all of you soon and have us all get to know each other better.

My name is Christian Strickler and I am the new Youth Director for Hempfield Church of the Brethren. I grew up in the Church of the Brethren, with my grandparents being copastors in the church for over 50 years. I am married to my lovely wife, Shannon, who currently serves as a Deputy Coroner for Lancaster County. We have two boys, Ephraim (who will be 9 in October) and Atlas (who turned 4 in August).

We moved from Martinsburg, WV to Millersville in January 2025, and shortly thereafter, I graduated from Liberty University with a degree in Biblical and Theological Studies.

I have been blessed by God that He and the church have selected me to lead your students and it is not a responsibility I take lightly. I pray that you and your students are as excited as I am to start this time together, learning from each other and the Spirit, as He directs us. Please feel free to reach out to me should there ever be any questions or concerns. Christian Strickler



Hempfield Church of the Brethren supports a wide group of outside ministries with the Outreach dollars that you give. Look here each month to read a bit about those ministries – perhaps get involved if the Spirit leads....



Dear Partner in Ministry,

Thank you for partnering with Bible2School! Your involvement with our mission is **vital** as we reach out, into the public schools, to share the good news of Jesus' love and share His message of hope to 2nd, 3rd, and 4th graders.

Last year we served over 500 children in our Manheim Central and School District of Lancaster programs.

As we anticipate opening our 2026/27 program year, we wanted to share our volunteer opportunities with you. There are opportunities to volunteer any day of the week. The following classes in particular need volunteers to open:

- Monday, Burrowes Elem. 4th grade (School District of Lancaster) 12:00pm - 2:00pm
- Tuesday, Price Elem. 2nd grade (School District of Lancaster) 11:00am - 12:30pm
- Tuesday, Price Elem. 4th grade (School District of Lancaster) 12:15pm - 2:00pm
- Tuesday, Baron Elem. 2nd grade (School District of Lancaster) 10:00am - 12:00pm

Volunteers are needed to open our doors to children waiting to hear the Gospel.

One parent shared with us: "We have now started attending a church because our daughter enjoyed Bible2School so much."

Would you please help us get the word out to your congregation? I have attached bulletin inserts and a presentation slide to help get the word out about Bible2School.

Thank you, again, for partnering with Bible2School! Your involvement is making an impact on the lives of children in Lancaster County. Please feel free to contact me or Carol, our Program Director, with any questions!

Steph



TNT Prayer Letter—September 2026

Dear Prayer Partners,

Thank you so much for faithfully praying for TNT! The school year has officially started, and we are so excited to see what God is going to do this year.

We believe prayer is the fuel of our ministry. We don't want to accomplish the work God has called us to through our own efforts, but through seeking the Father and depending on Him through prayer. Thank you for standing in the gap and faithfully lifting TNT, our staff, volunteers, and the students we serve.

Praises

Volunteer Retreat

Last month, we shared about TNT's Volunteer Retreat for our Youth Center volunteers. We were so blessed to have **30 adults** attend our training as we prepared for the upcoming school year. We had lots of laughs, meaningful conversations, and intentional times of prayer as we prepared our hearts for the year ahead. We are so thankful for each volunteer who is willing to invest in the lives of students!

Volunteers

God has blessed TNT with volunteers for our Release Time programs, Youth Centers, and on-campus ministry. We could still use additional support in some areas, but overall, God has faithfully provided workers to help us in the Harvest. We are praising Him for the people He has called to serve alongside us!

On-Campus Ministry

God has once again blessed TNT with the opportunity to serve on campus and work with young people throughout the school year. TNT will be serving in 3 school districts and 10 different

buildings this year. We are incredibly thankful for the favor God has given us with our school districts and for the doors He continues to open for ministry.

Prayer Requests

Youth Centers Starting Up

September 14 and 15 mark the start of all three of our Youth Centers for the new school year. Please pray for these ministries as we begin another year. Pray that TNT would be able to build meaningful relationships with students, especially students who do not know Christ, and that God would open their hearts to the Gospel.

Favor in Our Schools

Please pray for protection and favor as we serve in our public schools. Pray that God would continue to open doors for fruitful ministry and that He would provide divine appointments with students, teachers, administrators, and others as we walk the halls throughout the year.

Upperclassman Retreat

Coming up in October, TNT will be holding our annual Upperclassman Retreat. Please pray that God would use this retreat to deepen relationships, soften hearts to the Gospel, and bring about radical transformation in the lives of the upperclassmen we have the privilege of working with.

TNT Finances

TNT has officially begun a new fiscal year in September, and we are so thankful that God is faithful and always good. At the same time, we believe God is calling TNT into something more as we seek to reach and disciple more young people in our communities. Please pray with us for God's financial provision and for wisdom as we faithfully steward the ministry He has entrusted to us.

Our Staff Serving on Campus

Please pray for the TNT staff who are serving on the front lines of our ministry this year. **Felicia** is serving in our Ephrata elementary programs, **Steffy** is serving on the Ephrata campus, **Malachi** is serving in Hempfield, and **Jack** is serving at Warwick.

These staff members have the incredible opportunity to build relationships with young people throughout the school day. Please lift them up in prayer, that God would give them wisdom, energy, protection, boldness, and opportunities to share the hope of Jesus with the students they encounter.

Thank you for standing in the gap for TNT. We truly believe that what happens through this ministry begins with what happens on our knees. Please continue praying with us as we pursue the one and trust God to bring about transformation in the lives of young people throughout Lancaster County!

October Calendar

For more details about upcoming events and up-to-date calendar information, please visit
<http://www.hempfieldcob.org/whatsup.html>

October 2026



RETURN SERVICES REQUESTED

Hempfield Church of the Brethren
P.O. Box 246
East Petersburg, PA 17520