



Tidings

July 2024



Continuing the work of Jesus. Peacefully. Simply. Together.

MISSION STATEMENT

The mission of the Hagerstown Church of the Brethren is to celebrate the love of Jesus Christ and glorify the Lord by striving to live as Christ lived experiencing the power of God's healing in our lives. We seek to nurture our faith community through prayer, music and the proclaimed Word, while enthusiastically reaching out to others with compassion, respect and love for everyone so that we may grow in faith and commitment together.

VISION STATEMENT

*The Hagerstown Church of the Brethren, A Living Peace Church: A caring community gathered round the Risen Christ that
...Welcomes the stranger
...Empowers our neighbors
...Embraces the diversity among all people as we continue the work of Jesus peacefully, simply, together.*

Hagerstown Church of the Brethren
15 South Mulberry Street,
Hagerstown, Maryland 21740
Telephone: 301-733-3565
Fax: 301-733-3598

Office: Tuesday—Friday
Flexible hours
(appointments welcome/
call ahead)

Praise Worship 8:30 AM
Sunday School 9:30 AM
Worship and Facebook Live at 10:45 AM

<http://www.hagerstowncob.org>
facebook.com/hagerstowncob

In This Issue

Sundays in July	2
HCOB Student Scholarship	2
Attendance/Offering	3
Thank You	3
Church Directory Updates	3
Birthday/Anniversary	4
Prayer Concerns	4
Sympathy	4
July Schedule	5
Global Mission Prayer Guide	6&7
Parish Nurse Article	8
GriefShare/Loss of a Spouse	8
Puzzle Page	9

The Pastor's Pen

Bird watching has become a favorite pastime for me and Don. We have great seats to watch the birds that call our yard home. We have had wrens and chickadees build nests in the front yard; and robins, mockingbirds, blue jays and house sparrows make nests in the backyard. I have longed for bluebirds to make our yard home, but a house sparrow with persistence, has claimed the bluebird house as his own.

It is interesting to watch the birds fiercely guard their nests and the fledglings in them. We have watched as parents swoop down to chase off threats. We have listened to the vocal warnings sent to deter the enemies. Although there have been some casualties, there have also been little ones who persevere and move on to continue the cycle of life.

In contrast to the efforts and successes we have observed...there is that one male house sparrow who has taken over the bluebird house that seems to have a different agenda. Even though I tried to discourage him from making the bluebird house his home, he seemed to win the battle, and I thought he had a nest with young ones in the house.

But then, Don told me that he observed the house sparrow chase off females who tried to enter the house. We also noticed that little ones did not come to the hole of the house to be fed, as we have observed others do in the past. So, I opened the door to the house and saw only a few twigs in it. There was no nest or little ones. Apparently, this one crazy house sparrow wanted the bluebird house just for himself. He selfishly was defending his own interests. I guess he was missing the instinct gene.

This led me to think about our journey as Christians. I was thinking how everyone is created by God and with that we have this special connection and draw towards God. Yet, not everyone welcomes that connection. Granted, some may not have been nurtured or invited to seek a relationship with God; which should remind all Christians that we have work to do. But then, there are others who just don't want God in their lives because they are too busy...call it selfishness...with their own interests.

God did not create us to be loners. God created us to be a family that supports, nurtures and protects one another. We inherit His Spirit that inspires us and directs us to care for our relationship with God and with each other; and for each other's needs. Our prayers should be that we are always in-tune with one another; especially noting and reaching out when a deeper need for the family's love is needed. Our prayers should also ask for the awareness and the guidance to reach out to those loners who reject God and the family of God. Perhaps with an encouraging word and extended actions of love, they will accept a welcome into the family of God. Let us work together to this end, to be family and to grow God's family.

God bless you all, my family.
Pastor Twyla

THEFORE ENCOURAGE
one another AND BUILD
one another up
as indeed you do. 1 THESSALONIANS 5:11

Sundays in July

Date	Pastor	Worship Leader	Sermon	Scripture	Greeter	Special
07/07/2024	Pastor Ron Shank	Larry Wisherd	“The Tapestry of Life”	Psalm 143	Suzanne Buhrman	Food Pantry/ Fellowship Time
07/14/2024	Twyla Rowe	Candice Summers	“Seekers in Sneakers: Discover Jesus”	Ephesians 1:3-14	Doris Smith	Parish Nurse/ Junior Church
07/21/2024	Twyla Rowe	Linda Baker	“When Plans Get Derailed”	Mark 6:30-34, 53-56	Ed & Eunice Plank	
07/28/2024	Twyla Rowe	Chris Herman	“The Bigger Picture”	Ephesians 3:14-21	Brenda Shane	Junior Church

Both services follow same sermon & text. All information subject to change without notice.



Fellowship Time Sunday, July 7th

We're in need of volunteers to provide goodies for Fellowship Time, held the first Sunday of each month from 10:20 am—10:40 am. Goodies may be your favorite recipe or a delicious store bought treat. Suggestions include cookies, muffins, or doughnuts (3-4 dozen of whatever you choose) and may be dropped off in the Mullendore Room (the room behind the wing of the sanctuary) that morning. Beverages and paper products are provided. Please sign up on the sheet located in the west entrance, or contact Kristal Bricker or Amy Hardy. Thank you for helping to make Fellowship Time possible!



Annual Conference

July 3-7
Grand Rapids, Michigan

Please remember to pray for our delegates, Virginia Nalley, Pastor Twyla Rowe and the Conference.



Community Breakfast

Saturday, July 13, 2024
9:00—10:30 am

Hagerstown Church of the Brethren

Our Community Breakfast is held the second Saturday of each month.



Parish Nurse Blood Pressure Screenings

Our Parish Nurse Blood Pressure Screenings are held the second Sunday of each month in the Fellowship Hall before the 8:30 AM Morning Praise Worship Service and in the Mullendore Room before the 10:45 AM worship.



Pastor Twyla will be away at Annual Conference July 3rd through the 7th. If you are in need of regular pastoral care, please contact your deacon. In case of an emergency, please contact Eddie Edmonds at 304-671-4775.

The church office will be closed for the July 4th Holiday.

The Administrative Assistant will be on vacation July 25th & July 26th.

Summertime is Here!

We want to take this opportunity to remind you that in the summer many of the neighborhood children ride bikes and trikes on our parking lot, especially in the afternoon and evening. They're low to the ground and moving fast so please be on the lookout for them when you visit the church. When on foot, please also be on the watch for cars speeding through the parking lot to “beat the light” at the corner.

Check out the church calendar at www.hagerstowncob.org
Click the calendar tab!

Hagerstown Church of the Brethren Student Scholarship Fund

The Service & Outreach Team is inviting students to apply for our yearly distribution of funds from the Student Scholarship Fund. A letter of interest needs to be addressed to Suzie Wolfe, Chair, by August 31, 2024. Please include where you will be attending and what your major is. Also, please include the school's address.

Thank You!

The Service & Outreach Team would like to thank all of our church members and friends who helped us have a very successful Community Picnic held on Saturday, June 8th. Many of you volunteered to help us with the picnic, made baked beans, and donated gently used clothing. The parking lot was full of our neighbors, and they had a great time. A special thank you goes to Martins Grocery Store for donating bags of food. Thanks again, we could not have done this important ministry without you!! - *S&O Team*

Thank you to the VBS Skit players and thanks to Kevin Loy for his excellent artwork on the backdrops. You all did a wonderful job! - *Mary Means*

HCOB received a thank you card from Church of the Brethren in Elgin. "Thank you for giving to the missions and ministries of the Church of the Brethren. With gratitude, we acknowledge your support of: Disaster Child Care (Christian Lifestyles Sunday School Class)."



JUNIOR CHURCH

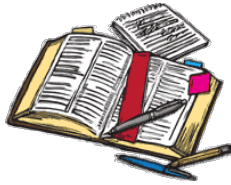
Junior Church will be held the second & fourth Sunday of each month.

This is open to ages Kindergarten through Grade 6. We will gather in the Fellowship Hall for a special time together.

Parents may, of course, opt to keep their child in worship with them especially if the child is uncertain about going, or parents may accompany them.

Christian Education Ministry Team

Daily Bible Reading



Home Communion & Anointing

Persons desiring a pastoral visit, home communion, spiritual direction, or a service of anointing, are invited to call the church office at 301-733-3565.

Anointing with oil for the healing of body, mind or spirit is offered upon request. Please contact the pastor to receive this ministry of healing and faith commitment.

Intercessory Prayer is an important ministry of our congregation. If you have a prayer request, contact Judy Dahlhamer at 301-797-1326.

JULY

- ◇ 1 Luke 15-16
- ◇ 2 Philippians 3-4
- ◇ 3 Leviticus 10-12
- ◇ 4 2 Kings 1-5
- ◇ 5 Psalm 78-80
- ◇ 6 Proverbs 8-9
- ◇ 7 Ezekiel 19-24
- ◇ 8 Luke 17-18
- ◇ 9 Colossians 1-2
- ◇ 10 Leviticus 13-15
- ◇ 11 2 Kings 6-10
- ◇ 12 Psalm 81-83
- ◇ 13 Proverbs 10
- ◇ 14 Ezekiel 25-30
- ◇ 15 Luke 19-20
- ◇ 16 Colossians 3-4
- ◇ 17 Leviticus 16-18
- ◇ 18 2 Kings 11-15
- ◇ 19 Psalm 84-86
- ◇ 20 Proverbs 11-12
- ◇ 21 Ezekiel 31-36
- ◇ 22 Luke 21-22
- ◇ 23 1 Thessalonians 1-3
- ◇ 24 Leviticus 19-21
- ◇ 25 2 Kings 16-20
- ◇ 26 Psalm 87-89
- ◇ 27 Proverbs 13
- ◇ 28 Ezekiel 37-42
- ◇ 29 Luke 23-24
- ◇ 30 1 Thessalonians 4-5
- ◇ 31 Leviticus 22-24

Cash for Causes/ Martin's Gift Card Program

Purchase Martin's gift cards to take to the store to pay for your groceries or gas, and 5% of the face value of the gift card is a donation to the church and goes toward your yearly charitable contribution.

To purchase a card, please contact Larry Kees, Jr. (301-331-0107). If you can't pick them up on a Sunday, we can make arrangements to leave cards in a church mailbox or snail mail them to you.



The first Sunday of every month is Food Pantry Sunday. Bring in your gift(s) of non-perishable food items, place them on the cart as you enter the west entrance, and a volunteer delivers the food. **Our Food Pantry collection July & August will be going to Holly Place.**

We thank everyone for their continued support of this ministry to our community!

Just a reminder - all items should be either dry, boxed, or in cans. Please do not bring in anything in a glass jar that could break and injure a recipient or our volunteers.

July 2024 Schedule

Please check the weekly bulletin and the online calendar for changes as they happen. Our schedule is subject to rapid changes

Monday, July 1

Church Office Closed

Tuesday, July 2

8:00 pm HCOB Softball/Lights Field 1

Wednesday, July 3

Annual Conference/Grand Rapids, Michigan

Administrative Assistant/Work from home

12:00 pm Deadline for bulletin announcement submissions

Thursday, July 4

Annual Conference/Grand Rapids, Michigan

Church office closed

Friday, July 5

Annual Conference/Grand Rapids, Michigan

8:00 am Bulletin preparation time/Church office

1:00 pm Islamic Center/Use of Parking Lot (1-3pm)

Saturday, July 6

Annual Conference/Grand Rapids, Michigan

Pastor Twyla's day off

Sunday, July 7

Annual Conference/Grand Rapids, Michigan

Food Pantry Sunday

Pastor Ron Shank/Guest Preacher

8:30 am Morning Praise Worship/Fellowship Hall

9:30 am Sunday School, individual classrooms

10:15 am Fellowship Time/Mullendore Room

10:45 am Worship, Sanctuary & Facebook Live

12:00 pm Handbell Ensemble Practice/Choir Room

Monday, July 8

Church Office Closed

Tuesday, July 9

7:00 pm Worship Meeting/Zoom

Wednesday, July 10

Administrative Assistant/Work from home

12:00 pm Deadline for bulletin announcement submissions

6:00 pm Visitation at Douglas Fiery Funeral Home_Glenn Young (6-8pm)

6:30 pm CE Meeting/Fellowship Hall

6:30 pm HCOB Softball/Field 2

Thursday, July 11

11:00 am Celebration of Life Service_Glenn Young/HCOB

5:00 pm Praise Band Rehearsal/Fellowship Hall

Friday, July 12

8:00 am Bulletin preparation time/Church office

1:00 pm Islamic Center/Use of Parking Lot (1-3pm)

Saturday, July 13

Pastor Twyla's day off

8:00 am Community Breakfast/Fellowship Hall
(Breakfast is open to the public 9:00 - 10:30 am)

Sunday, July 14

Junior Church

8:15 am Parish Nurse Blood Pressure Screening

8:30 am Morning Praise Worship/Fellowship Hall

9:30 am Sunday School, individual classrooms

10:15 am Parish Nurse Blood Pressure Screening

10:45 am Worship, Sanctuary & Facebook Live

Monday, July 15

Church Office Closed

12:00 pm Newsletter deadline

Tuesday, July 16

12:00 pm Mary Martha Group/Altruistic Room

Wednesday, July 17

Administrative Assistant/Work from home

10:30 am Caring & Sharing/Mullendore Room

12:00 pm Deadline for bulletin announcement submissions

6:30 pm GriefShare Team Meeting/Mullendore Room

Thursday, July 18

6:30 pm HCOB Softball/Field 1

Friday, July 19

8:00 am Bulletin preparation time/Church office

1:00 pm Islamic Center/Use of Parking Lot (1-3pm)

Saturday, July 20

Pastor Twyla's day off

Sunday, July 21

8:30 am Morning Praise Worship/Fellowship Hall

9:30 am Sunday School, individual classrooms

10:45 am Worship, Sanctuary & Facebook Live

Monday, July 22

Church Office Closed

Tuesday, July 23

5:30 pm Service & Outreach Meeting/Mullendore Room

6:30 pm HCOB Softball/Field 3

Wednesday, July 24

12:00 pm Deadline for bulletin announcement submissions

Thursday, July 25

Administrative Assistant Vacation

5:00 pm Praise Band Rehearsal/Fellowship Hall

Friday, July 26

Administrative Assistant Vacation

8:00 am Bulletin preparation time/Church office

1:00 pm Islamic Center/Use of Parking Lot (1-3pm)

Saturday, July 27

Pastor Twyla's day off

Sunday, July 28

Junior Church

8:30 am Morning Praise Worship/Fellowship Hall

9:30 am Sunday School, individual classrooms

10:45 am Worship, Sanctuary & Facebook Live

Monday, July 29

Church Office Closed

Tuesday, July 30

6:30 pm Leadership Team/Room 302

Wednesday, July 31

Administrative Assistant/Work from home

12:00 pm Deadline for bulletin announcement submissions

6:30 pm HCOB Softball/Field 3



"A Risk of Faith"

Mark 5:34 (The Message)-Jesus said to her. Daughter, you took a risk of faith, and now you're healed and whole.

Live well. live blessed! Be healed of your plague."



"That is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God."
 —2 Corinthians 5:19-20

Global Mission Prayer Guide **May 31, 2024**

South Sudan

The emerging church in South Sudan is a mission project of the Church of the Brethren in the United States. It has many members across the country with great faith and strong church doctrine to encourage gospel preaching nationwide. Brethren Global Services, sponsored and funded by the Church of the Brethren USA, is the nonprofit organization that accomplishes humanitarian work in the country. A recent church delegation from Torit visited the towns of Upuo and Pajok Payams in Lafon and Magwi Counties of Eastern Equatoria State to inspect and celebrate church developmental services that were initiated by the church in Torit. The church asks for prayers for the success of the mission there and for a planned visit to Mayom, a county in Unity State, in 2025.

Democratic Republic of Congo (DRC)

The Church of the Brethren in DRC asks for prayers for the restoration of peace in the eastern region of the country and throughout the Africa Great Lakes region. Pray, too, for God's blessing on the gathering of the congregation in Uvira in August, that it may be fruitful, and for good progress to be made in the ongoing construction of the church headquarters in Ngovi, Fizi Territory, Sud-Kivu Province.

Haiti

Pray for peace throughout Haiti where armed gangs have control of a large part of the country and Haiti's capital, Port-au-Prince. Half of the population, including nearly three million children, are in desperate need of humanitarian aid. The situation is having a significant negative effect on l'Eglise des Freres d'Haiti (the Church of the Brethren in Haiti) and its members and leadership. Some congregations around the capital have closed, with most of those families displaced to safer parts of Haiti. Pray for the restoration of civil order and an end to kidnapping and vigilante violence. Pray that the money provided by the Church of the Brethren Emergency Disaster Fund, directed by Brethren Disaster Ministries for emergency food distributions at all congregations and preaching points, will ease the situation.

Kenya

Pray that the heavy rains in many parts of East Africa will cease and flood waters will recede, the people be protected from water borne illness, medical support will be available, and businesses and homes be rebuilt or relocated.



Flooding in Kenya and other parts of East Africa (click image for CNN news video)

Dominican Republic

Pray for the growth of the churches in the Dominican Republic and for peace throughout the world.

Rwanda

Please pray for the swift completion of the main office building in Gisenyi. The Rwandan government requires all churches to have an official, permanent office building, but currently the Church of the Brethren in Rwanda has only temporary documentation and so they are racing against time to finish. Pray, too, for their newly founded churches, that they will grow into strong, faithful congregations. They pray that God may bless all who continue to pray for their churches.

Brazil

Pray for an end to unprecedented torrential rains in southern Brazil where more than 80% of the municipalities in Rio Grande do Sul have suffered flood damage. More than 160 people have died, and at least 65,000 people are living in shelters because their homes have been destroyed. Businesses have closed, and access to many areas is limited due to the destruction of roads and airports. Weather reports continue to predict more rain for the foreseeable future. Pray for the flooded region, that the affected communities and people are provided with short term and long term physical, economic, and spiritual support. May those who have lost family members and friends find comfort and support.

Pray for a new commission of the Brazilian Center for Pastoral Studies (CEBEP), which has been tasked with developing a comprehensive relief program. This program includes training pastors and community leaders to assist in the grieving process for those who have lost family members and homes. Prayers are requested for Pastor Marcos Inhauser, secretary of the Church of the Brethren in Brazil, who has been invited to lead the initiative, building on his extensive experience in disaster response.

Honduras

The photo with this request (by Pastor Arely Cantor) shows the smoke on outskirts of Honduran City at 9:15 one recent morning. This is where the Church of the Brethren, La Iglesia Cristiana Viviendo en Amor y Fe (ICVAF), is located. Normal clouds have never been this powerful nor has the air been so smoky. The atmosphere is harmful to people's health. Classes have been suspended due to children fainting and experiencing headaches and dehydration. Hospitals are overcrowded with people seeking treatment for respiratory illnesses and skin allergies, and there have been some sudden heat-related deaths. We're wearing masks again. Pray that the rain will come and resolve this situation. May God bless those who are suffering that they may experience healing and hope.



Continued on page 7

Venezuela

Please join the Church of the Brethren in Venezuela, in praying for indigenous Warao families in the Orinoco Delta whose children and teenagers are dying in an epidemic of a mysterious viral disease. Some desperate parents have abandoned their homes and fields to go to other communities, which are not well prepared to offer them food and other necessities. Some have been encouraged by government leaders to seek support and solace with shamans and witches. A floating hospital was sent by the national government with various medical specialists aboard. Their goal is to determine what is causing the sudden death of the young people. Pray for the medical and health authorities that they may succeed in determining the cause of the infections and treatments that will stop the death of these children.

There is a missionary trip to that area planned in August of 2024 to gather together and train approximately 80 indigenous Christian leaders who want to share the good news of Jesus Christ. Pray that the trip will take place and the training will be effective and enlightening and create enthusiastic new leaders.

Nigeria

Bethany Theological Seminary in Nigeria held their first commencement ceremony in Jos, Nigeria, on May 21, 2024. Twenty-one graduates earned the Postgraduate Diploma in Biblical Peacemaking, and one earned a Certificate of Achievement in Theological Studies. Rev. Dr. Daniel Y.C. Mbaya, president of Ekklesiyar Yan'uwa a Nigeria (EYN), the Church of the Brethren in Nigeria, was the featured speaker, and Rev. Dr. Jeffrey Carter, president of Bethany Theological Seminar in Richmond, Indiana, was one of several dignitaries present. Pray thanks for the accomplishments of the members of the graduating class of 2021-2024 and for their encouragement and enthusiasm in their future endeavors as they "apply their learning in a practical setting, planning, implementing, and evaluating peacemaking initiatives that are contextually appropriate, nonviolent, and consistent with their interpretations of scripture, theology, and ethics."

Mid-Atlantic 2024

District Conference

Friday & Saturday, October 11 & 12
Brownsville Church of the Brethren

1911 Rohrsersville Rd., Knoxville, MD 21758



"Not Against Flesh & Blood"

Logo design by Brandi Puzonia

This year's conference theme is based on Ephesians 6:12

Friday

Pastor & Spouse Dinner
Installation Service for District
Executive Douglas Veal
Meet and Greet with Doug

Saturday

Business Sessions
Engaging Workshops
Communion & Feet Washing

<http://www.madcob.com/districtconference/>

Please mark your calendars and plan to join us for the
2024 Blessing of the Seed
Sunday, June 2nd at 3:00 pm in the Growing Fields,
11720 Wolfsville Road, Myersville, MD

Celebrate the anticipation as we begin our 19th year working to
reduce world hunger with this year's program in
Paraguay Lower Chaco.
All are welcome.

*As preparations are made for this gathering, precautions are being taken to
follow State of Maryland and Frederick County guidelines for gatherings.*



About the Paraguay Lower Chaco Program

The Gran Chaco region is an immense and little-known region in the heart of South America. It is the biggest forest reserve on the continent after the Amazon and one of the largest dry forests in the world. A major ecosystem, it is also a region with great cultural diversity, home to 25 different indigenous ethnic groups including communities of Guarani, Wichi, Qom and Enxet Sur, who for centuries lived as semi-nomadic hunter gatherers before losing most of their land.

The purpose of this three-year program is to partner with 588 families (approximately 2,200 people) in six indigenous communities (16 villages) of the Paraguayan Chaco region of South America to create durable improvements in the areas of access to water, food security, community development and organization. The program provides culturally-sensitive technical assistance in family and community farming and livestock, community capacity-building and support indigenous-led advocacy.

"Field of Hope"
Growing Hope Globally 2024 Growing Project
Participation Form

I/We will sponsor _____ acres at the donation rate of
\$250 per acre (1/2 acre = \$125, ¼ acre = \$62.50, etc.).

The following person(s) are joining me in this donation _____

Date: _____ Total Pledge = \$ _____

Thank you for paying your pledge by **September 22, 2024.**

>**Make CHECKS** payable to Hagerstown Church of the Brethren, with
"Field of Hope" on the memo line and put it in the regular offering
together with this sponsor form.

>**If paying in CASH**, use an offering envelope, mark it "Field of Hope,"
and put it in the regular offering together with this sponsor form.

Your Signature: _____

Growing Project Committee Representatives from the Hagerstown
Church of the Brethren are **Arnold Platou** and

Participating Churches:

Beaver Creek Church of the Brethren;
Christ Reformed United Church of Christ
Edgewood Church of the Brethren
Grossnickle Church of the Brethren
Hagerstown Church of the Brethren
Harmony Church of the Brethren
Manor Church of the Brethren
Myersville Church of the Brethren
Third Street Church of God
Welty Church of the Brethren
Catholic Daughter of the Americas Court Mary Francis and Court Hagerstown
Knights of Columbus, Seton Chapter

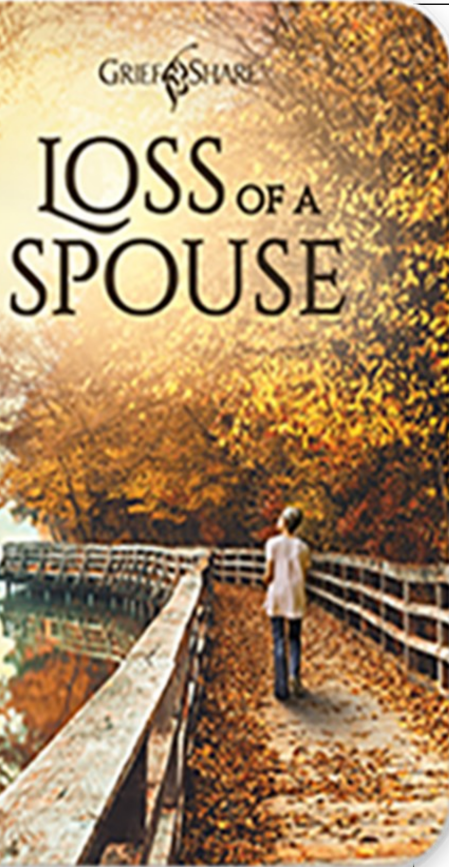
Our thanks to Donnie and Donna Grossnickle, farmers for "Field of Hope," and to Jeff and Patty Hurwitz for making the land available for the project.

This month's

HEALTH CHECKLIST

Five little wellness moves to make right now

TO DO	TO DO
<p>Get moving to prevent pain</p> <p>Exercise today may increase your pain tolerance when you're older. A new study of more than 10,000 adults found that more active individuals were less likely to experience chronic pain seven to eight years later.</p>	<p>Gradually up your step count—changes don't need to be drastic.</p>
<p>Give friends a pat on the back</p> <p>It might help them succeed on a project that's important to them, research suggests. When basketball players missed a free throw and then a teammate gave them a supportive touch (such as a hand squeeze or a pat on the back), they were more likely to make their next shot.</p>	<p>Cheer on your friends, whether they are competing in a race or have a big meeting.</p>
<p>Reach for strawberries</p> <p>They could be good for your brain function and blood pressure. In a recent small study, people who ate about 2 cups of strawberries every day for eight weeks had better cognitive processing speeds and systolic blood pressure.</p>	<p>In the offseason, add frozen or freeze-dried strawberries to favorite recipes.</p>
<p>Close your curtains at night</p> <p>The more outdoor artificial light you're exposed to in the evening (such as that from streetlamps), the higher your risk of stroke, according to research. Scientists don't know why this is the case, but the light might mess with sleep, which affects heart health.</p>	<p>Put outdoor lights on a timer so you won't forget to turn them off before going to bed.</p>
<p>Breathe the slowly when angry</p> <p>Techniques like deep breathing, mindfulness, meditation, yoga, and counting to 10 help people calm down more than does venting their frustrations to someone else, a recent review of more than 150 studies found.</p>	<p>Practice slow breathing daily to help yourself when tension rises.</p>



Grieving the death of a spouse? *Or do you know someone who is?*

The death of a spouse brings a unique kind of pain. People who are widowed haven't just lost a loved one—they've lost an entire lifestyle once enjoyed with that special person.

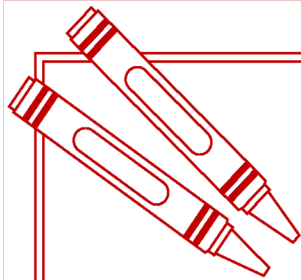
We hope you will consider joining the HCOB Grief-Share Team for a special 2-hr seminar which will address the challenges of this type of loss.

You may wish to bring a family member or friend so they can better understand your loss and become a greater support for you. If you have questions, please see Pastor Twyla or Debbie Nycum.

Date: Wednesday, August 21
 Time: 6:30 – 8:30 p.m.
 Place: Mullendore Room

Register at www.GriefShare.org

The Puzzle Page for July 2024



Just for **KIDS**

TRAVEL BY DAY OR NIGHT

The way people travel has changed over time, but one thing has not changed — God was with people in biblical times just as He is with you and your family as you travel during your summer vacations.

Count the number of letters for each name, and then write the name in the spaces next to the verse that matches. (Hint: Besides counting the number of letters in the name, also pay attention to whether the person is from the Old Testament or New Testament.)

NAMES

Paul Moses Joseph The Israelites Abram crowds
Samaritan Jesus Naaman Angel of God

VERSES

“The _____ ... had been traveling in front of Israel’s army” Exodus 14:19

“And _____ went out from Pharaoh’s presence and traveled throughout Egypt.” Genesis 41:46

“Go in peace,” said Elisha. After _____ had traveled some distance” 2 Kings 5:19

“_____ traveled through the land as far as the site of the great tree of Moreh at Shechem.” Genesis 12:6

_____ “traveled through that area, speaking many words of encouragement to the people, and finally arrived in Greece.” Acts 20:2

“_____ traveled about from one town and village to another, proclaiming the good news of the kingdom of God.” Luke 8:1

“Large _____ were traveling with Jesus.” Luke 14:25

“_____ traveled to the plains of Moab and camped along the Jordan across from Jericho.” Numbers 22:1

“_____ led Israel from the Red Sea For three days they traveled in the desert” Exodus 15:22

“But a _____, as he traveled, came where the man was; and when he saw him, he took pity on him.” Luke 10:33

Answers: Angel of God; Joseph; Naaman; Abram; Paul; Jesus; crowds; The Israelites; Moses; Samaritan

• S U M M E R • TRAVEL BiNGO

Summer travel is fun, but sometimes getting to the destination can take a long time. Try this homemade bingo game to entertain you and your family while you vacation this summer.

What you need:

- Sheets of 8½" x 11" paper (one for each player)
- Stickers (16 for each player)
- Pencil, pen, marker or crayon

What you do:

1. Before your trip, list different things you might see as you travel.
2. Take each 8½" x 11" sheet of paper and fold it in half, from top to bottom. Fold it in half again from top to bottom. Then fold it in half from side to side and then again. Unfold the paper and you should have 16 equal-sized squares, four across horizontally and four down vertically.
3. Family members write one thing from the list in each of the 16 squares. They can place them in any order. For non-readers, someone can draw pictures in each square.
4. Put the sheets and stickers in the car in an easy-to-reach place.
5. While traveling, when you see an object that's on your card, say it out loud. Put a sticker in that square.
6. The first person to get four in a row wins the first round. The first person to fill two rows wins the second round. The first person to fill the entire sheet wins the game.



LATE ARRIVAL!



Our Vacation Bible School this year is collecting money to benefit Sleep in Heavenly Peace. Another way to help this outreach is by volunteering to help deliver beds to those in need. There are currently 50 to 60 kids on the waiting list. The next bed deliveries are taking place on July 19th and 20th and August 10th. **Drivers and helpers are needed.** If you would like to help, please sign up at the links listed below.

For the summer months deliveries will be held in the morning. The trucks are loaded at the warehouse, 87 W. Lee Street, Hagerstown. Then the teams deliver the beds to the children's homes.

Here are the sign up links:

TRUCK driver for Friday, July 19 at 8:30 am, please use this sign up:
<https://x.gldn.io/e/G8z2cIzYFKb>

HELPER for Friday, July 19 at 8:30 am, please use this sign up: <https://x.gldn.io/e/a6oBx1KYFKb>

TRUCK driver for Saturday, July 20 at 8:30 am, please use this sign up:
<https://x.gldn.io/e/rX3kryUYFKb>

HELPER for Saturday, July 20 at 8:30 am, please use this sign up: <https://x.gldn.io/e/e9PfO91YFKb>

TRUCK driver for Saturday, Aug. 10 at 8:30 am, please use this sign up:
<https://x.gldn.io/e/J22qhhgZFKb>

HELPER for Saturday, Aug. 10 at 8:30 am, please use this sign up: <https://x.gldn.io/e/m2Fxmz9YFKb>

Thank you for your help in completing the circle of getting beds delivered to the kids who need them. You will be rewarded by the smiling faces of kids and parents.

If you have questions, please direct them to Jenny Ferguson.

Hagerstown Church of the Brethren
15 South Mulberry Street
Hagerstown, Maryland 21740

ADDRESS SERVICE REQUESTED

POSTMASTER: DATED MATERIAL—
PLEASE DELIVER PROMPTLY

July

Hagerstown
Church of the Brethren
15 S. Mulberry Street,
Hagerstown, Maryland 21740
301-733-3565
Fax: 301-733-3598

Office: Tuesday—Friday
Flexible hours
(appointments welcome/call ahead)

Praise Worship 8:30 AM
Sunday School for all ages 9:30-10:30 AM
Worship and Facebook Live at 10:45 AM

www.hagerstowncob.org
www.facebook.com/hagerstowncob

Twyla Rowe
Pastor

Allyson N. McPeak
Administrative Assistant

Burton Young
Director of Music Ministries

Don Rowe
Interior Esthetics Technician

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**TURN IN
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REMINDER:
**DEADLINE FOR
NEWSLETTER
ARTICLES IS**
July 15, 2024 @ NOON

BRETHREN TIDINGS is published monthly
by the Hagerstown Church of the Brethren.
All articles submitted for inclusion in the
Tidings are subject to editing.
All dates and times listed are subject
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"Not Against Flesh & Blood"

**2024 Annual
Conference Logo**



ROMANS 16:2 (CEB)

**WELCOME+
WORTHY**

2024 CHURCH OF THE BRETHREN ANNUAL CONFERENCE