



Embrace God | Engage All People | Empower Disciples for Jesus Christ

Message from Pastor Ann

Christian author Kristin Armstrong writes, “When we focus on gratitude, the tide of disappointment goes out and the tide of love rushes in.”

As we enter the holiday season, that “tide of disappointment” can creep up quickly. The clash with a family member whose opinions differ from ours may be just around the corner. National tensions and political divisions can spill into our family gatherings. Studies show that nearly 70% of Americans experience conflict with relatives during the holidays — often over politics, religion, or lifestyle choices. Add to that the pressures of hosting, cooking, traveling, decorating, and managing finances, and it’s easy to feel overwhelmed before Thanksgiving even arrives.

That’s why we need “the tide of love” to rush in — to displace the flood of stress and disappointment and to fill our hearts with peace.



One spiritual practice that has helped me in seasons of strain or discouragement is making a Gratitude List. Years ago, when I was going through a particularly difficult time, a wise friend challenged me to write down 100 things I was thankful for. At first, it seemed impossible. But as I began to list blessings — both big and small — I found my heart shifting. Gratitude changed the way I saw my circumstances. It didn’t erase the challenges, but it reframed them in light of God’s ongoing goodness.

There’s even science behind this. When we focus on gratitude — on what we have rather than what we lack — our brains release chemicals that reduce stress and increase contentment. Over time, gratitude actually rewires our brains, making joy and peace more accessible.

So, this November, I invite you to take the challenge: make your own Gratitude List — 100 things. See how love begins to rise and how disappointment starts to recede. And if you’re not sure where to begin, start here:

Be thankful for the unshakable truth of God’s unconditional love — shown through Christ’s sacrifice — that allows you to experience true joy, lasting peace, and the presence of the Holy Spirit in every season.

May gratitude be the tide that carries you through this holiday season and fills your heart with love and grace.

With thanksgiving,
Rev. Dr. Ann deRosset Kovan
Senior Pastor, Mount Hebron United Methodist Church

Budgets Due November 15th



It’s that time again! Budget requests for 2026 are due by November 15, 2025. Copies of the request forms are available in the Church Office and in the Gathering Areas. If you are a member of staff or a lay person responsible for a budget area, please start your consideration for next year. For further information, or a copy of the current year’s expenditure details, please contact Cal Atwood in the Church Office.

Hebron Day School News

More than 75 people attended Hebron Day School's first Family Fun Night on October 7. There were food and games for all age levels. Mt. Hebron Youth provided the food and helped with the clean-up. It was a momentous event and a joy to watch our families interact and meet each other while enjoying time with their families. We are excited to start this new tradition and already have ideas for next year.

In October, the kindergarten class and one of the four-year-old classes taught the chapel lesson. It's so exciting to see the students sing praises and recite the scripture they have learned.

The Harvest Party on October 28th was a fun time for the 2's and above to play fall games, have a fall snack, listen to a fall story and sing fun fall songs.

During the month of October, Butter Braid Bread was sold as the annual fundraiser. Thank you to all who made a purchase! The money will be used to pay for Bright Wheel, which is a new program we're using for billing, to communicate with families and create lesson plans.

The Annual Thanksgiving Feast is November 14, and we will be closed for Thanksgiving Break November 24-28. We are also collecting food for Go Forth Ministries to help provide Thanksgiving meals to families in need.

Thank you for all the prayers and support you give the Hebron Day School to enable us to continue our mission of teaching children and families about Jesus.



Offering Counters Needed

We need church members willing to count our Sunday offerings. Counters gather on Monday at a time to be determined by the counters themselves. It usually takes a maximum of 30-45 minutes to count the offering. The hope is that we can have four teams of three so that the responsibility can be spread over a larger number of people, and no monthly team will have to count more than three times per year. Please contact Cal Atwood for further information.

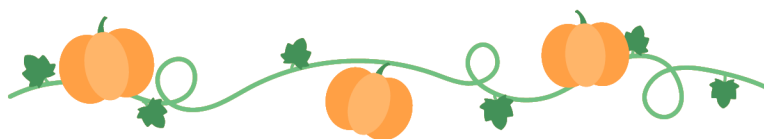


Discipleship Opportunities

We are looking for someone to coordinate delivery of meals to homebound members on Wednesday nights. The coordinator would communicate with the drivers and make sure meals are set aside and delivered on Wednesday nights. We also need delivery drivers. Contact Pastor Ann for more information via akovan@mthebrnumc.com or 843.421.2966.

Want to help repeat visitors or our newest members feel more at home here at Mt. Hebron? Become one of our new Guest Shepherds and invite a guest to Sunday School, church events, Wednesday Night Boost, or just get to know them better. For more information, please contact Edie Burritt at eburritt@lexington1.net or 803.348.3532.

Is God calling you to be part of a prayer team here at Mt. Hebron, giving one hour a week? This is discipleship you can do from anywhere! If you are interested in serving in this way, please contact Pastor Ann.



UWF Bake Sale Results

The annual bake sale raised approximately \$4,200 for UWF local missions. Thanks to all of those who baked and volunteered to help this year.



THANK
you

Welcome Our New Members

Bruce, Kirsten and Kari Norton joined Mt. Hebron on September 21, 2025, and Kari was also baptized.



Adult Fellowship

Mark your calendar for the Annual Adult Fellowship Thanksgiving Feast on November 20. Cost is \$8 per person. Be on the lookout for signup sheets. You must sign up so that we know how much food to have.



53rd Annual Mt. Hebron UMM BBQ Recap

The 53rd Annual Mt. Hebron UMM BBQ was a huge success because of the tireless efforts of the friends and family at this church! Thank you so much for keeping the spirit of the BBQ thriving and growing! We cooked 3,300 pounds of pork hams, 200 pork ribs, 600 chicken halves, and 75 beef ribs, which was a new item this year! We also introduced—for the first time—sides of mac and cheese and green beans. Sales grew by 35% from last year, and we underestimated the demand!

Did you see God at work? Did you see the men and women splitting mountains of wood or the Boy Scouts loading the pits? Did you see the men building the pits with precision? What about the stacks of supplies that were brought in or the conversion of the Family Life Center from a worship center to a warm and welcoming place? Did you see the magical lighting of the pit? Did you see the men and women who gathered to make the sauce, slaw and rice? Did you see the women who worked for weeks baking items for the bake sale? Did you smell the wood fire aroma of the hams cooking? Did you see the gathering of families for the Family Fun Night and hear the children singing karaoke? Did you see all the long hours many men worked to cook the hams, chickens and ribs? Did you see the Girl Scouts helping?

Did anyone notice the quietness provided by the shredding of the meat versus chopping it manually? Did you see the men making the UMM hash? Did you see all the men and women working in the Cornerstone Room and kitchen cooking, sorting and packing all the items for sale? Did you see the women packing to-go plates that resembled an orchestra production? Did you see Tyler and Carolyn's grandson running across the parking lot to help a group down by the pit? Did you see the youth, adults and ladies managing and representing our church filling orders while managing the record number of online orders? How about the men and women welcoming customers and visitors and directing them to the online pick-up order station or the order fulfillment station and payment? Did you see the record number of people enjoying the buffet? Did you see the men and Boy Scouts cleaning up the pit area or the men and women cleaning the Family Life Center for worship service on Sunday morning?

Thank you to everyone for your support! God Bless!
Troy Blalock

Youth and their families will have a Thanksgiving dinner on Sunday, November 16 from 6pm-7:30pm in the Fellowship Hall.



Photos by Burl Kennedy, Carolyn Jackson and Dwaine Jackson



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RETURN SERVICE REQUESTED



**Learn More About
Qualified Charitable
Distributions (QCDs) for
Church Giving**

For those of you (age 70.5 and older) who will be taking a Required Minimum Distribution from your traditional Individual Retirement Accounts this year, here is a great way to make a contribution to your church.



Pastoral After Hours Number - 803.422.8136

Dates to Remember

- November 2 UMM BBQ Review Meeting | 3pm | Cornerstone Room
- November 4 UWF Unit Meeting | 6:30pm | Cornerstone Room
- November 6 UMM Fellowship Supper | FLC | 6:30pm
Pick Up Butter Braid Bread | 11:30am | FLC Kitchen
- November 10 Worship Committee | 1:30pm | Conference Room
New Life Committee | 6pm | Conference Room
- November 14 HDS Thanksgiving Feast | 8am | Fellowship Hall
- November 15 UWF Prayer and Self Denial Event | 9:30am | Fellowship Hall
- November 16 Youth and Family Thanksgiving Dinner | 6pm | Fellowship Hall
- November 17 SPRC Committee Meeting | 6:30pm | Conference Room
- November 20 Adult Fellowship Thanksgiving Feast | 12:30pm | FLC
- December 2 UWF Christmas Banquet | 6pm | FLC
- December 5 UMM Steak Supper | 6:30pm | FLC
HDS Christmas Program | 9am | Sanctuary
- December 7 Lessons and Carols Service | 11:15am | Sanctuary



If you have news you would like to share in *The Herald*, please contact Ms. Jones in the church office. You can email her at qjones@mthebronumc.com or call the church office at 803.794.8273. Deadline is the 20th of each month.

To sign up for church emails, message communications@mthebronumc.com.

To see what's happening at Mt. Hebron UMC, please visit our social media and/or MtHebronUMC.com.