



50 Years of Inclusive Mission Ministry

November 29, 1976 – July 1, 2026



Licensed to preach in 1976, Jeffery B. Hampton, DMin, has served in a wide variety of pulpits and staff assignments, coaching lay ministry teams, providing pre-marital and marital counseling, grief and cancer support groups, and providing social services. He envisions spiritual, maturational, and numerical growth plans for individuals and congregations as small as three members and as large as four thousand. Since 1999, he has served Pulaski Heights United Methodist Church in Little Rock, Arkansas, as Associate Pastor of Caring Ministries. Dr. Hampton is available to churches caring groups, institutions, and individuals for “Caring Consultations.”

Contact: Rev. Jeffery B. Hampton, DMin
P.O. Box 250942
Little Rock, AR 72225
jefferybhampton@gmail.com



Complimentary Notary
Public Ministry
40 Years of Experience

Our Vision

Meditations in Black and White Outreach Ministry, Inc. will faithfully serve God while making Disciples of Jesus Christ, through seeking and advancing multicultural and inclusive opportunities to care for one another within the Church, Community and World.

Meditations in Black and White Outreach Ministry, Inc. is a 501(c)(3) tax-exempt organization.

CARING FOR ONE ANOTHER THROUGH PRAYER & GIFT-A-BOOK

Prayer Request

Send your prayer request to Dr. Hampton at
jefferyBHamptonBooks.com

Gift-A-Book(s)

Because of your support, since May of 2014, Friends of Meditations in Black & White Outreach Ministry, Inc. have provided complimentary copies to persons seeking a relationship with Christ, in prison, unsheltered, suffering from addiction, and those seeking to strengthen their faith.

Support our
Gift-A-Book
Ministry!



SCAN TO DONATE



Matthew 25:35-36, “...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.”

Submit prayer requests and Gift-A-Book(s) at JefferyBHamptonBooks.com

Caring for One Another Via Sermons, Reflections, Devotions, Ministry Moments, Prayers, Gift -A-Book(s).

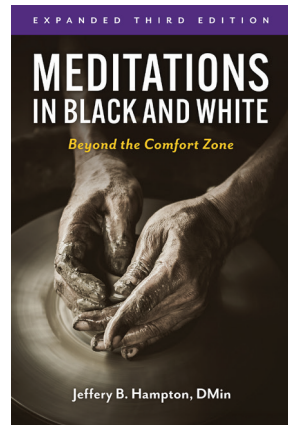
NEW BOOKS AVAILABLE NOW

By Jeffery B. Hampton, DMin

*Demystify the Gospel message and gain a closer relationship with Jesus Christ.
Discover the tools and learn practical ways to better support and care for those around you — your neighbors, your community, your friends.*



Books available through JefferyBHamptonBooks.com



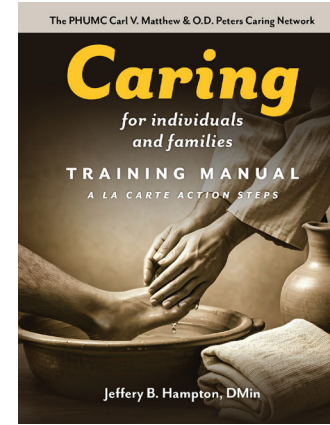
Meditations in Black and White, Expanded Third Edition, enriches hearts to follow a greater faith journey of actions and challenges, bringing the unconditional love of Christ to all in need of grace and peace. Dr. Hampton demonstrates an example of an effective multi-cultural ministry, and his book offers encouragement to others who seek to do the same.



SCAN TO PURCHASE
Meditations in Black
and White



PUBLISHED IN 2024 \$14.95 (e-Book \$9.99)



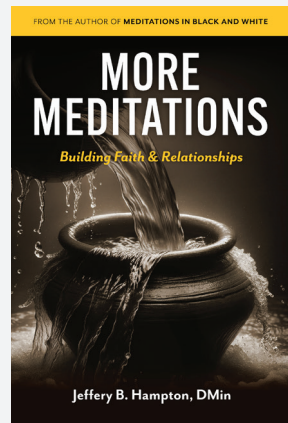
Caring for Individuals and Families Training Manual contains a portion of the history of caring at Pulaski Heights United Methodist Church. Included are templates for groups seeking to evaluate and enhance their caring ministries.

Dr. Hampton is available to churches, caring groups, institutions, and individuals for “Caring Consultations.”
Contact: jefferybhampton@gmail.com



SCAN TO PURCHASE
Caring for Individuals
and Families Training
Manual

PUBLISHED IN 2025 e-Book \$0.99



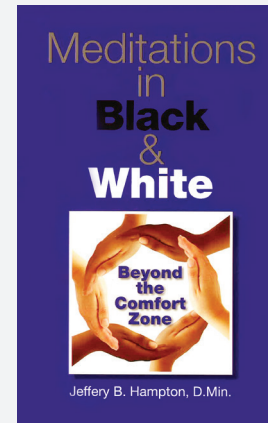
More Meditations delivers a clear word of hope and encouragement for daily living. Rooted in scripture, it is thought-provoking and succinctly written. Readers of this book will be blessed and motivated to reach out and serve others.



SCAN TO PURCHASE
More Meditations



PUBLISHED IN 2024 \$14.95 (e-Book \$9.99)



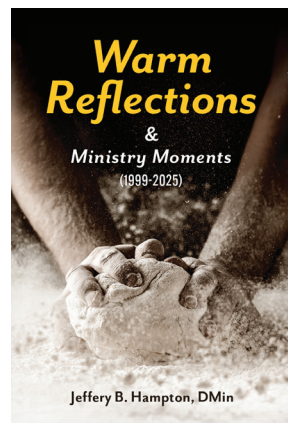
Meditations in Black and White published in 2012 is the original work that was the impetus for many of Dr. Hampton’s subsequent writings and prison ministry outreach! God’s love shines through Jeff’s life, pastoral care, and service to encourage the growth of inclusiveness in beloved communities.



SCAN TO PURCHASE
Meditations in Black
and White, 1st Edition



PUBLISHED IN 2012 \$4.95 + Shipping



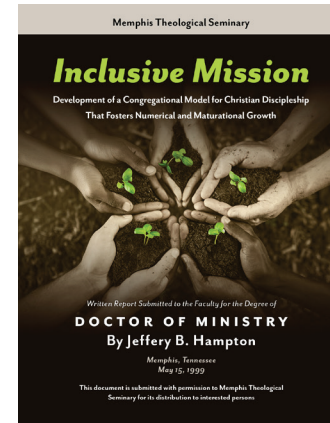
Find yourself challenged, inspired, and comforted by the thoughtful, scholarly proclamation of God’s word in Dr. Jeff Hampton’s meditations, devotions, prayers, and sermons within the pages of *Warm Reflections & Ministry Moments*. This book is faith in action.



SCAN TO PURCHASE
Warm Reflections
& Ministry Moments



PUBLISHED IN 2025 \$9.99 (e-Book \$2.99)



This *Doctor of Ministry Project Report*, which was completed at Memphis Theological Seminary in 1999, equips pastors, laity, and the community to create and carry out an inclusive mission, addressing concerns about the church’s role in a changing 21st-century context. It emphasizes unity across lines of ethnicity, religion, social status, geography, gender, and ability—affirming the church’s calling to serve all people without barriers.



SCAN TO PURCHASE
Inclusive Mission

PUBLISHED IN 1999 e-Book \$3.95



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