



Stroudsburg UMC

547 Main Street, Stroudsburg Pa

www.stroudsburgumc.com

sumc@stroudsburgumc.com

570-421-6020

Worship Sundays at 8:30 and 11:00 am

Weekly eNews

*The Reverend Monica B. Guepet, M. Div.,
Lead Pastor*

Gather, Grow, Make a Difference!

Our Mission: Share the love of Jesus in welcoming and compassionate ways.

A note from the Pastor - April 4, 2025

"The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the wadi." 1 Kings 17:6

Elijah was fed in the wilderness with bread and meat twice a day. He was attended by ravens. It is helpful for us to remember the context of this verse. God has just given Elijah the prophetic vision for the drought coming to the land reigned over by King Ahab. And then he sends Elijah to a place where there will be water and nourishment. We may also remember that Elijah and King Ahab go head to head multiple times with the prophet sharing the word of God as judgment against the King. King Ahab and Queen Jezebel are worshippers of Baal and Asherah. The prophet Elijah proclaims the word of God against them as they require the worship of Baal and propagate the gospel of the fertility god and goddess. It is no wonder that the Lord requires sole worship and that Ahab and Jezebel are enraged.



So, Elijah is directed to go far from the King in this time of judgment. This is a matter of life and death. To care for Elijah, God sends the ravens. Ravens were an interesting choice. Biblically, we see ravens as the first bird that Noah sends out to see if the waters have receded sufficiently. They are considered unclean in Mosaic law. In Proverbs and Revelation, raven also exact the judgment of the Lord. And then in 1st Kings, ravens are sent to feed and provide for Elijah. Sometimes care comes from unexpected places. Like the ravens, God may even send those we have not considered or regarded as unclean to care for us.

Some of you are providing physical and emotional care to loved ones in trying times in their lives. Some of you have been providing long term care for a loved one with limited mobility, treatments for chronic illnesses, and dementia or Alzheimer's. This is work done out of great love with endless hours and needs, and often little respite. Some of you are caring for growing family members, children or grandchildren, whose needs do not always fit your skill set or your energy level. This is work done out of great love with endless hours and needs, and often little respite. Caregiving is an incredible gift given to a family member or beloved one. It gives of your time, emotional capacity, endless problem solving, skills, and resources. On a particular note, I remind you not to forget your own physical needs of food, water, sleep, and different focus.

I recently saw an episode of the new show, "The Pitt" which is about an emergency medical network set in the city of Pittsburgh. It had been recommended to me multiple times. I found some time to watch, and there was an interesting storyline about a daughter caregiving for her mother. The mother has come into the emergency room with some minor lacerations after a fall. The daughter is exhausted from caregiving. When the daughter goes to drive the car around to pick up her mother, she falls asleep in the car. However, there is no knowledge of this in the emergency room, and they have fears of the mother being abandoned. The healthy conversation that follows about caregiver fatigue is refreshing and accurate to real life.

Perhaps, you are in a season where you need to hear the voice of God say to you, "even though there may be challenges ahead, pause by the wading for water and let yourself be fed by the ravens." Do not

just wait for this season to conclude. In the center of the hard work and endless hours, find rest and nourishment. It may come from the most unusual places. And when it comes, do not turn it away or say it is not needed. Accept it with grace and be present in the refreshment no matter how long it is.

For all of you who are caregiving, I pray that there may be ravens amid your exhaustion who care for you while you care for someone else. We serve a God who cares for us and reveals God's character of compassion and inclusion while doing it. May God's grace be known to you.

In God's Love,
Pastor Monica

GATHER!

Coming up this Sunday, April 6th -

It's the fifth Sunday of Lent and Communion

Sunday

Our worship leaders are Roz and Krista

The choir anthem is "Now My Tongue, the Mystery Telling"

The praise song is "A Place at the Table"

The Old Testament Lesson is 1 Samuel 28:15-25

The Second Lesson is 1 Kings 17:2-6

The Gospel Lesson is Matthew 11:28-30

Pastor Monica's sermon is "I Am Tired" (I want my listeners to come to God when they are tired.)



Exhaustion happens to all people. Exhaustion happens to everyone for many reasons, at different seasons, and in different ways. Come today and be refilled and refreshed.

Join us in person at 8:30 or 11:00 am or

[Join us live at 8:30 am](#)

[Join us live at 11:00 am](#)

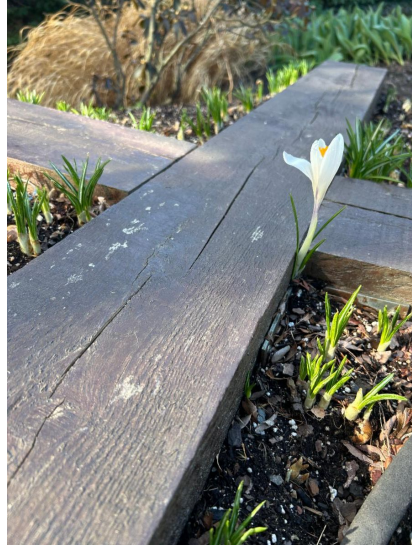
The bulletin is available on the church website: stroudsburgumc.com

SUMC 2025 Approved Budget - A copy is also available in the church office.

[2025 Budget](#)

Stay up to date on church events - click the link below for our Google calendar:

[SUMC Calendar](#)



Watch the courtyard for signs of new life. Join us on Sunday morning for revitalization and refreshment!

Spring is blooming, and so is our faith!



We are thankful to each of our partners supporting our Community Resource Center Revitalization. We are revitalizing to be able to serve our community better!

Thanks to First Keystone Community Bank, we are a step closer to that vital work.

We are looking forward to handicap accessible bathrooms, necessary kitchen improvements, as well as a vision in which many people can be served!

If you would like to support our work, feel free to send a contribution to the church! Thank you for

helping us to gather, grow, and make a difference Together!

Last Saturday, Stroudsburg UMC and Pastor Monica were recognized by the Annual Conference with the Herbert E. Palmer Award.

Rev. Palmer was visionary and committed ordained elder in our conference whose work in Urban Areas reminds us of our call to care for our neighbors. This award for Urban Ministry celebrates urban churches that try with faithful, creative determination to offer people what they're looking for and what they need most in the worst of times to help sustain them in both body and soul.

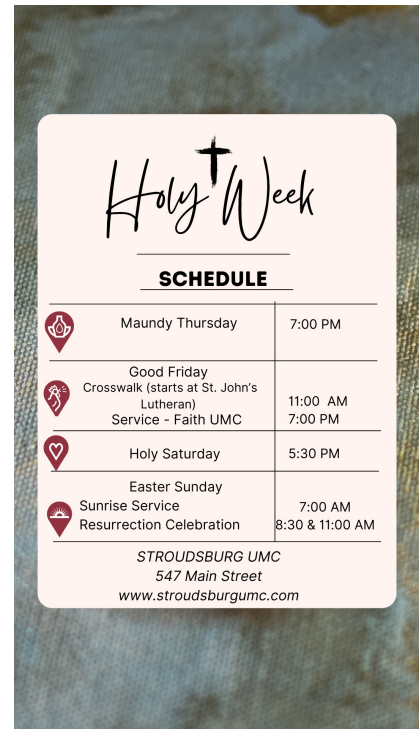
Our congregation has been committed to gathering, growing, and making a difference together in our community. Our Soup Kitchen and Community Resource Center focus on the vital work of feeding, resourcing, and loving our neighbors. We are humbled to be recognized, and honored to be working with others. Thank



you to all who make this work possible and collaborate together!

Holy Week Schedule

Maundy Thursday, April 17th, 7pm
Good Friday: Cross Walk Starts at 11am at St. John's Lutheran and ends at SUMC
Good Friday Service: Faith UMC at 7pm
Holy Saturday, April 19th, 5:30pm
Easter Sunday, April 20th
Sunrise Service 7am
Resurrection Celebration 8:30 & 11am

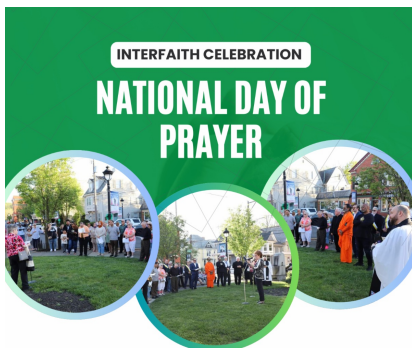


Holy Week

SCHEDULE

Maundy Thursday	7:00 PM
Good Friday Crosswalk (starts at St. John's Lutheran) Service - Faith UMC	11:00 AM 7:00 PM
Holy Saturday	5:30 PM
Easter Sunday Sunrise Service Resurrection Celebration	7:00 AM 8:30 & 11:00 AM

STROUDSBURG UMC
547 Main Street
www.stroudsburgumc.com



Join us as voices from various faith communities come together for a special evening of prayer and reflection.

Thursday, May 1st 6:00 pm

Stroudsburg Courthouse Square



Join us for a moving evening as we celebrate the National Day of Prayer. On Thursday, May 1st, faith leaders will gather at Stroudsburg Courthouse Square at 6:00 PM for a special moment of prayer and reflection. Let's come together to reaffirm our commitment to community and compassion. Everyone is welcome!

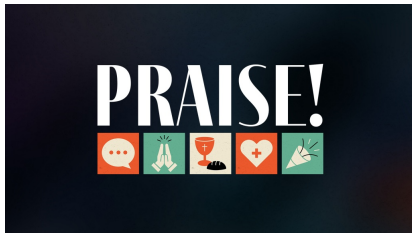
Shamokin UMC blesses their community with traditions both old and new

By Sarah Borgstrom Lee

On Friday, March 15, members of Shamokin UMC gathered in the kitchen and fellowship hall to do what they have done for longer than anyone can remember: roll Easter eggs. Bill Slanina, chief egg-filling mixologist, chatted while standing at his post, whipping up peanut butter filling. "I've been doing this for years. I took over for my father-in-law 15 years ago, and he did it for 20-25 years."



[Read Story](#)



Annual Conference Registration is Now Open

Register today for the May 20-22 meeting. Don't wait! The cost of registration increases on April 1.

Register for Display Space at Annual Conference

Spaces will be granted in the order requests are received, however, UMC organizations will be given priority. Vendor registration requests must be submitted by March 31. Click [here](#) to submit your request. Questions? Please contact Andy Chan at achan@epagnj.org.

Volunteers are always needed: [Sign up to volunteer today](#)

Racial microaggressions and spirituality among African Americans in Stroudsburg, Pennsylvania

I want to thank my community for helping me serve marginalized people. With your help, this research will bring awareness to many people. I would like to briefly give you a glimpse into my subject.

The study will focus on the experiences of racial microaggression faced by African Americans in Stroudsburg Pennsylvania, highlighting how individual and collective resources inform coping mechanisms and promote well-being. Due to the subtleness and hidden coded messages contained in racial microaggression, Psychology Today defines a racial microaggression as "racial microaggressions are the brief and everyday slights, insults, indignities and denigrating messages sent to people of color by well-intentioned white people who are unaware of the hidden messages being communicated". Thus, my experiences suggest that in some predominately white circles and other cultures that are exposed to or have been indoctrinated to believe in stereotypes identified with African Americans racial microaggression is known and seen as the racial identity of African Americans.

Relevant scholarship on these subjects and personal interviews with study participants will reveal how members of this community deal with racialized trauma and distress. The study hypothesizes that these experiences and the adaptive and maladaptive mechanisms in response are deeply shaped by gender and participation in religious and civic institutions. I wish to argue that spirituality and collective religious practices promote healing and well-being in this community.

Blessings to you all and thank you
Derrick Davis MA



Graduation Day is coming for many in seminaries, colleges, universities, high schools, and trade schools. Is someone in your family graduating? If so, share the information with the office so we can celebrate with you in worship. We will plan to do so on June 1st.



Blessings on this Laetere Sunday! Halfway through Lent and thankful for God's mercy, many of us wore pink to celebrate! As Pastor Monica asked us: What brings you joy? (Pictured 8:30 worship)

Pictured: 11:00 worship



Even our choir got into the act!



Do you speak a language in addition to English? We are looking for volunteers to work with us on a project for Pentecost Sunday (June 8th). If you are interested, let the office know. We are preparing for the coming of the Holy Spirit and many languages!

COFFEE CANS NEEDED FOR DELIVERING ALTAR FLOWERS

We are in need of empty coffee cans (without the lids) to deliver altar flowers to our shut ins. Please bring in clean, empty coffee cans and leave them in the kitchenette upstairs. Thank you!

Thank you for allowing me to sell Girl Scout cookies at the church. It helped me get past my goal. I sold 800 plus cookie boxes. My Troop sent over 200 donated boxes to the military. I really appreciate your help.

Thank you,
Allie Zelizo

Dear SUMC Sunday School,
Pastor Margie sent me a copy of the card that Peter and his teacher Rachael made for me. I loved the drawing and the thoughtfulness. It brightened my day! God bless you!
Debbie Hardy

Dear Pastor Monica,
Thanks so much for your nice note. I really appreciate being cared about. And thank you for the Lenten booklet - I am enjoying it daily. As you may know, I'm at my home in Florida now and I expect to return to Stroudsburg in April. Hoping to come and join you for Sunday service.



Fondly,
Candice Ace

Save the dates: Vacation Bible School is coming!
June 23rd – 27th from 5:30 pm -8:00pm. More information will be forthcoming about organization and registration. For now, please save the date!



The Education Society of EPA offers Higher Education Grants

Applications open April 28- May12th

On April 28, 2025 the Education Society of EPA will begin accepting grant applications for students pursuing higher education. You can find the [application here](#). All applications received in the Conference Office from April 28 to May 12 will be considered for a grant. Like last year, all applications will be considered. Unless there is some disqualification, grant recipients will be randomly selected.

Grants are available to students attending undergraduate and graduate degree programs. Please communicate this grant opportunity to your congregation as soon as possible. Contact Education Society Chairperson, Al Adey at ahadey@verizon.net with any questions.



Happy
BIRTHDAY WISHES

April Birthdays

- 1 Tim Harris
- 4 David Montgomery
- 7 Felicity Guepet



The 2025 Altar Flower chart is up in the Fellowship Room

Please consider putting flowers on the altar in memory of or in honor of a special person or event. Two vases cost \$37.50

Special Person of the Week:

Jill Warner

571 Freemason Drive
Elizabethtown, PA 17022.

Please remember her in prayer and if possible, please send a card.

JOIN US LIVE

SUNDAYS AT 8:30 AND 11:00 AM

LIVE STREAM



STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087

THRIVING TOGETHER
Workshops Empowering Seniors to Live Well and Age Confidently

3RD MONDAY OF THE MONTH
1PM TO 2PM
Zion UCC
14 No 8th Street
Stroudsburg, PA
OPEN TO ALL

RUNDOWN

These sessions are open to anyone in the community, not just members of our church. Please consider joining us in these one-hour sessions where you can connect with professionals and others like you.

MARCH 17 MENTAL HEALTH & AGING with Dr. Raj Israni, a Neurology specialist with St. Lukes Hospital
St. Lukes
Alzheimer's, dementia, and other cognitive issues: understanding and managing them.

APRIL 21 UNDERSTANDING ADDICTION with Emily B and Christiana L. from the Hoopa Intergroup of AA
AA
An insightful course exploring the complexities, causes, and impacts of addiction on individuals and society.

MAY 19 MAINTAINING MENTAL WELLNESS with Rev. Dr. Erica-Adams Finney
St. Lukes
Techniques and practices to promote mental well-being, such as mindfulness, social connections, and physical activity.

JUNE 16 CAN YOU TOUCH YOUR TOES?
Stretching is a great way to relieve muscle aches, increase blood flow, and refresh the oxygen in your body. Come learn how to stretch without hurting yourself!





LEAF-IT-TO-US YARD CLEANUP

Sponsored by Troop 86 of Stroudsburg, PA

We Do:

- First Mow of the Season
- Leaf Raking
- Weed and Shrub Trimming
- Mulching
- Fertilizing
- Garden Weeding
- Gutters

If you would like a quote,
email us at Troop86PA@yahoo.com
or call Tim at 570-269-3187





Become a St. Luke's Volunteer Today!

Our most popular roles allow you to ...

Interact with patients and clinical teams:

- Socialize with patients and guests
- Provide comfort items
- Stock and prep materials for staff

Support patients and guests as a:

- Lobby Greeter
- Gift Shop Volunteer
- Family Advocate in our OR Waiting Rooms

Provide support in areas including:

- Pharmacy
- Nutrition Services
- Human Resources
- Mailroom



Volunteers are integral to St. Luke's University Health Network! At St. Luke's, we work hard to connect you to an area of interest where you can make a difference utilizing your skills and talents.

St. Luke's Volunteers have access to:
St. Luke's Fitness Center Discounts
Volunteer Recognition's
Complimentary Meal Ticket, AND MORE!



Begin your application today at www.stlukes.org/volunteers
A Volunteer Engagement Specialist is available at each campus to assist you with next steps.

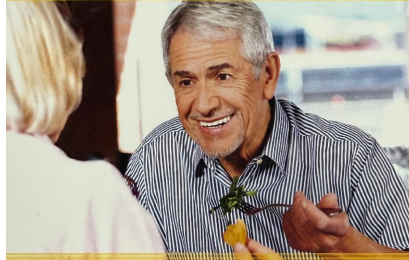
For more information ...
Volunteers@stlukes.org • 484-526-4600



www.stlukes.org • 1-866-STLUKES (786-6377)



Older Adult Meal at St. Luke's Monroe Campus



A Healthy Meal & A Healthy Lifestyle

For Adults age 65 and older

Monday through Friday

Lunch: 11 am – 2 pm

Dinner: 4 – 6 pm

\$3.99 dinner includes entree, soup or salad,
side, vegetable, dessert and 12 oz. drink.

For more information please contact 1-866-STLUKES.

St Luke's
MONROE CAMPUS

THE POCONO METHODIST CLUSTER'S *Lenten Service Series*

MAR 12 – "SCRIPTURE"

AT: EAST STROUDSBURG UMC

PREACHING: REV. RALPH CHUBBUCK

*Join us for a
wonderful Lenten
worship series!*

MAR 19 – "WORSHIP"

AT: STROUDSBURG UMC

PREACHING: REV. WENDY BELLIS

*Our Theme:
The Spiritual
Disciplines!*

MAR 26 – "FASTING"

AT: FAITH UMC

PREACHING: REV. DOTTIE STEM

*Wednesdays of Lent
7pm*

APR 2 – "PRAYER"

AT: REEDERS UMC

PREACHING: REV. SAMUEL ASHLEY

APR 9 – "MEDITATION"

AT: WOODDALE UMC

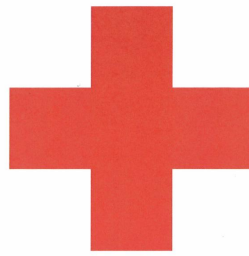
PREACHING: REV. JACK TIRONI



Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



**Community Blood Drive
Stroudsburg
United Methodist Church**

Dining Room - Enter on Ann Street
547 Main Street
Stroudsburg, PA 18360

**Tuesday, April 15, 2025
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org
and enter: Stroudsburg to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting
RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history
questions on the day of your appointment.



Come give 4/14 to 4/30 for a Red Cross T-shirt, \$4. qty
+ chance to win \$5K prize: rcblood.org/hope



1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App
© 2019 The American National Red Cross

IN ITS 44TH YEAR OF PERFORMING
HOLY WEEK CONCERTS,

Pocono Mountain Community Chorus

presents

ONCE UPON A TREE

WORDS AND MUSIC BY PEPPER CHOPLIN

SUNDAY, APRIL 13, 2025 | 7:00 P.M.

ST. JOHN'S LUTHERAN CHURCH
9 NORTH NINTH STREET
STROUDSBURG, PA

Featuring over 50 voices

Directed by Bob Riday

Accompanied by:
Ruth Kochera, piano
Gary Raish, organ
Orchestra

For more information,
please call
570-460-3816



The concert is open to the public and admission is free.
Freewill Offering



SCOUT TROOP 86 INVITES YOU TO A

Pancake Breakfast with the Easter Bunny*

*BREAKFAST INCLUDES FREE PHOTO WITH THE EASTER BUNNY,
PANCAKES, SAUSAGE, JUICE, COFFEE OR TEA

ADULTS \$10, CHILDREN 4-12 \$5, UNDER 3 FREE

TRICKY TRAY RAFFLE BASKETS

SATURDAY, APRIL 12TH
7AM-12PM

STROUDSBURG UNITED METHODIST CHURCH
530 ANN STREET
STROUDSBURG, PA 18360

FAITH UNITED METHODIST CHURCH'S

ONGOING **CLOTHING SHED DRIVE**

CLOTHING ONLY!	CHECK OUT OUR NEW CLOTHING SHED ON OUR CAMPUS!	NO OTHER HOUSEHOLD ITEMS ACCEPTED
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NO DUMPING! **BRING CLOTHES IN TIED PLASTIC BAGS!**

GENERATES FUNDS FOR THE CHURCH! **HELPS LOCAL NON-PROFITS!**



LOCATED ON OUR CAMPUS: 1160 Classe Drive, Stroudsburg, PA 18360

SHED PROVIDED BY: TurnKey Enterprises, LLC



THIRD ANNUAL *Pocono* PAMPER & PRAISE DAY

MATTHEW 25:40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"

AUGUST 23RD
12:30 PM TO 4:30 PM

DANSBURY PARK
EAST STROUDSBURG, PA

JOIN US FOR A DAY OF SOUL & SELF CARE

Enjoy free hot meals, clothing, community resources, and uplifting worship, prayer, dance, and poetry.

 RIPPLES OF HEALING
CHRISTIAN MINISTRIES



GROW!



UMC 101 COURSES Save the Dates!

January 27th: Theology 101 -
It's All About Grace

April 28th: Worship 101 -
Singing and Sacraments

June 30th: Ecumenism 101 -
Similar and Distinct from Other
Christians

Mondays at 6:30pm in the Fellowship
Room - Snacks provided.

Save the dates!

April 28th: Worship 101: Singing and Sacraments
June 30th: Ecumenism 101: Similar and Distinct from Other
Christians

We will meet in the Fellowship Room. Snacks provided.
Please let the office of your interest in joining.

Lait Academy Announces Spring 2025 Events

By Brenda Binns



You asked...we listened! The Laity Academy will hold in-person classes at two different locations in opposite ends of the conference on April 26, in addition to the 2-day training in August. Learn about Servant Leadership from Joe Skarbowsky at St. Paul's UMC in Pine Grove, PA or join Rev. Monica Guepet for Prayer for Our Times at Stroudsburg UMC. [Learn more and register](#)

Prayer for Our Times: Personal, Congregational, and Community Prayer

Rejoice Always; Pray Constantly; Give thanks in all
circumstances; this is Christ's will for you.
1 Thessalonians 5:16-18

Save the Date!

April 26th, we will be hosting the Lay Academy class on prayer.

If you are a Christ Servant Minister, a Certified Lay Minister, or someone interested in growing in your faith. This may be the class for you. Pastor Monica will be teaching on prayer for our times. Here is the description:

HELP. THANKS. WOW. The most common prayers we utter are single words. Personal prayer is often instinctive and private communication with God. Public prayer invites a group of people into a prayer space in which to together engage with God. Leading prayer in a congregation or communal setting requires reflection, awareness, and information to incorporate the needs and theological basis for a community's prayer. Join us for inspiration and equipping to pray personally and publicly. This class will provide participants with reflection on personal prayer as well equip those called to pray in congregational and community settings with skills for leading public prayer.

[Register here](#)

Bible Study -

Want to study the Bible, but you are not sure how? Join

us on Wednesday mornings at 10:15 am in person or on Zoom. We are beginning a new topic on March 12th. We will be studying the book of Judges. If you have heard the names Deborah, Samson, Barak or Gideon, they are all in the book of Judges. We will take a look at the time before Israel had a king. What can we learn about our own world today from how God called the Israelites to live with one another? Join us one week or every week. Contact the office for the Zoom information.

Judges Bible Study: Wednesdays at 10:15 am



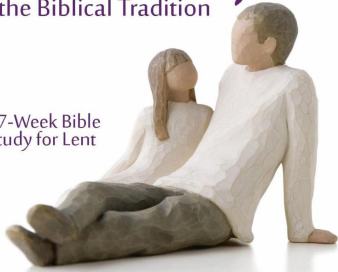
In the Spiral

We repeat what we don't repair.

Fathers & Daughters

In the Biblical Tradition

A 7-Week Bible Study for Lent



Join us for a Lenten study led (via recorded video) by district clergy focusing on the rarely explored topic of biblical relationships between fathers and daughters. The study will be held on Thursdays from 6:30 – 7:30 pm and requires no homework! It will run through April 24th (skipping Maundy Thursday on April 17th). Contact Peggy (570-350-8589) with any questions. To help with planning, let the office or Peggy know if you plan to attend, although you can just show up for any of the sessions that work for you.

Have you been thinking about joining Sunday School? Our Adult Class, held at 9:45 am in the Adult Sunday School room behind the Fellowship Room, just concluded their study of Revelation. We will begin a new study on Ezra-Nehemiah on Sunday, February 16th. The 23 chapters of Ezra and Nehemiah make up one scroll of the Old Testament. They contain the story of starting again after a difficult event. The Israelites have been in exile, and now they are discovering how to be faithful when they have been discouraged and disheartened. Join us for one week or every week as we learn how to rediscover our faith after times of difficulty.



POCONO PLATEAU
CAMP AND RETREAT CENTER

SUPPLIES NEEDED:

We are in need of the following supplies. Save these at home and bring them up when you visit!

- Toilet Paper Rolls
- Old Crayons or Candles
- Newspapers

Fellowship Hall renovations are underway!

We replaced the stained, old carpet tiles with vinyl plank flooring and painted to brighten up the room. Next up for 2025 is replacing the windows and installing HVAC split units. The later renovation phase will provide handicap accessibility for this space along with additional bathrooms.

Summer 2025 Camp Registration is OPEN!

We currently have 162 registrations and are already deep in planning for the summer. Please help us share the news!

We are amazed at the dedication of so many volunteers who commit themselves to a week (or more!) of summer camp. Our summer ministry relies heavily on our volunteers and we are grateful for those who give of their time.

VOLUNTEERS NEEDED!

We are thrilled that all of our program leader, chaplain, and nurse volunteer roles are filled! **We still need summer camp counselors each week during our overnight**

The camp counselor role is perfect for someone who loves working with children or youth and wants to help them grow in their faith formation. If you were a camper in the past, consider helping to build up the next generation of campers!

If you are interested, please email director@poconoplateau.org.



Pocono Plateau Camp & Retreat Center

ALUMNI & FRIENDS WEEKEND

MAY 16-18TH
STARTS AT 7 PM
MAIN SITE

PAY WHAT YOU WANT: \$75-\$120
Saturday day-only attendance is free!

Reconnect with old friends, bring someone new to camp, and enjoy classic camp traditions. All activities are optional, with service project opportunities available.

Whether you come to help, reflect, or just be in this place you love, there's a spot for you at God's Place Apart.

HOME IS WHERE THE CAMPFIRE IS.

[REGISTER HERE \(BY MAY 9\)](#)

Program Leaders:
Lauren (Smith) Beecroft
& Sarah Billings



Pocono Plateau Camp & Retreat Center

ALUMNI & FRIENDS FAQS

Why are we doing this?
To reconnect with each other, reconnect to camp, give back, and enjoy a fun, meaningful weekend together!

Can my kids come?
Yes! Children are welcome, but there won't be structured kids' programming. Guardians are responsible for their children at all times. Children under 12 attend for free.

Why is it pay what you want?
\$75 covers your meals, which is all we ask. If you'd like to help cover the full cost of the weekend, you can contribute up to \$120.

Where will I be staying?
Guests will be assigned a room on Main Site. Families will be roomed together. Adult buddy requests can be made in your registration form. :)

Do I have to participate in activities?
Not at all! Everything is optional—join in where you'd like or just enjoy being at camp.

What kind of service projects will there be?
We'll have a variety of projects suited to different skills and interests, all focused on getting camp ready for summer.

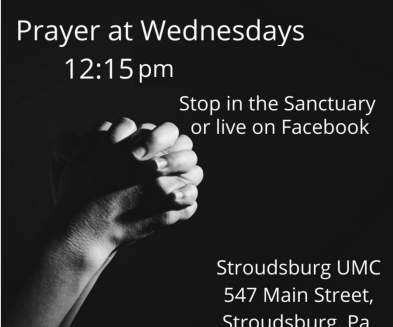
Will the camp store be open?
Yes! Stop by and grab some Plateau swag while you're here.

What does "& friends" mean? Can I bring someone?
Of course! Anyone who loves (or will come to love) camp is welcome to join.

I'm curious about what's happening at camp. What's new?
We'll share updates on how camp is growing, current needs, and where we're headed. Join us in dreaming big as we approach our 80th anniversary in 2024!

HOME IS WHERE THE CAMPFIRE IS.

Program Leaders: Lauren (Smith) Beecroft & Sarah Billings



Prayer at Wednesdays
12:15 pm

Stop in the Sanctuary
or live on Facebook

Stroudsburg UMC
547 Main Street,
Stroudsburg, Pa

OPEN SANCTUARY Every Wednesday, our church is open from noon to 1pm for prayer. We have a devotion and live prayer at 12:15. You can join us live in person, online or view it later on Facebook. You do not need a Facebook account to participate. Join us for Open Sanctuary.

COMMUNITY RESOURCE CENTER REVITALIZATION PROJECT

Did you know that our church is a resource for our community? In addition to our weekly Soup Kitchen, Boy Scout Troop and Cub Pack, we partner with community organizations like Red Cross blood drives and emergency shelter,



and others to make a difference in our community. Our building and property team has been working on revitalization plans for our downstairs to reflect our needs and growth. Updates and alignments to the kitchen, improvements, and accessibility to the bathrooms and refreshing to the dining room are included. Plans will be available for viewing after each service in the Fellowship Room. Ask our building and property team for more information.

UPDATE: As we are pondering donations to the Community Resource Center Revitalization Project keep this in your thoughts: Donations of \$10,000 or more will be recognized on a bronze plaque which will be unveiled at a dedication ceremony. Families might consider joining together to memorialize or honor a loved one.

MAKE A DIFFERENCE!

Give to a Mission

A variety of missions are supported by our church. You can make a difference both locally and around the world by giving to these missions. If there is a particular mission that interests you, please provide the information to the office. Thank you for your continued support! If you have questions, please contact the office.

DID YOU KNOW?

The IRA Qualified Charitable Distribution (QCD) allows you, once you have reached the age of 70½, to donate up to \$100,000 within each tax year directly from your IRA without treating the distribution as taxable income. The contribution can be counted toward satisfying your required minimum distribution (RMD) for the year.

Give to the church and care for your financial health.

Church Women United - Items for Christmas Stockings
Items for April are pens, pencils and notepads. Please bring your donations in and place them in the bin located in the Fellowship Room near the Missions display. Thank you!



Safe Monroe Plant the Town Red

Safe Monroe's annual flower sale to support their mission and end domestic and sexual abuse in Monroe County.

Order deadline is Friday, April 25th. Delivery and pick up: Friday, May 9th

For more information contact Deb Bowman at Safe Monroe: dbowman@safemonroe.org; 570-424-2093 x 119

SAFE
monroe

Plant the Town Red

Safe Monroe's
ANNUAL FLOWER SALE
to support our mission to end domestic & sexual abuse in Monroe County!

Geraniums
(available in single pots or in flats of 12 plants)

\$5.00 per plant	\$4.50 each for 2 or more	\$54.00 flat of 12 plants
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Impatiens!
(available in hanging baskets)

\$20.00 for 10 hanging impatiens plants	\$50.00 for 1 hanging impatiens basket
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Scan to Order:
Deadline to Order is Friday, April 25th
safemonroe.org/visit/plant-the-town-red
to support our mission to end domestic & sexual abuse in Monroe County!

Delivery and Pick-Up: Friday, May 9th
Safe Monroe • 220 J. Willard Drive, P.O. Box 645 • Delaware Water Gap, PA 18207 • www.safemonroe.org
For more information contact Deborah Bowman • dbowman@safemonroe.org • 570-424-2093 x119 • 24-hour hotline: 570-421-4200

Lenten Missions Boxes

Lenten boxes are included in the Lenten bags or you can pick one up from the back of the sanctuary. This year, we are supporting the efforts of Monroe County Habitat for Humanity. In addition to rehabilitating homes in need, they run the Re-Store with donated home items at low cost and collaborate with other agencies to work on housing for all those in our area. Pastor Monica has a vision that every new homeowner working under casework can cover the cost of essential household items with a grant from the churches. Help us realize that vision by caring for our neighbors.

Lenten bags and devotionals are available in the Fellowship Room.



Join the Board of the Stroudsburg Community Food Resource Center and Shape Our Community!

About Us:

This developing non-profit in Stroudsburg, PA is dedicated to helping end food insecurity one person at a time. Our unity in this matter is our uniqueness— we are working to bring together the local government, the Pocono Interfaith Council, other non-profits, and community

members who want to come to the table to streamline and make resources more accessible to the community. We envision a future where folks can come to a centralized space for food and other human resource needs, without putting the burden on one organization but sharing the weight of the need for the betterment of our community.

Our Need:

We seek passionate and dedicated individuals to join our Board of Directors to guide our organization's growth and impact.

What We're Looking For:

We are particularly interested in individuals with expertise in business, marketing, fundraising, interfaith and cultural diversity comprehension, and community engagement.

What You'll Gain:

Be a part of a new and exciting non-profit organization.
Contribute your skills and experience to a meaningful cause.
Make a tangible difference in the Stroudsburg community.
Develop your leadership skills and network within the non-profit sector.

Board Responsibilities:

Board members would be expected to attend board meetings, participate in committees, and participate in fundraising and strategic planning to help guide the focus group's vision for this Community resource to the concrete operation.

To Apply:

Interested individuals are encouraged to submit their resumes and a brief statement of interest to Josh Loomis at jloomis6712@gmail.com by April 11th, 2025.

Leftover Soup is Available!

We have some leftover soup from our Missions Soup Sale - 2 quarts of vegetable soup are available and 9 1/2 quarts of ham/potato soup are available. Quarts are \$10.00 each; 1/2 quart = \$5.00. Please see a member of our Missions Team or contact the office. All proceeds benefit Missions projects in our church.



Do you have an extra coat? Have you ever noticed that the townspeople laid out their coats for Jesus and the donkey as he entered the city? Offer one of your coats to share with someone else to care for Jesus. Bring your coat on Palm Sunday (April 13th) and lay it on the altar.

Giving is easier than ever. Use this QR code to give to the general fund or special ministry. Contact the office for more information.



Pastor's Discretionary Fund -

Thank you so much for supporting our community members in need. Because of your generosity, we have been able to help folks with rent, utilities, transportation, and other unique needs. We also connect people with resources in our area. Our need has increased in the last few months. We are committed to only helping based on the funds we received. We're just asking if you feel called to give additional to the PDF on the first Sunday or through the month so that you might help us make a difference in our community. You can place donations to the PDF in the offering with a note in the memo field or on the envelope. Alternatively, you can send donations to the church through your bank with the same note. Thank you for making a difference in our community.



COMMUNION PREPARATION

Do you like serving behind the scenes? Do you like preparation and making sure everything is ready? We are switching to Communion with fresh bread and cups of juice (yes, we will still have prepackaged as well). We can use some more hands to prepare the bread and fill the cups. Please let us know in the office if you are interested. We are hoping to prepare a rotating schedule.



We are still collecting Weis receipts. Weis Markets gives back 1% of the total of each receipt submitted. It all adds up! Please continue to bring your Weis receipts to church and place them in the large canister in the Fellowship Room.

Please note: the entire receipt needs to be submitted. Please do not cut the bottom of the receipt off. If the bottom portion of the receipt is cut off, we cannot submit it to Weis.

Receipts for prescriptions and gift cards can also be submitted.

Thank you for helping to make a difference!



SUMC's Amazon Wish Lists

Soup Kitchen Needs

[Amazon Wish List - Soup Kitchen](#)

Building Our Library

[Amazon Wish List - Building Our Library](#)

Soup Kitchen

Our Soup Kitchen is a vital ministry feeding our neighbors every Sunday.

We continue to serve take-out meals as well as offer our guests the option to sit down in the dining room and eat. Food stability remains a vital part of our community. Meals are served every Sunday from 2-3pm. We are always looking for additional volunteers to prepare and serve the meals. **We have started filling in the 2025 calendar. Please contact Jackie in the office with your interest and availability to serve.**



Are you looking for how you can help the Soup Kitchen if you are unable to prepare and serve meals? When you are shopping, we need the following: Cases of water and Styrofoam take out containers. Check out our Amazon Wish List for Soup Kitchen and have items sent directly to the church! [Amazon Wish List - Soup Kitchen](#)
Thanks for serving our neighbors.

SOUP KITCHEN UPDATE - JANUARY 2025

For the last year, we have seen the number of hungry people increase. Our Soup Kitchen has been feeding hungry people for decades. We also notice that often, towards the end of the month, the number of meals served increases. Many people receive their compensation at the beginning of the month. Stretching into the end of month with rent, utilities, and unforeseen expenses can be difficult. What began as a vital way to include our neighbors and affirm their dignity shifted in pandemic times to a drive-by meal and has returned to a sit-down, eat-in meal with community connections. Each week, different groups prepare and serve a meal. From the scouts to local churches, food pantries, family groups, and friends, plan a meal and serve it on Sunday from 2pm - 3pm. Sometimes, we can smell Sunday dinner from the sanctuary as we conclude the 11:00 service. I am so thankful for each of the groups that serve our neighbors. I am grateful for each one of our neighbors who has come in. In 2024, we shared over 4,300 meals with our neighbors.

If you are interested in preparing or serving a meal, don't hesitate to contact the church office at sumc@stroudsburgumc.com or 570-421-6020. If you are in need of a meal, please join us at 2:00 pm every Sunday afternoon in the Dining Room.

Thank you for making a difference in our community.

Stroudsburg United Methodist Church | 547 Main St | Stroudsburg, PA 18360 US

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