



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 - August 30, 2024

"I, therefore, the prisoner in the Lord, beg you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace." Ephesians 4:2-3

Fifteen or so years ago, I served on a team with our current District Superintendent, Dr. Rev. Hun Ju Lee. On that team, we each took a turn offering the devotion, switching off month by month. One month, Dr. Lee was offered the devotion about the effects of loneliness. In our culture, we often think of prophets as fortune or future tellers. Biblically, prophets make sense of the world and speak God's word. Dr. Lee spoke prophetically



about the loneliness and disconnection people feel from one another. A few years later, I was not surprised when I heard the Surgeon General, Vivek H. Murthy, issue a warning about the epidemic of loneliness. Dr. Murthy writes, "Loneliness and isolation represent profound threats to our health and well-being. But we have the power to respond. By taking small steps every day to strengthen our relationships, and by supporting community efforts to rebuild social connection, we can rise to meet this moment together."

As people of faith, we understand the essential connection between God and humanity and humanity with one another. We were created for connection. About three years ago, I was asked to join a team of writers for a worship resource called Breakthrough. It began as a project of the Greater New Jersey Annual Conference of the United Methodist Church. When Greater New Jersey and Eastern Pennsylvania Annual Conferences began to share a bishop, there was a move to include Eastern Pennsylvania clergy in the production. This worship resource that began within one conference is now used across the denomination and the country. Once a year, discernment about what topics are needed in churches is prayerfully sought and considered. From the beginning, I suggested that the Surgeon General's work and Dr. Lee's prophetic devotion were necessary for churches everywhere because it was people's experience everywhere. It is my great joy that this series came to fruition this year. I had a chance to work on it. I am glad that we will be using it this fall.

Reflectively, we have each had experiences in which we have glimpsed true connection, being part of a whole. On Wednesday at Open Sanctuary, I spoke about my experience of connection when I first walked a newborn Peter (my son) into a Children's Hospital filled with other family members who wanted nothing but health for their children. For you, it might have been being part of a sports team or a group at work. It might have been here at church or with your family. We have also each had the experience of feeling very disconnected. When everyone else seems to know what to do or has been included, and you are not, when you enter a new place, you do not have any connections. This fall, we will look at how we are created for connection, connection with God, and connection with one another. If we are created for connection, how do we nurture that connection in light of an epidemic of loneliness?

The apostle Paul wrote to the church in Ephesus to encourage them to walk in humility and

patience, bearing one another in love. We are sometimes the ones who feel disconnected, and we are sometimes the ones who can connect those who feel disconnected. The church father, Augustine, declared that our hearts are restless until we find our rest in God. We are created for connection.

God, who made us and loved us, we know that we have been made to be in relationship with you. We know that our siblings and neighbors are made that way, too. All of us are made to be in relationship with you and one another. Yet, we sit in our own spaces, on our own devices, thinking our own lonely thoughts, and do not connect with one another or with you. When we are discouraged and feel alone, surprise us with your presence. When we are down on humanity and recounting the worst of humanity, remind us of the goodness of others. Let our hearts be open for connection. We pray, Amen.

In God's Love,
Pastor Monica

GATHER!

For this Sunday, September 1st -

As Marti recovers, we are thankful for the different musicians that will bless us. We welcome Jordan Schnaitman and Bob Riday to the bench this week as we continue to pray for Marti.

It's Communion Sunday.

Our worship leaders are Cliff and Kathy.

The praise song is "I Love You, Lord"

The New Testament Lesson is Ephesians 4:1-6

The Gospel Lesson is John 6:35, 47-51

Pastor Monica's sermon is "Created for Connection: Connection Among Christians" (I want my listeners to experience our local church is a place to build meaningful relationships through the gift of our one faith.)



Observing the widespread and severe effects of social disconnection on Americans' health, Dr Vivek Murthy (Surgeon General of the United States) says, "loneliness and isolation represent profound threats to our health and well-being." This reality reflects what our faith teaches us: God created us for connection and community.

Drawing on the experiences of the early church in scripture, let us relearn how God leads us into lives of meaningful relationship with Godself and one another. Join us on Sunday as we explore our connection with other Christians.

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

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

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

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

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

calendar:

SUMC Calendar

This week, we offer blessings to Bishop John Schol as he shifts into a new role in retirement, and we welcome Bishop Cynthia Moore-Koikoi as she moves in this week. She begins as our Bishop on Sunday. I invite you to pray for her and her ministry among us. This video includes both a farewell from Bishop Schol and a meaningful connection between him and Bishop Moore-Koikoi.

Bishop Schol says goodbye & Welcomes Bishop Moore-Koikoi

View the video [here](#).

Our technology is vital to our worship experience. Our soundboard amplifies word and song in our sanctuary and online. Our powerpoint provides lyrics, scripture, liturgy, and images to enhance our worship. Our streaming and camera allow those worshipping at home to be present with us in worship.

We are offering training on Saturday, September 28th, at 10:00 am in the sanctuary for anyone who wants to learn how to support our tech team. We are looking to train more people. Please join us to learn more!



God supplies all our needs!
Philippians 4:19

As I sat and wrote this, the above was my devotion for the day. A true God wink!

Dear SUMC,
I am so grateful for the people here and the generosity of them whenever a need arises. You never know when it could be yourself. Thank you for paying Adam's car insurance in a rough time. May you be blessed!
Laurie

SAVE THE DATE:

Services of Welcome for Bishop Cynthia Moore-Koikoi

Eastern Pennsylvania will gather

Saturday, September 21, 2024

10:30 a.m.

at West Lawn UMC

15 Woodside Ave. West Lawn, PA

Greater New Jersey will gather

Saturday, September 14, 2024

10:30 a.m.

at Calvary UMC

572 Ryders Ln. East Brunswick, NJ

Save the date!

Our Charge Conference is October 19th at 9:00 am at East Stroudsburg UMC.

Please note that if you have paperwork to prepare ahead of the Charge Conference, it is due August 31st. Please see the office for more information. Our Charge Conference is the annual meeting of our church in which we elect those who serve, receive the state of the church report and set goals for the future. Everyone is welcome!



September Birthdays

- 4 Rob Stirton
- 6 Alisabeth Guepet
- 9 Nehemiah Stirton
- 14 Sherry Lombardi
- 22 Jeanette Kuhns
- 23 Peggy Stewart
- 25 Jenny Bogart

Special Person of the Week:

Irene Goforth
c/o Gluco Lodge, Room B-21
1127 Kemmertown Road
Stroudsburg, PA 18360
Please remember her in prayer and if possible, please send a card.



Welcome

SUNDAY SCHOOL

September 8th at 9:45 AM

Ages Kindergarten
- 6th grade

Stroudsburg UMC
547 Main Street, Stroudsburg



You are now able to give through our website without using PayPal. After clicking on 'donate' you will be taken to a page on the EPA Conference website where you can insert the amount of your giving as well as other information such as your name, address, etc. Select Stroudsburg UMC from the drop down list of churches. If you need assistance please contact the office.

www.stroudsburgumc.com

JOIN US LIVE

SUNDAYS AT 8:30 AND 11:00 AM

LIVE STREAM



STRODSBURGUMC.COM

YouTube: @stroudsburgumc3087

FAITH UNITED METHODIST CHURCH'S
ONGOING **CLOTHING SHED DRIVE**

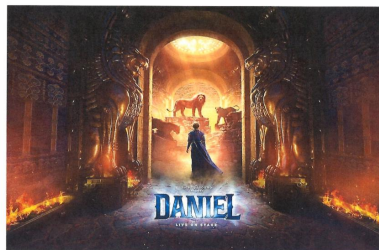
CLOTHING ONLY! CHECK OUT OUR NEW CLOTHING SHED ON OUR CAMPUS! NO OTHER HOUSEHOLD ITEMS ACCEPTED

NO DUMPING! **BRING CLOTHES IN TIED PLASTIC BAGS!**

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

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

SHED PROVIDED BY:
TurnKey Enterprises, LLC

EAST STROUDSBURG UMC IS PLANNING A BUS TRIP TO
SIGHT AND SOUND THEATER

SAVE THE DATE - Wednesday, October 16, 2024

\$150.00 includes transportation, show and early dinner
Pickup time and location to be determined
Seats are limited
If interested contact Vicky Baechtold - 570-540-0310


Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith?

From the fiery furnace to the infamous den of lions, Daniel is a spectacular theatrical experience for the whole family. Witness one of the Bible's most hope-filled stories as it comes to life in this brand new original stage production from Sight and Sound Theaters.

OCTOBER
19
SATURDAY

ANNUAL CHARGE CONFERENCE

Saturday, October 19th
9:00 AM AT EAST STROUDSBURG UMC
83 SOUTH COURTLAND STREET, EAST STROUDSBURG

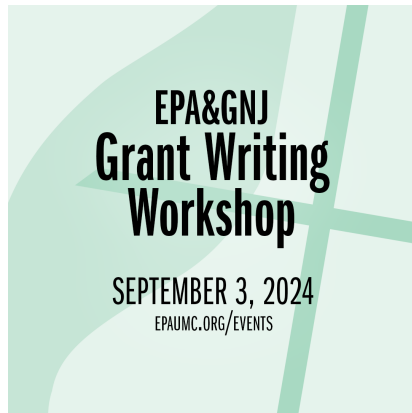
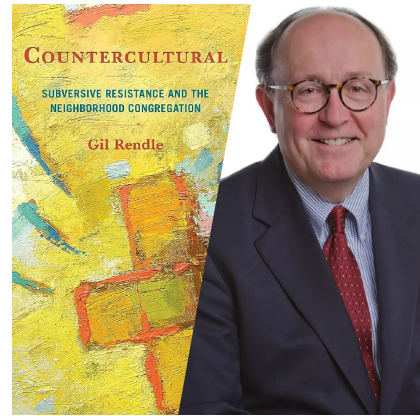


October Book Study explores Countercultural by Gil

Rendle

This book study, sponsored by the EPA Congregational Development Team, will explore Rendle's idea that "at a major-shifting point in our culture, the 'ME' thinking attitude of the past 50-60 years has been ineffective in promoting, modeling and holding folks accountable to ancient wisdom (particularly: loving God and loving neighbor)." These conversations will help congregations "thrive and fulfill their purpose by being countercultural." Sessions will meet Oct 2, 9, 16, 23 from 11am-12pm on Zoom.

Register here to participate in the study. Learn more about Gil Rendle and his book, from The Uncovered Dish podcast conversation with Gil Rendle [here](#).



Grant Writing Workshop September 3rd 6:30pm on Zoom

Rev. Gabe Lopez and Alyssa Ruch are offering a session to help congregations write strong grant applications for the upcoming Congregational Development grant application period. Grant applications open on Sept 1st and are due Sept. 30th. Learn more about Congregational Development grants [here](#). And [register for the workshop here](#).

Journey of Hope -

Thank you to all who have been walking with us for the Journey of Hope. We will meet on Monday, September 23rd, at 6:30pm in the Adult Sunday School room. In the meantime, we invite you to pray as we seek to journey together, seeking to be anti-racists. Please review and consider the packet provided with definitions.



PATHWAYS



UMC 101 courses

Save the dates!

September 30th: History 101:
Twins: Wesley and the Colonies

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

April 26th: Worship 101:
Singing and Sacraments

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

As requested, we will start UMC 101 courses in September. So, save the date to join us on Mondays at 6:30 pm once a quarter. Snacks provided. We will meet in the Fellowship Room.

Save the dates!

September 30th: History 101: Twins: Wesley and the Colonies

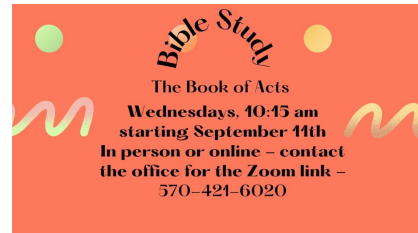
January 27th: Theology 101: It's All About Grace

April 26th: Worship 101: Singing and Sacraments

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

Bible Study -

Throughout this year, a faithful group of 8-12 people studied the Book of Acts. Like Paul's missionary journeys, it required multiple trips (years). We pause for the summer investing in re-creation and the gifts of summer. Consider joining us on September 11th and on Wednesday mornings at 10:15am on zoom or in the lounge. We will pick up on Acts chapter 23. The syllabus and reading assignments will be available in the office.



Adult Sunday School -

Adult Sunday School has been studying the Book of Revelation this year. What do hymns, movies, paintings and stories of God's triumph have in common? They all help us understand the Book of Revelation. Starting in June, we will take a summer recess and return to this vital work on Sunday, September 8th, at 9:45am. This is available on zoom and in the Adult Sunday School room. We will resume with chapter 19 and the Celebration in Heaven. Reading assignments are given at the end of the previous class. All are welcome!

Sunday School is back! Starting on September 8th, our children's Sunday School returns. Help us finish setting up our classroom with a few wish items. Here is our Amazon Wish List:

[Children's Sunday School Wish List](#)

Order off the list and items are shipped to the church. Thanks for supporting our Sunday School!



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.

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.



Our Little Free Library is up and running! We have adult and children's books as well as other resources. We are looking for some additional children's books to rotate through our library. Please bring your donations into the Fellowship Room, so they can be shared. Thank you for caring for our community.

Christmas Stockings for Church Women United

Our goal to fill 25 stockings for older folks in nursing homes and other people forgotten at Christmas was surpassed in 2023 as we packed over 70 stockings! Thank you for helping us to make a difference! Residents are delighted and feel loved by this community gesture. To fill our stockings we will

ask you to bring in items every month to build the stockings from now until October. **Items for September are toothbrushes, toothpaste and travel size mouthwash.** There is a plastic tote in the Fellowship Room for your donations. A complete list of requested items is available -

CWU Christmas Stockings 2024



Thank you to everyone who participated in our August 16th and 17th yard sale. From the generous people who contributed their treasures to those who organized and priced the items to those who greeted our guests, we were blessed with many who gave their time, energy, and talents.

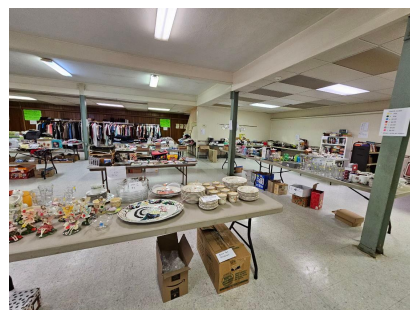
The Missions Team raised over \$1500 in purchases. If you were present, you saw the incredible work of creating a holiday decor area in the blue room, clothing across the rear of the dining room, a bookshop, a jewelry counter, and

many games. These funds raised will go to the church's missions, including Family Promise, Street 2 Feet, our Soup Kitchen, UMCOR, and much more!

Our guests shopped at the sale, enjoyed food, and often shared about their trip to the yard sale. We heard from people starting over again, looking for necessary household supplies, neighbors looking for bargains for gifts, and those sharing what they had with others.

The Membership and Evangelism team worked hard preparing and selling sweet treats, snacks, and lunch fare. They raised \$200.00, which covered the cost of the church picnic.

Thank you to everyone who was a part of this impressive effort.
More pictures below!



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. **September 8th is open - please let the office know if you can help.** Please contact the church office if you are interested and available - 570-421-6020.

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, soda (not diet), 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 those in our community.



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

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