



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 - September 6, 2024

"We have this hope, a sure and steadfast anchor of the soul" Hebrews 6:19a

I have been thinking about hope this week. Yes, I have thought about hope because fall is in the area, and my favorite season is around the corner. Yes, because back to school and the beginning of programming in the church year remind me that life continues. Yes, because it is invigorating to see new faces in the congregation.

But more than all of that, I have been thinking about hope because I need to. The news on television, in the newspaper, and on social media can be easy to become discouraged. School shootings have become too familiar, and we pray, How long, O Lord, while we are lacing up our sneakers to take action towards the shalom necessary. Sharing challenges

among friends can be disheartening, almost without thought. Families challenges, the compounding feeling that you are alone in what you must do, or the daily round multiples the troubles.

The author of Hebrew reminds us that hope is an anchor. You only need an anchor when there is a threat of rough seas. If all was still and always the same, you would not need an anchor. The very image of the anchor indicates its necessity. The same goes for hope. If all were known, we would not need hope. If all were always well, we would not need hope. Hope requires trust and is only necessary when things are unsure. Hope is the anchor of our souls, and yet is even more.

This week, I listened to a podcast in which journalist Nicholas Kristof describes hope as a muscle. (1) In talking about how he finds hope in a world in which he has reported on Tienemann Square, the genocide in Dakur, and his own family were survivors of spying on the Nazis, Kristoff talks about the muscle of hope. This is not abstract but very concrete. He shares that if hope is a muscle, we need to build it and develop it and, thereby, are more likely to achieve that outcome. In exercising his hope, he tells many stories. I will share just one.

"And so I managed to come back sometimes just awed by the courage of humans, the decency of humans. I was, in a village in, Pakistan where this, I met this incredible woman. I came to know well, Mukhtar Mai, and Mukhtar had been sentenced by her village council to be gang raped because of something that her younger brother supposedly had done. And, in fact, he probably hadn't done it. But then the village council carried out the order. They gang raped Mukhtar, and the expectation was that he was then going to kill herself out of shame. Instead, Mukhtar prosecuted her attackers. She sent them to prison, and then she used compensation money for the rape to start the first school in her village because she believed that education was the best way to chip away at the misogyny and cruelty that had led her to be victimized. And then, she enrolled the children of her attackers in her school. And you know, when you were in that village, yes, you see the evil that people are capable of, but you also see just what an amazing species we are and how, when tested, we are also capable of this incredible strength and resilience and courage and just, just plain goodness."

Sometimes, hope comes from the actions of others. An inherent goodness. The reflection of



God's image in others.

Sometimes, hope comes from God—an anchor amid the crashing waves and high winds. I invite you to exercise the muscle of hope. It would be easy to let your exercise reps fall by the wayside. It would be easy to say despair and discouragement have replaced hope. I invite you instead to notice where God is moving around you. I invite you to notice where you see signs of hope, reflections of God's image. Let those be an anchor in times of choppy waves and whipping winds.

Intentionally write down what you notice. Share it with a friend or family member. Read back the signs of hope from days gone by. Each time is like a sit-up or pull-up for the muscle of hope. Each time, it builds stamina and strength. No one needs to convince us of the need for hope in a trying time. We may need a reminder to cling to the anchor and exercise our hope muscles.

May the weeks to come be filled with signs of hope and exercise for the muscle of hope.

1. <https://katebowler.com/podcasts/hope-is-a-muscle/>

In God's Love,
Pastor Monica

GATHER!

For this Sunday, September 8th -

As Marti recovers, we are thankful for the different musicians that will bless us. We welcome Scott Besser back to the bench on Sunday.

Our worship leaders are Diane and Pastor Margie.

The praise song is "Oh Happy Day"

The Old Testament Lesson is Psalm 98

The Gospel Lesson is John 15:1-12

Pastor Monica's sermon is "Created for Connection: Connection with God" (I want my listeners to connect and remain in relationship with God.)

Jesus was connected to the Creator, and all his relationships were built on this relationship; so may all our relationships be built on our relationship with God.

Staying connected to God helps us have more loving relationships with others and bear fruit. Join us on Sunday as we learn about our connection with God.

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

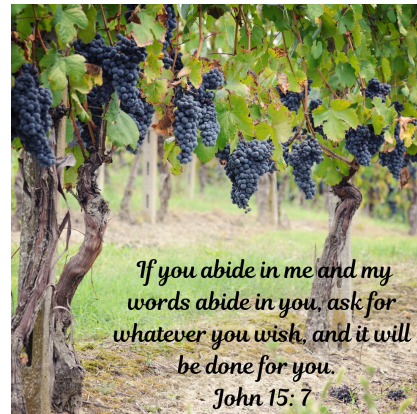
[Join us live at 8:30am](#)

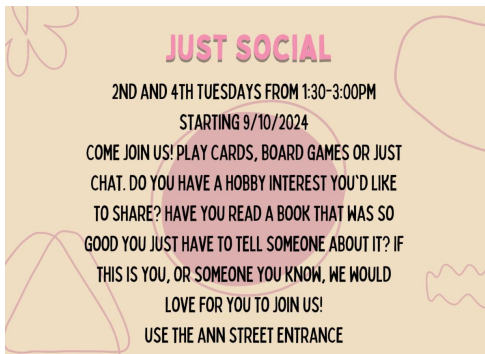
[Join us live at 11:00am](#)

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](#)





Just Social Small Group starts up again Tuesday, September 10th, 1:30pm-3pm. Note the meetings will be held on the 2nd and 4th Tuesday of the month. Please use the Ann Street entrance.

Stitch & Pray Small Group has resumed! Meetings are held on the first Monday of each month at 7pm and also the 3rd Thursday of each month at 1:30pm.



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!



2025 Congregational Development & Community Outreach Grants

If your church is planning a new ministry and needs some seed money to get started, apply for a grant today! Grant applications will be accepted from August 15 to September 30. To access the application, please log-in to Arena at <http://member.gnjumc.org>. Learn more: <https://www.epaumc.org/finance/grants-for-ministry/>



A New Chapter for EPA&GNJ: A Conversation with Bishop Cynthia Moore-Koikoi

By James Lee

It was a crisp, sunny morning on the Tuesday after Labor Day weekend when Bishop Cynthia Moore-Koikoi stepped into the Mission and Resource Center in Neptune, NJ. The

air was filled with a sense of anticipation as the new episcopal leader began her first day...
[Go deeper \(6 min read\) →](#)

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

Introducing Karen Benner as the New North-West Regional Administrator

Karen Benner, former Disaster Case Manager, is stepping in to a new role as the North-West Regional Administrator beginning Monday Sept 9. She can be reached at kbenner@epaumc.church



Save the date for Blessing of the Animals - Sunday,
October 6th, 12:30pm in the church Courtyard.

**Join us Sunday, October 6th,
12:30pm in the church
Courtyard for the Blessing of
Animals**

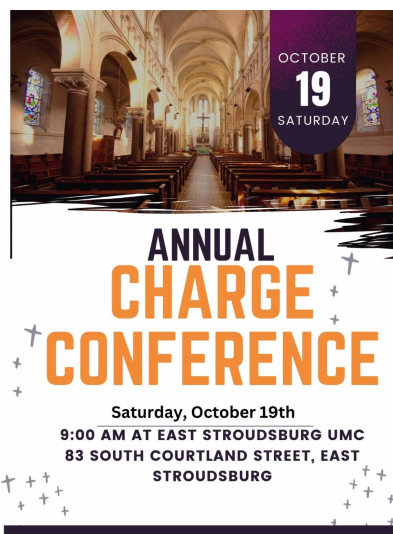


Save the date for our Harvest Fellowship Meal - Saturday, October 12th, 5pm. More details will follow.

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!



Happy
**BIRTHDAY
WISHES**

September Birthdays

4 Rob Stirton
4 Carmen O'Shea
6 Alisabeth Guepet
9 Nehemiah Stirton
14 Sherry Lombardi
22 Jeanette Kuhns
23 Peggy Stewart
25 Jenny Bogart
26 Brenda Rambo

Special Person of the Week:

Kathy Blackburne

537 Barry Street

Stroudsburg, PA 18360

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



4TH ANNUAL
POCONO

Irish-American Festival
SATURDAY, SEPTEMBER 7TH 2024 11:30 AM-8:00 PM
COURTHOUSE SQUARE, STROUDSBURG, PA

FEATURING
FREE ADMISSION, MUSIC, FOOD, DRINK, DANCE,
VENDORS, CHILDREN'S ACTIVITIES

ESSA Bank & Trust

Irish-American Festival

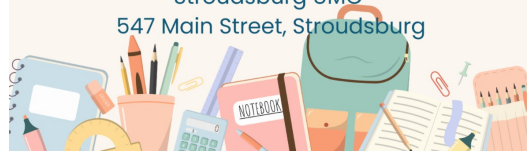
Welcome

SUNDAY SCHOOL

September 8th at 9:45 AM

Ages Kindergarten
- 6th grade

Stroudsburg UMC
547 Main Street, Stroudsburg





Join Us!

Wednesday, September 11

5:30PM - 6:30 PM | Weiler Abrasives Group

Purchase Butterflies or Become a Sponsor at
safemonroe.org/event/butterfly2024



Rain Date: Thursday, 9/12



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



STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087



The National Faith & Blue Weekend
 facilitates safer and stronger communities by engaging law enforcement officers and local residents through the connections of faith-based organizations.

In support of this national initiative, please join us for the 4th Annual Faith, Blue & You event on:

Saturday, October 5
1 p.m. - 4 p.m.
East Stroudsburg University
Zimbar Gym & Courts

- Activities and games for kids
- Police dances, songs, and spoken word
- Bike raffle
- Everyone is welcome
- A celebration of unity and love – come on any time together and meet your local faith leaders, your friends in blue, and your neighbors
- Contact Chief Parish for more information: wparrish@menziesccentyspa.gov



Conflict in the Holy Land and Hopes for Lasting Peace

A Conversation with Rabbi Daniel Zucker

Wednesday
Sept. 11, 2024
7 PM



Rabbi Daniel Zucker
 of Temple Israel

St. Luke's Roman Catholic Church
 9th & Main Streets
 Stroudsburg, PA



Hosted by
Faithful Neighbors' Ministry

Guided by Catholic teachings, we are committed to the dialogue of life in which people strive to live in an open and neighborly spirit, to share their joys and sorrows, as well as their human problems and preoccupations.

Call the Parish Office for information and to register
 (570) 421-9097

JOIN US FOR A DIALOGUE

EDUCATION

IN THE ABRAHAMIC SCRIPTURES



Scriptural Reasoning is an interactive practice in which people from different backgrounds read and discuss short scriptural texts together. It offers a unique opportunity for interfaith dialogue, fostering understanding and building friendships.

September 8 | 2:30 PM

East Stroudsburg Presbyterian Church
 55 Smith St, East Stroudsburg, PA

For those not attending in person, join online at bit.ly/scripturalreasoning

COMMUNITY
PICNIC

BBQ | FUN | FRIENDSHIP
Bring your family and friends.

..... **SUNDAY, SEPT. 15**

4PM

To RSVP, click bit.ly/erepicnic24
or text to **570 856 98 80**

*Chestnut Retreat Center
7554 Mt. Eaton Road
Saylorsburg*

Mental Health in Faith Communities **2024**

📍 Chestnut Retreat Center
7554 Mount Eaton Road,
Saylorsburg, PA 18353
📅 Tuesday, October 15
9 AM - 12 PM
Lunch: 12 PM - 1 PM

FREE ENTRY • LUNCH PROVIDED

- Hear from local organizations and talk about concerns
- Personal testimonies from community members
- Get a free local resource guide
- Learn about trainings available and how to get involved!

TOPICS

- Homelessness
- Children's Mental Health
- Reducing Stigma

MUST REGISTER! ONLY 50 TICKETS!

SCAN TO REGISTER:

Resources for Human Development
rinc
Crossroads Community Services

Street2Free
A program of the Lehigh Valley Community Foundation

POCONOS INTERFAITH COUNCIL

CARBON MONOXIDE-FREE SYSTEM OF CARE

Carbon Monoxide-Free Mental Health and Developmental Services

Roots Living Ministry

CHESTNUT RETREAT CENTER

NAMI Northeast Region PA

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!

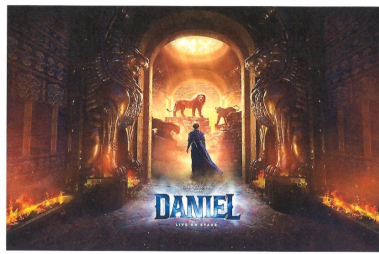
BRING CLOTHES IN TIED PLASTIC BAGS!

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**

**JOIN US FOR AN EVENING
OF FAITH AND FRIENDSHIP**

SUNDAY OCTOBER 20TH
5PM - 8:30PM
7440 SCHOOL VIEW LANE
STROUDSBURG

**FOOD, FIRES, SMORES, A MOVIE,
YARD GAMES AND MORE!!**

PLEASE RSVP TO AMANDA 570-656-6443
WITH GROUP NAME AND TOTAL # ATTENDING
BY OCTOBER 7TH

Faith Can Move Mountains



GROW!

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

Mondays at 6:30 pm in the Stroudsburg UMC
Fellowship Room Snacks provided

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

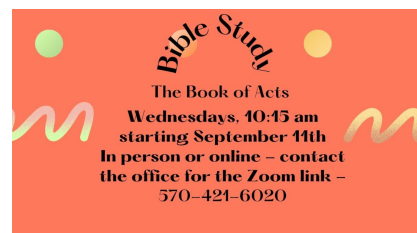
January 27th: Theology 101: It's All About Grace

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.

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



JOIN US ON SATURDAY, 11/2
10:00AM-11:30AM

Global Meal Pack

Sign up in the church office to join us at East Stroudsburg UMC. We will be packing meals which are a shelf staple mixture of rice, vegetables, protein, and vitamins. Volunteers scoop, weigh, and seal ingredients in plastic bags.

A stylized graphic of a globe showing the Americas, rendered in a dark blue color against a light green background.

On November 2nd, East Stroudsburg United Methodist Church is hosting a Global Meal Pack. We have a time slot from 10:00am-11:30am. If you can come, please let the office know. If you cannot come and still want to support this important effort, consider giving. It costs 28 cents to pack one meal. Ten dollars packs about 35 meals. Twenty-five dollars packs almost ninety meals.

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](#)

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, 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 our neighbors.



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

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