

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 - November 13, 2026



"At that time Deborah, a prophet, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites came up to her for judgment." Judges 4:4-6.

Many of you know that I am doing doctoral work at Moravian University, School of Theology, Lancaster Campus. This semester, I am taking a course in adaptive leadership and cultivating partnerships. One of the most fascinating learnings is that leadership requires partnerships. We often imagine the leader out on their own, discerning a path forward and foraging for resources and words of inspiration to impart to those who follow. We imagine Moses on the mountain, David against Goliath, or Paul on the road with the blinding light. However, Moses worked with his siblings, Aaron and Miriam, as well as religious leaders. David was guided by Nathan as well as others. Paul was accompanied by Silvanus, Timothy, Priscilla, Aquila, and others. The partnerships and collaborations were built into the actions, allowing them to follow God more fully.

Good biblical leadership requires clear communication, partnerships, and a commitment to following after God, even, or maybe especially, when the path is not clear. Deborah, the only recorded female judge in the book, becomes known for her wisdom and her partnership with Barak, the military general. Her wisdom is what draws the people of Israel to her for discernment and judgment. Her partnership with the general enables the military victory. She calls the General, Barak, into battle, and he requests her continued presence. She relents and accompanies him, providing a path for success.

I wonder how we might learn from this. How much more we could do together than we could ever do apart. This is both personally and communally. One church I served had two neighbors who were committed to doing all of their work together; they always told me it was more fun, and it went better. So one day they cared for one person's cleaning and food prep, and the next day, the other. What if we did this with church and community projects and events? Instead of a single chair, we could have co-chairs. Instead of stressing about how this will get done, you ask a friend or church family member to do it with you. Now, some of you already do this. Way to go! But for others of us, this is new and innovative as a way to lead in partnership. We also do some of this as a church. When someone calls for assistance, we first consider programs in the area that might benefit their specific situation.

Consider how you might be called to work with others in leadership and partnership as we together work to help God usher in the Kindom of God.

In God's Love,
Pastor Monica

Lead Pastor, Stroudsburg UMC

GATHER!



Coming up this Sunday November 15th our Worship Leaders are Peggy and Roz.

Praise Song: "God Leads Us Along"
Old Testament Lesson:
Judges 4:1-7

New Testament Lesson:
1 Thessalonians 5:1-11

Pastor Monica's Sermon "What Makes a Good Leader?"
(I want my listeners to consider what makes a good leader biblically.)

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

Join us live at 8:30 https://youtube.com/live/lcYrgZubzqI?feature=share
Join us live at 11:00https://youtube.com/live/lcYrgZubzqI?feature=share

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

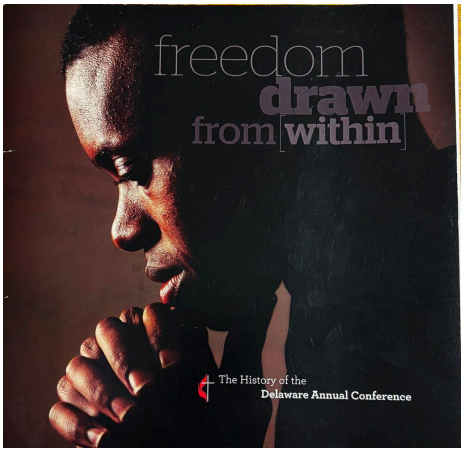
Stay up to date on church events - click the link below for our Google calendar:

SUMC Calendar



A History that Shapes Us, A History that Calls Us: The Delaware Annual Conference

Nov 09, 2026 | Emily Wilton



In 2010, the Rev. David Brown published Freedom Drawn from Within: A History of the Delaware Annual Conference. On Saturday, December 12 from 9:00am-12:30pm, he will be leading an online workshop once again exploring the history of the Delaware Annual Conference and its legacy for the United Methodists of Eastern Pennsylvania and Greater New Jersey today.

The workshop, hosted by Eastern Pennsylvania's Healing the Wounds of Racism Core Accountability Team, begins with a recognition that understanding the past is essential to addressing the present. "To dismantle the institutional structure of racism," the workshop's organizers write, "we must understand how racism was expressed through institutional structures in the past."

One such structure in Methodist history was the existence of racially segregated annual conferences. The Delaware Annual Conference, the first segregated annual conference in the Methodist Episcopal Church, included churches that are now part of the Eastern Pennsylvania and Greater New Jersey Annual Conferences. It existed from 1864 to 1965, when it was folded into the General Conference of The Methodist Church—one of the stipulations for the merging of several denominations that would become The United Methodist Church in 1968.

Despite its relatively recent history, the Delaware Annual Conference is not widely known or discussed among United Methodists. For Brown, the journey to learn about it began with what he describes as "a very embarrassing moment."

Some years ago, a senior pastoral leader in the Eastern Pennsylvania Conference, was talking with Brown and some other young African American pastors, all lifelong Methodists, about the Delaware Annual Conference. When they admitted they were unfamiliar with it, the pastor responded, "You don't even know who you are," and walked away.

While Brown deeply respected the pastor and appreciated the encounter, he also laments that the moment did not turn into a conversation. "There was an expectation that we should know," shares Brown. "It was never taught to me; it was never shared with me. I don't know why. Maybe it was too painful; maybe it was intentional. I don't know. But what I do know is I didn't know about it."

For Brown, the fact that he could grow up as a lifelong African American Methodist, attending Camphor Memorial – a church that had been central to the Delaware Annual Conference – without knowing this history points to a larger problem. It reflects a lack of understanding among United Methodists about the role African Americans played in shaping our modern-day church and is itself a manifestation of racism. Addressing it means more than expecting people to know

their history. It means finding ways to “make these stories come to life in ways that are not indicting anybody but are informing people,” Brown says.

Learning this history is not just a matter of being informed about the past. “We call our ancestors ‘ancestors’ for a reason,” shares Brown. “They had lessons that can help inform our path. And I think to the extent that we choose to ignore them, we do so at our own peril.”

The history of the Delaware Annual Conference reflects the broader experiences of African Americans in the United States during the Civil War, the abolition of slavery and Reconstruction. In the Methodist Episcopal Church, African Americans sought a conference where they could be nurtured and exercise a degree of independence while remaining within the denomination’s structure.

Brown sees lessons in that history for the church’s present-day challenges, including tensions surrounding LGBTQIA+ inclusion and denominational unity. He points to the experience of African Americans who had to fight for access to pulpits, resources, and opportunities to participate fully in the church. He also references Dr. Lovett Weems Jr.’s recent book, The Aura of Hope (2026), and its call for the church to attend to the people already entrusted to its care rather than continually looking elsewhere for growth.

Reflecting on another historic period in Methodist history—when Richard Allen and Absalom Jones walked out of Historic St. George’s Methodist Church in protest of racial discrimination and later founded the African Methodist Episcopal Church—Brown says, “All of us, at some point, find ourselves either part of the in-group or the out-group. And we make choices as to whether or not we stay and fight or leave and find something else.”

These choices continue to shape the church. For Brown, unity does not mean ignoring exclusion or avoiding difficult conversations. Sometimes, working toward a more inclusive church requires challenging practices that stand in the way. As he puts it, the church must be willing to fight against those practices so that the “United” Methodist Church doesn’t become the “untied” Methodist Church.

That work is not limited to addressing one historical injustice or one contemporary division. Dismantling racism, Brown emphasizes, is ongoing. “To dismantle something is a dynamic, not a static move,” he says. “Racism is not something that somehow you can take apart and leave. It reconstitutes in different ways. I always tell people that [dismantling racism] is a journey, not a destination.”

The consequences of the church’s history are not only a matter of memory. Brown is currently pursuing a Ph.D. in professional practice at Eastern University, examining why Black United Methodist churches in Philadelphia continue to struggle with viability and how they might build stronger futures.

Many of these congregations are located in communities experiencing economic decline. As a result, they face a difficult combination: fewer congregational members with financial resources to give, alongside greater needs in the communities they serve. Brown believes the church must take what it has learned from its history and apply those lessons to supporting and strengthening congregations today.

He remembers driving through West Philadelphia as a child and seeing a church and a bar on nearly every corner. Decades later, he says, “the churches are not there, but the bars still are.” It is an image that points to questions larger than the survival of individual congregations: What role do churches play in their communities? What resources and support do they need to sustain that work? And what might the church learn from congregations that are finding new ways to thrive?

For Brown, the purpose of revisiting the Delaware Annual Conference is not simply to make sure United Methodists know what happened. It is to help them consider what that history asks of the church now—and what kind of church they want to build for the future. That is the invitation of the December 12 workshop: to recover a part of the church’s shared history, listen for what it can teach, and consider how those lessons might shape the church’s life and witness today.

Register now for:
Dismantling Racism Level II Workshop
The Delaware Annual Conference: History and Legacy for EPA and GNJ
Date: December 12
Time: 9am-12:30 PM
Location: Zoom (receive link upon registration)

More EPA News & Information

2026 LEADERSHIP GATHERING
LIVING INTO OUR VISION

From Oct 21-Oct 24 United Methodists from across the globe gathered in Calvary to discern the next right steps for the UMC.

Retrace the moments with UM News: **https://www.umnews.org/en/news/gathering-offers-16-ideas-for-church-future**

Reflect on learnings:

From Named Realities to Newly Lived Practices
Summaries & Recommendations for Future Work

The work of discernment was done on behalf of us all. The impact of the discernment depends on each one of us. What stands out to you as you reflect on that has been shared? How might God be calling you to respond with the things that are in your hands right now?



Dear Friends in Christ,

Please save the date for the 2027 Annual Conference for The United Methodists of Eastern Pennsylvania from May 18-20, 2027. After much conversation with leaders from across Eastern PA, EPA Sessions discerned that it would be more beneficial for EPA to hold to the regular rhythm of meeting from Tuesday-Thursday, rather than switch with GNJ

and meet Sunday-Tuesday. Particular consideration was given to the fact that Pentecost falls on May 16, 2027 and congregations may wish to schedule confirmation for that day.

The 2027 Annual Conference will take place at the Wildwood Convention Center, Wildwood, NJ as the search for an alternative location for the 2028 Annual Conference continues. Please mark your calendars and stay tuned for updates.

In Christ,

Rev. Joong Hyuck Kim, Conference Secretary

United Methodists of Eastern Pennsylvania

Advent is Coming! One of our beloved traditions is the lighting of the Advent Wreath for the four weeks of Advent leading up to Christmas and Christmas Eve. We have families, friends, and church family groups light the candles and lead the liturgy. Consider signing up in the fellowship room.

Christmas is Coming: Get your orders in by November 29th in order to receive Raise Right gift cards before Christmas. See insert in bulletin for a list of shops gift cards are available from. Don't forget to get gift cards for all of the special people in your life!

Cookbooks are ready to order! Help support the church and buy a cookbook in time for the holidays, cookbooks are $20 each. We will be printing copies of the Cookbook in December. Please sign up on the order sheet in the Fellowship Hall before Sunday, November 29th.

Holiday Gift Drive - Join the Missions Committee and help Meals on Wheels provide gifts to their homebound clients this holiday season. Now through November 29th, you can donate new, unwrapped items such as: gloves/scarves, slipper socks w/ grippers, candle warmers, long handle back scrubbers, jar openers, travel mugs w/ lids, sugar free candy, nightlights, small umbrellas, kitchen towels/oven mitts, flashlights/batteries, puzzles- large size pieces, handheld grabbers, and alarm clocks with large numbers. Items can be dropped off in the Fellowship Hall.





This is Paula Benz, retired chaplain from VVA Hospice. These are some of her many mats for the unhoused. Thank you to everyone who has brought in plastic grocery bags!



GRATITUDE
IS MORE THAN
WORDS







POCONO
INTERFAITH
COUNCIL



IT IS THE ACT
OF A
COMMUNITY
GIVING THANKS
TOGETHER

6TH ANNUAL INTERFAITH THANKSGIVING SERVICE

NOVEMBER 22, 7:00 P.M.
575 MAIN ST, STROUDSBURG

Join all ages and traditions for the annual Interfaith Thanksgiving Gathering.
Full details can be found at fpcstroudsburg.org



On November 22nd , we will celebrate all that God has done for us with an InGathering focused on our Soup Kitchen.

Your gifts in November help us supply our Soup Kitchen throughout the year.

Please consider giving thanks to God and helping us feed our neighbors by supplying any of the following:

Cases of bottled water
Styrofoam take our containers (with 3 compartments)
Plastic ware (forks, knives, spoons)
Napkins
Dish Soap
Sponges
Paper towels
Pasta/Pasta sauce
Coffee/ Powdered creamer
Hot chocolate
Sugar/Artificial sweetener
Styrofoam cups
Coffee “to go” cups with lids
Plastic bags for to go meals
Mac and Cheese cups
Granola bars
Single serve sleeves of crackers

Please bring items to church on November 22nd and place them at the rail before worship begins. You may also bring items to church beforehand and leave them in the kitchen downstairs.

HELP US

PAINT THE TOWN RED

RED BOW: $25 **RED BOW WITH DEDICATION: $35**

ALL PROCEEDS BENEFIT LOCAL FOOD PROJECTS IN STROUDSBURG.

CONTRIBUTE HERE:
STROUDSBURGUMC.COM

PAY IN PERSON OR MAIL TO STROUDSBURG UMC
547 MAIN ST
STROUDSBURG, PA 18360

HELP US END HUNGER AND BRIGHTEN OUR TOWN WITH THESE BIG RED BOWS!

We will have a table on the square for
Spooky Stroudsburg and the Tree Lighting

THANK YOU TO THE POTTING SHED ON ANN STREET FOR MAKING THE BOWS!

ESUMC
EAST STROUDSBURG
UNITED METHODIST CHURCH

LIFELINE GLOBAL MEAL PACK

Friday & Saturday, Nov. 13-14, 2026

Help package nutritious meals that will be shipped globally to children and families who are impacted by hunger and malnutrition.

All it takes is an 90 minutes of your time

- Individual sponsorship of $65 to package 200 shelf stable, nutritious meals.
- Team sponsorships $455 to package 1, 400 meals

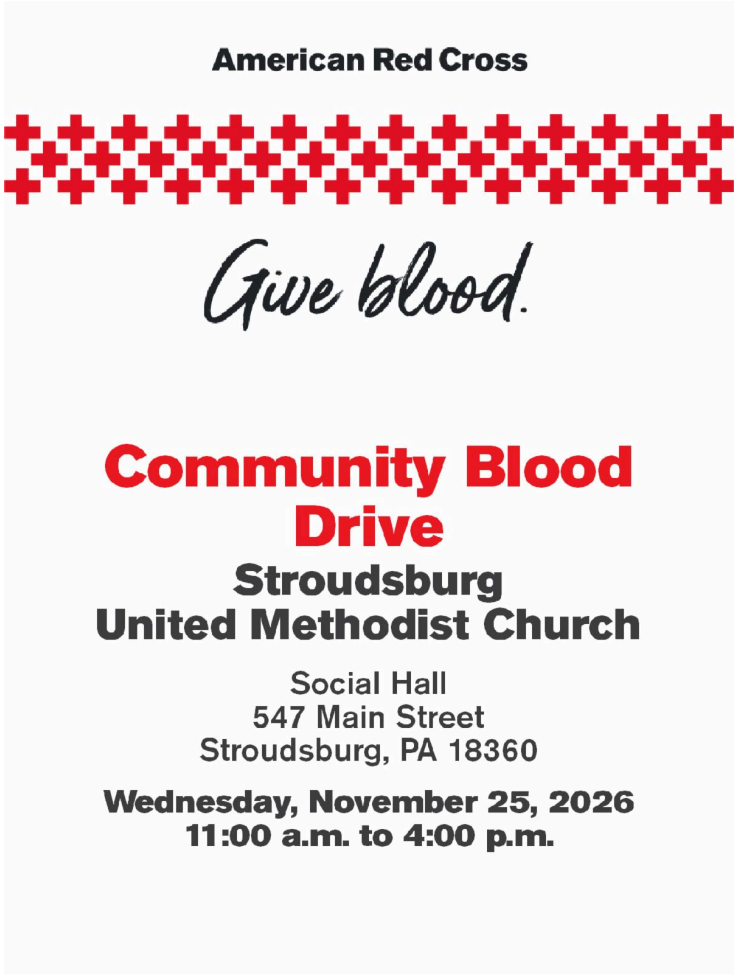


SCAN ME

Packing Times:

- Friday 11/13
  - 5 pm - 6:30 pm
  - 7 pm - 8:30 pm
- Saturday 11/14
  - 8:30 am - 10 am
  - 10 am - 11:30 am
  - 12 pm - 1:30 pm
  - 1:30 pm - 3:30 pm

Register at https://esumc.net/events
Contributions and pledges also accepted online.



Red Cross Blood Drive: There will be a blood drive at the church on Wednesday, November 25th from 11-4. Sign up here: https://www.redcrossblood.org/give.html/donation-time?zipSponsor=18360&driveType=all

CEASEFIREPA

Monroe County
End Gun Violence Vigil

Please joinCeaseFirePA, UUFP and UUCLV together with community partners for a vigil honoring those taken by gun violence in Monroe County this year.

The program with feature special guest speakers, music, and a ceremony to remember victims and survivors of gun violence.

Light food and refreshments to follow.

Sunday, Dec 13 2-4PM

UUFP 118 Knight St. in Stroudsburg

A Christmas Cantata



December 20, 2026 at 2pm

Zion United Church of Christ

14 N. 8th St., Stroudsburg, Pa 18360

Free to All -

A Goodwill Offering Will be Donated to the Wesleyan Winter Shelter

FAITH FRIENDS CAFE

Presented by Faith United Methodist Church

A PLACE OF JOY & CONNECTION

Community members experiencing cognitive challenges and their caretakers are invited to enjoy friendship, activities, and a light meal. Caretakers stay and participate alongside their loved ones.

Led by a Cognitive Specialist and Licensed Occupational Therapist



Fun & Meaningful Activities

Community Connection

Nourishment & Fellowship

REMAINING 2026 DATES

- **AUGUST:** 12 & 26
- **SEPTEMBER:** 9 & 23
- **OCTOBER:** 7 & 21
- **NOVEMBER:** 4 & 18
- **DECEMBER:** 2 & 16

ALL GATHERINGS: 11:00 AM–1:00 PM

REGISTRATION IS NOW OPEN!

www.stroudsburgfaith.org/faith-friends

Telephone: 570-424-0712

Wilson Fellowship Hall
Faith United Methodist Church
1160 Clause Dr., Stroudsburg, PA

VOLUNTEERS NEEDED & WELCOMED!

SUPPORTED BY OUR COMMUNITY SPONSORS

United Methodist Church FAITH Stroudsburg, PA

NC NASCENT COMMUNITY HEALTHCARE NETWORK
CARE NAVIGATION & PATIENT ADVOCATE

MONROE COUNTY DEMENTIA COALITION

Respite for All FOUNDATION



Join us for

Bible Study

Join us for Bible Study on Wednesday's at 10:00am in the lounge. This fall we are exploring the topic Judges Spiral : We repeat what we don't repair. The book of Judges and our lives have a lot in common. Join us as we explore both.


Join us for
Just Social
2nd & 4th Tuesdays each month (1:30-3:00 pm) in the Lounge or Fellowship Room. Come join us - play cards, board games or just chat! Do you have a hobby or interest you would like to share? Have you read a book that was so good you just need to tell someone about it? If this is you, or someone you know, we would love for you to join us! Please contact the church office for additional information.


Join us for
Stitch & Pray
Meetings are held on the first Monday of each month (7:00-8:30 pm) and the third Thursday of each month (1:30-3:00 pm). Meetings are held in the Lounge.
If you knit or crochet or would like to learn, please join us! All are welcome! For additional information, contact the church office. Please use the Ann Street entrance.

Ushers are needed for the 11:00AM Sunday Worship Service. If you are available on a regular basis or once in a while, please contact the church office. Your help will be greatly appreciated.

Grocery Bags Are Needed for an Ongoing Project to Help Others

By Pastor Margie

We have been asked to collect our usual, plastic grocery bags. We have a congregant whom will take them to her ally, every week. The colleague will crochet them into mats for the homeless to use under their sleeping bags, they are six feet by four feet and a few inches deep. The Salvation Army will accept as many of them as she can make to donate to them. We will have a container, in the Fellowship Room, for you to drop them off when it works for you. We have such a marvelous church family and we are truly a community church in the ways we help so a many people in multiple ways! Thank you for helping us and others!



November Birthdays

3 Jackie Herrero
6 Nancy Haase
6 Ronnie Bogart III
6 Jay Chamberlain
6 Lee Philips
7 CJ Penwell
11 Lori Dewitt
13 Daniel Butz
13 Audrey Weber
21 David Butz
21 Bill Hoy
22 Debbie Marsh
27 Michael Seip



Special Person of the Week:

Sherry Lombardi
13 South 8th Street,
Stroudsburg, PA 18360
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

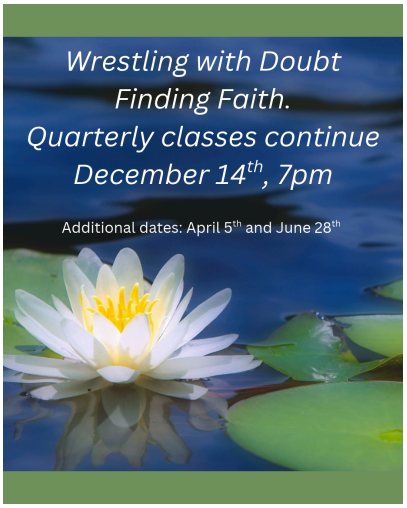
STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087

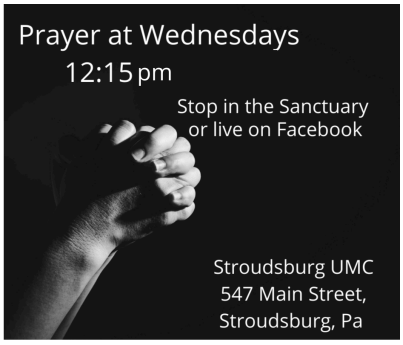
GROW!

COUNTERS NEEDED Our church is in need of additional counters of Sunday collections. If you have a couple of hours free on Monday mornings, please let the office know or call C.J. Penwell at 570-656-3993. You will work with a head counter who will train you on the procedures used. It is not difficult and is a casual atmosphere. Counters are scheduled for each Monday for a month and then rotate to another month throughout the year. Please consider volunteering to help the church in this way.





Finding Faith. Everyone has doubts. Where is God when bad things happen? Does God hear our prayers? Is there a heaven? How can we know? Often we treat such questions as the enemy of faith. But uncertainty doesn't mean our belief is lacking. Doubt can be a path to a deeper, richer encounter with God. This quarterly class is designed so that you can attend just one session if you cannot attend the others. Mark your calendars for December 14th, April 5th, and June 28th, all at 7:00 pm.



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.



Raise Right Gift Cards

You can purchase physical gift cards from the church or create an account and purchase on the app!

Steps to Download the Raise Right App and Get Started:

- **Download:** Open the app store on your phone and search for "**RaiseRight**".
- **Install:** Select the **RaiseRight Fundraising** app and install it.
- **Sign In:** If you have an existing ShopWithScrip account, use the same login credentials.
- **Create Account:** If new, click "Sign Up" and enter your organization's specific enrollment code, provided by your program coordinator.
- **Set Up Payment:** Link your bank account or credit card in the app to start purchasing e-gift cards immediately





As a result of your generosity, we are originating a grant for families seeking basic necessities at the
Re-Store. We have established a partnership with Habitat for Humanity, Family Promise, and Safe Monroe, so that all families under case management seeking necessities (beds, tables, chairs) will receive them free of cost. The purchase will be funded from the Housing Families Grant. We are working with other faith organizations to support this effort. Thank you for caring for others. If at any point you would like to contribute to this grant, please mark your donation, Housing Families Grant, and we will be sure to administer the funds.

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



Thanks to your generosity, we have already assisted dozens of families with rental assistance, utilities, food, and other essential needs. With changes to federal, state, and county funding, we are seeing an increase in the number of those coming for assistance. While we work with other agencies, the impact of funding shortages is affecting a lot of organizations. If you are able to contribute to our pastor's discretionary fund at any point and any amount, please place your contribution in the offering plate with the designation. You can also give on our website stroudsburgumc.com/donate
Thank you for helping us care for others.



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 bringing in your Weis receipts! They make a difference. For the first quarter of 2026, we just received a check for $215.42. This is additional funding from Weis, generated by your submitted receipts, that supports our ministry efforts. Our gratitude to Ann Litchman, who tallies and implements this program. Don't forget to drop off your receipts in the coffee can labeled "WEIS RECEIPTS" in the Fellowship Room.

These funds are contributed to our General Fund and allow us to continue the ministries of our church. Please continue to bring in your receipts!

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.
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 FOR 2026:
As of June 7th, we have served over 800 meals this year.

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

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Constant Contact

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