



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 - October 2, 2026

"I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, 11 if somehow I may attain the resurrection from the dead." Philippians 3:10-11.

On Sunday, we will join with our brothers and sisters around the world in Communion. The first Sunday of October is World Communion Sunday. Catholics and Presbyterians, Methodists and Orthodox, will all join together in celebrating Communion this weekend. For some traditions, they celebrate the sacrament of Holy Communion each time they gather. For other traditions, coming to the Communion table is a biweekly, monthly, or quarterly celebration. On this day, we remember that while we have differences and distinctions, the celebration of Holy Communion draws us together with a focus on Jesus.



On Sunday, we will have a guest preacher and presider, as I will be in Pittsburgh for Parents' Weekend at the University of Pittsburgh with our family. Rev. Dr. Truman Brooks will be our preacher and presider. As I was preparing for our worship this week, I was reminded of the time that he and I spent teaching Disciple Class on Zoom, near the end of the pandemic. At the end of the class, we celebrated Communion each in our own homes. Below is the reflection that I wrote about anticipating Holy Communion.

"On the last disciple class Zoom, we shared Communion together. On Zoom, this means that each individual prepares their own elements. Each person pours a cup of grape juice, and each person sets out a plate with bread. For me, I purchased Welch's grape juice, some of the richest grape juice I have ever had. I passed up the generic brand and paid the additional dollar and a quarter for Welch's. I purchased ciabatta bread and placed a whole roll on my plate. The grape juice was poured into one of our beautiful glasses that Steve and I received for our wedding. I washed the long-stemmed, platinum-rimmed glass carefully and dried it with care. The fresh roll is presented on my china, also cleaned for the occasion. The presentation is pleasing to the eye.

Because the covenant service ends the session, there is reflection and sharing, scripture and prayer ahead of the communion service. As we write and wonder, the smell of the grape juice swirls around my nostrils. I am often moved to want to take a drink. I would love to take a nibble of the bread.

It has been years since I have had fresh bread and juice as a part of communion. With the pandemic, we neglected communion in the first couple of months. We believed we were only waiting for a short time. We had love feasts and other rituals, but communion did not occur until the first time I was at Stroudsburg. We did so with prepackaged communion kits. We have continued to celebrate communion in these safe ways with prepackaged kits. (Accurate as of the initial reflection)

As I sat for an hour and a half next to the communion elements, I realized that I had forgotten the anticipation of communion. Anticipation is our theological understanding that communion is a foretaste of heaven. When I finally partook of communion with the other members of the class, I savored the fresh bread and the rich juice. I was reminded that Communion is a sacrament of God's grace, and also a foretaste and promise of God's future for us. I was filled with hope, joy, love, and peace."

My prayer for each of you is that you might come to worship on Sunday, anticipating the presence of God, anticipating the dreams of God in your life and our world.

In God's Love,

GATHER!

Coming up this Sunday October 4th our worship leaders are Vin and Roz

Praise Song: "We are One in Jesus Christ (Somos Uno en Cristo)"



New Testament Lesson: Acts 7:54-8:1a

Gospel Lesson: Luke 23:39-43

Rev. Truman Brooks sermon: " Dreams of Heaven "

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

Join us live at 8:30 https://youtube.com/live/pEcKk_B3MT4?feature=share

Join us live at 11:00 <https://youtube.com/live/jAZHmflTUDA?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](#)



Bishop's Days on the District:

Bishop Moore-Koikoi is making a visit to our district this fall! She will be at East Stroudsburg UMC on October 18th at 4:45pm



Interfaith Vigil Against Hate Violence

Sponsored by the St. Max Social Concerns Committee in Collaboration with our Interfaith Community

"A vision of healing, a voice of hope"

3 P.M. Sunday, October 4th

St. Maximilian Kolbe Parish

5112 Pocono Crest Road, Pocono Pines

A CALL FOR PEOPLE OF FAITH AND ALL PEOPLE OF GOOD WILL TO:

- *Act nonviolently as agents of healing in their communities.*
- *Stand up to hate violence directed at anyone.*
- *Speak out when people are attacked due to their race, religion, sexual orientation, nationality, disability, gender, political ideology, or economic status.*
- *Raise a united voice against hate violence.*

Call or text 570-242-6165 for more information.

Walking the Legacy: The Naming of Bishop Richard Allen Way - Oct. 7

Join Bishop Moore-Koikoi and Bishop Samuel Lawrence Green Sr. for the re-naming of 6th and Lombard Street as Bishop Richard Allen Way in Philadelphia and a Historic Walk from St. George's UMC to Mother Bethel AME (rain or shine) on Wednesday, October 7 from 9am-2pm at St. George's UMC (235 North 4th Street, Philadelphia, PA 19106) [Register Here](#)

MARK SQUILLA
1ST DISTRICT COUNCILMEMBER

City Council
PHILADELPHIA

MOTHER BETHEL
AFRICAN METHODIST EPISCOPAL CHURCH
LAND PURCHASED 1791 • YEAR FOUNDED 1774
CELEBRATING BLACK EXCELLENCE
FROM AMERICA'S BEGINNING
1776 • THE USA SEMIQUINCENTENNIAL • 2026

Bishop Richard Allen Way

Join Us For The
OFFICIAL
STREET RENAMING
of
BISHOP RICHARD ALLEN WAY
Wednesday, October 7, 2026 | 11AM
Corner of 6th & Lombard Streets

9:00 AM	Gather at Historic St. George's United Methodist Church (235 N. 4th St.)
10:00 AM	Walk to Mother Bethel AME Church (419 S. 6th St.)
11:00 AM	Official Street Renaming Ceremony & Celebration

Mother Bethel AME Church sits on the oldest parcel of land continuously owned by African Americans, purchased on October 10, 1791, by Bishop Richard and Flora Allen.

Land Ownership Week | October 6th - 11th

Bishop Samuel L. Green Sr.
Presiding Elder, First Episcopal District
African Methodist Episcopal Church

Rev. Carolyn C. Cavaness
2nd Pastor, Mother Bethel AME
Methodist Episcopal Church

Bishop Cynthia Moore-Koikoi
Presiding Elder, Eastern Pennsylvania & Greater New Jersey Episcopal Area

Reverend William B. Wilson Sr.
Pastor, Mother Bethel AME
United Methodist Church

CSM Mini Academy Nov 7 at Hopewell UMC

All laity are invited to the Mini Laity Academy, at Hopewell UMC in the South District (852 Hopewell Road, Downingtown, PA) on Nov. 7 from 8am-5pm.

Choose from four engaging courses:

- The Basic Course with Judy Ehninger
- Finding Your Voice: Essentials of Preaching - an advanced speaking course led by Rev. Amy Banka.

- Leadership Lessons from a Reluctant Prophet - a leadership course led by Rev. Steve Morton.
- Finishing Strong: Nurturing our Aging Congregations - a caring ministries course led by CSM's Margie Krut and Celeste Schiller.

Registration and more information can be found on the [Christ Servant Ministries website](#) or [here](#). Contact Sheri Kentner at sherikentner@gmail.com if you have any questions.

Please note that there is a group traveling from the Poconos - let Pastor Monica know if you are interested.



ReStore

community ART AUCTION

+ *bake sale, FREE wine tasting, & more!*

Saturday, October 24th
12 PM - 4 PM

Brodhead Creek Heritage Center at
ForEvergreen Nature Preserve

Join Monroe County Habitat for Humanity on **Saturday, October 24**
from **12-4 PM** for our **Community Art Auction!** Bid on 30+ unique
paintings, prints, and other artwork, both online and in person! The event
will be packed with things to do - enjoy a **FREE wine tasting**, shop
through our **community bake sale**, and enjoy **LIVE MUSIC** from local
artists **Charlie Cole** (12-2 PM) & **Spencer Reed** (2-4 PM)! **Plus, all**
proceeds directly benefit our programs right here in Monroe County!

Join the Silent Auction Online or In Person!

 **Saturday, October 24th | 12 PM - 4 PM**

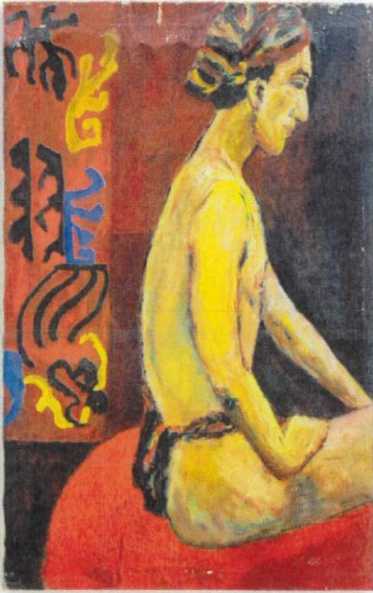
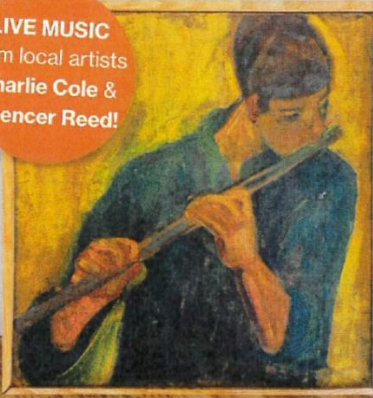
 **Brodhead Creek Heritage Center**
1539 Cherry Lane Rd
East Stroudsburg, PA 18301

 habitatmc.com/art-auction



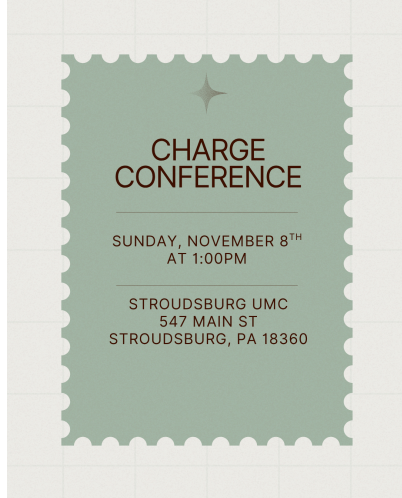


Enjoy **FREE**
wine tasting or
shop through
our **bake sale!**

LIVE MUSIC
from local artists
**Charlie Cole &
Spencer Reed!**

Mark your calendar for our Charge Conference on November 8th at 1:00 pm. We will have lunch after the 11:00 service, and everyone is welcome to attend the Charge Conference. Our Charge Conference is the annual meeting of our church. Members are eligible to vote when appropriate. Team leaders, look for reporting information in your email. The Conference is using a new system called Brick Weaver, and you need to establish your own sign-in.

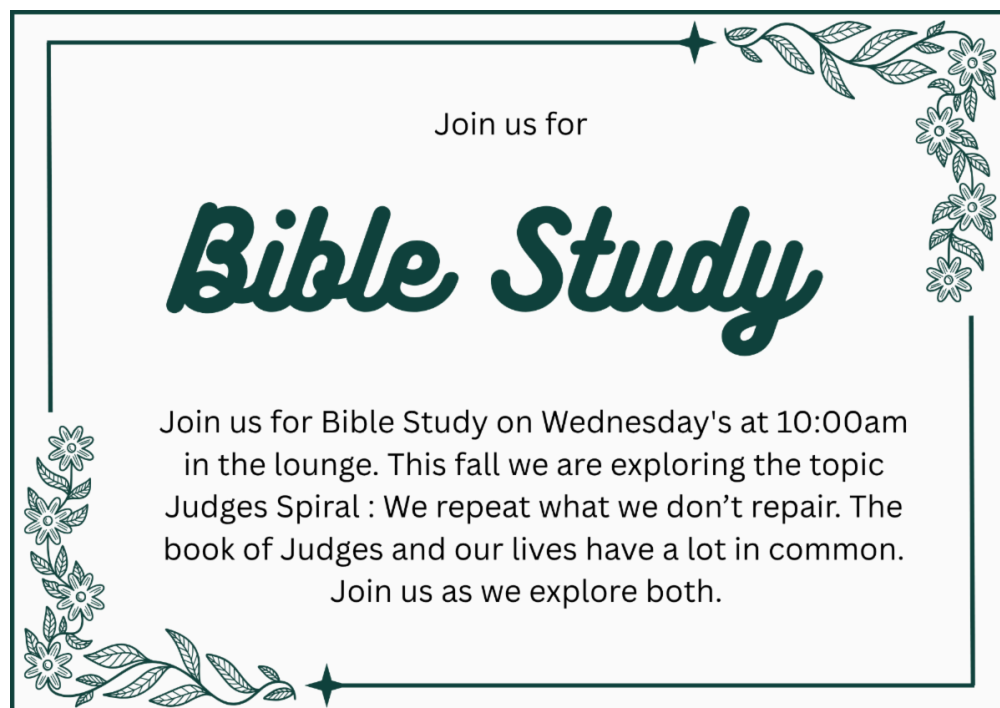


Halloween will be here before we know it: Membership & Evangelism is collecting candy to distribute during downtown Trick or Treat. We need bags of individually wrapped candies or cash donations to cover the cost of purchasing candy. Candy can be left in the orange tub in the Fellowship Room and financial donations can be put in the offering (labeled Halloween Candy) or dropped off at the church office during the week. Thanks for your support!

A colorful poster for a chili cookoff and fellowship dinner. It features a banner at the top that reads "STROUDSBURG UNITED METHODIST CHURCH". Below the banner is the title "CHILI COOKOFF & FELLOWSHIP DINNER" in large, bold letters. To the left of the title is an illustration of a pot of chili with a wooden spoon. To the right is an illustration of a church building with a sign that says "SUMC". Below the title is the text "JOIN THE FUN!" flanked by chili pepper icons. Further down, it says "Enter your best chili recipe! Free to enter. All are welcome for delicious food, warm fellowship, and fun!". Below this is a section with the text "COME EARLY TO TASTE AND VOTE—PRIZES AWAIT! THEN STAY FOR THE FELLOWSHIP MEAL, FEATURING CHILI AND PLENTY OF OTHER TASTY OPTIONS!". At the bottom left, it says "WHERE: Fellowship Hall at SUMC 547 Main Street, Stroudsburg, PA". At the bottom right, it says "RSVP & ENTRY: Deadline to enter chili or RSVP for dinner: Oct 14th Sign Up in the Fellowship Room or Call the Church Office at 570-421-6020". The poster is decorated with autumn leaves and bunting.

ALL SAINTS SUNDAY: From the earliest days in the church, community has gathered to remember those who have gone onto the glory. On All Saints' Day, the church remembers those who have died in the previous year. We remember beloved members of the church, special loved ones of our families, and those for whom we have performed funeral and memorial services. Our remembrance includes pictures, the tolling of the bell, and the lighting of the candles.

You may be remembering a loved one this year. We would like to give thanks to God for their life in our All Saints' Day service on November 1st during both services. Please make sure that the office has the name of your loved one, a picture of your loved one, in addition to their date of birth and date of death, by October 28th. Feel free to email photos - office@stroudsburgumc.com or drop off to the church office. It is our privilege to remember those who moved onto the church triumphant, even as we hold the tenderness of loss.





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

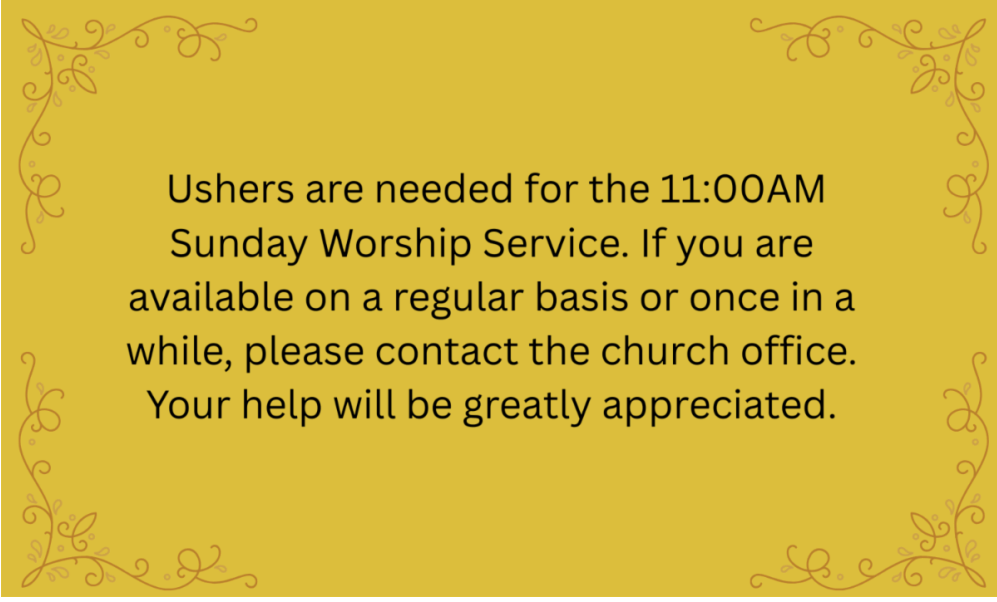
Stitch & Pray



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!

American Red Cross



Give blood.

**Community Blood
Drive**

**Stroudsburg
United Methodist Church**

Social Hall
547 Main Street
Stroudsburg, PA 18360

**Wednesday, November 25, 2026
11:00 a.m. to 4:00 p.m.**

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](https://www.redcrossblood.org/give.html/donation-time?zipSponsor=18360&driveType=all)



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](https://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!





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



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.



Then Sings My Soul

BELOVED HYMNS AND SONGS INSPIRED BY THE MINISTRY OF BILLY GRAHAM

Sunday, November 8 at 4PM
Cherry Lane United Methodist Church
4326 Cherry Lane Church Road
Tannersville, PA

Free Concert Event!

Come and celebrate Cherry Lane Church's 160th Anniversary with this original musical program about hymns, their histories, and the Billy Graham ministry.

Please call 570-629-1990 for more information.

www.LeePproductionsLLC.com

Church Women United Christmas Stockings

For October: Toothbrushes (single pack) and small size toothpaste.

Bring donations to the bin in the Fellowship Room. Our stockings are distributed in December to groups including nursing homes, PATH, Street2Feet, Salvation Army and Meals on Wheels. Thank you!





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








Hatha Yoga Class

Kripalu based yoga
accessible to every body

Tuesdays 7:15 - 8:30 PM

\$50 per 4 weeks OR

\$15 per drop-in class



www.naturalwisdomyoga.com
naturalwisdomyoga@gmail.com



Happy
**BIRTHDAY
WISHES**

2 Laurie Braman
4 Janet Marsh
11 Marti Lantz
20 Claribel Sebring
21 Rachel Traub
23 Matt Transue
24 Nick Herrero
28 Jim Maroney
28 Margie Good

**The 2026 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:

Carol Romansky
425 Kuntz Street, Apt. 104
Slatington, PA 18080.

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



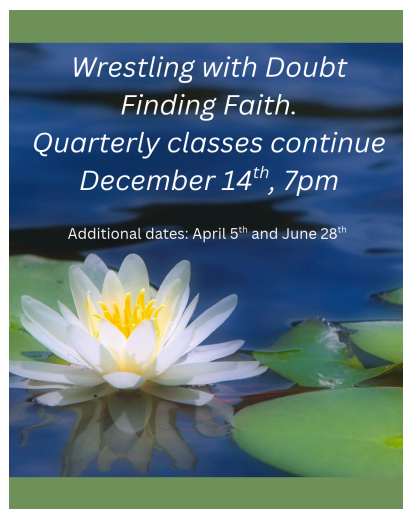
STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087

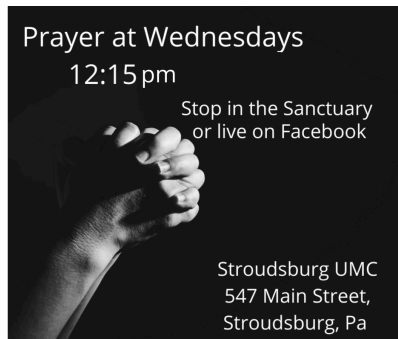
GROW!

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

WANT TO HELP?

HOPING TO BRING IN SOME ITEMS
YOU ALREADY HAVE OR CAN GET
EASILY? WANT TO HELP US SAVE
MONEY?

WE CAN ALWAYS USE:

REAMS OF WHITE 8.5X11 COPY PAPER
CASES OF WATER
13-GALLON UNSCENTED KITCHEN TRASH BAGS
60-GALLON HEAVY-DUTY KITCHEN TRASH BAGS
WAFFER COOKIES



**OR YOU CAN CHECK OUT OUR AMAZON WISHLIST TO
PLACE AN ORDER EASILY:**

[HTTPS://WWW.AMAZON.COM/HZ/WISHLIST/LS/9CXGGHMM1
THG?REF_=WL_SHARE](https://www.amazon.com/hz/wishlist/ls/9CXGGHMM1THG?ref=wl_share)



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.**

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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