



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 - July 11, 2025

"Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand." Isaiah 41:10

We do not always get a heads up before God calls us into an uncomfortable situation. And truth be told, it doesn't always go seamlessly as you begin, even when it is something that God has called you to. God does not promise us easy or simple paths. God promises to travel with us.

I recently read a book by Dr. Ashley Boggan, D., the General Secretary of the General Commission on Archives and History. Her book is *Wesleyan Vile-tality: Reclaiming the Heart of Methodist Identity*. In her book, she suggests that there is

a location that significantly impacted the development of Methodism, one that we often overlook. For those familiar with Methodist history and our founder, John Wesley, you may be aware of Oxford, Georgia, and London. In Oxford, John and his brother, Charles, developed the Holy Club. In Georgia, the Wesley brothers were missionaries who were subsequently expelled from America. London is the location of the founding of bans and the Methodist movement. But Dr. Boggan suggests that if London was the place where the Wesleys' hearts were strangely warmed, then Bristol is where his heart was set afire.

From his friend, George Whitfield, John Wesley was encouraged to preach outdoors. This may not seem radical to modern 21st-century sensibilities. However, in the 18th century, there was a strong belief that salvation could only occur within the confines of a sanctuary, and that it was a sin for a preacher to preach outside of one. Wesley had to not only be convinced. He needed to be convicted by the Holy Spirit that the world was his parish. When he was convinced and convicted, he agreed to 'submit to be more vile' and preach to the coal miners in Bristol. They had been gathering to hear the preaching of George Whitefield. When Wesley showed up instead, they pelted him. The next day, John Wesley returned to preach to the local prison. In the face of the challenge, he relied on God and continued forward with his call. Bristol became a place for Wesley to trial and test this new calling.

The prophet Isaiah reminds us that when God calls us to it, God will see us through it. Wesley took an incredible risk to follow God. There was a risk of being arrested or condemned. There was a risk of injury or defrocking in the Church of England. In the face of incredible risk, he stayed the course to follow after God, even though it was different from what he was familiar with. I do not know what God will call you to, but I do know that God continues to call. God calls God's people to use their gifts for the building up of God's kingdom and the care of God's people. If it seems untenable or even impossible, remember that God promises to go with us.

In God's Love,
Pastor Monica



GATHER!

Coming up this Sunday, July 13th -

Our worship leaders are Diane and Pastor Margie

We welcome Rev. Dr. Truman Brooks to the pulpit as Pastor Monica is on vacation with her family.

The praise song is "Shout to the Lord"

The Old Testament Lesson is Isaiah 41:8-10

The Gospel Lesson is Mark 6:1-13

Dr. Brooks' sermon is "A Friend for Life"



On Sunday we welcome the Rev. Dr. Truman Brooks. Dr. Brooks is a retired United Methodist Pastor who served churches in Philadelphia, Conshohocken, Lansdale and West Chester, PA. He and his wife Roseann reside in Phoenixville, PA and have a vacation home in Albrightsville.

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

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

Join us live on Facebook at 11:00 am

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

Staff Parish Relations Committee is pleased to announce the hiring of our new custodian, Robert Medina. He began his work on July 3rd. Please welcome him to our church family.

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

[2025 Budget](#)

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

[SUMC Calendar](#)

Pastor Monica is on vacation with her family until July 20th. She will return to the office on Monday, July 21st. Rev. Truman Brooks will be in the pulpit on Sunday, July 13th. Pastor Margie will be in the pulpit on Sunday, July 20th. Any pastoral concerns during that time can be directed to Pastor Margie. Any administrative concerns should be directed to Jackie Herrero.

Throughout July and August, the church office will be open on Tuesdays, Wednesdays, and Thursdays from 9:00 am to 4:30 pm.

Jackie will be on vacation with her family beginning on July 29th. She will be back in the office on Tuesday, August 5th.



Holy Friendship Versus Heartless Scams: Churches can make a difference in decreasing loneliness

By Marikay Green

Churches can play a role in helping older adults avoid becoming victims of scammers who like to focus on what I call the “Lonely Heart Club.” Churches have the tools to help older adults avoid being caught in these scams by being what churches are meant to be—intentional faith communities that love and support one another. As we care for one another, we help minimize the feelings of loneliness. [Go deeper \(4 min read\)](#)

Grieving church brings comfort in Texas floods

Shortly after midnight July 4, leaders of First United Methodist Church in Kerrville got word that the Guadalupe River was rising rapidly and people needed shelter. So the church quickly opened its facilities — including its ministry Light on the Hill, a former retreat center that now serves as a hub for social services. [Learn more](#)

Conference Office will be closed on Fridays until September

In keeping with EPA practice, the conference office will be closed on Fridays from Memorial Day to Labor Day. Staff will keep longer hours on Monday-Thursday. The office will also be closed in observance of the following holidays

- July 3 - July 4 observed

Thank you for your understanding. We're praying that this summer would a season of rest, renewal, and God's continued blessings for you and your loved ones.

Charge Conference paperwork has a new deadline!

Your feedback has been heard! Charge Conference paperwork is now due September 30 or two weeks before your church's Charge Conference, whichever date is sooner. For more information please visit www.epaumc.org/chargeconferences.



MISSION U 2025 Practicing Hope Together

EPA's Mission u Events are less than 1 month away! Sign up now to reserve your spot.

Looking to refresh your soul, make new friends and learn in community?
Mission u in-person will be held at the Chester Hotel in Exton, PA on July 18-19.
If you cannot attend in-person, we have an on-line class available meeting on Mon. and Wed.
nights July 21,23,28 & 30 from 6:30-8:30pm on Zoom.
Flyer is below and includes Zoom link for registration.

Download Flyer

Come practice Hope with us.
Rhonda Rea
EPA UWFaith President
jrpiz@aol.com
215-493-9505



Healing Communities training in September

Healing Communities training, which enables clergy and congregations to offer restoration and healing for persons affected by the criminal justice system, returns in September 2025, offered by the EPA&GNJ Leadership Academy.

This nationally endorsed training offers information and insights about the criminal justice system and the holistic impact of crime on victims, survivors, offenders and families. Church teams can create informed, innovative action plans to help them become solutions-oriented stations of healing and hope. Two-hour class sessions will meet September

8,10, 15 and 17, from 7 to 9 p.m., online via Zoom. [Learn more](#) and [register now](#).

Ice Cream Social - Saturday, July 12th, 2pm.

The Membership & Evangelism Team invites you to an afternoon of fellowship and musical entertainment while enjoying ice cream sundaes. Cost is just \$2 per person, children under 10 are free. Invite your friends and family! Please contact Peggy Stewart to RSVP - 570-350-8589.



Please help the Membership & Evangelism raise funds to cover the cost of our church picnic by donating baked goods for us to sell during the church yard sale on August 1st & 2nd. Cookies, brownies, and muffins sell best as often people are looking for just a few sweet treats, but we will welcome anything. Please bring your donations to the church on Wednesday or Thursday of that week. We often get many customers first thing on Friday morning so we like to have all our treats before that. Contact Peggy (570.350.8589) if you need to drop them off and do

Membership & Evangelism Team
Bake Sale Fundraiser
 at the SUMC Annual Yard Sale
 Friday, August 1st and Saturday, August 2nd



We need cookies, muffins, brownies and other sweet treats! Drop off donations on Wednesday, July 30th or Thursday, July 31st. Proceeds will benefit the cost of our church picnic. Questions? Contact Peggy Stewart - 570-350-8589 or pegstewart59@gmail.com

not have a code to get into the building. We will also be selling food, so cash donations toward the purchase of those items, or volunteering to assist during the sale would be greatly appreciated! Thanks.

Are you planning ahead? We received a request to share this information:
 The family of Bessie Frailey, previously a member of our congregation, has plots in the Laurelwood Cemetery that they are interested in selling as they no longer reside in the area. If you are interested, please contact Glen Frailey at type007@aol.com.

Mark your calendar - this year's Charge Conference for Stroudsburg UMC will be held on Sunday, November 16th at 1:30 pm.



Save the dates for 2026 VBS here at
 SUMC!
 June 22nd through June 26th
 5:30pm-8:00pm

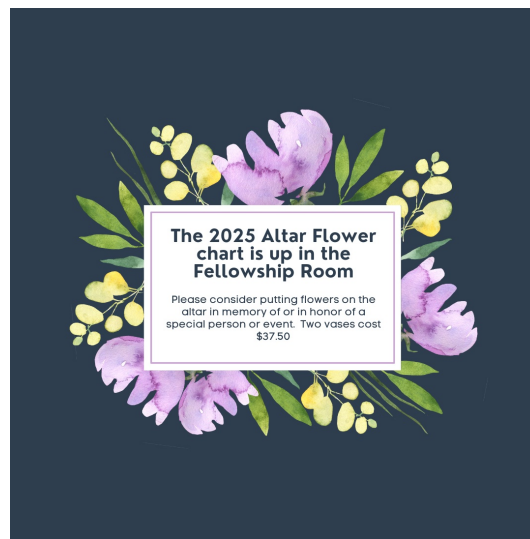


Save the dates for 2026 VBS at Zion UCC
 July 27th through July 31st
 Morning session time TBD

Happy
**BIRTHDAY
 WISHES**

July Birthdays

3 Eva Haddon
 16 Joni Singer
 24 Jeremy Stoeckel
 24 Amanda Miller



Special Person of the Week:

Trevor Corey

2720 Monacacy Road

Nazareth, PA 18064

Please remember him 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!

Please save the date for October 24th and 25th. We will have a retreat at Pocono Plateau for Vision and Inspiration. As we begin our 6th year together, we have a lot to be thankful for, as well as a vision to set for the future. Look forward to information about registering in August. We will stay the night at Pocono Plateau and take advantage of all that the camp has to offer!



Registration is open for the August 2025 Laity Academy

The 41st EPAUMC Laity Academy will be held on August 1st and 2nd on the beautiful campus of Eastern University, just outside of Philadelphia in Saint Davids, PA. Registration opens on campus at 4 PM on August 1, with a time of

worship and fellowship prior to the first class session at 7 PM. Saturday classes are from 9 AM until noon, and 1-4 PM. The cost to attend is \$100 and includes breakfast and lunch on Saturday. [Go deeper \(4 min read\)](#)

We completed our UMC 101 course, and prayer is our next area of study. If you are interested in prayer, you are welcome to join us for any of the sessions or simply drop by for one. Each session is on a Monday evening at 6:30 pm in the Fellowship Room.



Prayer for Our Times

Save the dates!

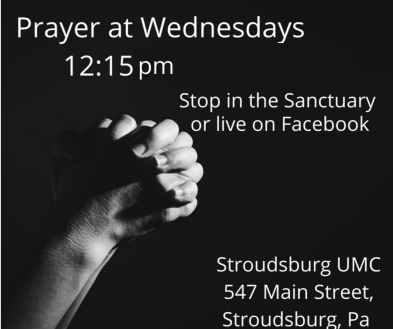
September 29th: Personal Prayer:
Wow, Help, Sorry

January 12th: Types of Prayer
What Can I Say and Do

April 27th: Congregational Prayer
How Do I Lead

June 29th: Community Prayer
How Do Pray with Others?

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



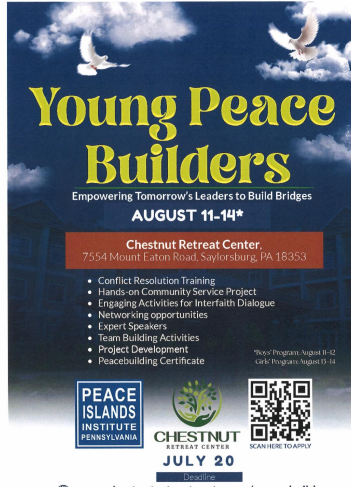
Prayer at Wednesdays
12:15 pm

Stop in the Sanctuary
or live on Facebook

Stroudsburg UMC
547 Main Street,
Stroudsburg, Pa

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

Young Peace Builders is a leadership and peacebuilding program co-organized by the Chestnut Retreat Center and the Peace Islands Institute of Pennsylvania. It brings together high school students from Muslim, Christian and Jewish backgrounds to build skills in leadership, conflict resolution and community service - all while developing authentic relationships across faith and cultural lines.



Young Peace Builders
Empowering Tomorrow's Leaders to Build Bridges
AUGUST 11-14*

Chestnut Retreat Center
7554 Mount Eaton Road, Saylorsburg, PA 18353

- Conflict Resolution Training
- Hands-on Community Service Project
- Engaging Activities for Interfaith Dialogue
- Networking opportunities
- Expert Speakers
- Team Building Activities
- Project Development
- Peacebuilding Certificate

*Peace Islands Institute of Pennsylvania is a 501(c)(3) non-profit organization. All proceeds from this program support the Young Peace Builders program.

PEACE ISLANDS INSTITUTE PENNSYLVANIA **CHESTNUT RETREAT CENTER**
JULY 20

Headline
www.chestnutretreatcenter.org/peace-builders



COMMUNITY RESOURCE
CENTER REVITALIZATION

♥

**CONTRIBUTE TO HELP US HELP OUR
NEIGHBORS**

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.

We are seeking a Sunday School teacher for our children's class in the fall. If you are interested in teaching or joining a teaching team, please let Pastor Monica know.

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.

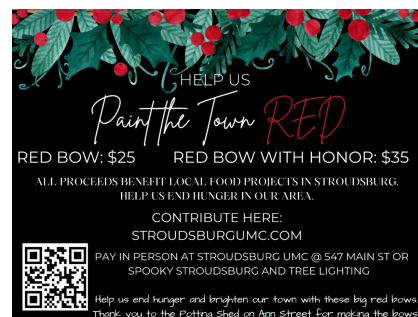


DID YOU KNOW?

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.

Paint the Town Red is a wonderful collaboration between some of the downtown churches to both beautify our town and raise funds for the food ministries. From donations received last year, we received \$586.62 for our soup kitchen. If you are interested in helping this year, we will begin this work in November, preparing ribbons, placing ribbons, resourcing tables at the Christmas tree lighting, and other holiday events. Please let the office know if you are interested.




HELP US
Paint the Town RED

RED BOW: \$25 RED BOW WITH HONOR: \$35

ALL PROCEEDS BENEFIT LOCAL FOOD PROJECTS IN STROUDSBURG.
HELP US END HUNGER IN OUR AREA.

CONTRIBUTE HERE:
STROUDSBURGUMC.COM

PAY IN PERSON AT STROUDSBURG UMC @ 547 MAIN ST OR
SPOOKY STROUDSBURG AND TREE LIGHTING



Help us end hunger and brighten our town with these big red bows.
Thank you to the Potting Shed on Ann Street for making the bows!

Your donations of non-perishable, no prep needed meals will help our unhoused or underhoused neighbors.
Granola bars
Dried fruit
Snacks
Peanut butter crackers
Packets of tuna and chicken
Bottles of water
Grocery store gift cards

Please join in prayer for all of those who are impacted by the heat.

We have some specific needs. If you would like to help our neighbors in need, we need:

Nonperishable, no-prep needed meals for our unhoused or underhoused neighbors: granola bars, packets of nonperishable meats like tuna or chicken, peanut butter crackers, etc.

Bottles of water

Gift cards for Giant, Weis, Aldi

If you are not sure how best to help, consider giving to our Pastor's Discretionary Fund to fill in the gaps.

Thank you for your prayers and contributions. All items can be received in the office.

As a result of your generosity, we are originating a grant for families seeking basic necessities at the Re-Store. Over the Lenten season, including our Cluster Lenten Service, we collected \$1,707.62 for funding. 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.



Thank you for all your support of our Little Free Library. Since its inception, we have been blessed to have Linda Michie monitoring and supporting our library. She and Al will be moving to a retirement space in the near future. We are seeking someone to monitor the books and library on a weekly basis. If you are interested, please let us know in the office. Thank you also for your donations of books.



YARD SALE

AUGUST 1ST AND 2ND
8/1: 9AM - 3PM
8/2: 9AM - 1PM

STROUDSBURG UMC
547 MAIN ST
STROUDSBURG

Save the dates for our Missions Team Yard Sale!

Start bringing your items in on July 13th. Please put items in the blue room downstairs. As in previous years, we are not accepting furniture, electronics, baby furniture or car seats. No lava lamps or gas/propane powered equipment. We are accepting clothing and books. Please make sure items are clean and in

good condition.

Set up will start the week of July 28th. Cut off date for donations is July 29th. A sign up genius is available if you want to help sort, price, clean up.

[Sign up to help at the Yard Sale](#)



UMCOR Mission Kits

A collection box and a list of requested items is available in the Fellowship Room. Our goal is to complete 50 school kits. Items like notebooks, pencils, rulers, crayons, paper are needed.

Following is a list of what is needed for us to reach our goal of completing 50 school kits. Help us collect items to educate kids.

- 50 round tip scissors (no plastic scissors)
- 50 packs of crayons (24 crayons to a box)
- 150 notebooks (single subject wire bound notebooks; no composition notebooks)
- 50 packs of loose-leaf paper (100-200 sheets)
- 50 hand-held pencil sharpeners (1" or longer)
- 50 rulers (12" - sturdy or flexible material)
- 300 pencils (unsharpened)
- 50 erasers (2" or longer)

Any number of individual items can be purchased in order to complete one or more kits. Thank you for helping to educate kids around the world!

Church Women United - Items for Christmas Stockings
 Items for July are bars of soap. Please bring your donations in and place them in the bin located in the Fellowship Room near the Missions display. Thank you!



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 - Update June, 2025

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 helping to make a difference!

The most recent check we received was in the amount of \$151.78!



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 one date left to fill in 2025 - August 3rd. Please contact Jackie in the office with your interest and availability to serve.***



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

Thanks for serving our neighbors.

SOUP KITCHEN UPDATE - JANUARY 2025

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

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

Thank you for making a difference in our community.

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

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