



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 - February 6, 2026

"Beloved, do not imitate what is evil, but imitate what is good. Whoever does good is from God; whoever does evil has not seen God."
3 John 1:11

Nothing will make you more self-conscious than a toddler. I remember when each of my children began to speak. Their learning of words came directly from us. They copied what we said and how we said it. My pronunciation of words was theirs. They would ask for a cup of 'wood-er' (that's water). And they would help my mother with the "warsh" (that's wash). When I described someone as kind, they did too. When I expressed concerns about someone's actions, so did they. They imitated everything I did. Their imitations actually showed me things about myself that I hadn't realized. When Alisabeth had her dollhouse dolls receive many time-outs, it gave me pause to wonder whether I had given her many time-outs. When I heard them talk about our neighbors, meaning broadly and including the unhoused, it made me proud of the way in which my intentional language had become theirs.

In the little letter of 3rd John, the author reminds the community of Gaius that they are not to imitate what is evil. Elsewhere in the passage, verse 9, Diotrephes is called out for actions that are un hospitable and evil. The author reminds the small church planted and being sustained through the work of Gaius and others, not to do what Diotrephes has done. It is easy to point out what is ill-advised in situations that do not include us. It is much more challenging to identify what is good and what is evil, when we are involved.

So, I invite you to reflect on what it means to imitate goodness. We are called to imitate Christ. Jesus came to the earth so that we may know God, receive the grace of his life, death, and resurrection, as well as be like him. Where are you acting like Jesus? How are you acting like Jesus? If you are not sure, look at those around you. They are likely imitating some of what you do. If you find the actions of Christ in them, you may well imitate Christ and influence others. If you do not find the actions of Christ in them, now is the time to turn back to God and seek the ways of God.

Prayer: God, let me imitate the ways of Christ. Let others see the Jesus in me, I pray, Amen.

In God's Love,
Pastor Monica



GATHER!

Coming up this Sunday, February 8, 2026

Scout Sunday

Our worship leaders are the Scouts

The praise song is "God is Good All the Time"

The New Testament is 3 John 9-11

The Gospel Lesson is Ephesians 5:1, 8-20

Pastor Monica's sermon is "Imitate Good"

(I want my listeners to imitate the goodness of God and those who have gone before us.)



Our Presidential Faith series continues with Theodore Roosevelt, who encourages us to imitate goodness. We also celebrate our Scouts, Troop 86 and Pack 86, as well as other scouts on this scouting Sunday.

Join us in person at 8:30 a.m. or 11:00 a.m.

Join us live at 8:30 a.m.:

<https://www.youtube.com/watch?v=hFnW5Nd8EVs>

Join us live at 11:00 a.m.:

<https://www.youtube.com/watch?v=R0shD9HebnU>

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:

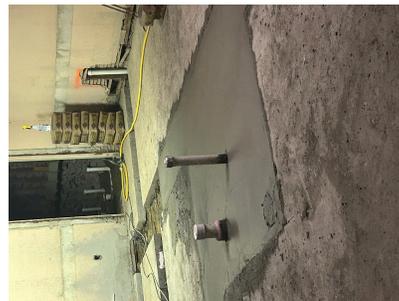
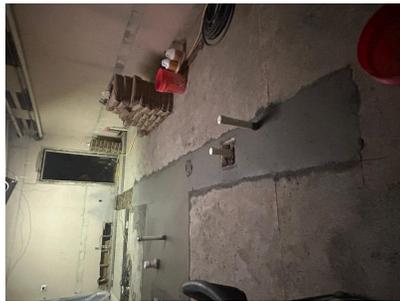
[SUMC Calendar](#)

Wondering about winter weather and snow? How will you know if the worship service is canceled? Announcements will be posted by 7am on the Sunday morning regarding worship. You can check your emails for cancellation or the church Facebook page. Feel free to share the news with others as well. Our congregation comes from a large geographic area. The weather in town might be different from the accumulation or the road conditions in Tobyhanna, Analomink or even East Stroudsburg. Please use your best discretion for travel. If there is a service, you can worship online.



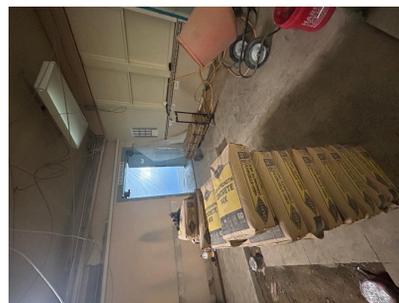
Save the Date

This year, the Pocono Interfaith Council will hold its 3rd Annual Interfaith Celebration of the National Day of Prayer on Thursday, May 7, beginning at 6:00 PM. As in previous years, the event is planned to take place at Courthouse Square, and further logistical details will be finalized in the coming weeks.



CRCR Update

It has been cold and snowy outside, but our project has been continuing for the Community Resource Center. Plumbing and water lines are moving along for the bathrooms as is concrete being poured!



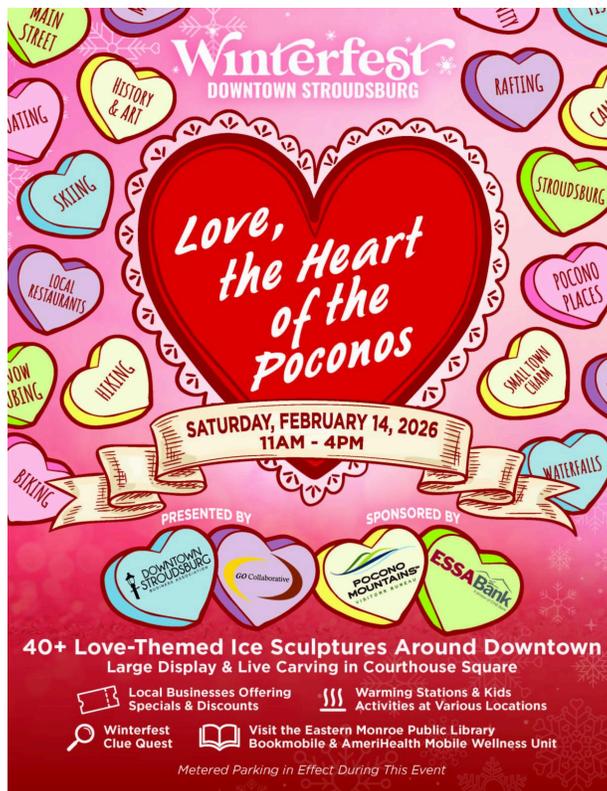
Tune in each week as we watch our Community Resource Center be built.

Contributions welcome
at <https://secure.myvanco.com/L-ZN7G/campaign/C-1537D> as well as
in the office or offering plate. Thank
you for making a difference !



Pocono Plateau

The annual Winter Blast and Winter Jamboree retreats will be held the weekend of February 27–March 1. These retreats offer meaningful opportunities for children and youth to connect with one another, with nature, and with Christ through fellowship and snowy recreation. [Winter Blast \(for youth\)](#) and [Winter Jamboree \(for children\)](#) can be experienced as a youth group retreat or as an individual or group of friends. Click above to learn more and register!



Ash Wednesday SERVICE

"Remember that you are dust, and to dust you shall return"

18 FEBRUARY, 2026

7:00 -9:30 AM:
Ashes to Go

12:15 PM:
Abbreviated Service

7:00 PM:
Full Service

547 Main Street,
Stroudsburg, Pa 18360

www.stroudsburgumc.com

Pocono United Methodist Connection's

COME TO THE TABLE

LENTEN WORSHIP SERIES WEDNESDAYS OF LENT
7PM

COMMUNION AT EACH SERVICE!

Rediscovering God in gathering together!

Feb. 25th - Hospitality
Location: East Stroudsburg UMC
Preaching: Rev. Wendy Bellis

Mar. 4th - Love
Location: Faith UMC
Preaching: Rev. Monica Guepet

Mar. 11th - Peace
Location: Stroudsburg UMC
Preaching: Rev. Jeffrey Weber

OFFERINGS TAKEN FOR LOCAL AND GLOBAL MISSIONS!

Mar. 18th - Grace
Location: Cherry Lane UMC
Preaching: Rev. Jack Tironi

Mar. 25th - Joy
Location: Reeders UMC
Preaching: Rev. Samuel Ashley

We adore You, O Christ, and we praise You, because by Your Holy Cross You have redeemed the world

HOLY WEEK
WORSHIP

Palm Sunday (March 29):
8:30 AM • 11 AM

Holy Thursday (April 2):
7 PM (Choir and Communion)

Good Friday (April 3):
11 AM (Cross Walk)
7 PM (Community Service)

Holy Saturday (April 4):
5:30 PM

Easter Sunday (April 5):
7 AM • 8:30 AM • 11 AM

Tools for Ministry: Save the dates!

Tools for Ministry returns to Eastern PA in a series of 3 leadership development events for lay and clergy leadership. Courses offered will offer practical advice, thought-provoking inspiration, and district/region-wide relationship building. Can't make one day? Join us for one of the others! Registration links, course descriptions, and presenter

information coming soon. Partial CEU credits for Christ Servant Ministers (CSMs) will be offered for full attendance and participation at these events.

West District

Saturday, Feb. 28

8am-12pm

Salem United Methodist Church,
Manheim

For info contact:

Rev. David T. Ryan

West District Resource Team

Registration Cost: \$10

Superintendent

Registration Cost: \$15 (Lunch included)

South-East Region

Saturday, March 7

8:30am-12:30pm

Palmer Theological Seminary at
Eastern University

For info contact:

Frances Whittington South
District Co-Lay-Leader

Registration Cost: \$15 (with
breakfast refreshments)

North District

Saturday, March 14

9:00am - 1:00pm

Asbury United Methodist
Church, Allentown

For info contact:

Rev. Candy LaBar, North District
Resource Team or

Rev. Hun Ju Lee, District



2026 Tools for Ministry

Tools for Ministry is a transformative training event for both laity and clergy. Join us for wonderful learning opportunity

featuring workshops designed to spark fresh ideas, expand ministry beyond church walls, and prepare you for impactful leadership.

Whether you're looking to deepen your faith or explore new ways to serve, come and be inspired, equipped, and empowered for God's work in the world. [Learn more \(1 min read\)](#).

Join in faithful resistance: a public witness for immigration justice

Join us in Washington, DC, on February 25th for a [meaningful ecumenical and interfaith gathering](#) to stand in solidarity with our neighbors and advocate for immigrant justice. The day will begin with worship, followed by a prayerful march to the U.S. Capitol. This is an opportunity to show solidarity for immigrants and call upon Christians everywhere to live out Christ's call to "welcome the stranger."

The Foundation for Evangelism Opportunities

Nominations open for Laity Award

The Foundation for Evangelism Laity Award honors laity with exceptional evangelistic ministries. Recipients will be considered for a national grant of \$1,000 toward their evangelism ministry. The nominee selected for the Eastern Pennsylvania Conference will receive a certificate and an award of \$500 for their church ministry at the Conference Awards ceremony. The nomination deadline is March 20. Learn more [here](#).



28 Days of Prayer: Preparing our hearts for Annual Conference 2026

As we prepare for Annual Conference 2026—centered on the theme of PRAYER—join Bishop Moore-Koikoi, laity, and clergy across EPA & GNJ for a 28-day prayer journey. We will begin on April 8 and continue through May 15. Set aside just 20 minutes each weekday morning from 7:00-7:20am to connect

with God, reflect in community, and listen for the Spirit's leading. Join as often as you're able.

We will feature the transformative book [Dynamite Prayer](#) by Rev. Dr. Rosario "Roz" Picardo and Rev. Dr. Sue Nilson Kibbey. To receive the Zoom link, [register here](#). Let us know you're ready to pray boldly, listen deeply, and move forward together in love!

Note: You may choose to purchase a copy of [Dynamite Prayer](#) (if ordering 10 or more books, use code INNOVATE50 for 50% off your order). The book is also available from other booksellers.

Saving the Soul of Our Nation, State, and Church - Faith Forum & Historical Tour

Mark your calendars! On May 12 from 1-6:30pm, attend a faith forum "Striving to End the Sin of Racism in Church and State: Contemporary and Historical Methodist Perspectives" featuring keynote speakers Bishop Cynthia Moore-Koikoi, Bishop Ernest S. Lyght, Rupert Hall, Jr., and Kevin Dusenberry. The forum will be held at Pennington UMC (60 South Main Street, Pennington, NJ).

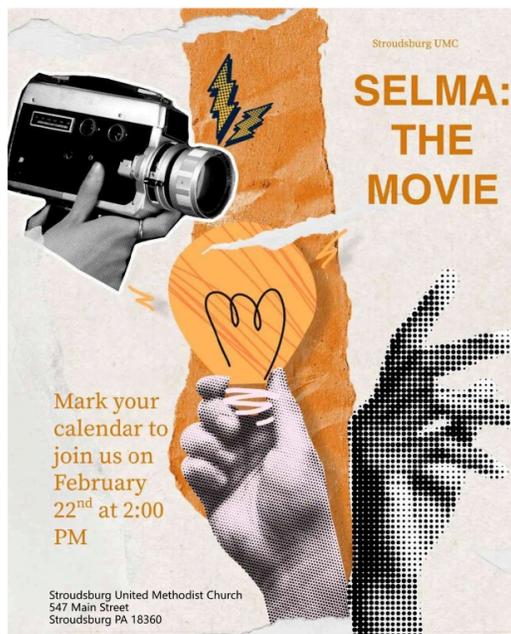
Then, on May 13, plan to attend the "Historical Tour: Saving the Soul of Our Nation and State" featuring keynote speaker Rev. Dr. Kevin Newburg and visiting such sights as Washington's Crossing State Park, Princeton Battlefield, Historic Tenant Church and more. Buses leave from the Courtyard by Marriott Ewing Princeton at 8:30am.

These events are open to all and form part of the Northeastern Jurisdictional Commission on Archives and History (NEJCAH) Annual Meeting and Program. Get all the details [here](#). Register online [here](#) or print out a paper registration form [here](#). Need accommodations? [Register](#) for the conference hotel, Courtyard Marriott Ewing Princeton.

Living a Contemplative Life in a World That Isn't

By Sarah Borgstrom Lee

In April 2026, a dream seven years in the making will come to life. A five-day Academy for Spiritual Formation, titled "Living a Contemplative Life in a World That Isn't," will be held in the Northeastern Jurisdiction. This experience is designed to help participants deepen their faith and become rooted and grounded in the love of God—a love that never lets them go. **Go deeper (2 min read)**



Mark your calendars to join us on Sunday, February 22nd at 2 PM for the movie "Selma". This historic drama is based on the 1965 voting rights marches including the 1965 Selma to Montgomery march. Free popcorn and bottled water will also be included in your FREE admission!

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.



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



- 1
- 12
- 13
- 14
- 27

February Birthdays

- Bud Heckman
- Diane Rogell
- Troy Miller
- Cliff Rogell
- Steve Guepet

JUST SOCIAL

2ND AND 4TH TUESDAYS FROM 1:30-3:00PM
 THE NEXT MEETING IS OCTOBER 14TH.
 COME JOIN US! PLAY CARDS, BOARD GAMES OR JUST
 CHAT. DO YOU HAVE A HOBBY INTEREST YOU'D LIKE
 TO SHARE? HAVE YOU READ A BOOK THAT WAS SO
 GOOD YOU JUST HAVE TO TELL SOMEONE ABOUT IT? IF
 THIS IS YOU, OR SOMEONE YOU KNOW, WE WOULD
 LOVE FOR YOU TO JOIN US!
 USE THE ANN STREET ENTRANCE



JOIN US
LIVE

SUNDAYS AT 8:30 AND 11:00 AM

LIVE STREAM



STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087

GROW!

Bible Study

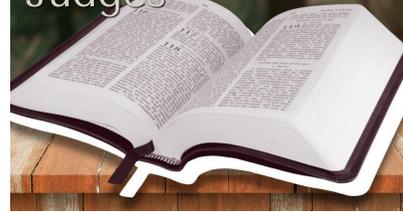
In this busy season, our Bible Study will resume meeting with the ebook of Judges and the story of Gideon, who had lots of questions. Join us online or in person on Wednesday at 10 a.m. in the lounge. No preparation required.

Judges Spiral

BIBLE STUDY

RESUMES ON
DECEMBER 3RD, 10AM

The
book of
Judges



Church Women United Stocking Donations 2026

January Word Search books
February Socks Men and Women

Please put all donations in the bin in the Fellowship Room. All donations needs to be received by November 1.

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.



2026 OFFERING ENVELOPES are available in the Fellowship Room. Please pick up your box after worship today.

END OF YEAR STATEMENTS have been mailed. Please contact the office by February 10th if you have not received them.

Coffee with the Pastor



Sunday, February 15th, after
the 11:00 service

PRAYER COURSE We started our year-long study of prayer in September. The next class is on February 9th at 6:30 pm. 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 at 6:30 pm in the Fellowship Room. This session focuses on what I can say and do! Mark your calendar for April 27th and June 29th as well. No advance work needed.

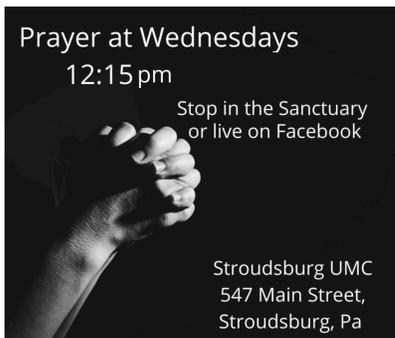
A collage-style poster for the movie 'Selma: The Movie'. It features a hand holding a vintage camera on the left, a hand holding a heart-shaped object in the center, and a hand holding a film strip on the right. The background is a mix of orange, white, and black textures. Text includes 'Stroudsburg UMC' at the top right, 'SELMA: THE MOVIE' in large orange letters, and event details at the bottom left and bottom center.

Stroudsburg UMC

SELMA: THE MOVIE

Mark your
calendar to
join us on
February
22nd at 2:00
PM

Stroudsburg United Methodist Church
547 Main Street
Stroudsburg PA 18360



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.

"Souper Bowl"
SOUP SALE!
Cheddar Broccoli Soup - GF and Vegetarian
Ham & Potato Soup

\$10
per quart

Order by January 25th; Pick up on
February 8th

Proceeds benefit Missions projects within SUMC

Learn more about the 2026 Wesleyan Pilgrimage to England with Bishop Moore-Koikoi

The pilgrimage will take place from April 8-16, 2026 departing from Newark or Philadelphia. Pilgrims will see Coventry Cathedral, Epworth, Memorial Church, St. Andrews Church, Cotswolds, Stratford, Oxford, Bristol, Bath, City Road Chapel, Aldersgate Street, Buckingham Palace, and much more! Educational Opportunities will lead a Zoom information session on Oct. 21 at 6:30pm. Join [here](#) or with Meeting ID: 843 3773 4363
Password: 314210

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.

Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"

Community Resource Center Revitalization Celebration

Mark your calendars for May 30th as we raise final funds for the Community Resource Center Revitalization. Are you interested in helping coordinate the event, raise donations, or be part of the planning? Join us on January 16th at 6:00 pm on Zoom. Let the office know if you are interested.



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 helping to make a difference!

The most recent check we received was in the amount of \$183!



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 - February 2026

As of February 1 we have served over 5,200 meals. We have started to fill in the calendar for 2026. If you're interested in serving on a particular Sunday, please let the office know. If you have questions, please contact the office.



Soup Kitchen
Sit down meals
being served
Sunday afternoons
2-3 pm
Ann Street Entrance

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

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