



## 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 - May 9, 2025

"While all Israel were crossing over on dry ground, the priests who bore the ark of the covenant of the Lord stood firmly on dry ground in the middle of the Jordan, until the entire nation finished crossing over the Jordan." Joshua 3:17

Change is hard with the first steps.  
Change is hard in the minutiae of making it happen.  
Change is hard when there is pushback.  
Change is hard when there is uncertainty.  
Change is hard when there is no support.  
Change is hard throughout the whole process.

During this season, there are a lot of transitions. We have graduations, new jobs, celebrations, medical changes, housing transitions, and much more. We follow Jesus with steps of faith as individuals and as a congregation. As we seek to follow through on our commitments, we sometimes find doubt and concern after we take the first steps.



As Joshua led the priests and Israelites into the Promised Land through the River Jordan, there were plenty of nay-sayers, doubters, those who wondered about how much it would cost, and if it was really worth it. It strikes me that the priests stood firmly on the dry ground in the middle of the River Jordan, so that the whole company of Israel could pass. Their commitment to remaining firm was necessary for others to have the energy, the inspiration, the dedication, and the faith to walk through. Sometimes, when we are in a season of change, we are the ones looking to others to be stalwart and steady. Other times, we have to model faith and commitment a lot longer than we would like, because others find their motivation and catalyst in our faith lives. This may even come as we are worried or nervous. Our hope comes in the name of the Lord. God is with us.

Throughout Scripture, God proclaims to God's people, "Do not fear ... I will be with you!" The list is long:

- \*Abraham (Genesis 15:1)
- \*Hagar (Genesis 21:17)
- \*Jacob (Genesis 27:41; 28:13-15)
- \*Moses (Exodus 3:11)
- \*Fleeing Israelite slaves (Exodus 14:10, 13)
- \*Gideon (Judges 6:14-16)
- \*King Hezekiah (2 Kings 19:5-7)
- \*Psalmist beset by powerful enemies (Psalm 118:6)
- \*Community of Jewish exiles (Isaiah 41:10; 43:5)
- \*Jeremiah (Jeremiah 1:8)
- \*Daniel (Daniel 10:12, 19)
- \*Mary (Luke 1:30)
- \*Shepherds surrounded by angels (Luke 2:8-14)

\*Disciples caught in a storm (Mark 4:37-40)  
\*Frightened disciples in the night of Jesus' betrayal (John 14:27)  
\*Disciples frightened by reports of a resurrected Jesus (Mark 16:8; Matthew 28:10, 18-20)  
\*Paul (Acts 18:9-10; 27:24; 2 Corinthians 12:7-10)  
\*John of Patmos (Revelation 1:17-18).

So, as you are faced with changes and decisions, transitions and developments, consider who those are you can look to for faith lived out and remember that God is with you always!

In God's Love,  
Pastor Monica

## GATHER!

Coming up this Sunday, May 11th -

Happy Mother's Day!

Our worship leaders are Jenny and Pastor Margie

The choir anthem is "Because He Lives!"

The praise song is "Come Into His Presence"

The Old Testament Lesson is Joshua 3:16b-4:10a

The New Testament Lesson is 1 Thessalonians 2:7-13

Pastor Monica's sermon is "Why We Must Go Now: Stand" (I want my listeners to stand steady in the first step when the waves of doubt come.)



When you step into the future, you will experience waves of doubt. You will question whether you made the right decision and try to determine whether you should do something different. Join us on Sunday as we honor the women in our lives and stand firm on God's promises.

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

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

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

The bulletin is available on the church website: [stroudsburgumc.com](http://stroudsburgumc.com)

**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](#)

Tuesday, May 20th - Thursday, May 22nd, our Eastern Pennsylvania Annual Conference will hold its Annual Conference in Wildwood, New Jersey. The Eastern Pennsylvania Conference of the United Methodist Church comprises nearly 400 churches, serving over 80,000 members in 16 counties. Pastor Monica, Jeanette Kuhns, Carmen O'Shea, and Madison O'Shea will represent our congregation as clergy, lay, and equalizing delegates. If you have pastoral needs during that time, please get in touch with the office or Pastor Margie.

On Sunday, we welcome our District Superintendent, Rev. Dr. Hun Ju Lee, in worship at 11:00 am. The district superintendent is an ordained elder appointed by a bishop to oversee the pastors and local churches in a district. The superintendent carries a wide range of responsibilities for the local churches in the district and for the Annual Conference as a whole. Primary responsibilities relate to overseeing the work of the local churches, including presiding at Charge Conferences, supervising the work of the pastors, and participating with the bishop in the making of appointments. Dr. Lee is the District Superintendent of the Great North District.

## The 2025 Appointment Season is underway

Please keep the bishop, cabinet, pastors, churches, and districts in your prayers as they prepare for seasons of both farewell and welcome.

- Find EPA appointment announcements [here](#).
- Find GNJ appointment announcements [here](#).



Graduation Day is coming for many in seminaries, colleges, universities, high schools, and trade schools. Is someone in your family graduating? If so, share the information with the office so we can celebrate with you in worship. We will plan to do so on May 25th.

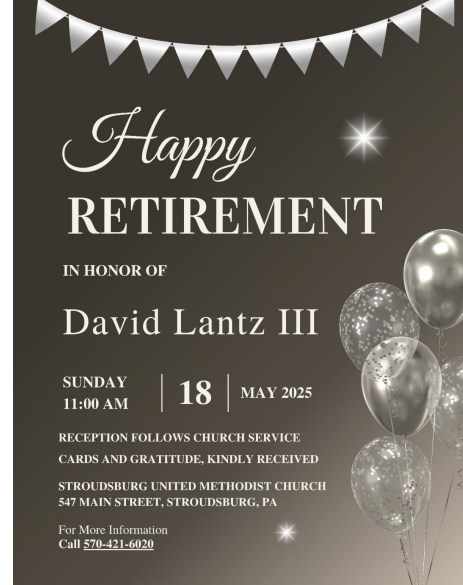
## RETIREMENT CELEBRATION FOR DAVE LANTZ

Dave Lantz was our choir director for many years.

We will recognize him and his retirement on Sunday, May 18th, at the 11:00 am service. Mark your calendar to join us for worship, which will include musical pieces by our choir of his composition, recognition, and a fellowship time to follow.

A card for your gratitude and blessings is in the Fellowship Room. Feel free to stop in during the week to sign and please plan to join us next Sunday for his recognition and the following fellowship

time.



Do you speak a language in addition to English? We are looking for volunteers to work with us on a project for Pentecost Sunday (June 8th). If you are interested, let the office know. We are preparing for the coming of the Holy Spirit and many languages!

Save the date for our Winner, Winner Chicken Dinner coming up on Saturday, June 14th. \$15.00 per person. 1/2 BBQ chicken, potato salad, cornbread, dessert, lemonade. Eat in or take out! Advance orders only, limit of 50 dinners. Please reserve by June 8th. All proceeds benefit Missions projects within our church. Want to help out? Sign up



here: <https://www.signupgenius.com/go/20F0E4AAFA62CA7FD0-56734876-stroudsburg>

**The wait is over! Pre-Conference Workbooks to hit mailboxes this week.**

By the end of this week all Annual Conference registrants should have a hard copy in their hands. Can't wait? [Download a digital copy today.](#)



## Annual Conference Mission Projects

This year, instead of workshops, EPA & GNJ United Methodists will serve the community. Bring two pairs of new socks to the conference for our Socks for Seniors project. Attendees can write notes for seniors or partner with EPA's Restorative Justice Ministry to send cards to those in prison—sharing God's love with our most vulnerable neighbors.

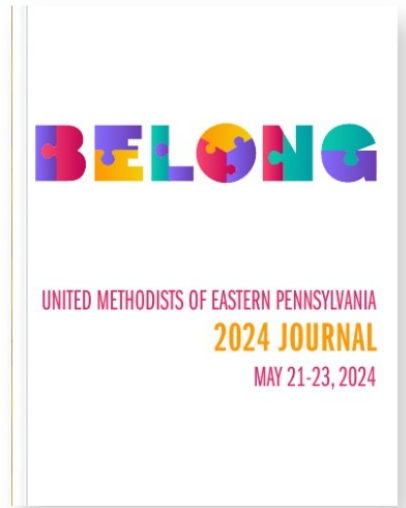
## The 2024 Annual Conference Journal is now available.

### 2024 Journal Order Form

A hard copy printed journal is available on request to all members for a minimum fee. To purchase a printed journal please click this link: [2024 EPA Journal Order Form](#)

For Retirees: A hard copy printed journal is available on request to all retirees for free. To request a printed journal please click this link: [2024 Journal Order Form \(retirees\)](#)

Online Journal Download the PDF: [2024 EPA Annual Conference Journal](#)



## 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](#).

## EPA Clergy Spiritual Retreat June 14 Olivette UMC in Coatesville 12pm-3:30pm

The Retreat is sponsored by the EPA Hispanic/Latino Ministries. Both the Lectio Divina Spiritual practice and Holy Communion at the end of the retreat will be conducted in both Spanish and English. The purpose of these retreats is to give us clergy a "rest". Not just ordinary rest, but resting in the arms of God. You won't want to miss it! Lunch will be provided at 12pm. [Register here](#)





Vacation Bible School is coming! Registration is now open! Share with your friends and neighbors and join us June 23rd through June 27th, 5:30pm-8:00pm.



We need craft leaders, Bible Lesson leaders, game coordinators, snack providers, dinner preparers, music teachers, and more. We will be working together with other churches and community members. You wouldn't want to miss our Alaskan adventure, where the Northern Lights glow over majestic mountains, racing rivers, and glistening glaciers. As kids trek the tundra, they'll explore how easy it is to lose sight of what's true in our wild world today. True North VBS shows us that Jesus is a faithful friend we can always trust. See you then!

[Register here](#)

[Volunteers](#)



## Bishops unveil new vision for The United Methodist Church

By Heather Hahn (UM News)

The Council of Bishops along with the Connection Table have adopted a new vision for the denomination to “love boldly, serve joyfully, and lead courageously.” [Go deeper \(4 min read\)](#)

## Waiting again: Hurricane Ida survivors face new delays after AmeriCorps exit

By Sarah Borgstrom Lee



Project Restoration has been hard at work helping those impacted by Hurricane Ida repair and recover. On Tuesday April 15, Executive Order 14222 led to the recall of AmeriCorps members who were working on homes in Philadelphia, leading to new delays for those who have been waiting so long. Find out more about what happened and how you can help. [Go deeper \(4 min read\)](#)

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](mailto: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.**

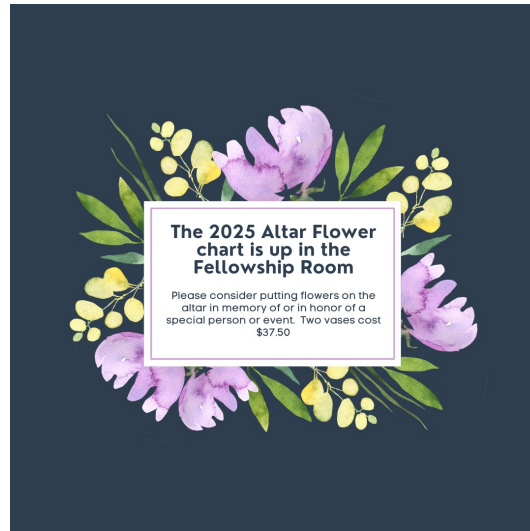


### May Birthdays

1 Aram Tchobanian

9 Bill Stewart

14 Cristian Vazquez



### Special Person of the Week

Janet Marsh

1170 West Main Street

Room #121

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



**THRIVING TOGETHER**

Workshops Empowering Seniors to Live Well and Age Confidently

**3RD MONDAY OF THE MONTH**





**1PM TO 2PM**

**Zion UCC**  
14 No 8th Street  
Stroudsburg, PA

**OPEN TO ALL**

These sessions are open to anyone in the community, not just members of our church. Please consider joining us in these one-hour sessions where you can connect with professionals and others like you.

**RUNDOWN**

- MARCH 17** **MENTAL HEALTH & AGING** with Dr. Raj Kataria, a Neurology specialist with St. Luke's Hospital. Alzheimer's, dementia, and other cognitive issues, understanding and managing them. 
- APRIL 21** **UNDERSTANDING ADDICTION** with Emily R and Christine L. from the Pocono Intergroup of AA. An insightful course exploring the complexities, causes, and impact of addiction on individuals and society. 
- MAY 19** **MAINTAINING MENTAL WELLNESS** with Rev. Dr. Erika-Adams Finney. Techniques and practices to promote mental well-being, such as mindfulness, social connections, and physical activity. 
- JUNE 16** **CAN YOU TOUCH YOUR TOES?** Stretching is a great way to relieve muscle aches, increase blood flow, and refresh the organs in your body. Come learn how to stretch without hurting yourself! 



**THIRD ANNUAL**  
*Pocono*  
**PAMPER & PRAISE DAY**

**MATTHEW 25:40**

"And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"

**AUGUST 23RD**  
12:30 PM TO 4:30 PM

**DANSBURY PARK**  
EAST STROUDSBURG, PA

**JOIN US FOR A DAY OF SOUL & SELF CARE**

Enjoy free hot meals, clothing, community resources, and uplifting worship, prayer, dance, and poetry.



**RIPPLES OF HEALING**  
CHRISTIAN MINISTRY



**GROW!**





## UMC 101 COURSES Save the Dates!

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

April 28th: Worship 101 -  
Singing and Sacraments

June 30th: Ecumenism 101 -  
Similar and Distinct from Other  
Christians

Mondays at 6:30pm in the Fellowship  
Room - Snacks provided.

Save the date!

June 30th: Ecumenism 101: Similar and Distinct from Other  
Christians

We will meet in the Fellowship Room. Snacks provided.  
Please let the office of your interest in joining.

### HANDBELL CHOIR IS BACK!

Rehearsals: Monday evenings  
starting May 5<sup>th</sup>, 6-7pm



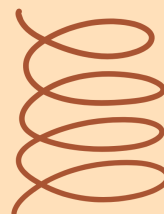
The Handbell Choir has started up again!  
Rehearsals will be held Monday evenings  
starting Monday, May 5th, 6:00pm-7:00pm in  
the classroom above the Fellowship Room -  
Room #305. Anyone from age 10 and up is

welcome; no experience necessary! Note: There will be no rehearsal on  
Monday, May 12th.

### Bible Study -

Want to study the Bible, but you are not sure how? Join  
us on Wednesday mornings at 10:15 am in person or  
on Zoom. We are studying the book of Judges. If you  
have heard the names Deborah, Samson, Barak or  
Gideon, they are all in the book of Judges. We will take  
a look at the time before Israel had a king. What can  
we learn about our own world today from how God  
called the Israelites to live with one another? Join us  
one week or every week. Contact the office for the  
Zoom information.

Judges Bible Study: Wednesdays at 10:15 am



In the Spiral

We repeat what we  
don't repair.

Have you been thinking about joining Sunday  
School? Our Adult Class, held at 9:45 am in the Adult  
Sunday School room behind the Fellowship Room, has  
concluded their study of Revelation. We are in the  
midst of a new study on Ezra-Nehemiah.. The 23  
chapters of Ezra and Nehemiah make up one scroll of  
the Old Testament. They contain the story of starting  
again after a difficult event. The Israelites have been in  
exile, and now they are discovering how to be faithful  
when they have been discouraged and  
disheartened. Join us for one week or every week as  
we learn how to rediscover our faith after times of  
difficulty.

Ezra-Nehemiah  
Rediscover your faith  
after a difficult time

Repent| Return| Rebuild| Restore

Sunday School  
9:45 am on Sundays

## Safe Sanctuaries Training Sat Jun 7 9:30am-12pm

This training is for anyone who requires training in Safe Sanctuaries in our churches or as a refresher course. We will discuss policy writing and best practices for both children & older and vulnerable adults. Please join us! [Register here](#). Questions? Reach out to Rev. Jacqueline D. Daniszewski at [epasafesanctuaries@epagnj.org](mailto:epasafesanctuaries@epagnj.org)



## Small Church Network of EPA to host Lovett Weems May 13 at 6:30 pm

Dr. Weems founded the Lewis Center for Church Leadership at Wesley Seminary in Washington, DC, where he currently serves as Senior Consultant. His topic will focus on Worship attendance and bearing fruit. Sessions last an hour and are open to anyone without by clicking on this [link](#). Registration is not necessary. Join us!



## POCONO PLATEAU CAMP AND RETREAT CENTER

### Summer Camp 2025

Summer Camp is fast approaching. Scholarships are available!  
Contact the camp office at [camp@poconoplateau.org](mailto:camp@poconoplateau.org) or  
570-676-3665 with questions.

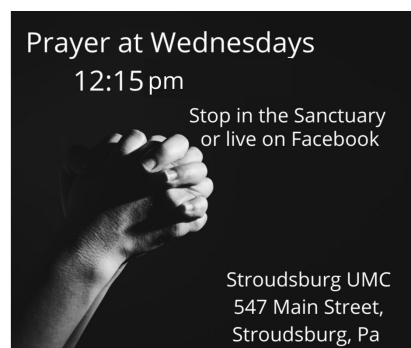
**Day Camp** – Join us for our Forest Friends Day Camp as we explore nature, swim in the lake, make new friends, and grow in our faith. For ages 5 – 13, \$210 for 5 Day Week, 9:00AM-4:00PM, before and after care available, van pick-up is available in Mt. Pocono.

**Overnight Camp** – Come for the week (Sun through Fri) to explore faith, grow in community, and get unplugged and outdoors! Sun-Fri camps for 3rd – 12th grade. Partial week available for 1st -3rd .

My Grown Up & Me is for ages 4-7!

Too old to be a camper? Good news! We have volunteer opportunities throughout the Summer for all ages! Below is a list of volunteer roles we are hoping to fill:

- ☐ 2 Nurses for one week of camp
  - ☐ Someone willing to help maintain our grounds with the lawn mower
  - ☐ A few individuals to be counselors for a week in July
- Please contact [director@poconoplateau.org](mailto:director@poconoplateau.org) for more information.



**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.



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### 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.

Our EPA&GNJ team traveling to Tanzania hopes to bring good news and material resources with them. Many pastors in Tanzania don't have access to clergy wear. You can equip a pastor in Tanzania by purchasing a shirt from our [Amazon wishlist](#) by May 9<sup>th</sup>.



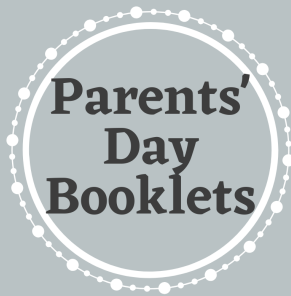
You can also offer financial support and help us meet our goal of ensuring that every UM pastor in Tanzania receives a living wage by [donating here](#).

## Breakthrough Series Overcoming Obstacles to Peace

Jesus said, "Blessed are the peacemakers, for they will be called children of God," (Matt.5:9). But in a world divided by conflict, violence, and war, there is so much that gets in the way. This series delves into some of the common obstacles to peacemaking – complacency, resentment, and violence – leading us first to receive Christ's peace in our own spirits and then get to the hard work of making peace in the world.

[Watch Here](#)





Names will be taken until June 15th. Booklets will be available on June 22nd. Forms are in the back of the sanctuary and in the Fellowship Room.

### Parents' Day Booklets

Forms are in the back of the sanctuary and in the Fellowship Room. Names will be taken until June 15th. \$2.00 per name. Booklets will be available on June 22nd.

Church Women United - Items for Christmas Stockings  
Items for May are chapstick and hand cream. 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 -

Thank you so much for supporting our community members in need. Because of your generosity, we have been able to help folks with rent, utilities, transportation, and other unique needs. We also connect people with resources in our area. Our need has increased this year. We are committed to only helping based on the funds we received. We're just asking if you feel called to give additional to the PDF on the first Sunday or through the month so that you might help us make a difference in our community. You can place donations to the PDF in the offering with a note in the memo field or on the envelope. Alternatively, you can send donations to the church through your bank with the same note. Thank you for making a difference in our community.



**We are still collecting Weis receipts. Weis Markets gives back 1% of the total of each receipt submitted. It all adds up! Please continue to bring your Weis**





receipts to church and place them in the large canister in the Fellowship Room.

**Please note: the entire receipt needs to be submitted. Please do not cut the bottom of the receipt off. If the bottom portion of the receipt is cut off, we cannot submit it to Weis.**

**Receipts for prescriptions and gift cards can also be submitted.**

**Thank you for helping to make a difference!**



## SUMC's Amazon Wish Lists

### Soup Kitchen Needs

[Amazon Wish List - Soup Kitchen](#)

### Building Our Library

[Amazon Wish List - Building Our Library](#)

## Soup Kitchen

Our Soup Kitchen is a vital ministry feeding our neighbors every Sunday. We continue to serve take-out meals as well as offer our guests the option to sit down in the dining room and eat. Food stability remains a vital part of our community. Meals are served every Sunday from 2-3pm. We are always looking for additional volunteers to prepare and serve the meals. ***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  
Sit down meals  
being served  
Sunday afternoons  
2-3 pm  
Ann Street Entrance

## 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](mailto: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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