



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 16, 2025

"So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up." Galatians 6:9

Endurance is the hardest attribute. Doing something once is an experiment. Sticking with it when no one is looking and across time is almost impossible. In his letter to the church in Galatia, Paul reminds them that their faith is not a task to be checked off on a list but rather a lifelong commitment to following after Jesus and doing right. For some of us, we may start out strong, but fall off.

This is not a new reality. I came across this prayer from Thomas A Kempis, a writer and a religious in Cologne, now Germany, who was born in 1371. In the Middle Ages, in the days of feudal lords and conquering empires, the challenges of

steadfastness and commitment to faith were the same. Thomas A Kempis' prayer seeks to anchor the prayer at the center of the heart of the Lord. May this prayer today remind you that we, too, need to anchor ourselves steadfastly in the presence of God.

For Anchoring Heart and Hope

Written by Thomas A Kempis and adapted by Douglas McKelvey

Write your blessed name, O Lord, upon my heart, there to remain
so indelibly engraved,
that no prosperity,
no adversity shall ever move me from your love.

Be to me

a strong tower of defense,
a comforter in tribulation,
a delivered in distress,
a very present help in trouble,
Shepherd me through the many
temptations and dangers of this life.

Lead me to your kingdom,

Amen.

In God's Love,
Pastor Monica

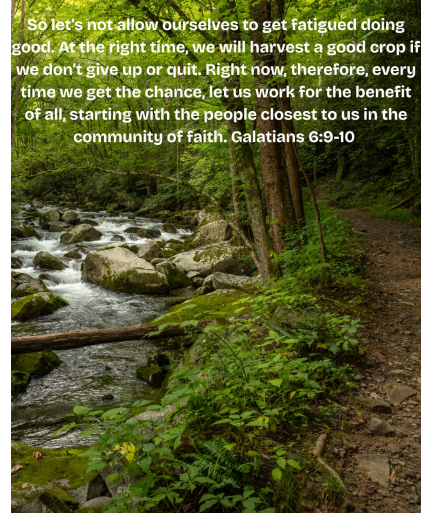


GATHER!

Coming up this Sunday, May 18th -

Our worship leaders are Cliff and Jeanette
The choir anthem is "Go Out and Tell!"
The praise song is "Make a Joyful Noise All the Earth"

The Old Testament Lesson is Joshua 4:10-24
The New Testament Lesson is Galatians 6:9-10
Pastor Monica's sermon is "Why We Must Go Now: Stay" (I want my listeners to stay on the journey.)



Many marathoners get to the 20th mile and give up. It is hard to stay motivated and focused near the end. The same is true when we journey with Christ. The solution for marathoners is the encouragement of others. The same is true for us. Join us on Sunday!
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

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](#)

Annual Conference

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

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](#).



My Calling! A Service Experience for All Youth!

By Denise Harris

My Calling! Is a service experience planned by youth for youth. Learn how you can use your hands and feet to show the love of God to others as you help at a horse farm, help at a food pantry, and harvest food for hungry neighbors. This local mission trip is scheduled for July 13-17 and there's still time to register. [Go deeper \(2 min read\)](#)

Effort UMC Welcomes 20 New Members

By Rev. Scott Kuhlne

The Lord is at work at Effort United Methodist Church! On Easter Sunday, Effort UMC experienced an enormous blessing as they welcomed 20 persons into membership (including one adult baptism) as they celebrated the resurrection of our Lord and Savior Jesus Christ. [Go deeper \(2 min read\)](#)



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 by Wednesday, May 21st so we can celebrate with you in worship. We will plan to do so on May 25th.

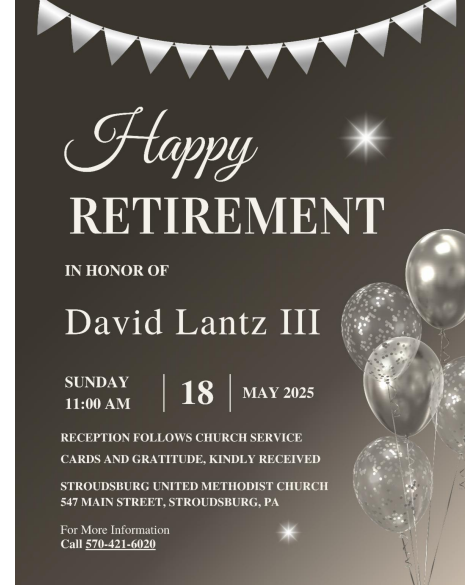
RETIREMENT CELEBRATION FOR DAVE LANTZ

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.

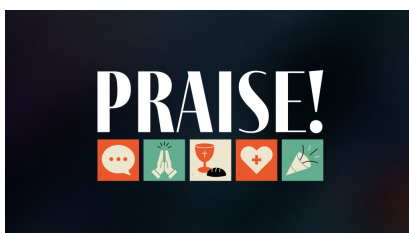


Do you speak a language in addition to English? We are looking for volunteers to work with us on a project for Pentecost Sunday (June 8th). If you are interested, let the office know. We are preparing for the coming of the Holy Spirit and many languages!

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 9th. 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.

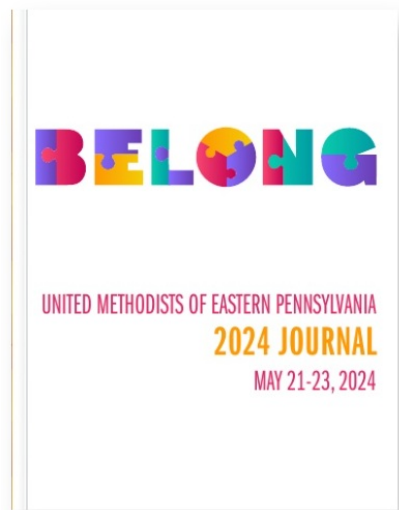
The 2024 Annual Conference Journal is now available.

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](#)

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.



May Birthdays

1 Aram Tchobanian

9 Bill Stewart

14 Cristian Vazquez



Special Persons of the Week:

Ron & Romaine Van Why
2203 West Main Street
Stroudsburg, PA 18360

Please remember them 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.

MARCH 17 **MENTAL HEALTH & AGING**
with Dr. Raj Israni, a Neurology specialist with St. Luke's Hospital and managing them.

APRIL 21 **UNDERSTANDING ADDICTION**
with Emily R and Christane L. from the Pocono Intergroup of AA.

MAY 19 **MAINTAINING MENTAL WELLNESS**
with Rev. Dr. Erica-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 oxygen in your body. Come learn how to stretch without hurting yourself!



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.

After a full program year, many of our ministries are coming near the summer break.

Please note:

Just Social finishes up the season on Tuesday, May 27th.

Sunday School for children and adults will conclude on Sunday, May 25th and will resume on
Sunday, September 7th.

Our Bible Study on the book of Judges pauses after Wednesday, May 28th until
September 10th.

Thank you to each of you who have taught, participated and led these ministries.

HANDBELL CHOIR IS BACK!

Rehearsals: Monday evenings
starting May 5th, 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!

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



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 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.

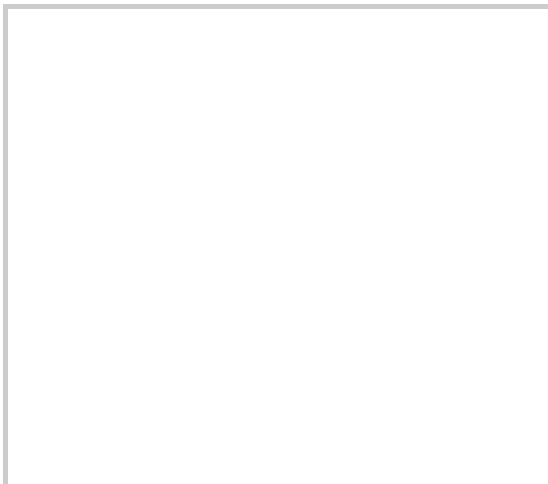
Overnight Camp – Come for the week (Sun through Fri) to explore faith, grow in community, and get unplugged and outdoors! Sun-Fri camps for 3rd – 12th grade. Partial week available for 1st -3rd .

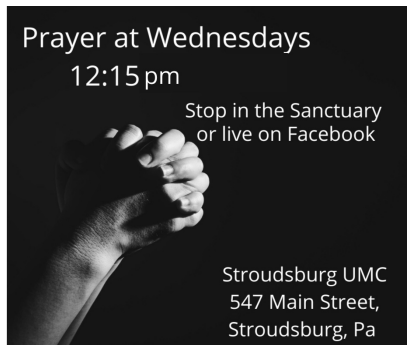
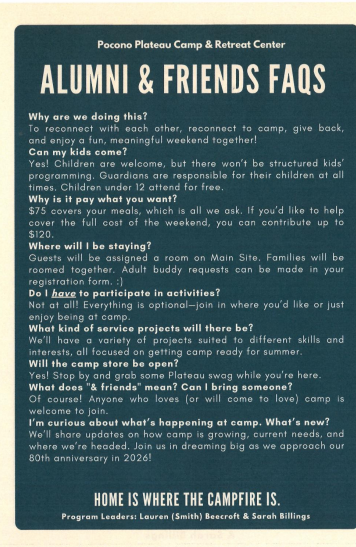
My Grown Up & Me is for ages 4-7!

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 for more information.

Find all information on our website: www.poconoplateau.org
We hope to see you on the mountain!





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

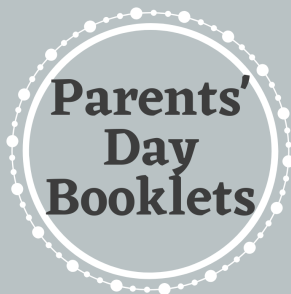
A variety of missions are supported by our church. You can make a difference both locally and around the world by giving to these missions. If there is a particular mission that interests you, please provide the information to the office. Thank you for your continued support! If you have questions, please contact the office.



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.



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!

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 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.



Try email marketing for free today!