



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 - August 7, 2026

" Then [Elijah] lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." 1 Kings 19:5

One of the most incredible moments is when research catches up with biblical wisdom. In 1st Kings, we learn about Elijah. Elijah was an incredible and mighty prophet. In fact, in the Gospels, Jesus is accompanied by Moses and the prophet Elijah during the Transfiguration. Elijah is known for the miraculous and following closely to God. And yet, in the 19th chapter, we hear about the burnout that Elijah is experiencing. He is exhausted and considers his work no longer worth it. He runs away, far from those who need him. He even leaves his servant and then goes further away. He was ready to lie under the broom tree and die.



However, God has more in store for Elijah. Through the love and care of God, Elijah sleeps, is fed, is tended to, and is accompanied. He is not condemned or immediately pulled back to the piles of work and needs that will ultimately await him. Rather, God cared for Elijah through the presence of crows and the gift of God's own presence. The wisdom of rest and restoration during busy seasons is biblical and now reinforced by science. In 2019, a Tweet about this scripture went viral. It said: "This is your gentle reminder that one time in the Bible Elijah was like 'God, I'm so mad! I want to die!' so God said 'Here's some food. Why don't you have a nap?' So, Elijah slept, ate, & decided things weren't so bad." Never underestimate the spiritual power of a nap and a snack. If you have a kid, you know the power of the nap and snack. Additionally, it's not unspiritual to rest when we are tired. Daniel slept in a lion's den. Peter slept in prison. Jesus slept in a storm.

This Sunday, Pastor Margie will kick off a new series on a Season of Rest during the month of August. Consider how God might be calling you to rest even in the middle of a busy time. God cares for us and loves us, especially as we are exhausted. This chart is what scientists and psychologists now recommend for all of us to consider. Elijah's restoration reminds us this wisdom is also biblical.



Before engaging in any self destructive behavior... ask yourself.

Are you:

Hungry

When did I last eat?

Is my hunger emotional or does my body need food?

If your body is asking for food, find something nutritious to snack on.

Angry

What's are you dealing with right now that is stressful? Is the stress what's making you angry?

Find out way you're angry and find ways to diffuse that anger.

Lonely

When is the last time you socialized?

Was it a positive or negative experience?

Reach out to your support system. Let them to help you.

Tired

Have I been getting enough rest and giving my body the breaks it needs?

How can you energize yourself? Take some time to yourself and relax.

RECOVERYISBEAUTIFUL.TUMBLR.COM

In God's Love,
Pastor Monica

Lead Pastor, Stroudsburg UMC

GATHER!

Coming up this Sunday
August 9th our worship
leaders are Jenny and Kim
Praise Song: "Here is Peace"
Old Testament Lesson:

1 Kings 19:1-9

Gospel Lesson: Matthew 11:25-30

Sermon: "Release into Rest" (I want my listeners to see where God is inviting them to release into rest instead of calling them to do more.)



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

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

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

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

[SUMC Calendar](#)

Stitch & Pray Small Group and Just Social will not be meeting over the summer months. Look for start up dates to resume in September.



We build strength, stability, and self-reliance through shelter.

Stroudsburg United Methodist Church
547 Main Street
Stroudsburg, PA 18360

July 25, 2026

Dear Pastor Monica and all the congregations that support this grant,

On behalf of Habitat for Humanity, our Board of Directors and staff, we sincerely want to thank you for your generous support blessing us with being the chosen non-profit to receive the **"Housing Families Grant" of \$3,797.09 to our organization**. This grant is so significant because the money goes directly to the population we most feel in need, as they transition from hopelessness to the light and home goods to restart their lives over with the much-needed support that our Habitat ReStore has to offer. Thank you for having faith in us to provide families, our staff and our volunteers with a mission to help make that transition for families come full circle and happen. We cannot tell you how impactful giving people a new start, a bed, a home are to their confidence, spirit and hope. Many of the people that donate to us are looking to help do the exact thing you allow us to do, making a difference.

When we work together as a team, it is a beautiful thing. We are very proud of the work we do here at Monroe County Habitat for Humanity and of the ReStore. This donation helps us de Habitat for Humanity ReStore. If you haven't been there, please come visit soon! Our USDA 504 and 502 programs grow more each day, offering our participants an extra layer of trust in a volatile housing market. When homeowners live in safe, equitable homes they can be healthier and more productive citizens in our community. Our participants, staff and volunteers all make a significant contribution to our projects, and the backbone of our workforce along with project managers, supervisors and board members who contribute their time to assure our participants and ReStore have the resources and ability to not only provide the tools, materials and staff to support safe and equitable housing, but to support the ReStore and all those that visit us, looking for treasures and materials to repair their homes.

We welcome you, our friends at Stroudsburg United Methodist Church to come join us and see first-hand, our staff and volunteers working on projects and support this shift in conscientiousness within our community and NE PA. Let us know if you would like to visit one of our worksites to witness the hands, spirit, staff and volunteerism that your generous donation contributes to. Thank you again, United Methodist for supporting Monroe County Habitat for Humanity's vision of every person in Monroe County having a safe, healthy place to live. It is only with the support of community members like you that Monroe County Habitat for Humanity can continue to build better lives here in Monroe County. We will help as many families as we can with this Grant money. The furniture, lighting, appliances, home goods and building materials will be put to good use and so very much appreciated.

In Partnership,

A handwritten signature in blue ink, reading "Scott J. Fabian".

Scott J. Fabian, Executive Director
Monroe County Habitat for Humanity



Christmas is coming! Among other things, the planning for the Red Ribbon Campaign will soon begin. Our community has benefited in multiple ways from the Red Ribbon Campaign. Throughout October and November, community members can purchase red ribbons in honor and in memory of loved ones. The proceeds feed people in our community, benefiting the food ministries in town.

Join us on Monday, August 17th at Stroudsburg UMC in the lounge at 6:30 pm. We will need help selling and posting.

A decorative invitation for a church picnic. The background features a red and white checkered pattern with white lace-like borders. The text is centered and includes a welcome message, the event name, date, time, location, and a request for guests to bring a side or dessert. It also states that hamburgers, hotdogs, and beverages will be provided.

• WELCOME TO THE •

Church Picnic

Sunday, September 20th

12:30-2:30pm at Zacharias Pond Park
99 E 3rd St, East Stroudsburg, PA 18301

PLEASE BRING YOUR
FAVORITE SIDE OR
DESSERT.

HAMBURGERS, HOTDOGS,
AND BEVERAGES WILL BE
PROVIDED.

Dear Friends in Ministry,

Grace and peace to you.

I want to invite you to participate in a United Methodist Food Related Ministry Listening Session on Saturday, September 12, from 10:00 a.m.–12:00 p.m. at The Crossing United Methodist Church (1895 Wrightstown Rd., Washington Crossing, PA 18977).

My name is Deaconess Darlene DiDomineck, and I recently began serving as the Pennsylvania State Organizer with Bread for the World after several years as the Executive Director of The Center-Philadelphia at Arch Street United Methodist Church. Some of you may know me from that ministry, while others I look forward to meeting for the first time. I am excited to be partnering with Rev. Gabe Lopez, Director of Social Impact and Belonging for the Eastern Pennsylvania Annual Conference, to convene this gathering.

Across our conference, United Methodist congregations faithfully respond to hunger every week through food pantries, community meals, backpack programs, community gardens, and other food-related ministries. These ministries are often among the first places where we see the changing realities facing our neighbors.

Our hope is to create a space where those serving in these ministries can listen to one another, share what is happening in their communities, and discern together how God is calling us to respond. We will pay particular attention to the impact of recent changes to the Supplemental Nutrition Assistance Program (SNAP), current immigration policies, and other emerging challenges affecting the people we serve.

Together, we will:

- Share stories and insights from our local ministries.
- Explore the connection between works of mercy and works of justice.
- Discern opportunities for mutual support and faithful advocacy.
- Strengthen relationships across the Eastern Pennsylvania Annual Conference.

Whether your congregation operates a food pantry, serves community meals, distributes backpacks, tends a community garden, or engages in another food-related ministry, we hope your congregation will be represented. Your experiences and wisdom are essential to this conversation. If you are able to attend, please consider inviting others who share leadership in your congregation's food ministries to join you. If you are unable to attend, we encourage you to invite another leader—or several leaders—from your congregation to participate on your behalf. The more voices we have around the table, the richer our shared learning and discernment will be.

[Please register using this link!](#)

If you have any questions, please don't hesitate to reach out. I hope you will join us for this time of listening, learning, and strengthening our shared ministry as we seek to faithfully accompany our neighbors and one another in the work of ending hunger.

In Service Together,
Deaconess Darlene DiDomineck
Pennsylvania State Organizer
Bread for the World
ddidomineck@bread.org
darlene.didomineck@gmail.com

United Methodist Food Related Ministries

Listening Session



United Methodist congregations across the region faithfully respond to hunger every week through food pantries, community meals, backpack programs, and other food related ministries. This listening session will gather leaders from these ministries to share what they are experiencing in their local communities - with particular attention to the impact of recent changes to the Supplemental Nutrition Assistance Program (SNAP), the effects of current immigration policies, and other emerging challenges.

Together we will:

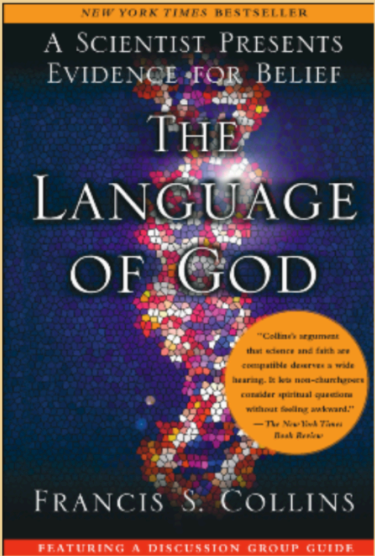
- Share stories and insights from our local ministries
- Explore the connection between works of mercy and works of justice
- Discern opportunities for mutual support and faithful advocacy
- Strengthen relationships across the annual conference.

The Crossing UMC
1895 Wrightstown Rd., Washington Crossing, PA 18977
Saturday, September 12, 2026 10:00am - 12:00pm



EASTERN PENNSYLVANIA CONFERENCE
The United Methodist Church
Making disciples of Jesus Christ for the transformation of the world.





Make plans now to join us for our Fall Book Study.

 Peggy Stewart will lead us in discussing:

**“The Language of God: A Scientist Provides Evidence for Belief”
by Francis S. Collins**

on Thursdays from 6:30 – 7:30 PM. 

The group will start on Thursday, September 10th and go for 11 weeks. We will meet in the lounge, but you can also join by Zoom.

Please let the church office (570-421-6020) or Peggy (570-350-8589) know if you plan to attend so books can be ordered.

Peggy's groups are casual, with no pressure to join the discussion if you prefer just to listen. Hope to see you there!

To mark the beginning of our 200th anniversary year, First Presbyterian Church of Stroudsburg is bringing together choirs and individual singers for a weekend with internationally acclaimed composer and conductor Craig Courtney. The schedule and details are as follows:

Saturday, August 15 — Workshop (9:30 am–3:00 pm)
Craig Courtney will rehearse and coach the assembled choirs, covering all aspects of choral performance: tone, technique, phrasing, and interpretation. Lunch is provided.

Sunday, August 16 — Rehearsal and Concert (12:30 p.m. final rehearsal, 2:00 pm public concert)
Under the direction of Craig Courtney, the workshop choir will perform sacred and inspirational anthems — including the world premiere of *Sing Joyfully*, a new work commissioned especially for FPCS 200th anniversary. A reception will follow. Concert tickets will be sold at the door; \$15 for adults, \$5 for youth, and 12 and under are free.

Your registration (\$30 per person, high school and up) includes a packet of nine choral anthems by Craig Courtney, Elaine Hegenberg, and Dan Forrest — individual anthems that are yours to keep after the



weekend. The packet also includes the commissioned anthem.

This workshop is open to choirs of every kind: church, community, university, and high school. Individual singers are also welcome to join.

To register, mail the attached form along with a check (write "workshop" in the memo line) to:
First Presbyterian Church of Stroudsburg, PO Box 966. Stroudsburg, PA 18360

You can also register by visiting fpcstroudsburg.org/workshop. Payments will still need to be made by cash or check to our PO Box or by visiting by the church office.

The registration deadline is July 24, 2026.

CALLING ALL WOMEN IN MINISTRY
North District • Eastern Pennsylvania (EPA)

*The United Women in Faith of the North District
warmly invites all women of the district to celebrate, meet,
and share ideas with each other.*

Join us at:
Pocono Lake UMC
1188 PA 940
Pocono Lake, PA 18347

Saturday, August 29, 2026
10:00 AM – 12:30 PM
Refreshments will be served

*Your ministry may be administrative, cleaning, community
service, music, preaching, and any other way you share your
spiritual gifts.*

ALL ARE WELCOME!

If you will attend, please RSVP by August 22, 2026 to:
Patricia Wilson
(570) 977-0127 (text)
MUNDANN@AOL.COM
Please include your name and contact information.



MAKING A DIFFERENCE HOMELESS MINISTRY: WHAT CAN YOU DO?

SAVE THE DATE

Saturday, August 15th

2:00—5:00 PM

Housing Instability Fair

Christ Hamilton Lutheran Church
419 Bossardsville Road
Stroudsburg, PA
570.992.4085 for more information

- Learn about homelessness in our community and what we can do to help bring safety, belonging, and care.
- A panel of experts will offer education and ideas for our congregation to engage in meaningful and needed ways with a variety of local organizations.
- Volunteer opportunities.
- This Housing Instability Fair is the second in a series of offerings within the Pocono Mission District of the Northeastern Pennsylvania Synod of the Evangelical Lutheran Church in America.



**How can
you help?**



Pocono Pamper & Praise 2026

A Free Christian Community Outreach Event of
Worship, Care & Encouragement.

Serving with love, dignity, and praise in
Stroudsburg, Pennsylvania.

**Saturday,
August 15, 2026**

Doors Open: 12:00 PM
**Community Gathering
Begins 12:30 PM**

**Dansbury Park
Pavillion**
Stroudsburg, PA

What to Expect

- Free hot meals & water
- Live worship & praise
- Spoken word & poetry
- Free haircuts
- Hygiene kits & blessing bags
- Clothing & essential items
- Space to rest & reconnect

***All are welcome.
No cost to attend.***

MATTHEW 5:6

Blessed are those who
hunger and thirst for
righteousness. For they shall
be filled.

Volunteers & Collaborators Needed

Want to learn more?

Scan the QR code
to reach out to
Denise Gorden



Donate on CashApp

\$RipplesOfHealing



FELLOWSHIP MEAL

SUMC Fellowship Hall

October 17th 2026
5pm



Hello Faith Leaders of the Poconos,
I am reaching out to share an exciting new ministry launching at Faith United Methodist Church: the Faith Friends Program. Faith Friends is a weekly program designed to provide a safe, welcoming, and joyful environment for community members experiencing cognitive challenges while giving their caregivers a much-needed period of rest. Beginning Wednesday, July 29, the program will meet each Wednesday from 10:00 a.m. to 2:00 p.m. It will meet in Wilson Fellowship Hall here at Faith. Participants will enjoy meaningful activities, games, crafts, cognitive exercises, fellowship, and a light meal. The program will be led by a Cognitive Specialist who is also a Licensed Occupational Therapist, helping us provide compassionate and individualized support.

I have attached a poster with full program and registration information. And we'd be grateful if you would share it with your congregation, care team, community partners, and any families who might benefit from this ministry. Registration is now open, and additional volunteers are also warmly welcomed.



Faith Friends Respite Care Program

Presented by Faith United Methodist Church

A Place of Joy & Connection for Your Loved Ones

We are thrilled to launch a weekly program specially designed for community members experiencing cognitive challenges, offering a friendly space for connection while giving caregivers a well-deserved break.

Our program is proudly led by a Cognitive Specialist who is also a Licensed Occupational Therapist, ensuring professional, tailored, and compassionate care.

What Our "Faith Friends" Will Enjoy:

- **Fun & Meaningful Activities:** Engaging games, crafts, and cognitive exercises.
- **Community Connection:** Socializing with welcoming community members.
- **Nourishment & Fellowship:** Delicious light meal shared together.

Program Details

- **When:** Every Wednesday, starting July 29, 2026
- **Time:** 10:00 AM – 2:00 PM
- **Cost:** \$50.00 per session
- **Location:**
Wilson Fellowship Hall
Faith United Methodist Church
1160 Clause Dr., Stroudsburg, PA

Join Our Community!
Registration is Now Open!
Secure a spot for your loved one today.
• Visit: www.stroudsburgfaith.org/faith-friends or Scan the QR Code to register online.

♥ **VOLUNTEERS NEEDED & WELCOMED!**
Want to make a meaningful difference in someone's life? We are looking for compassionate hearts to join our team. Visit our website or contact the church office to get involved.
Telephone: 570-424-0712



Supported by Our Community Sponsors:



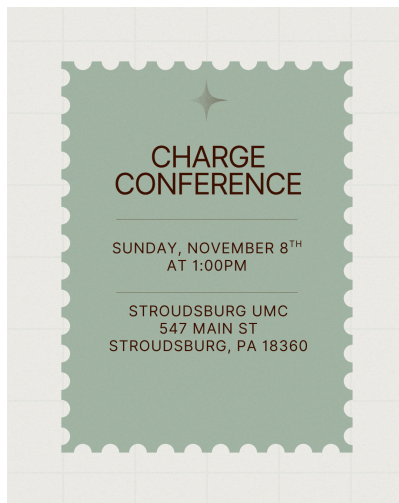


Faith communities are often among the first places families turn when they are carrying the challenges of dementia, Alzheimer's disease, and other cognitive changes. By sharing this information, you may help a caregiver discover support, rest, and the reassurance that they do not have to walk this journey alone.

Thank you for helping us spread the word and for all the ways you care for people throughout our community. Please feel free to contact me or the church office at 570-424-0712 with any questions.

Pastor Jack, Faith UMC

Mark your calendar to join us for StroudFest. This annual townwide event on September 5th involves selling food, opening the church, offering prayer and more! Let the office know if you can help!

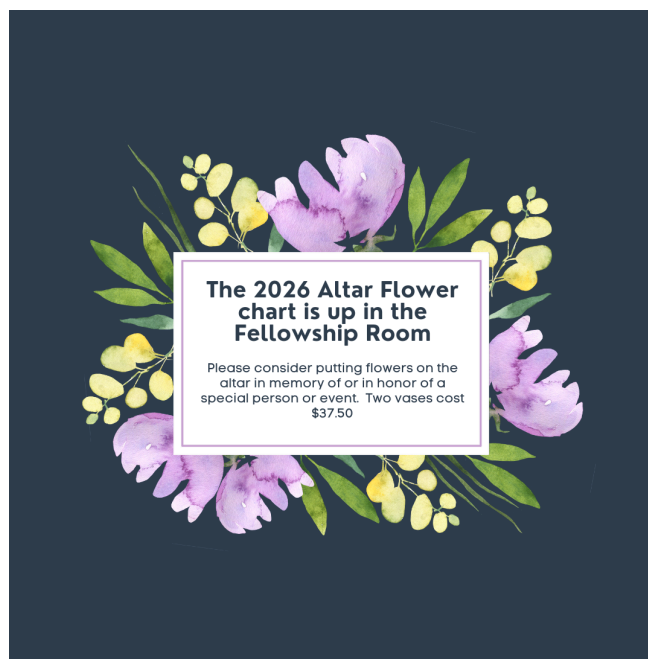


Mark your calendar for our Charge Conference on November 8th at 1:00 pm. We will have lunch after the 11:00 service, and everyone is welcome to attend the Charge Conference. Our Charge Conference is the annual meeting of our church. Members are eligible to vote when appropriate. Team leaders, look for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



August Birthdays

1 Kim Kopec
9 Kelly Edinger
21 Krista Montgomery
23 Kermit Chamberlin
24 Gale Butz
27 Eva Knight



**The 2026 Altar Flower
chart is up in the
Fellowship Room**

Please consider putting flowers on the
altar in memory of or in honor of a
special person or event. Two vases cost
\$37.50



Special Person of the Week:

Ireene Goforth

**2925 Western Hills Drive,
Nashville, TN 37214.**

Please remember her in prayer and
if possible, please send a card.

JOIN US LIVE

SUNDAYS AT 8:30 AND 11:00 AM

LIVE STREAM



STROUDSBURGUMC.COM

YouTube: @stroudsburgumc3087

GROW!

Mark your calendars for our return on September 6th for Sunday School and September 2nd for Bible Study.



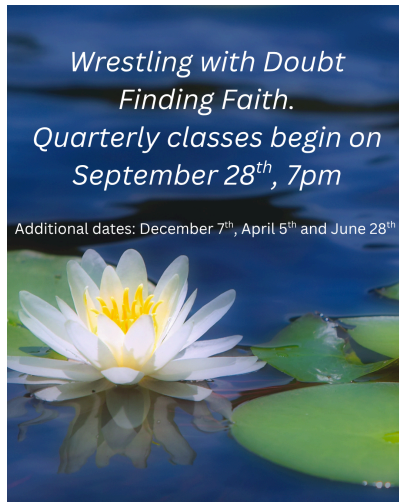
Looking for More Worship Leaders

By Pastor Margie

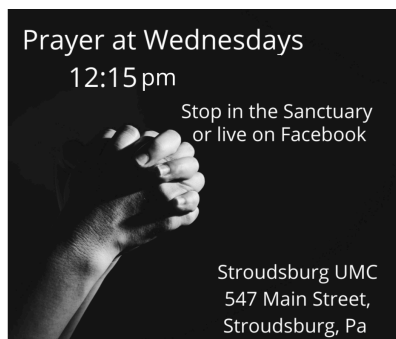
We are interested in finding some more volunteers for people to be worship leaders. I would be happy to train anyone who would be interested in becoming a worship leader. The schedule is printed out for a few months at a time. We are flexible about switching with one another if we have a commitment that is important to us. Pastor Monica makes a fabulous rubric that outlines everything that we say during a service. We are hoping to get some more teen-agers as well. Leaders serve at only one service and we are happy to accommodate having you read at the service of your preference. Please consider helping us out with this great opportunity for you to be a worship leader. We have less worship leaders due to illnesses, students attending college and other important reasons. Thank you so very much.

COUNTERS NEEDED Our church is in need of additional counters of Sunday collections. If you have a couple of hours free on Monday mornings, please let the office know or call C.J. Penwell at 570-656-3993. You will work with a head counter who will train you on the

procedures used. It is not difficult and is a casual atmosphere. Counters are scheduled for each Monday for a month and then rotate to another month throughout the year. Please consider volunteering to help the church in this way.



Finding Faith. Everyone has doubts. Where is God when bad things happen? Does God hear our prayers? Is there a heaven? How can we know? Often we treat such questions as the enemy of faith. But uncertainty doesn't mean our belief is lacking. Doubt can be a path to a deeper, richer encounter with God. This quarterly class is designed so that you can attend just one session if you cannot attend the others. Mark your calendars for September 28th, December 7th, April 5th, and June 28th, all at 7:00 pm.



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



COMMUNITY RESOURCE CENTER REVITALIZATION PROJECT

Did you know that our church is a resource for our community? In addition to our weekly Soup Kitchen, Boy Scout Troop and Cub Pack, we partner with community organizations like Red Cross blood drives and emergency shelter, and others to make a difference in our community. Our building and property team has been working on revitalization plans for our downstairs to reflect our needs and growth.

Updates and alignments to the kitchen, improvements, and accessibility to the bathrooms and refreshing to the dining room are included. Plans will be available for viewing after each service in the Fellowship Room. Ask our building and property team for more information.

UPDATE: As we are pondering donations to the Community Resource Center Revitalization Project keep this in your thoughts: Donations of \$10,000 or more will be recognized on a bronze plaque which will be unveiled at a dedication ceremony. Families might consider joining together to memorialize or honor a loved one.

MAKE A DIFFERENCE!

Give to a Mission

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



Raise Right Gift Cards

You can purchase physical gift cards from the church or create an account and purchase on the app!

Steps to Download the Raise Right App and Get Started:

- **Download:** Open the app store on your phone and search for "RaiseRight".
- **Install:** Select the **RaiseRight Fundraising** app and install it.
- **Sign In:** If you have an existing ShopWithScrip account, use the same login credentials.
- **Create Account:** If new, click "Sign Up" and enter your organization's specific enrollment code, provided by your program coordinator.
- **Set Up Payment:** Link your bank account or credit card in the app to start purchasing e-gift cards immediately

WANT TO HELP?

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

WE CAN ALWAYS USE:

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



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

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



DID YOU KNOW?

The IRA Qualified Charitable Distribution (QCD) allows you, once you have reached the age of 70½, to donate up to \$100,000 within each tax year directly from your IRA without treating the distribution as taxable income. The contribution can be counted toward satisfying your required minimum distribution (RMD) for the year.

**Give to the church and care for your
financial health.**

As a result of your generosity, we are originating a grant for families seeking basic necessities at the Re-Store. We have established a partnership with Habitat for Humanity, Family Promise, and Safe Monroe, so that all families under case management seeking necessities (beds, tables, chairs) will receive them free of cost. The purchase will be funded from the Housing Families Grant. We are working with other faith organizations to support this effort. Thank you for caring for others. If at any point you would like to contribute to this grant, please mark your donation, Housing Families Grant, and we will be sure to administer the funds.



Giving is easier than ever. Use this QR code to give to the general fund or special ministry. Contact the office for more information.



Pastor's Discretionary Fund

Thanks to your generosity, we have already assisted dozens of families with rental assistance, utilities, food, and other essential needs. With changes to federal, state, and county funding, we are seeing an increase in the number of those coming for assistance. While we work with other agencies, the impact of funding shortages is affecting a lot of organizations. If you are able to contribute to our pastor's discretionary fund at any point and any amount, please place your contribution in the offering plate with the designation. You can also give on our website stroudsburgumc.com/donate
Thank you for helping us care for others.



We are still collecting Weis receipts. Weis Markets gives back 1% of the total of each receipt submitted. It all adds up! Please continue to bring your Weis receipts to church and place them in the large canister in the Fellowship Room.

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

Receipts for prescriptions and gift cards can also be submitted.

Thank you for bringing in your Weis receipts! They make a difference. For the first quarter of 2026, we just received a check for \$215.42. This is additional funding from Weis, generated by your submitted receipts, that supports our ministry efforts. Our gratitude to Ann

Litchman, who tallies and implements this program. Don't forget to drop off your receipts in the coffee can labeled "WEIS RECEIPTS" in the Fellowship Room.

These funds are contributed to our General Fund and allow us to continue the ministries of our church. Please continue to bring in your receipts!



SUMC's Amazon Wish Lists

Soup Kitchen Needs

[Amazon Wish List - Soup Kitchen](#)

Building Our Library

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

Soup Kitchen

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

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

Thanks for serving our neighbors.

SOUP KITCHEN UPDATE FOR 2026:

As of June 7th, we have served over 800 meals this year.



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

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