



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 - March 20, 2026

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." Psalm 23:4

This week, Saint Patrick's Day was celebrated on Tuesday, March 17th. You may have noticed a bit more green or talk of leprechauns. I know when our children were in elementary school, they almost always came back from recess to find their chairs turned over and a wee bit of mischief from the leprechauns.

What you may not know is that Saint Patrick was one of the original spreaders of the gospel in Ireland and the United Kingdom. After his own involuntary servitude in Ireland as a young man, Patrick was called by God to return and share the gospel. Tradition says that he was initially an itinerant preacher. Methodists know something about itineracy. This means that you go where you are sent, much like a United Methodist pastor itinerant from church to church as the bishop appoints and discerns. Patrick went from town to town and outcropping to outcropping.

The tradition was that he carried a walking stick made of ash wood. His walking stick would be planted beside him as he preached. As he travelled between Britannia and Ireland, he would stop to preach and plant that stick in the ground. When he was at Aspatria in England, he preached, and he preached, and he preached. When at last he concluded, he went to remove his walking stick. However, over time, the stick had sprouted roots and was on its way to becoming a tree.

As the shepherd uses the rod and staff, so did Patrick use the walking stick. Both provide a sense of security and care. A shepherd pulls sheep out of danger and moves them along when overgrazing is a concern.

Another tradition is the bell. As an enslaved sheep herder in the hills of Ireland, the sheep bell was a vital tool. This was a hammered iron shape with a simple handle on top. Patrick went from sheep herding to becoming a pastor and later a bishop. He was buried with a bell lying on his chest. The tradition was that the bell reminded him of the ringing of the good news and of his ongoing role as a pastor. The bell has since been exhumed. In the 11th century, artists covered the bell with bronze, gems, and crosses. This was done to shield onlookers' eyes from the brilliance of the original. You can now see it at the Dublin National Museum.

Perhaps the most familiar tradition is the shamrock. This image has been used to explain the Trinity: Father, Son, and Holy Spirit, Creator, Christ, and Spirit. The tradition is that



Saint Patrick looked around and plucked a shamrock from his feet. Three leaves and one stem tell the mystery of the Trinity.

From a resource I enjoy, entitled Salt Project, I share this prayer:

God of walking sticks and bells, little shamrocks and big ideas, thank you for Patrick. Let us remember him not only for his sake, but most of all for your sake, and for the sake of your good and brilliant green creation. Grant us the patience to trust the work you have given us, so that it might take root, grow, and bloom. Grant us the dignity and clarity of a simple, iron bell. Grant us new eyes to see your creation afresh, out on the horizon but also down around our feet, where great mysteries dwell nearby, hidden in the grass. For we are all your sheep, and you, our good shepherd. In Jesus' name, Amen.

In God's Love,
Pastor Monica

GATHER!

Coming up this Sunday, March 22, 2026

Our worship leaders are Jenny Bogart and
Jeanette Kuhns

The praise song is "Gentle Shepherd"

The Old Testament Lesson is Psalm 23

The Gospel Lesson is John 10:11-18

Pastor Monica's sermon is "Framing the Image"

(I want my listeners to depend on the good shepherd.)



Throughout the scriptures, Jesus is described as a good shepherd who cares for us as sheep. Psalm 23 is one of the most familiar and comforting scriptures. Join us as we focus on our large window, The Good Shepherd, as a frame for our faith.

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=SF7h7oxNDos>

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

<https://www.youtube.com/watch?v=U8uTXnG9F-s>

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](#)

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.

Trinity Episcopal Church Mt Pocono, PA invites you to an interfaith vigil for justice, mercy, and peace.

What and Why: A time to come together for prayer, readings, and sharing our thoughts and concerns for our country

When: March 30, 7-8 pm

Where: Trinity Church, 137 Trinity Hill Rd, Mount Pocono PA, 18344

Who: All are welcome!

The purpose of our gathering is to bring together members of local faith communities to pray for our country and our world. We note that the needs of poor and marginalized groups grow daily; the safety and security of immigrants, legal residents, and naturalized citizens are jeopardized; and armed conflicts continue and increase around the globe.

As people of faith, we are called upon to pray to our loving Creator for the forces of good to be strengthened and the forces of evil to be overcome.

Let us come together to share the love of the Holy One; to pray for justice, mercy, and peace in our world; and to pledge ourselves to the holy work of sharing the Creator's love and peace throughout our communities.

The poster features a dark background with a gold and white logo on the left showing a stylized house and people. Text on the right reads 'FUNDRAISER DINNER & SILENT AUCTION' and 'NEPA GIVES' with a heart icon. Below this, the title 'COMMUNITY RESOURCE CENTER REVITALIZATION' is centered. A paragraph of text describes the event's purpose: 'We invite our community partners - and all who share our passion for serving those in need - to join us for an evening of connection, compassion, and giving back. We are raising funds to support the finalization of renovations for the Community Resource Center at Stroudsburg United Methodist Church. This event marks the end of the 24 Hour NEPA Day of Giving, a online fundraising effort for non-profits across Northeast PA.' At the bottom left is a photo of five diverse people smiling. To the right of the photo are event details: 'When: Friday June 5th', 'Time: 5:00pm - 8:00pm', and 'Where: Pocono Plateau Camp & Retreat Center | 304 Pocono Plateau Road, Cresco'.

We warmly invite you to attend our Fundraising Dinner and Silent Auction at Pocono Plateau Camp & Retreat Center on Friday June 5th from 5pm - 8pm.

Tickets for the dinner are \$25 per person. If you are interested in reserving tickets for the evening or learning more, go to the following link: <https://forms.gle/ANNwEJbHyANtfGB y6>.

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

**OFFERINGS TAKEN FOR
 LOCAL AND GLOBAL
 MISSIONS!**

Mar. 18th - Grace

Location: Cherry Lane UMC
 Preaching: Rev. Jack Tironi

Mar. 4th - Love

Location: Faith UMC
 Preaching: Rev. Monica Guepet

Mar. 11th - Peace

Location: Stroudsburg UMC
 Preaching: Rev. Jeffrey Weber

Mar. 25th - Joy

Location: Reeders UMC
 Preaching: Rev. Samuel Ashley



Stroudsburg Community Walk of Christ

Friday April 3rd, 2026 at 11:00AM
 Starting at St. John's Evangelical Lutheran Church
 9 North 9th Street
 Stroudsburg, PA 18360

Join the Stroudsburg Downtown Churches on their annual Walk of Christ, stopping at many of our downtown church communities, reading allowed the passion narrative of Christ's Christ's crucifixion.

Though our different denominations see the story through different theological lenses, our faith and community tie us together this holy day and we all can remember our role to follow in the teachings of Christ and live in loving community with one another.

Participating Churches

- St. John's Lutheran
- Christ Episcopal
- Church of St. Luke's Catholic
- Faith United Methodist
- Zion United Church of Christ
- First Presbyterian
- Stroudsburg United Methodist

*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

Lenten Bible Study

Jesus's Vision for Your One Wild and Precious Life?

Join us as we explore Jesus's seven invitations this Lent,
 focusing on what is most important to Jesus.

SCHEDULE:

February 17th: Week 1: 1. "Follow Me"
 (Studying under Jesus) Pastor Monica

February 24th: Week 2: 2. "Good News to the Poor"
 (Justice for the Most Vulnerable) Pastor Bob

March 3rd: Week 3: 3. "Blessed are the..."
 (What the Good Life Really Looks Like) Roz Evans

March 10th: Week 4: 4. "You Give Them Something to Eat"
 (Feeding the Hungry) Peggy Stewart

March 17th: Week 5: 5. "Your Faith Has Made You Well"
 (When People Are Made Whole) Pastor Bob

March 24th: Week 6: 6. "The Kingdom of God Is like"
 (When God Is in Charge): Pastor Margie

March 31st: Week 7: 7. "Love of God and Neighbor"
 (The Most Important Word) Pastor Monica

**Every Tuesday on Zoom
 at 6:00 PM**

Please contact the office for the
 Zoom link or you can find it on the
 calendar on our website.



INTERFAITH CELEBRATION

NATIONAL DAY OF PRAYER



Join us as voices from various faith communities come together for a special evening of prayer and reflection.

Thursday, May 7  6.00 pm 

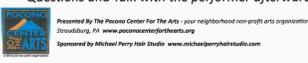
Stroudsburg Courthouse Square 




The Gospel of John

A Recitational Performance by Broadway Actor, Ken Jennings
 Sunday, March 29th 2026 at 1:00 pm
 Stroudsburg United Methodist Church
 547 Main Street, Stroudsburg, PA

Questions and Talk with the performer afterwards



The Gospel of John

By Pastor Margie

Ken Jennings will present his critically acclaimed presentation of the The Gospel of John. It is a one act play with one actor and it is fantastic! I had the pleasure of seeing it a few years ago when he enacted it here, in our sanctuary. I would recommend it highly. He has memorized the book and acts it out as he is reciting it. He does a very energetic presentation; he is on the stage, jumps off of the stage and is back up the steps in a flash. It is great!

He will do it on Saturday, March 28th, at 7:30 P.M., at the South Wesleyan Church at 915 North 5 th Street in Stroudsburg. He will be here, in our church,

on Sunday March 29th at 1:00 P.M. He will have a second appearance, of the same show, at 4:00 P.M. at St. Luke's Church at 818 Main Street in Stroudsburg.

We would like to express our gratitude to Mr. Michael Perry who sponsored these plays. He is the owner of the Michael Perry Hair Studio, in Bethlehem, PA.

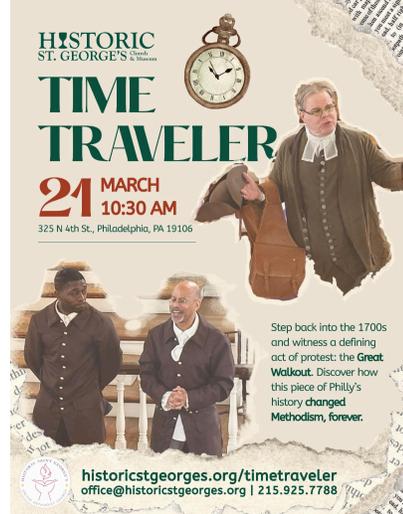
Historic Walk-Out Re-enactment

On Mar. 21, Historic St. George's will host their annual Time Traveler event, reenacting the Great Walkout of the late 1700s—one of the earliest civil rights protests in America—which led to the creation of Mother Bethel AME and St. Thomas African Episcopal Church.

Doors open at 10AM.

Event starts at 10:30AM. [Learn more.](#)

Email: office@historicstgeorge.org



From your Conference Trustees:

A Call for Service

The EPA Conference is prayerfully seeking a dedicated individual to serve on the Conference Board of Trustees.

This is a meaningful opportunity to help steward the mission, property, and resources of the church while supporting ministries that impact communities and future generations. [Learn about the role here](#) and prayerfully consider nominating yourself or another.



EPA Education Society Scholarship - accepting applications

The Education Society of EPA invites college-age youth to apply for our annual scholarship. This scholarship is open to those who will be undergraduate students

in 2026-2027. Applications will be accepted via email between April 1 and June 1, 2026. [Learn more](#). Questions? Contact [Jen Hopple](#) or [Frances Whittington](#).

2026 District Conferences

Celebrate the ministries of your district, worship together, and prepare for Annual Conference at your District Conference!

North District
 May 2, 10am
 Allentown: Asbury UMC

Cherry Lane UMC: Celebrating 160 Years of Community & Faith

By Leaders at Cherry Lane UMC

Cherry Lane United Methodist Church has been a beacon of warmth, service and fellowship since 1866. Our story is woven from generations of caring neighbors, joyful gatherings, and a spirit that connects us to United Methodist churches throughout the Poconos. This year, we're celebrating our story in creative ways! [Go deeper \(3 min read\)](#)



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)**



Special Person of the Week:

Address Update:

Irene Goforth
2925 Western Hills Drive
Nashville, TN 37214



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



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

Happy
BIRTHDAY
WISHES

March Birthdays

- 1 Marge Chamberlin
- 5 David Lantz III
- 4 Richard Everitt
- 20 Kirsten Lee
- 28 Ronald Bogart, Jr.

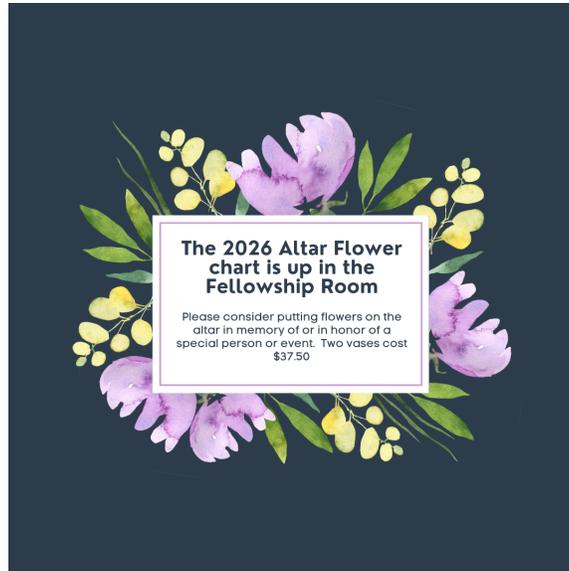
JUST SOCIAL

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

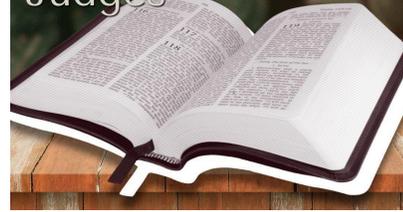
In this busy season, our Bible Study will resume meeting with the ebook of Judges and the story of Gideon, who had lots of questions. Join us online or in person on Wednesday at 10 a.m. in the lounge. No preparation required.

Judges Spiral

BIBLE STUDY

RESUMES ON
DECEMBER 3RD, 10AM

The
book of
Judges



Church Women United Stocking Donations 2026

March: Small bottles of shampoo

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.



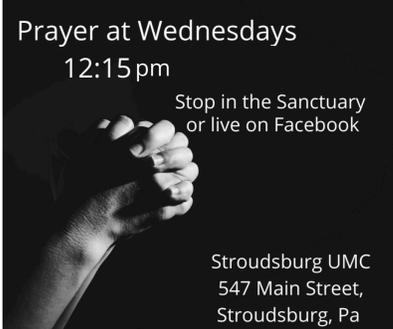
2026 OFFERING ENVELOPES are available in the Fellowship Room. Please pick up your box after worship today.

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.

Prayer at Wednesdays

12:15 pm

Stop in the Sanctuary
or live on Facebook



Stroudsburg UMC
547 Main Street,
Stroudsburg, Pa



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.

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.

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!

Thank you to everyone who faithfully contributes their Weis Markets receipts into the can in the Fellowship Room. Because of your receipts, we have received \$150.84 from Weis's receipt program.

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 - March 2026

As of March 8 we have served over 5,600meals. If you have questions, please contact the office.

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

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