

Welcome a New Year!

It's hard to believe but another year has come and gone. It is now 2012! Unbelievable!

I am often struck at how fast time seems to fly. I look in the mirror and think to myself where did all those gray hairs come from. I look at my children and say how did that get so big so fast? Time sure has a way of moving fast!

A brand new year brings with it much hope and anticipation. What will you do this year? Will this year be better than last year? Will you do something new and exciting this year? What are your plans for this new year?

As much as we regret how fast time flies, we need to embrace the fact that we are in charge of our own time. We can either waste it or be productive with it. Each day, each hour, and each moment of our lives we have a choice: make the best of it or watch it slip away.

The preacher in the book of Ecclesiastes writes, "For everything there is a season, and a time for every matter under heaven: a time to be born and a time to die; a time to plant and a time to pluck up what is planted..." (Ecclesiastes 3:1-2)

The key to life is figuring out the proper time and responding to it. No, we cannot stop time no matter how much we try. But we can embrace the time we have here on earth to make a difference by sharing our faith with someone else.

This time, this year, we need to take this call more seriously in our church. We only have so

many seasons in our lives and we need to do the best to make the most of each and every one.

My prayer is that this year, 2012, we will strive to make a difference by sharing our faith with others in our circles.

Oh, I know this might sound like a big task and something you might not think you can do, but you can do it. We can each share our faith with at least one other person in several ways.

One simple way is by how we live our lives each and every day. How do we act? How do we react to difficult situations? How is our outlook on life? By simply living life in a positive and cheerful manner we can cause a person to ask, "Why are you so cheerful and happy? What is it that makes you so positive?" This is the open door to share a little about our beliefs and how we look at life and even at death.

Another way is very simple--simply invite someone to church or Sunday school. This is something anyone can do. So take this challenge this year: invite at least one person to church or Sunday school. See what happens and see if some of your faith rubs off on the person you invite. This method worked in Jesus' day and it can certainly work in our day, too!



Bob Shank

Gather! Grow! Make a Difference!

Daily Scripture Readings

January 1
Genesis 1

January 2
Genesis 2

January 3
Genesis 3

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Genesis 30

January 31
Genesis 31

Gather! Grow! Make a Difference!



To Serve You in January

Greeters 8:30

All month - Carole Vuchak

11:00

1 Howard Steiner

8 Janet & Norman Marsh

15 BJ Bachman

22 Joanne Reed

29 Vivian Cobbs & Starlet Jones

Ushers 8:30

Joe Vuchak

Carole Vuchak

Brad Hildabrant

Walter Roeckendorf

11:00

Dick Seip

Kelly Edinger

Vivian Cobbs

Sue Gouger

Eva Knight

Counters

Lynn Seip & Sue Gouger

Altar Guild

Eleanor Bentzoni & Elizabeth Schuler

Soup Kitchen

1 The Cherepko family
Judy Cherepko

8 McMichael's UMC
Pastor Ed

15 Christ Hamilton Confirmation Class
Alicia & Joe DeLong

22 Stroudsburg Sr. High National
Honor Society - Cecilia Yost

29 Alpha Sigma Tau - ESU
Kristin Strober



OUR CHURCH STAFF:

Ministers	Everyone
Pastors	Bob Shank & Ted Good
Pastor Emeritus	Tom Anderman
Church Secretary	Jackie Herrero
Choir Director	Dave Lantz
Organist	Marti Lantz
Youth Director	Kim Miller
Handbell Director	Lynn Seip
Custodian	Matt Parton

OUR CHURCH LEADERS:

Daniel's Dream Team

Chairperson, Boyd Butz
boydbutz@stroudsburgumc.com

Worship

Chairpersons, Ralph Harrison, Pastor Bob Shank
bobshank@stroudsburgumc.com

Property & Building

Chairperson, Carl Karchner
carlkarchner@stroudsburgumc.com

Servant Resource Team

Chairperson, Beryl Hellgren
berylhellgren@stroudsburgumc.com

Stewardship

Chairperson, Carole Everitt
caroleeveritt@stroudsburgumc.com

Missions

Chairperson, Alberta Weber
albertaweber@stroudsburgumc.com



January Birthdays

5	Elizabeth Miller
8	DeAnn Harris
12	Stancy Hilbert
17	Vivian Cobbs
21	Lisa Fiedler
22	Carole Everitt
25	Marina Maroney
25	Marge Hilbert
25	Cathy Doane
26	Phil Shaffer
27	Alberta Weber

**If you would like a card
on your special day,
please call the church office -
421-6020**

NEW ADDRESS

Please note the following address changes:

Dave & Marti Lantz
2592 Meadow Lake Road
Sciota, PA 18354

Betty Schuler
561 Roosevelt Street
East Stroudsburg, PA 18301

Alberta Weber
1633 Reish Road
Stroudsburg, PA 18360

Kevin & Kim Kopec
269 Tanite Road
Stroudsburg, PA 18360

A new church directory will be coming out later this month. If you have any changes or updates to your address or phone number, please call the church office.

Thank you!



Dear SUMC Family,

Your care, concern, support and prayers have helped our family through a most difficult time.

For that, we say thank you.

A special thank you to Pastor Bob, and Phil Bensing and Pam Bisbing of the Thomas Funeral Home for a well planned visitation and memorial service.

Our elevator fund gifts in Forrest's memory have realized \$4,155.00. We are grateful to many of our church members and his friends. What a tribute!

May we all be blessed with a happy and prosperous New Year.

Sincerely with love,
Claribel and Family

A New Members Class will be starting on
January 8, 2012 at 9:45 am in the conference room
beside Pastor Bob's study. Classes will
continue the following two Sundays,
January 15 & January 22.

If you would like to join SUMC as an official
member, please contact Pastor Bob or the
church office.



DASH YOUTH GROUP

The next DASH Youth Group Business Meeting will be held on
January 10, 2012 @ 6:30 pm.



Additional New Addresses due to
county 911 readdressing:

Bob & Joanne Reed
960 Summit Drive
Stroudsburg, PA 18360

Carole & Joe Vuchak
3626 Bridge Street Apt./Ste. 101
Stroudsburg, PA 18360

Ethel Pevararo
3626 Bridge Street Apt./Ste. 102
Stroudsburg, PA 18360

UMW News

Thank you to everyone who contributed to our monthly collection for our Christmas totes. We filled 36 bags which go to Church Women United for distribution to the nursing homes in Monroe County.

Little Quilts distributed a total of 31 to the hospital, 10 to the children's clothing room, and 4 were sold at the boutique.

My Brother's Keeper donated 11 to PATH, 2 donated for fund raisers, 4 were given to the Salvation Army for their blanket drive, plus 5 were sold at the boutique.

There will be no regular UMW meeting in January and February. However, there will be a planning and budget meeting on Tuesday, January 24th at 7:00 pm in the Lounge.

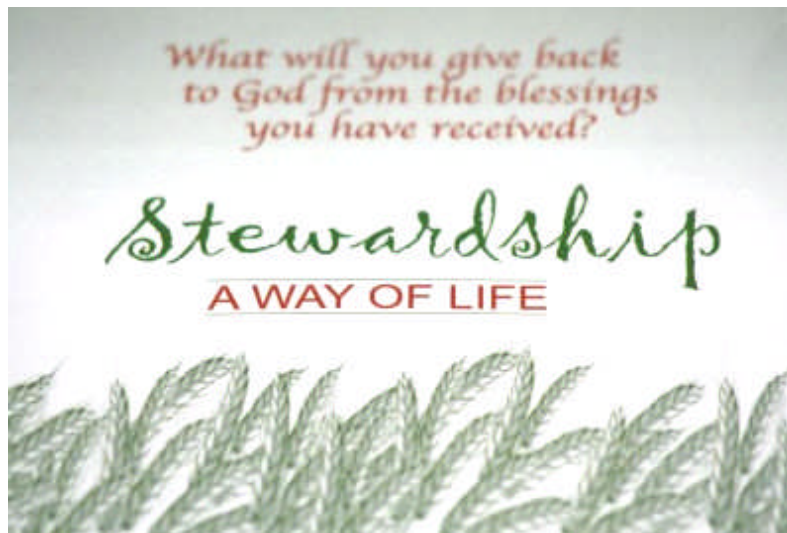
Thank you to all of you who have helped us have such a successful year.



The Mission Committee's Report to the Congregation

With the faithful support of this congregation, in spite of the poor economy, your Mission Committee was able to meet their Mission budget. We had 3 fundraisers this year. The book sale netted \$500 and the UMW gave \$100 to add to that amount. We were able to give a worthy student a \$600 scholarship for college. We are hoping with your support we can increase that scholarship fund to \$1000 this coming year. Our second fundraiser was the Annual Yard Sale. We netted \$1,562.97. Our third fundraiser was our booth at the Boutique in November. We netted \$420. Our red buckets and our small white boxes netted \$172.16. We do want to thank you for your wonderful support of all our endeavors to raise money for missions. Your Mission Committee, in your name, gave support to the Intervarsity College Christian Group, to Ex-Offenders, Prison Ministry, a food bank, and the PMC chaplaincy program. We also gave \$500 toward our Youth's Mission Trip. Our church budgets \$500 for PATH and we added \$500 to that. You gave PATH a total of \$1000. The church, which is you, also gives \$1000 to the Russian Mission. We also had special projects during the year which you generously supported. The baby bottles for Pregnancy Resources were filled and totaled \$300. Our Christmas tree in July provided \$141 for Family Promise and we added another \$200 to that amount. Our congregation also hosted the Family Promise families four times this year. Our Christmas tree with the Heifer International buttons raised \$167.00. This will help Heifer International to purchase an animal for some needy family overseas. Our church continues to support the Soup Kitchen on Sunday nights. We are confident that our commitment to Stand Proud will be fulfilled by the first of the year. It is the organization that aids polio victims in the African Congo. You also filled 44 shoe boxes with Christmas gifts for poor children. Without your wonderful support your church would be unable to help any of these mission projects.

Thank you and may our good Lord shower you with His blessings.



Stewardship

The good news is that through the month of November all bills including our Conference apportionment are paid. The bad news is that through the month of November our income is down by 4% or \$7,504.60 from last year at this time. We need \$65,243.00 by end of 2011 to meet our budget as we continue to draw on our reserve funds to meet our expenses. Thank you to all who have met their financial commitment for 2011.

If you have not completed a commitment card for 2012, please consider doing so. Cards are available in the back of the church sanctuary or by calling the church office. Also, giving envelopes for 2012 have been prepared and are available in the Fellowship Room.

Through memorials and envelope giving we are about \$1,000.00 short in income for the elevator to meet what has already been paid for the project. YTD \$238,998.62 has been contributed and \$239,918 has been paid. Our estimated balance to Edinger Construction is \$110,591.00. Please continue to support this project with your prayers for completion and your finances. Again, thank you to all who have given their financial support to this project.

The 2012 budget is almost complete and when approved by DDT will be distributed to the congregation.

The annual audit of all church accounts will begin the week of January 16. All treasurers of committees please have all your financial records including bank books and statements in the church office by that date so that we can complete the audit per direction of the Conference by the end of January. Thank you in advance for your cooperation.

The Stewardship Committee continues to ask for your prayers for our church and our committee as we begin a new year.

Stewardship Committee: Carole Everitt, Fran Harrison, Paul Edinger, Dan Butz, JoAnn Calkins, Kirsten Lee, Ruth Weber



Heartfelt thanks for your prayers, care and concern for me and my family when my sister, Joan, unexpectedly went to be with her Lord. We treasure your cards, visits and phone calls. They helped ease our sorrow during such a great and sudden loss.

With deep gratitude,
Beryl Hellgren

Peter Hellgren is now in rehab at Good Shepherd after both knee/leg and open heart bypass surgery. He is doing remarkably well. Peter wants to thank members of SUMC for their prayers, well wishes, calls, cards and visits which have all been very helpful in his recovery.

His mom, Beryl, is very grateful for the prayers and support she has received.

Thank you all,
Peter and Beryl Hellgren

INGATHERING

Your Mission's Team is very grateful for the many non perishable food items, cleaning supplies, paper goods and cash donations placed at the altar in care of the American Indian and Pilgrim.

Both our soup kitchen and PATH will be able to put everything to good use this winter, as both of these organizations have seen a large increase in participants due to the current economy.

Many thanks for your continued participation in this annual event.
We wish you a blessed 2012.

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM Worship - Sanctuary 4:00 PM Soup Kitchen-Dining Room	2 Church Office Closed	3	4 10:00 AM Morning Bible Study-Lounge 2:00 PM Stitch & Pray Small Group 6:00 PM Bear Cubs 6:00 PM Tiger Cubs 6:00 PM Webelos 6:00 PM Wolf Cubs 7:00 PM Handbell Rehearsal-Sanctuary	5 10:00 AM My Brother's Keepers/Little Quilts-Downstairs 7:00 PM Scouts 7:30 PM Choir Rehearsal	6	7
8 8:30 AM Worship/Communion-Sanctuary 9:45 AM Dash Youth Group-Youth Room 9:45 AM New Member Class-Lounge 9:45 AM Sunday School-Children through Adult 11:00 AM Worship/Communion-Sanctuary 12:20 PM Worship Media Operator Training 1:00 PM Daniel's Dream Team 4:00 PM Soup Kitchen-Dining Room 6:00 PM Cub Leaders Planning Meeting	9	10 6:30 PM DASH Youth Group Business Meeting 7:00 PM Missions Meeting-Lounge	11 6:00 PM Bear Cubs 6:00 PM Tiger Cubs 6:00 PM Webelos 6:00 PM Wolf Cubs 7:00 PM Handbell Rehearsal-Sanctuary	12 10:00 AM My Brother's Keepers/Little Quilts-Downstairs 7:00 PM Scouts 7:30 PM Choir Rehearsal	13 5:00 PM Soup Kitchen Holy Trinity Orthodox Church	14
15 8:30 AM Worship-Sanctuary 9:45 AM Dash Youth Group-Youth Room 9:45 AM New Member Class-Lounge 9:45 AM Sunday School-Children through Adult 11:00 AM Worship-Sanctuary 4:00 PM Soup Kitchen-Dining Room	16 7:00 PM Alberta Weber's Small Group	17 7:00 PM Small Group Conference Room 7:00 PM Stitch & Pray Small Group	18 10:00 AM Morning Bible Study-Lounge 6:00 PM Bear Cubs 6:00 PM Tiger Cubs 6:00 PM Webelos 6:00 PM Wolf Cubs 7:00 PM Handbell Rehearsal-Sanctuary	19 10:00 AM My Brother's Keepers/Little Quilts-Downstairs 7:00 PM Scouts 7:30 PM Choir Rehearsal	20	21 9:00 AM Pinewood Derby
22 8:30 AM Worship-Sanctuary 9:45 AM Dash Youth Group-Youth Room 9:45 AM New Member Class-Lounge 9:45 AM Sunday School-Children through Adult 11:00 AM Worship-Sanctuary 4:00 PM Soup Kitchen-Dining Room	23	24 7:00 PM Small Group Conference Room	25 10:00 AM Morning Bible Study-Lounge 6:00 PM Cub Pack Meeting 7:00 PM Handbell Rehearsal-Sanctuary	26 10:00 AM My Brother's Keepers/Little Quilts-Downstairs 7:00 PM Scouts 7:30 PM Choir Rehearsal	27	28 2:00 PM Troop 86 Spaghetti Dinner
29 8:30 AM Worship-Sanctuary 9:45 AM Dash Youth Group-Youth Room 9:45 AM Sunday School-Children through Adult 11:00 AM Worship-Sanctuary 4:00 PM Soup Kitchen-Dining Room	30 7:00 PM Small Group "Gifts"	31 7:00 PM Small Group Conference Room	1 10:00 AM Morning Bible Study-Lounge 6:00 PM Bear Cubs 6:00 PM Tiger Cubs 6:00 PM Webelos 6:00 PM Wolf Cubs 7:00 PM Handbell Rehearsal-Sanctuary	2 10:00 AM My Brother's Keepers/Little Quilts-Downstairs 7:00 PM Scouts 7:30 PM Choir Rehearsal	3	4



FOR UNTO US A CHILD IS BORN UNTO US A SON IS GIVEN.

Simpson House
2101 Belmont Avenue, Apt. M200
Philadelphia, Pennsylvania 19131

December 3, 2011

Dear Friends and Family,

Simpson House is decorated for Christmas. Trees are in the Dining Room and the entrance ways at Olde Main and the Carson building. The halls are decorated, as is my room with a small Norway spruce with lights. Quite a few Christmas programs and choral groups are part of our schedule here at Simpson House during December.

This is my first Christmas without Carol. We had 60 years of marriage and 60 Christmases together. Christmas cards, letters, and gifts were usually more her responsibility than mine.

I continue to hear the question, "How are you doing?" My answer is usually "Fine." I'm on dialysis Mondays, Wednesdays, and Fridays. I drive myself the 10 to 15 minutes to the Roxborough DaVita Dialysis Center, leaving Simpson House about 9:15 AM and returning about 3 PM. Otherwise, I keep myself busy around the apartment, attending Simpson House programs, and visiting with family and friends.

My apartment at Simpson House has three rooms. When you enter my apartment, you are in the kitchen, dining room and living room area. To the right is my study with a desk and a double bed, to the left is my bedroom with my queen size bed and three bureaus. The living room area is in a lovely bay window that allows me a view of Fairmount Park. I receive three meals a day with more than enough to eat. I have a four-burner stove with oven and full-size refrigerator to use when I'm in the mood to prepare a snack or meal for myself. Most of the family is fairly close by, so we are able to visit back and forth fairly frequently. Three of my five great-grandchildren are able to visit and are becoming familiar with Grandpa Tom's apartment.

The family continued to grow this year with several new additions. In early May, Stephen and Kelly welcomed Noah to the family and, just a few weeks ago, Shannan, Jamie and Parker welcomed Carson. This summer, Lorelei, Steve, Will, and Emma, returned to the city with Lorelei's appointment to First United Methodist Church of Germantown. Will, Emma and Noah are all close enough to visit fairly frequently. The family traveled to Massachusetts in August

for Philip and Kerri's wedding. I traveled up with Clarita and Stan, but returned with Jim and Lynea. Soon the family's attention will be turning to Alexandra and Drew's wedding scheduled for next May.

In November of this year, I was featured at the Embracing Life Dinner, which is a benefit dinner for the Simpson House Benevolent Care Fund. Simpson House spent a million and a quarter dollars for benevolent care during 2011. Once a person enters Simpson House, one will be taken care of for the rest of one's life. The last I heard, the dinner raised over \$50,000 and I am sure more is still coming in.

I send my greetings for a Blessed Christmas and a Happy New Year to you and your family.

Fondly,

A handwritten signature in cursive script that reads "Pastor Tom". The ink is dark and the writing is fluid.

Tom Anderman

Cell: 570-242-1250

Apartment: 215-871-5235

"Life Line Screening saved my sister's life."

Michelle Acquista

Age: 59

Symptoms: None

Results: 98% blocked carotid artery

"I am so thankful that the screening caught that blockage and saved my sister's life. I am now passing this information to everyone and getting all my family and friends to go."

Patrice Falls – Blacklick, OH



- Life Line Screening uses painless ultrasound (sonogram) to see the plaque build-up in your arteries—a leading cause of stroke.
- 80% of strokes can be prevented.*

Make an appointment for you and a loved one today.

Where: Stroudsburg United Methodist Church

When: Tuesday, February 21, 2012

Pre-registration is required. Call: 1-800-324-1851

Priority Code: HSC5568

To register on-line go to www.lifelinescreening.com/community-partners

*Source: National Stroke Association

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The Power of Prevention

We Can Help You Avoid a Stroke

Trusted by Hospitals Nationwide

Life Line Screening has screened over 6 million participants and has partnered with hospitals across the country. Why? Because the ultrasound screenings that we offer can help save your life.

1 Stroke/Carotid Artery Screening

Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque – the leading cause of strokes.

2 Heart Rhythm Screening (Atrial Fibrillation)

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat at the time of the screening.

3 Abdominal Aortic Aneurysm Screening

Ultrasound is used to screen for the presence of an aneurysm in the abdominal aorta that could lead to a ruptured aortic artery.

4 Peripheral Arterial Disease Screening

Evaluates for peripheral arterial disease (plaque buildup) in the lower extremities. It is 4-5 times more likely you will die from heart disease if you have peripheral arterial disease.

5 Osteoporosis Risk Assessment

An ultrasound measurement of the heel bone to determine abnormal bone mass density. Osteoporosis is painless and silent in its early stages.

**Get ALL 5 screenings for only \$149,
a savings of \$126**

Life Line Screening uses only advanced colorflow ultrasound technology and experienced highly skilled technologists. Screening results are provided to you within 21 days after physician review. Life Line Screening is dedicated to providing the highest quality imaging technology at an affordable rate. Our mission is to make people aware of an undetected health problem and encourage them to seek follow-up care with their physician. Life Line Screening offers a convenient, affordable, confidential and accurate way for men and women to monitor their health. If a significant finding is noted through the screening process, you will take the report to your physician who can then order further testing and give consideration for treatment.

Appropriate modification of stroke risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for stroke prevention. Our screenings cannot detect all forms of stroke. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results.

Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims and the cost of our screening services is your responsibility.

Screenings in California are provided by Life Line Mobile Screening, a professional physician practice.

Screenings in Kansas are performed by Life Line Screening on behalf of Life Line Screening Physicians, P.A.

Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo, NY 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical services.

Texas Residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. If a potentially life-threatening condition is discovered you will promptly receive your results after physician review.

Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days notice is given, we will issue a Gift Card for the full amount to be used by you, or anyone you choose, to purchase future screening services.

Checks and credit cards accepted when you pre-register by phone.

Additional fees may apply without pre-payment. www.LifeLineScreening.com/community-partners



**STROUDSBURG UNITED METHODIST CHURCH
547 MAIN STREET
STROUDSBURG PA 18360**

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RETURN SERVICE REQUESTED

January 2012

