

The Importance of Work Trips

Missions are obviously of critical importance to any church. In fact, today's statistics show that church visitors pay more attention to the missions in a church than most of us realize. How involved a particular church is in missions might well dictate if a visitor will attend as a guest and then eventually join the church membership or not.

Some years ago I was involved in a church mission committee. When I started, we had a budget of about \$78,000 separate from the operating budget. Within five short years that budget grew to over \$100,000! I was obviously impressed with this mission committee. They took their job seriously and helped a variety of local, regional, national, and world missions. Their job was heavily involved in interviewing potential mission projects, communicating with the missions they supported, and approaching the congregation to meet their budget.

I am proud that SUMC has supported a variety of missions in my time as the pastor here over the past 14 years. Alberta Finch-Weber had a heart for missions but she also spoke from a perspective of personal involvement.

While missions are vitally important to any church, I strongly believe that hands-on missions are even more important. You heard me right. I do not think any mission project is more important for a church than a hands-on project where we are willing to roll up our sleeves, get dirty, and be with others in need.

I attended my first mission trip when I was a teenager thanks to an invitation by my pastor

and youth director. I attended that same mission trip five years in a row and it literally changed my life. I thought I would go down to West Virginia and help some needy people. Well, what I thought and what actually happened was far different. Yes, we did help some people, but they helped me, too, in ways I could never have imagined. I learned that I thoroughly enjoyed working with my hands and putting my skills to good use to help others, but I learned a lot more than I gave.

Then, when I was an associate pastor in another church, we started a similar trip to the same location in West Virginia. I made some incredible connections with volunteers from that church, some of which continue to this day. That church continues to go to West Virginia each year, over twenty years later!

I have so many memories and so many life-lessons from the mission trips I attended that I could literally write a book about them. Now, I am inviting you to attend our mission trip this summer. Yes, you!

We need all kinds of talents and skills to participate together on this trip. I really hope you will consider joining us as we embark on this hands-on mission trip. Mission trips are not just for you young people--they are for everyone!

Please consider joining us this summer as we travel to Heart and Hand House, one of our United Methodist missions. You will make a difference and it just might change your life!



Bob Shank

Gather! Grow! Make a Difference!

Daily Scripture Readings

July 1

Exodus 31

July 2

Exodus 32

July 3

Exodus 33

July 4

Exodus 34

July 5

Exodus 35

July 6

Exodus 36

July 7

Exodus 37

July 8

Exodus 38

July 9

Exodus 39

July 10

Exodus 40

July 11

Philippians 1

July 12

Philippians 2

July 13

Philippians 3

July 14

Philippians 4

July 15

1 Timothy 1

July 16

1 Timothy 2

July 17

1 Timothy 3

July 18

1 Timothy 4

July 19

1 Timothy 5

July 20

1 Timothy 6

July 21

2 Timothy 1

July 22

2 Timothy 2

July 23

2 Timothy 3

July 24

2 Timothy 4

July 25

Jude 1

July 26

Lamentations 1

July 27

Lamentations 2

July 28

Lamentations 3

July 29

Lamentations 4

July 30

Lamentations 5

Gather! Grow! Make a Difference!

July

To Serve You in July

Greeters 8:30

Norma Snow (All month)

11:00

3 Debbie Hardy

10 BJ Bachman

17 Joanne Reed

24 Eva Knight

31 Gary Braman

Ushers 8:30

John Burrus

Walter Roeckendorf

Kirsten Lee

11:00

Bob Cool

Counters

Ray Singer, Bob & Pam Cool

Altar Guild

Joni Singer & Betty Michelin

Soup Kitchen

Sunday afternoons at 4:00 pm

3

10

17 Poplar Valley UMC-Nick Rosato

24 Antlers-Carol Hutson

31 Pen Argyl UMC-Tom Odenwelder



OUR CHURCH STAFF:

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

OUR CHURCH LEADERS:

Daniel's Dream Team

Chairperson, Sue Scarborough

admin@poconoymca.org

Worship

Chairperson, Pastor Bob Shank

bobshank@stroudsburgumc.com

Property & Building

Chairperson, Dick Seip

relseip@ptd.net

Servant Resource Team

Chairperson, C. J. Penwell

cjpen53@ptd.net

Stewardship

Chairperson, Paul Edinger

paul.edinger@stroudsburgumc.com

Missions

Chairperson,

Membership & Evangelism

Chairperson, Peggy Stewart bpstew@juno.com

Lay Leader

Beryl Hellgren

bykoh@verizon.net

We Started from the Bottom Now We're Here

by Molly Maroney

The sun is up. No more eating until sunset

“GOROMBA MERIE! GOROMBA MERIE!” It’s 6:45am on the third day of Ramadan and I’ve woken up late. The sun is creeping towards the horizon, mocking me as I prowl down the road towards the dukas proclaiming my need for eggs in a messy amalgam of tribal language and Swahili. I am not Muslim nor do I plan on converting any time soon, but participating in the approximately month long fast taken on by devout Muslims all over the world has always been a goal of mine and although the number of Muslim families in my village is relatively small I figured now would be an excellent time to give it a shot. My Muslim friends are tickled pink. So what is Ramadan? Why would millions of people voluntarily starve themselves for a month?! I picture a 1950’s housewife holding a steaming apple pie and saying “Don’t they know there are starving children in Africa?” Let’s take a look:



So much temptation

Ramadan is the name of the ninth month of the Islamic lunar calendar, the month that God gave the Quran to Muhammad in 610, although Ramadan did not become obligatory until 624. In memoriam to this, God ordered all Muslims to fast throughout the month – during daylight hours there will be no food or drink and no intimate relations.



“Oh ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that year may (learn) self restraint... Ramadan is the (month) in which was sent down the Quran, as a guide to mankind, also clear (signs) for guidance and judgment (between right and wrong). So every one of you who is present (at his home) during that month should spend it fasting...” (Chapter 2, verses 183 and 185)

Most Muslims wake before the sun rises to eat a small meal, called ‘suhoor,’ then abstain from any food or drink until after the sun sets again when they can eat and partake in any way they please. As the month is based on the phases on the moon, it begins about 11 days earlier every year which means that throughout a Muslim’s life they will experience Ramadan both in the winter, when the days, and thus the fast, are shorter and the summer, where the days stretch for ever, providing more of a challenge. Throughout the month, the focus is moved off of eating and other daily pleasure to attributes such as compassion for others, self purification and reflection, and self restraint and discipline. At the end of the fast, Muslims celebrate with a time of feasting and prayer, called Eid ul-Fitr.

My favorite babu and my frequent fasting partner.

Seen as how I am not doing this for religious reasons I decided to make a few rule exceptions for myself...the biggest change being water consumption. Technically nothing can be consumed during the day, not even water, but the concept of going 12+ hours a day for a month during a Singida dry season without a single sip of water makes me want to jump off the ridge. So I continue to drink water, although I moderate how much I can drink during the day – usually about a half liter out of the 3 I usually consume. Come 6:30pm you can often find me sitting on the concrete floor staring at my full Nalgene bottle, counting the seconds until sundown with baited breath so I can take that first glorious sip of life.



Time to eat!

Other than my minute counting until I can drown myself in water, the fasting has not been terribly difficult – very much mind over matter...and the water helps. However, the personal benefits of participating in Ramadan have become apparent – the times of day I would normally be eating a meal, mid morning and mid afternoon, I use as time for meditation and reflection. It's very easy to get bogged down by life and often times we forget to actively sit back and decompress, especially at the times when we're the most stressed or at a particularly low dip in the Tolerance Scale.

For me Ramadan came at the perfect time, for my "Tolerance-o-meter" was so far in the red it was about to explode, like something out of a Wile E. Coyote sketch. In fact, just two days before I had thrown a literal fit at a belligerently drunk man in the center of the village proper then stormed off down the road, everyone watching in stunned silence. Not exactly my proudest moment....ever. But I was over it. Something needed to change. So the next day when someone randomly asked me if I would be participating in Ramadan this year I decided, why not? Here was an appropriately timed opportunity to focus on myself and what I wanted from the rest of my service. It has also been a catalyst to some much needed reflection of the past 17 months and the growth that has occurred in that time. A lot changes over a year and a half....but that's not always bad. Children, the sick, and the elderly are not required to observe Ramadan, although many children participate in at least portions of the fast throughout the day to prepare them for when they are old enough to make the full commitment.

A few months ago, at the beginning of February, I had the pleasure of welcoming and participating in the orientation week for the new class of Tanzania Health and Agriculture Volunteers. The week was a slightly surreal experience because exactly one year before, give or take a day, I had been sitting right where they were: squeaky clean, travel dazed, wide eyed, cheeks still red from the cold Philadelphia air. And a year later there I stood: tan, scared, no hair, smudges of dirt that just refuse to go away, unfazed by the gentle (and sometimes not so gentle) chaos that is Tanzania. My purpose that week was to help give the trainees a quick crash course in Tanzanian culture to prepare them for the first few weeks of home stay, but more importantly to answer questions and help dispel whatever fears or hesitations might have been floating around. I like to think I helped make their first few experiences a bit easier, but being able to experience their first few steps into the world of Peace Corps Tanzania helped me to realize how far we actually come in our 2 short years here.

I remember my first few hours in Tanzania quite vividly – stepping onto the scorching tarmac in Dar es Salaam, being fingerprinted by a guard who was clearly unimpressed that I knew zero Swahili, driving through the dark, chaotic streets of Dar as the glow of coal stoves filled with roasted meats, corn, and potatoes whipped by. I'm not sure if I blinked more than twice in the time it took to get from the airport to our conference center. Before I knew it we were dumped on the steps of our compound, had a whirlwind dinner, were thrown Malaria meds and heard some babbling about bednets, breakfast, and safe water before floating to our stifling rooms where we spent the rest of the night debating between risking malaria by sleeping on the somewhat cool concrete floors or sweating to death underneath the safety of the mosquito net. Frequently the electricity would go out so the fans would stop and if you listened you could probably hear everyone in the building collectively groan. Little sleep was had.



Sikh Temple in Dodoma Town

The next week we had a 6 hour ride to our homestay houses in Tanga, knowing little more Swahili than is necessary for basic introductions and asking for the bathroom. The entire bus ride my eyes were saucers in the window, not wanting to miss a thing. Everything was so fresh and exciting. I didn't think I'd be able to sleep for the next 27 months. Fast forward to a year later and it's 5:45am on a bus stuck in Dar traffic headed to Dodoma with the trainees, I'm only mildly annoyed that we aren't moving and praying it's a smooth bus ride so I can go into "travel mode" and block out the world for 8 hours. However before too long the sun comes up, and so do the questions and statements of awe from the trainees. I had forgotten how surprised I was the first time I got to a bus stand and a some guy shoved a stick with roasted corn on it into my window, shouting up to me in words I couldn't pretend to understand. Across the lot another bus would roll in. Flanking each side runs about twenty men, some hoisting large heavy boxes of cookies, chips, and soda over their heads with one hand, the goods presented to be grabbed by the bus patrons. Behind them run men toting trays of hard boiled eggs, and bringing up the rear is an older man carrying no less than 20 loaves of bread. I remember not being able to look away from the total chaos erupting around my bus, befuddled that anything productive could happen in such confusion. Now, I barely even glance up when we pull into a stand. Maybe I buy some fruit and cashews out the window, reprimanding the seller for trying to charge me the "Mzungu price," before immediately returning to my thoughts – ignoring the chaos around me.

Where had that sense of awe and amazement gone? Had I lost the reason for my being here in my efforts to stay afloat? Had I become so jaded that Tanzania didn't excite me anymore? I realized though, between my time with the trainees and my times of reflection so far during Ramadan that volunteers don't necessarily become jaded....or at

least *completely* jaded; we trade in our wide eyed excitement and wonder and replace much of it with confidence and ownership of ourselves and who we are both here in Tanzania and in life in general. And that is powerful. We may not walk around like a country girl in the Big Apple for the first time, gawking at everything in our paths, but we've come into ourselves and the adventure that is Peace Corps life. We know what we have to do to "get it done" – whatever 'it' may be. Right now my 'it' is Ramadan. With a lull in projects due to school vacation and an upcoming trip to the States in July, my only goal is to take it day by day and appreciate how far I have come in the past 17 months. At this time last year I doubt I would have been successful in my current endeavors, but now that I'm here I want to take full advantage of the opportunity to carve new memories and life experiences. The only hiccup may be when I get off the plane in Philly and I have to decide between my pride or a thin crust cheese pizza. Tricky.





Dear SUMC Friends,

Corey and I thank you for your thoughts, calls, prayers, concern and help you have given to us during Phil's lengthy and difficult illnesses this past year. Because I was providing his personal care through all these months, I have been very remiss in thanking each of you for what you have done.

Phil and I felt your love and concern throughout all our ordeals. He spent many weeks either in a hospital or a nursing home, only spending a few short weeks at home since the end of October of last year. He loved receiving Altar flowers and cards from everyone, and some made him very emotional. He knew his Church family was thinking of him.

Corey and I also want to thank all of you who helped with his Memorial Service on June 4th. I wanted him to go out in military style and that was certainly the case. We know he is with his God in heaven now, and watching all of us and praying for us too.

I am hoping that now I will be able to help more of my Church family who may be in need, as I was, with prayers and anything else I can do. Please let me know if I can help any of you in any way.

Yours in Christ,

Lois and Corey Shaffer

Reminder: The church yard sale will take place on Friday, August 5 and Saturday, August 6. Help is needed to sort, price and set items out for sale. Please contact Ruth Weber if you can help out in any way. Help is also needed after the sale is over to pack items that did not sell. We will be having another Salvation Army Clothing and Household Item Drive on Sunday, August 7 and any items that did not sell as well as any donations you may have will be picked up here at church that morning.





July Birthdays

2	Molly Maroney
2	Ralph Harrison
3	Kim Miller
4	Bob Shank
5	Tori Principe
9	Bill Hardy
10	Nancy DeHaven Imgrund
12	Sally Edinger
16	Joni Singer
17	Morgan Tucker
17	Keelyann Sheeley
19	Christopher Vail
21	Dick Seip
24	Jeremy Stoeckel

If you would like a card on your special day, please call the church office - 570-421-6020.



Family Promise Updates

Another great week of hosting Family Promise guests at Stroudsburg United Methodist Church in May!

The generosity and hospitality of all volunteers, whether providing delicious meals, overnight supervision, or compassionate care, is greatly appreciated by the families and the staff of Family Promise.

You served 54 meals and contributed more than 208 hours of service to the two families in shelter last week.

Our next host week is July 24 - July 31. Please watch for volunteer sign up sheets and prayerfully consider where you might be able to help out, whether it's providing a meal, an overnight stay or fellowship with the families. Please contact Kathy Cook with questions.

Thank you, all!



Join us for another trip to Coca Cola Stadium on Wednesday, August 31, 2016

I'm organizing another outing to see the Iron Pigs play on Wednesday, August 31. Game starts at 7:05 pm. Tickets are \$10.00 each and this time you will receive \$4.00 of ballpark credit on each ticket! That means you are only paying \$6.00 per ticket! Plus, the stadium is giving away foam fingers that night - who doesn't need another foam finger?!?



We will carpool again as we did last month. Hopefully this time we will have our tickets in hand before then so anyone who gets there early can go inside the stadium when they arrive.

It was a really fun time when we went last month - we had a group of 22, we all sat together, enjoyed good food and fellowship! And the Iron Pigs won!

Please consider joining us this time! If you have questions, please call me in the church office or email - jackieherrero@stroudsburgumc.com

Please let me know as soon as possible if you're interested so I can make the reservation. We need a group of at least 20 in order to get the group rate.



Pastor Bob will hold a Q&A session about our upcoming work trip to West Virginia. We will meet after church at 9:45am and 12:15pm on Sunday, July 3rd. Bob will cover some of the basic information on the trip and you will have an opportunity to ask questions about it. If you have any interest at all in attending this trip, please come to this Q&A and bring your questions. Bring a friend, too!

A more detailed information session will be held about the work trip on Wednesday, July 6th starting at 7pm here at the church. We will work out our travel arrangements, share information about the work we will be doing, talk about our schedule, and much more. If you are attending the work trip, this session will help you make your final preparations for packing and get us all ready for the trip.

Tuesday Night Soup Kitchen

Please note the Tuesday soup kitchen will be closed until August 9, 2016 due to Bob Cool's recent health issues.

Winner Winner Chicken Dinner

Thank you to everyone who helped in any way with our first Winner Winner Chicken Dinner. All proceeds benefited the bell tower repair bill. Even though the bell tower was repaired last year, we need to replenish the funds that we borrowed from. An update on how profitable the dinner was will be included in next month's Courier.



2016 Pocono Summer Chorus

Presents its

Summer Choral Concert *to benefit Meals on Wheels of Monroe County*

Folk songs, pop, sacred, secular, classical and Broadway selections

Admission: FREE

Donations will be accepted by Meals on Wheels of Monroe County

**Wednesday, July 27
7:30 PM**

**Stroudsburg United Methodist Church
547 Main Street, Stroudsburg, PA**



Serving our community since 1972

Monroe County Meals on Wheels, Inc. is a private, non-profit 501(c)(3) corporation governed by a volunteer board of directors.
www.monroemeals.com • mcmow@ptd.net • 570-424-8794

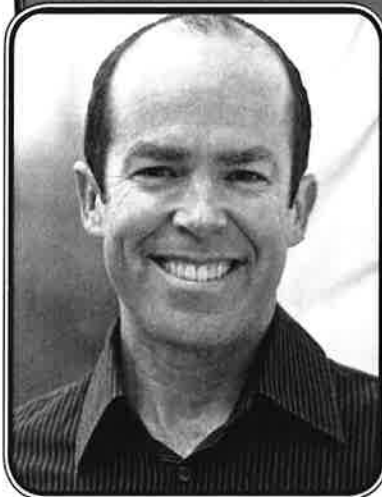
Monroe County PA Chapter of Thrivent Financial is contributing \$1 matching donation for every \$3 donated to Monroe County Meals on Wheels (up to \$600).
This event is being supported by the Stroudsburg United Methodist Church as a community outreach project. The church is accessible.
Please call Krista Montgomery at 570-460-0307 or krismont@ptd.net for more information.

2016 Concert Series

East Stroudsburg
United Methodist Church
83 S. Courtland Street

**Sunday
July 10
3:00 p.m.**

**Variety of
Musical Theater
Classic, Sacred
solo + ensemble**



Vale Rideout



**Nicole Snyder
Rideout**

**Nicole Snyder Rideout, Soprano
Vale Rideout, Tenor
Joe Dorsch, saxophone
Pauline Fox,
organ/coordinator**

*** Free admission ***

Offering to Benefit Family Promise in Monroe Co.

**Coming: September 25 – Concert by Christopher Johnson
Organist at Riverside Church in New York City**

Organ “Elite III” by Allen Organ Co.

JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Blessing of the Animals 8:30 AM Worship-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Sanctuary 12:30 PM Daniel's Dream Team-Lounge 4:00 PM Soup Kitchen-Dining Room	27 7:00 PM Mostly Mondays Small Group	28 5:00 PM Soup Kitchen 6:00 PM Confirmation Class-Conference Room	29	30 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	1 Church Office Closed	2
3 8:30 AM Worship/Communion-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Communion-Sanctuary 4:00 PM Soup Kitchen-Dining Room	4 Church Office Closed	5 5:00 PM Soup Kitchen 6:00 PM Confirmation Class-Conference Room	6 2:00 PM Stitch & Pray Small Group-Lounge	7 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	8	9 4:00 PM M & E Free Community Meal-Dining Room
10 Confirmation Sunday 8:30 AM Worship-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Sanctuary 4:00 PM Soup Kitchen-Dining Room	11 7:00 PM Mostly Mondays Small Group	12 5:00 PM Soup Kitchen	13	14 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	15	16
17 Mission Trip 8:30 AM Worship-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Sanctuary 4:00 PM Soup Kitchen-Dining Room	18 Mission Trip 7:00 PM Mostly Mondays Small Group	19 Mission Trip 5:00 PM Soup Kitchen 7:00 PM Stitch & Pray Small Group-Lounge	20 Mission Trip	21 Mission Trip 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	22 Mission Trip	23 Mission Trip
24 Family Promise 8:30 AM Worship-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Sanctuary 4:00 PM Soup Kitchen-Dining Room	25 Family Promise 7:00 PM Mostly Mondays Small Group	26 Family Promise Rehearsal for Pocono Summer Chorus Concert-Sanctuary 5:00 PM Soup Kitchen	27 Family Promise 7:30 PM 2016 Pocono Summer Chorus Concert-Sanctuary	28 Family Promise 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	29 Family Promise	30 Family Promise
31 Family Promise 8:30 AM Worship-Sanctuary 9:45 AM Adult Sunday School 11:00 AM Worship/Sanctuary 4:00 PM Soup Kitchen-Dining Room	1 Set up for Yard Sale 7:00 PM Mostly Mondays Small Group	2 Set up for Yard Sale 5:00 PM Soup Kitchen	3 Set up for Yard Sale	4 Set up for Yard Sale 10:00 AM My Brothers' Keepers Quilting & Little Quilts-Downstairs 7:00 PM Scouts	5 Yard Sale-Downstairs	6 Yard Sale-Downstairs

VENDORS WANTED

for

Holly Day Market



**Saturday, November 5, 2016
9 am – 4 pm**

**Stroudsburg United Methodist Church
547 Main Street, Stroudsburg, PA**

This year's "Holly Day Market" will feature two floors of hand crafted items as well as items being sold by independent distributors (Avon, Longaberger Baskets, Pampered Chef, etc.).

**Space is limited - Call today for more information
and an application!**

Contact Jackie Herrero (570-350-9596) or Kim Miller (570-977-7033)
jackieherrero@stroudsburgumc.com

**Special
Olympics**
Pennsylvania



Monroe County

Volunteers Needed!

Looking for community members to help Special Olympics PA Monroe County.
We are in need of some great people to help our program continue
to be a success. Many ways to help.



Contact us:

By email:

sopamonroecounty@gmail.com

On the web: www.somrc.org

Like us on Facebook: **Special
Olympics Pennsylvania
Monroe County**

By phone: Program Managers:

Kerri Freeo 570-807-2445 &

Taraz Crowley 570-350-5430

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July 2016

