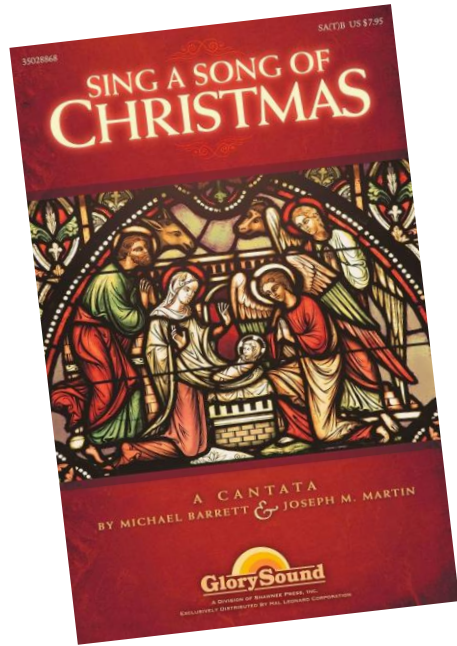


Christmas Cantata



Christmas may be months away, but the Sparta UMC Choir is planning ahead for our 2026 Cantata entitled "Sing a Song of Christmas." The Cantata will be performed on Saturday, December 12th, and we invite you to be a part of this event that invites the community in to celebrate the joy of the season. You are invited to sing with the choir for this event. The cantata will begin rehearsals in September during the first 20+ minutes of weekly choir rehearsals at noon on Sundays. While

you are always invited to join the choir and sing each week, you may only be able to do this one event and that is a certainly welcome as well. A second way to be involved is to sponsor one of the extra hired musicians who enhance the performance. Each musician honorarium is \$250.00, and we already have a commitment for one of four that we will be needing. You are invited to sponsor one or commit to a partial sponsorship at whatever amount is comfortable for you. Please see our Director of Music, Bonnie Pomeroy, for more information, a copy of the music, or to make a commitment to sponsorship.

Vacation Bible School

Maybe our Earthkeepers dates didn't work for your schedule. Frankford Plains UMC in Augusta invites you to register your child for their VBS next week.

The poster is for a Vacation Bible School (VBS) event. At the top, it says "FRANKFORD PLAINS UNITED METHODIST CHURCH" in a serif font. Below that, the title "Vacation Bible School" is written in a large, bold, green script font. A line of text reads "Join us for a week of faith, friendship, fun, and adventure!". To the left of the date is a cartoon illustration of a leopard. To the right is a cartoon illustration of a parrot. The date and time are listed as "AGES 4-14", "AUGUST 10-14", and "9:30 TO 12". Below this, another line of text says "Join the fun activities, through science, enrichments, crafts, refreshments, snacks, as well as Bible lessons throughout the week!". The central graphic is a wooden sign that reads "RAINFOREST FALLS" in large, stylized letters, with "Exploring the Nature of God" written on a smaller sign below it. The sign is surrounded by illustrations of tropical plants, a snake, a frog, and flowers. At the bottom right, the phone number "973-702-0334" and the address "99 Plains Rd, Augusta, NJ 07822" are listed.

Chair Yoga

No Yoga Mat required!

Coming to Sparta United Methodist Church



Description of Class: Discover the joy of movement in a chair yoga class that celebrates all bodies, all abilities, and all stages of life. Using the support of the chair, we will move through gentle stretches, strengthening exercises, breathing techniques, and relaxation practices that leave you feeling refreshed, confident, and connected. Length of class is approximately 45 minutes. Wear comfortable clothing.

** Yoga class is free - Donations are greatly appreciated*

When: Fridays: September 11th; September 18th; September 25th

*

Time: 12:00 p.m. - 12:45 p.m.

*

Where: Sparta United Methodist Church, 71 Sparta Avenue, Sparta NJ 07871

*

Contact: Church office (973) 729-7773

Donations



When you send your pledge payments via cash, check, or Vanco, if you intend the payment to be split between the Operating Budget and the Capital (Building) Fund, **please indicate how you want it split** on your envelope, check, or Vanco payments.



Sometimes we need to guess, but we don't always get it right. So please tell us.

If you make recurring donations through Vanco and have changed your pledge this year from what it was last year, be sure to make those changes to your account **in Vanco**.

If you look at your [Quarterly Statement](#) and think, "That doesn't look right." Please let us know. I might have put the payment in the wrong accounting bucket.

Look for your statement this month.



Say it with Flowers!

Acknowledge loved ones or a special occasion with an altar flower arrangement. Reservations are being accepted for September 6, 13, and 27 and October 11, and 25.

Arrangements cost \$35.00. Please pay the church directly, including a note that the payment is for altar flowers and the specific date requested.

Use this [link](#)* to reserve flowers. We need your name, phone number or email address, and the dedication. Please let us know if you plan to take the flowers after the 10:30 service, or if you want them delivered to someone in need of a pick-me-up. Any questions: Contact **Yvonne Roux**, yrouxrings@gmail.com, or 973-534-6129.

*bit.ly/4sUELRO

Scan this QR Code to reserve flowers.



Scan me

August Feed the Body/Feed the Soul

(FTB/FTS) is a ministry of the church. We provide a lunch, give a \$20 Shop Rite gift card, offer communion, and our friends are welcome to take any free items that the Church Mouse doesn't need. We have been doing this ministry since 2002, and it grows and grows. On **July 10th**, we served **277** families. Check out opportunities to help by going to our Sign-Up Genius for **August**. People ages 4-99 are welcome to come help, but please sign up! **August 14, 2026**

www.signupgenius.com/go/60B0D4EAAAE23A3FD0-64596693-feed#/



From Tags to Riches

Our Sparta **United Women in Faith** is supported by Soup and Quiche sales and a new ministry called: **From Tags to Riches**. Jill is turning old/used greeting cards into gift tags! These tags come in an assortment of festive themes. Imagine adorning your gifts with tags featuring delicate butterflies, animals, birds, snowmen, landscape, and flowers. Also, **Birthdays and Anniversaries happen all year long!** Grab a selection of 10 tags for just \$1! Every penny supports the amazing work of UWF at our church. If you are interested in supporting UWF through the purchase of gift tags, please see Sue in the office.

Recycling your old cards is easy! Gather your used cards, pop them in a bag labeled "Jill," and drop the cards off in the Church Secretary mailbox.

Let's upcycle and support UWF together! Thank you.

Are you interested in joining our chapter of **United Women in Faith**? There are some exciting events coming up, including a Skylands District event here at SUMC in September.

Focusing on the Positive: The Gratitude Box

Actively focusing on gratitude helps foster a sense of joy, peace, and abundance, even amidst the challenges we all face. When we deliberately seek out and acknowledge our blessings, it can profoundly improve our outlook and well-being.

Please use the provided forms, which are next to The Gratitude Box, to write down what you are grateful for and anonymously place it in the box. Each month, our Admin, Sue, will collect these notes and share them in the SUMC Newsletter, creating a beautiful collective testament to the goodness we share. Start reflecting and writing today! Or you could e-mail your submissions to Sue at OfficeAdmin@SpartaUMC.org Since there is no Newsletter in August, these are the three submissions this month.



I'm + hake
to you.

Such a loving,
caring community.

I am Thankful
for the Daily
Devotion

BEYOND THE BASICS - (ADULT SUNDAY SCHOOL)

Sunday Mornings at 9:30 A.M. in the Wesley Room

MONDAY NIGHT GROUP

The Book Group meets by ZOOM at 7:00 P.M.

Currently reflecting on a series of Videos for the Summer

Feel free to join on any Monday. Zoom Link is:

<https://us02web.zoom.us/j/771970415?pwd=bFdUQk9YQUlyZXRhYUZnNVhRVEZvUT09>

TUESDAY MORNING HEALTHIER LIVING GROUP

Join Zoom Meeting on Tuesdays at 10 A.M.

<https://us02web.zoom.us/j/85294018790?pwd=bScXqgjh6RICDFWN93l16aMcguqx16>

Meeting ID: 852 9401 8790 Passcode: 389789

One tap mobile +16465588656,,85294018790#

Dial by your location +1 646 558 8656 Meeting ID: 852 9401 8790

WEDNESDAY MORNING MEN'S STUDY

Wednesday Mornings at 7:15 A.M. at Angelo's Franklin Diner

FRIDAY MORNING READING TOGETHER/BIBLE STUDY

Fridays, at 10 A.M. ***What Paul Really Said About Women: The Apostle's Liberating Views on Equality in Marriage, Leadership, and Love* by John T. Bristow?** Have questions? Need more info? Please contact Laura Kempson,

ljempson27@gmail.com. Please come join this hybrid study group in person at the church in the Wesley room at 10 A.M. or via Zoom.:

<https://zoom.us/j/389284226>

Alternate Phone in #: +1 646 876 9923; Meeting ID: 389 284 226 -- Passcode: 7773

Church Mouse Thrift Shop

Since **June 19th**, the Church Mouse has been having "Freebie Fridays" for June, July, and August. There will be bins of free merchandise at the top of the wheelchair ramp available to everyone. Be advised this is weather permitting! Enjoy!

<https://www.facebook.com/profile.php?id=61578137110625>

August 2, 2026

Thank you to our Worship Leader this morning:

Pat Harvey

The Altar Flowers are given by:

Alicia Hahn

In memory of Aunt JoAnn Stiles by

The Hahn Family

Uplift and Support

John Young; the Aughenbaugh Family; Kimmy Trevot; Sig Binder; Jill's mom, Tibbie Reynolds; Mike & Debbie LaRose; Brooke; the family of Sally Yellinski; Abbie Wright; Edith VanHousen; Alba Haas; Diane Cironi; Sharon Gordon; Lester Hemphill; Rich Kelley; Linda Giammanco; Janet Hoffer; and Brenda Losey.

Before you place anyone on our prayer list, please make sure you have permission from the person to do so.

We would like to thank— Pat Harvey, Jen Hutchison, Ruth Fulgenzi, Don Voreck, Yvonne Roux, Sue Reynolds, David Foote, Ashton Voreck, Susan Foy, Nathaniel Noel, and all those who help to make Livestream Worship Services possible. **We're always looking for more folks to help with the livestream.** (Especially folks who are not in the bell choir.) Please see Yvonne.

Join us for Coffee

Hour – Every Sunday

Immediately following worship, please join us down the hall in Demarest Hall for light refreshments and beverages and conversation! All are welcome!

