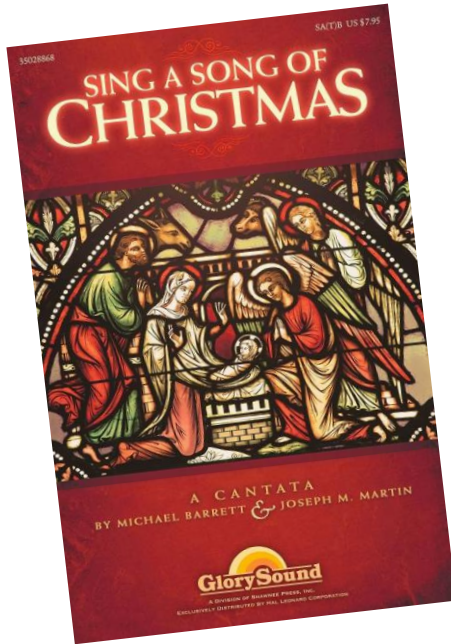


Christmas Cantata

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.



From Tags to Riches

Our Sparta **United Women in Faith** is supported by Soup and Quiche sales and a 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 on **September 18th**.

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/4sUELRQ



Scan me

Scan this QR Code to reserve flowers.

The 8:45AM Service

The 8:45AM service will resume on Sunday, August 30th. This traditional worship experience celebrates communion each week as a part of the service.

Sunday School

Sunday School starts on Sunday, September 13th concurrent with the 10:30 service.

THE
art
OF
Giving.

Support local artists and find the perfect gift!

**3RD ANNUAL
ART SHOW AND SALE**

— AT THE —
**SPARTA UNITED
METHODIST CHURCH**
71 S Sparta Avenue, Sparta, NJ 07871

Saturday
NOVEMBER 14
10 AM TO 4 PM

*Original Art
Paintings
Photography
Jewelry
and More!*

*All are welcome—
art makes great
holiday gifts!*

WHERE CREATIVITY GIVES BACK TO THE COMMUNITY



Skylands United Women in Faith

B.R.E.W.

Be still
Recieve God's Love
Embrace Yourself
Welcome the day

Slow Down. Breathe
Deeply. Begin Again.

Your 4 Session Experiences Include:

- Chair Yoga
- Silent Meditation
- Mindful Breathing
- Lunch
- Herbal Teas




Friday September 18th
8:30 – 3:45

Sparta United Methodist Church
71 S Sparta Ave Sparta, NJ

For More Information –
email Barbara Miller
1thess51522@zohomail.com



Please RSVP so we know how much food to order:
E-mail Jill at hugsnothate@yahoo.com

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 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



The Bells Are Ringing!

Heavenly Metal Ringers, the handbell choir for high school students and adults, meets on Tuesdays from 7 pm to 8:30 pm. Members must be able to read music. Heavenly Metal Ringers play in church once a month at the 10:30 service, as well as at the German Christmas Market.

Genesis Ringers is an intergenerational group for students grade 3 and up and adults. In this group young people and adults can learn to read music. Concepts of melody, rhythm and dynamics will be taught through games and other activities. The day and time to be announced.

Children, ages 4 to 8, may join the Chime Choir. This group learns musical concepts through games, movement, singing and ringing. The day and time to be announced.

Questions? Contact Yvonne Roux, at yrouxrings@gmail.com, or 973-534-6129.

Church Mouse Thrift Shop

As summer is coming to an end, we are pleased to announce that “Freebie Fridays” has been a great success!

Take advantage of 50% off in the entire Shop until August 28th.

The shop will be closed on Saturday, August, 29th. No donations will be accepted that day. It's our Changover Day. We do need volunteers to help bag up everything, and to help with the deep cleaning. We'll also need help on Sunday the 30th (after coffee hour).

Then, September will bring our Fall and Winter fashions! Thank you for supporting the Church Mouse! <https://www.facebook.com/profile.php?id=61578137110625>

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=bFdUQk9YQUlyZXRhYUZhNVhRVEZvUT09>

Starting August 31st: Marcus Borg's "**Speaking Christian.**"

TUESDAY MORNING HEALTHIER LIVING GROUP

Join Zoom Meeting on Tuesdays at 10 A.M.

https://us02web.zoom.us/j/85294018790?pwd=bScXqgjh6RICDFWN93I16_aMcguqx.F.1

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. ***The Friendship of Women by Joan Chittister.*** 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

Feed the Body/Feed the Soul

Each month, Sparta UMC church gives a free bag lunch, a \$20 Shop Rite grocery card, and we serve communion to people in need. On August 14, we served **280** families.

The next FTB/FTS is on **Friday, September 11**. We welcome volunteers to help. Invite your caring friends to help with you. Please click on the Sign up Genius link below to see how you can be of assistance. After you've signed up, you will get a confirmation reminder.

<https://www.signupgenius.com/go/60B0D4EAAAE23A3FD0-65135724-feed#>

John 13:14-15: Jesus washes His disciple's feet and tells them, "Now that I, your Lord and Teacher, have washed your feet, you should also wash one another's feet. I have set you an example that you should do as I have done for you."



August 23, 2026

Thank you to our Worship Leader this morning:

Mike Vrabel

The Altar Flowers are given by:

Melissa Lambert

With prayers for Carrie's successful migraine treatment in Philadelphia.

Uplift and Support

Martha from FTB/FTS on the loss of her daughter; Lauren Hahn; Jen Hutchison; the Aughenbaugh Family; Kimmy Trevot; Sig Binder; Jill's mom, Tibbie Reynolds; Mike & Debbie LaRose; Brooke; the family of Sally Yellinski; 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, Davy Foote, Ashton Voreck, Don Voreck, Jen Hutchison, Ruth Fulgenzi, Yvonne Roux, Sue Reynolds, 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.

The link for our livestreams is <https://www.youtube.com/@SpartaUMCNJ>

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!



All Church Picnic

Sunday, September 13th following the 10:30 service in the **Pavillion**. Hot dogs and hamburgers will be provided. Each household is invited to bring a dish to share. A sign-up genius will be sent out for you to sign up.