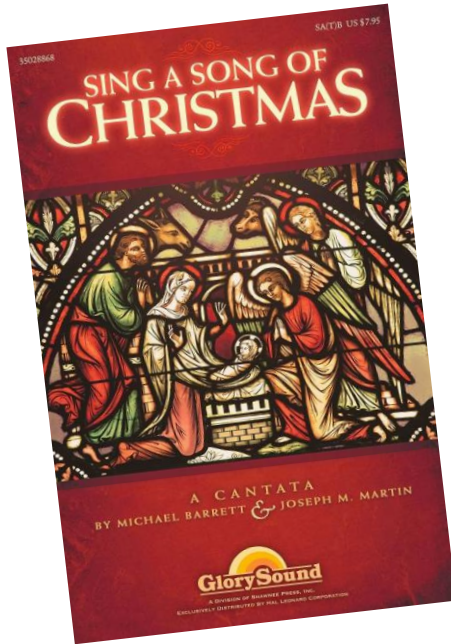


Christmas Cantata

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 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, landscapes, 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.



Say It with Flowers!

Acknowledge loved ones or a special occasion with an altar flower arrangement. Reservations are being accepted for September 13 and 27; October 11; November 1, 8, and 15.

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.

Sunday School

Sunday School starts on **Next 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.

B e still
R eceive God's Love
E mbrace Yourself
W elcome 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 plays 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

The shop was closed August, 29th for our semi-annual Mission Day, also known as Changover Day. We served approximately 145 guests from 10 agencies invited to participate.

Back-to-School items are **50% off** this week.

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