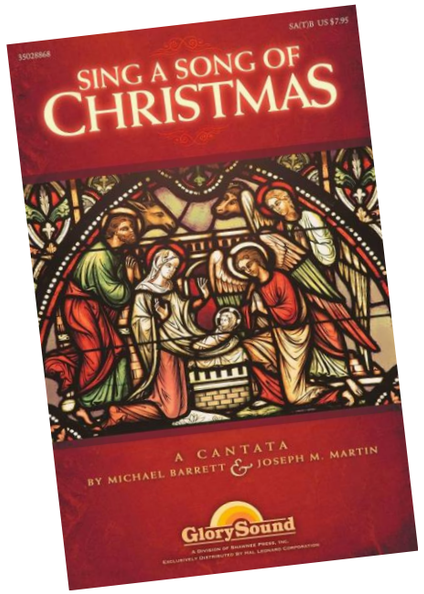
Christmas Cantata

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.



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 an d 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.

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: October 9, 16, & 23

*

Time: 12:00 P.M. - 12:45 P.M.

*

Where: Sparta UMC, 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.

Living with Grief

Presenter: Cecelia Clayton, MPH, Executive Director at Karen Ann Quinlan Hospice.

A four-week lecture series that explores the normal, natural, and unavoidable reactions to loss. Participants will gain a deeper understanding of the effect that grief has on our lives, our loved ones, and our relationships.

Tuesdays October 6, 13, 20, and 27 from 5:30 to 7:00PM at **Atlantic Health Hackettstown Medical Center Cafeteria Dining Room**. 651 Willow Grove Street Hackettstown, NJ 07840

Doors open at 5:00PM; Complimentary dinner will be available.

Registration is required: call 973-579-8625 or e-mail randolph.parks@atlantichealth.org

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.



Sparta United Methodist Church Blood Drive

A Scary Good Giveaway!

No tricks, just treats. **Donate in October** to help patients who rely on blood donations and you'll be entered to win **one of two $10,000 gift cards.***
Schedule your appointment today.

Make an appointment at vitalant.org or call 877-25-VITAL

Use blood drive code:
https://donors.vitalant.org/dwp/portal/dwa/appointment/guest/phl/timeSlotsExtr?token=9RQnlY1gxKgmpW%2B1ULlgO7sfL%2F%2FpbKBP4X0OKFD5NtY%3D

Wednesday, October 28, 2026
4:00pm to 8:00pm

71 Sparta Avenue, Sparta, NJ 07871
Demarest Hall
Appointments are strongly recommended

Please eat a meal before donating blood and drink plenty of water before and after donating. Please bring Photo ID with you when you are donating blood.

Terms and conditions apply; see **vitalant.org/ScaryGoodGiveaway*

877-25-VITAL | vitalant.org
Because of you, life doesn't stop

vitalant
Blood Donation

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

Say It with Flowers!

Acknowledge loved ones or a special occasion with an altar flower arrangement. Reservations are being accepted for October 11; November 8, 15, 22, and 29.

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.

Feed the Body/Feed the Soul



Each month, Sparta UMC church gives a free bag lunch, a $20 ShopRite grocery card, and we serve communion to people in need. On September 11, we served **261** families.

The next FTB/FTS is **Friday, October 9**. 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://bit.ly/Signup1026

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."

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.

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

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

https://us02web.zoom.us/j/771970415?pwd=bFdUQk9YQUIyZXRhYUZnNVhRVEZvUT09

TUESDAY MORNING HEALTHIER LIVING GROUP

Join Zoom Meeting on Tuesdays at 10 A.M.

https://us02web.zoom.us/j/85294018790?pwd=bScXqgjh6RlCDFWN93l16_aMcguqxF.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, ljkempson27@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

Starting on October 16th: *Wonder Drug*: 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself

by Stephen Trzeciak M.D. & Anthony Mazzarelli M.D.

Church Mouse Thrift Shop

Thank you for supporting the Church Mouse!

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

Save the Date!

Join us for a Racial Justice Program on Sunday, November 15th in the afternoon in Demarest Hall. Watch this space for more information.

October 4, 2026

Thank you to our Worship Leader this morning:

Pat Harvey

The Altar Flowers are given by:

Judy Bessemer

Happy Birthday to Jenna & Jimmy. Happy Anniversary, Jason & Lindsey.

Congratulations, Jenna & Brian on their engagement.

Uplift and Support

The family of Janet Hoffer; Michael (43 years old) is in the ICU after a stroke on Thursday; Alden Welch; 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 Van Housen; Alba Haas; Diane Cironi; Sharon Gordon; Lester Hemphill; Rich Kelley; Linda Giammanco; 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, Susan Foy, Ruth Fulgenzi, Jen Hutchison, Sue Reynolds, Yvonne Roux, Ashton Voreck and Don Voreck who help make the Livestream of our Worship Services possible. If interested in helping out, please contact Yvonne Roux, yrouxrings@gmail.com or 973-534-6129.

The link for our livestream 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!

Sunday School

Sunday School runs concurrent with the 10:30 service.