

The Messenger

**First & Wesley
United Methodist Church
89 Center Street
West Haven, Connecticut 06516
203-933-8795
September 2025**



Worshiping God in Spirit and in Truth

In John 4:23–24, Jesus declared to the Samaritan woman at the well: *“But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth.”*

These words remain one of the most profound teachings on worship. They remind us that true worship is not limited to a place, a style, or a tradition, it is about the posture of the heart and the alignment of our lives with God’s Word.

Worship Beyond the Walls

For centuries, many have equated worship with a location; the temple, the sanctuary, the church building. But Jesus shifted the focus from geography to intimacy. Worship is not confined to four walls. Wherever a believer lifts their heart to God: in their living room, at their workplace, or even in silence on a busy street, that place becomes holy ground. Worshipping together in a defined location is another level of worship. True worship flows from within. It is not about rituals or routines but about offering ourselves as “living sacrifices, holy and pleasing to God” (Romans 12:1). When our daily lives reflect God’s presence, we are worshiping in spirit and in truth.

Worship in Spirit

To worship in spirit means engaging our whole being: our heart, mind, and soul in communion with God. It is Spirit-led, not flesh-driven. The Holy Spirit quickens our hearts, lifts our prayers, and makes our songs more than melodies. Spirit-filled worship draws us beyond performance and into God’s presence, where transformation happens. When we worship in spirit, our joy is not dependent on the music, the choir, or the atmosphere. It springs from an inner connection to God, an overflow of gratitude that cannot be silenced.

Worship in Truth

To worship in truth means our worship is anchored in God's Word and consistent with His character. It is not shaped by personal preferences or passing emotions but by a desire to glorify God as He truly is. Jesus Christ, "the way, the truth, and the life" (John 14:6), is the foundation of all true worship.

Truth in worship calls us to sincerity. God is not moved by empty words or outward show, but by hearts aligned with Him. When we worship in truth, we allow Scripture to guide our songs, prayers, and lives, so that everything we do reflects His will.

Living a Life of Worship

Worship is not a Sunday activity; it is a lifestyle. Singing praises in church is only one expression. Our obedience, generosity, compassion, and love for others are also acts of worship. Paul reminds us in Colossians 3:17 that true worship is lived daily. It is choosing integrity when no one is watching, serving with humility, forgiving when it is hard, and loving even the unlovable.

A Call to True Worshipers

God is seeking worshipers not entertainers, not spectators, but worshipers who will give Him glory in both spirit and truth. As a church, let us rise to this call. Let our gatherings be filled with authentic, Spirit-led praise. Let our homes be filled with prayers of thanksgiving. Let our lives proclaim the goodness of God in everything we do.

Worship is not about us, it is about God. When we worship in spirit and in truth, heaven touches earth, lives are transformed, and God is glorified.

Do This: Ask yourself, am I worshiping God only with my lips, or with my whole life? Am I rooted in His Word and open to His Spirit?



Lectionary Readings for September 2025

September 7, 2025

[Jeremiah 18:1-11](#), [Psalm 139:1-6, 13-18](#), [Philemon 1-21](#), [Luke 14:25-33](#)

September 14, 2025

[Jeremiah 4:11-12, 22-28](#), [Psalm 14](#), [1 Timothy 1:12-17](#), [Luke 15:1-10](#)

September 21, 2025

[Jeremiah 8:18-9:1](#), [Psalm 79:1-9](#), [1 Timothy 2:1-7](#), [Luke 16:1-13](#)

September 28, 2025

[Jeremiah 32:1-3a, 6-15](#), [Psalm 91:1-6, 14-16](#), [1 Timothy 6:6-19](#)
[Luke 16:19-31](#)



First & Wesley United Methodist Church

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*After School Program is from 3:30-5:30	1 Labor Day	2 After School Prog 7p Healing Prayer Service	3 After School Prog	4 10a-12p "K" Café After School Prog 6p Bell Choir 7p Adult Choir	5 After School Prog	6 12-2p Community Cookout
7 10:00a Family Worship Service, Communion, Birthday/Anniversary celebration and Sunday School (begins after Children's Sermon)	8 After School Prog 7p Adult Monday school - online	9 After School Prog 7p Finance	10 No After School Prog 7p Adult Group Study - online	11 10a-12p "K" Café After School Prog 5p Youth Choir 6p Bell Choir 7p Adult Choir	12 After School Prog	13 8-10a Men's Fellowship Breakfast
14 10:00a Family Worship Service & Sunday School (begins after Children's Sermon)	15 After School Prog 7p Adult Monday school - online	16 After School Prog 7p Staff Parish	17 After School Prog 7p Adult Group Study - online	18 10a-12p "K" Café After School Prog 5p Youth Choir 6p Bell Choir 7p Adult Choir	19 After School Prog	20 9:30a Craft Corner 5p Agape Meal (Free) All Welcome *Articles Due for the Oct Messenger
21 10:00a Family Worship Service & Sunday School (begins after Children's Sermon)	22 After School Prog 7p Adult Monday school - online	23 No After School Prog 7p Trustees	24 After School Prog 7p Adult Group Study - online	25 10a-12p "K" Café 1p Prayer Shawl at Edith Mulligan's home After School Prog 5p Youth Choir 6p Bell Choir 7p Adult Choir	26 After School Prog	27 9a-4p Apple Festival
28 10:00a Family Worship Service & Sunday School (begins after Children's Sermon) Spaghetti & Meatball orders due	29 After School Prog 7p Adult Monday school - online	30 After School Prog 7p Church Council - online			Oct. 3 7p Missions & Outreach	Oct 4 Homemade Spaghetti & Meatball Dinner Fundraiser

Zoom Link for all Worship Services and meetings!
(exceptions – SPR, CNLD,)

Zoom Link: <https://zoom.us/j/147691027>

Call-in: 1-646-876-9923 Meeting ID: [147691027#](https://zoom.us/j/147691027)

For more information go to the church website at www.firstwesleyumc.org



RALLY DAY

We invite you to our Rally Day Kick-off on September 7th. As we resume our programs in the fall, we invite all to our Sunday School, “Monday Adult School” and Bible study programs. Come and learn about the character of God, the work of Christ, and the means of living in right relationship to God and all people.

Children’s Sunday School meets on Sunday mornings following the Children’s Moment during the 10:00 service.

Our program is open to all kids ages 4 and up. Our youth are invited to rotate through as helpers. Please go to the church website to register your child/youth for Sunday school or ask a Sunday School teacher for a registration form.

Adult “Monday” School meets every Monday at 7pm online

Adult Bible Study meets every Wednesday at 7pm online

A reminder as you head back to school:



After School Program

The First & Wesley After School Program is continuing! We have received an anonymous donation of \$2,000 and we have savings on expenses which will allow us to fund the program. If you can volunteer one day a week, please contact Mary Rolfe, Layleader, Peggy Jerrell, SPPR Chair or Helen Smith, Secretary. Please pray for this program, the staff, volunteers and the families.

*“Since there will never cease to be some in need on the earth, I therefore command you, “Open your hand to the poor and needy neighbor in you land”
- Deut. 15:11*



MISSION & OUTREACH

THANK YOU to everyone who donated money for our summer mission projects: Donors Choose and WHEAT. We also gave out 28 backpacks to families in need.



The Community Cookout will be held on 9/6 from 12-2 (No Rain Date). Please come enjoy some great food, great fun with great company!!!! There will be hamburgers, hot dogs, chips, drinks, freeze pops and games!!!

Fellowship

Every Thursday – Koinonia Café, 10am-12pm

Please note: If you would like to help Judy Jennette with this, please contact her.

Every 3rd Saturday of each month – 5pm
FREE Community meal followed by games.
Volunteers always welcome – see Dave Smith or Judy



Prayer Shawl Ministry

First & Wesley United Methodist Church

Hope everyone had a safe and fun summer.

Our next Prayer Shawl meeting will be September 25, 2025 at 1PM in person at the home of Edith Mulligan – 65 Messina Drive Apt A761 East Haven, CT 06512

Prayer shawls are in the Church Office if someone needs one.

Be sure to sign your name and the person it will go to.

You can also contact Edith Mulligan – (203) 821-7533 or Linda Kopec – (203) 804-2522

ADULT BIBLE STUDY

"Digging Deeper into the Word Again"

Every Wednesday, 7 PM

- ▶ Do you have any questions about the Sunday Service sermons?
- ▶ Have you experienced something or have a story that connects with those sermons?
- ▶ Do you want to explore the texts, themes, or theology used in the Sunday Service?

If so, you're invited to join our Wednesday Bible Study!

This will be a time to dive deeper into the Scriptures preached in the previous Sunday's service.

Ringers and Singers Unite!

Our choirs at First and Wesley UMC will begin rehearsals again starting on Thursday, August 28th for our Handbell Choir (6:00pm) and Adult Chancel Choir (7:00pm). Our Youth Choir will begin rehearsals again starting on September 11th at 5:00pm. We are accepting new members to each group, regardless of skill level or musical knowledge. If you are interested in joining or curious and would like to observe what we do, please contact Christine Chan (203) 927-4679 for Adult and Handbell Choirs, and Helen Smith (203) 444-2362 for Youth Choir. Our groups are a loving, safe, and fun place to learn and make music together!

Rehearsals will start on August 28th and will continue weekly on Thursdays. The schedule is as follows:

Youth Choir: Thursdays 5:00pm-5:45pm (starts September 11th)
Handbell Choir: Thursdays 6:00pm-6:45pm
Adult Choir: Thursdays 7:00pm-8:30pm

We welcome anyone who is interested in making music, regardless of skill level or experience! We look forward to another year of making music in praise of our Lord!

In Harmony, Christine Chan, Music Director

September Birthdays

5 - Sharon Stuhlman
6 - Tom Baker
10 - Evelyn Briandt-Arhin
12 - Kel Youngs
14 - Nana Dondorful-Amos
16 - Shelby Poe
Laurie Simone
18 - Richard Pyrdol, Jr.
Kathy Hulse
20 - Nicole Danz
23 - Dave Goodwin
25 - Paakow Amos
30 - Jamie Jerrell

September Anniversaries

27 - Barbara and Matt Heafy

If you do not see your birthday or anniversary listed, please let the church office know so we can update our list and make sure you are not missed.

Also, please send information re any name changes, address changes, marriages, births, deaths, etc., to the Church Office, or by Email to: firstwesleyumc@gmail.com

Craft Corner



We have some Get Well and Thinking of You cards. Contact Gail if you would like a card sent to someone or have questions about the group. You can call the church office or e-mail Gail at gbartozzi@yahoo.com
We meet the third Saturday of the month from 9:30 - 10:30am.

Being Alone in the Church

For those of you who need to go into the church, do not forget to sign in each time you enter the church. If you are going to be working in the church alone, please make sure someone knows you are there and let them know when you leave.



Native American Coin Collection

We continue to collect pennies for the Native American Ministries. We would like to send many thanks to our Church Family for helping us to continue with this Ministry.

Havens/Shoreline Parish Healing and Wholeness services

1st and Wesley UMC
Tuesday September 2nd @7pm
(1st Tuesday of each month)

Branford UMC
Wednesday September 10 @1pm
in the sanctuary
(2nd Wednesday of each month)

Hamden Plains UMC
Wednesday September 24th @11am (New Time)
in the prayer room
(4th Wednesday of each month)

Services are led by Rev. Cindy Dodd, retired UM minister.
All are welcome! Questions? Call Pastor Dodd at 203 889-6934

Upcoming Fundraisers - Mark Your Calendars

Saturday, October 4th **Spaghetti & Meatball dinner will be eat in or take out**

For Take-out - pick up will be at 4pm

Eat in will start at 5pm in the dining room of Kendall Hall

Dinner will include the entrée - spaghetti with meatballs, salad, bread, beverage, and dessert.

Please let us know if you need gluten free pasta or if you would like meatless sauce.

Online ordering at <https://www.firstwesleyumc.org/spaghetti/>

All orders need to be in by Sunday, September 28, 2025

Cost: Adults \$15, children 5-10 \$10, under 5 free, Family of 4+ (in same house) \$50

Join us in this fundraiser for our mission and ministries.

An order form/flyer is included in this messenger and will be available at church!

Saturday, November 15th

Harvest Fair, 8am-3pm

Please note that the date for our fair is the THIRD Saturday of November

West Haven's Apple Festival

Last year we joined the Apple Fest on the West Haven green to invite people to visit our church on Sunday mornings and during the events we hold each year. It is on September 27 from 10am to 4 pm. (Set up is at 9pm) We need cheerful volunteers to man our booth handing out popcorn, and brochures and extending this invitation. We had a fun time last year and it was a wonderful opportunity for Pastor Choi and his family to meet the community. If you have an hour or so to help with this outreach ministry, please see Peggy Jerrell to sign up. Volunteer hours needed are from 10 am to 4 pm.



CONTACT INFORMATION

Pastor, Rev. Frank Sarpong 860-938-1845 (Phone or text))
franksarpong@nyac-umc.com

Layleader, Mary Rolfe 475-988-7666 (phone or text)
mary.kate527@icloud.com

306 Noble St., West Haven, CT old-fashioned mail!)

First & Wesley invites you to our Rally Day Kick-Off

**learn about the character of God, the work of Christ, and the
means of living in right relationship to God and all people.**



**Children's
Sunday School
starts September 7th
at 10:00am
(during worship service)**



YOU ARE INVITED

★★ Community cook out ★★



6th
September
(No Rain Date)

12:00-2
pm

HAMBURGERS | HOTDOGS | SODA | & GAMES

**HOPE YOU CAN JOIN US AT
89 Center St, WestHaven, CT 06516**

FREE!

Come & Join us as we kick off our fall programs with fun and fellowship for the church and the community!



Spaghetti & Homemade Meatball Fundraiser

Sat., October 4, 2025

4pm take-out order pickup

5pm in person at church

Kendall Hall - First & Wesley UMC

89 Center St West Haven

Cost: \$15 adults, \$10 kids 5-10

Family of 4+(same house) \$50

Orders Due by September 28th

Order on line at

<https://www.firstwesleyumc.org/spaghetti>

Name _____ Phone _____

Take-out _____ Eat in _____

#

Adult @ \$15 each = \$ _____

Child 5-10 @ \$10 each = \$ _____

Family of 4+(same house) \$50 = \$ _____



The Messenger

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89 Center Street, West Haven, CT 06516

Phone (203) 933-8795

www.firstwesleyumc.org

Email: firstwesleyumc@gmail.com

Facebook Page at www.facebook.com/firstwesleyumc.

Pastor Frank Sarpong

“Sunday Worship Time: 10:00am”

The September 2025 Newsletter

STRONGER TOGETHER



“We can do all things
through Christ who strengthens us.”
(Philippians 4:13)

IN-PERSON & ONLINE SUNDAY WORSHIP @ 10:00 AM

COME JOIN OUR CHURCH FAMILY!