

# The Messenger

**First & Wesley  
United Methodist Church  
89 Center Street  
West Haven, Connecticut 06516  
203-933-8795  
June 2026**



**Rev. Frank Sarpong**

## Show Up, Jump In, Move Out Our Church Theme for the Year

Every church that desires growth must move beyond attendance and into transformation. Growth does not happen accidentally. Healthy churches grow when people become present, engaged, and sent. This year, our theme will be “Show Up, Jump In, Move Out” which is a call to discipleship and a pathway toward becoming the church God desires us to be.

### Show Up

The first step in spiritual growth is simply showing up. Many blessings begin with presence. Before God uses us, He often calls us to position ourselves where He can speak to us, shape us, and strengthen us. Too often people miss what God wants to do because they are absent physically, emotionally, or spiritually.

The Bible says:

*“Let us not give up meeting together, as some are in the habit of doing, but encouraging one another...”*  
(Hebrews 10:25)

Showing up means more than occupying a seat on Sunday morning. It means showing up with expectation. It means showing up to worship, prayer meetings, Bible studies, fellowship gatherings, and opportunities to serve. The miracle often begins when people simply decide to be present. When we show up consistently, God shows us His faithfulness.

### Jump In

After showing up comes participation. Christianity was never meant to be a spectator sport. God has given every believer gifts, talents, and abilities to contribute to the body of Christ.

The Apostle Paul writes:

*“Now to each one the manifestation of the Spirit is given for the common good.”* (1 Corinthians 12:7)

Jumping in means finding your place in ministry. Join a small group. Serve on a team. Sing in the choir. Volunteer in outreach. Teach, encourage, pray, greet, mentor, or support someone in need. The church grows stronger when every member becomes involved.

Peter reminds us:

*“Each of you should use whatever gift you have received to serve others...”* (1 Peter 4:10)

Growth happens when people stop asking, “What can the church do for me?” and begin asking, “How can I help build God’s kingdom?”

## Move Out

Finally, we are called to move out. The church was never designed to remain within four walls. We gather for worship, but we scatter for mission.

Jesus commanded His disciples:

“Go therefore and make disciples of all nations...” (Matthew 28:19)

Moving out means taking Christ into our neighborhoods, schools, workplaces, communities, and homes. It means inviting others, sharing our testimonies, serving those in need, and becoming living examples of God’s love. We are not simply called to sit; we are called to go.

This year, imagine what God can do if every member commits to these three steps:

**Show Up** – Be present.

**Jump In** – Get involved.

**Move Out** – Share Christ with the world.

If we embrace this vision together, we will not only see numerical growth; we will see spiritual growth, transformed lives, and a church that impacts generations for Christ. This year, let us show up with faith, jump in with passion, and move out with purpose.

### *Lectionary Readings for June 2026*

*June 7, 2026*

[Genesis 12:1-9](#), [Psalm 33:1-12](#), [Romans 4:13-25](#), [Matthew 9:9-13, 18-26](#)

*June 14, 2026*

[Genesis 18:1-15, \(21:1-7\)](#), [Psalm 116:1-2, 12-19](#), [Romans 5:1-8](#),  
[Matthew 9:35-10:8, \(9-23\)](#)

*June 21, 2026*

[Genesis 21:8-21](#), [Psalm 86:1-10, 16-17](#), [Romans 6:1b-11](#), [Matthew 10:24-39](#)

*June 28, 2026*

[Genesis 22:1-14](#), [Psalm 13](#), [Romans 6:12-23](#), [Matthew 10:40-42](#)



**VBS**

**SNOWBALL MOUNTAIN CHALLENGE**

July 12<sup>th</sup> to 16<sup>th</sup>

**“Find Your  
Strength in  
God”**

This program invites kids to an exciting winter sports event, where they become Challengers, gearing up for frosty games, snowy surprises, and hands-on lessons about resilience and faith. Your kids will be guided daily by your energetic Activities Director and the lovable Ollie the Arctic Seal puppet, who is reporting on the events.

See flyer on the second to last page of this newsletter for [registration information](#)

Currently we are collecting **EGG CARTONS**. The plan is to **build an igloo** for this summer’s our **SNOWBALL MOUNTAIN CHALLENGE** as part of the decorations. We will love the idea of an igloo when VBS happens in July!



# First & Wesley United Methodist Church

## June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  3:30p Afterschool  7p Adult Monday school	<b>2</b>  3:30p Afterschool  6p Healing Service	<b>3</b>  3:30p Afterschool  7p Adult Group Study	<b>4</b> 10a–12p “K” Café 3:30p Afterschool  7p Adult Choir	<b>5</b>  3:30p Afterschool	<b>6</b>  <b>9a-12p VBS Painting Party</b>
<b>7 Celebrate Children</b>  10:00a Family Worship Service & Sunday School (begins after Children's Sermon) Birthday/Anniversary celebration after service	<b>8</b>  3:30p Afterschool  7p Adult Monday school	<b>9</b>  3:30p Afterschool  7p Finance	<b>10</b>  3:30p Afterschool  7p Adult Group Study	<b>11</b> 10a–12p “K” Café 3:30p Afterschool  7p Adult Choir	<b>12</b>  3:30p Afterschool	<b>13</b> 8-10a Men’s Fellowship Breakfast  8-10a Women of Faith Health Walk – Old Grove Park
<b>14</b> 10:00a Family Worship Service & Sunday School (begins after Children's Sermon)	<b>18</b>  3:30p Afterschool  7p Adult Monday school	<b>16</b>  3:30p Afterschool (last day until August 31 <sup>st</sup> )	<b>17</b>  7p Adult Group Study	<b>18</b> 10a–12p “K” Café  <b>*Articles Due for the July &amp; August Messenger</b>	<b>19</b>	<b>20</b> 9:30a - Craft Corner  5p Agape Meal (Free) All Welcome
<b>21</b> 10:00a Family Worship Service & Sunday School (begins after Children's Sermon)	<b>22</b>  7p Adult Monday school	<b>23</b>  7:00p Trustees	<b>24</b>  7p Adult Group Study	<b>25</b> 10a–12p “K” cafe	<b>26</b>  7p Welcome Booth Taskforce	<b>27</b>
<b>28</b> 10:00a Family Worship Service	<b>29</b>  7p Adult Monday school	<b>30</b>				

For more information go to the church website at [www.firstwesleyumc.org](http://www.firstwesleyumc.org)

**Zoom Link for all Worship Services and meetings!**

(exceptions – SPR, CNLD,)

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

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

# Healing and Wholeness Service

You are Welcome and Needed!

Our Healing and Wholeness Circle will meet in the pastor's office on Tuesday, June 2<sup>nd</sup> at 6pm. If you could use some extra support or have a prayer concern which is on your heart, please come and pray with caring prayer partners. If you are not able to attend in person, you may send your prayer requests to Pastor Frank through text to 860-938-1845 and your request will be read during the service.

If you have any questions, please feel free to give me a call  
Pastor Cindy Dodd, 203-889-6934

First & Wesley UMC - Tuesday, June 2<sup>nd</sup>, 6pm

Branford UMC - Wednesday, June 10<sup>th</sup>, 1pm

Hamden Plains UMC - Wednesday, June 24<sup>th</sup>, 11am



## A UARMY INVADES WEST HAVEN!

This July the United Methodist Army will be camped out at Mary Taylor UMC and are sending troops to West Haven. They are looking for service projects. A team of enthusiastic Teens along with able chaperones will be tackling various tasks in the area. If you have a project that involves painting, cleaning, decks or ramps, yard clean up you may want to consider letting the Army help you. Once projects are submitted they will be evaluated and matched with appropriate teams. Please contact the Church office to request a project to be added to the list.

The projects are scheduled to be completed July 5th - 11th.

Examples of projects include: Wooden Porches, Small Sheds, Sagging Floors, Yardwork, Window Glass, Stuck windows or doors, Painting, Drywall repair, House Cleaning, Screen Repair.



# Sunday School

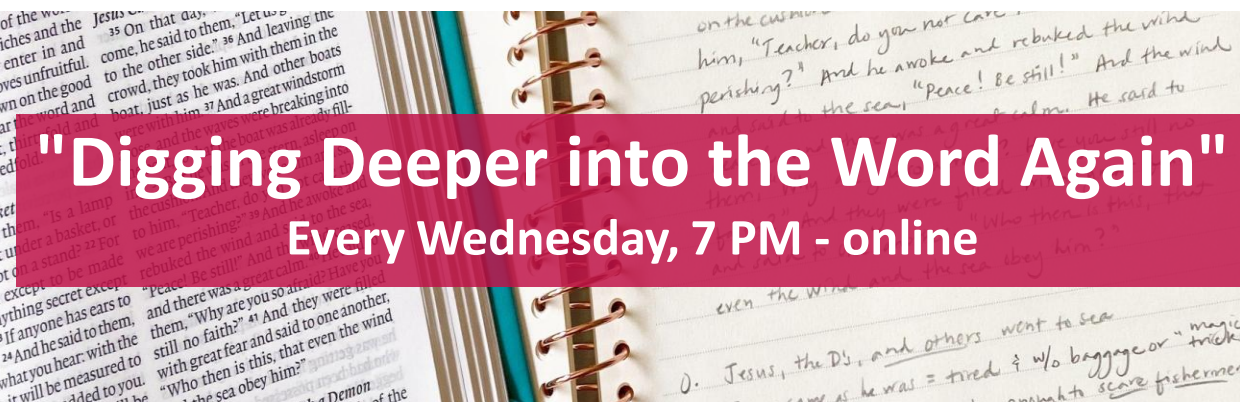


Join us for Children's Sunday on June 7.

Come learn about the character of God, the work of Christ, and the means of living in right relationship to God and all people. We meet 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 BIBLE STUDY\*



## "Digging Deeper into the Word Again"

Every Wednesday, 7 PM - online

- ▶ 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.

## ADULT "MONDAY SCHOOL"

We hope you can join us Mondays online for our Adult Sunday School class. We just started using the book Familiar Stranger by Tyler Staton. If you cannot make it every Monday, you are welcome to come when you can. Books are available in the church office.

# MEN'S FELLOWSHIP BREAKFAST NEWS



**MEN'S FELLOWSHIP Breakfast**

THIS JUNE, MEN WILL BE GATHERING ON THE **13<sup>TH</sup>**

- Join in for a good hot cooked breakfast, conversation, and inspiration.
- We gather at 8 with a cup of coffee and begin eating shortly afterwards.
- We always wrap up by 10 AM.
- Everyone is welcome, so feel free to bring a friend.

Venue is **FIRST & WESLEY UMC**  
89 Center St. West Haven, CT



This June, men will be gathering on the 13th for our monthly breakfast. Join in for a good hot cooked breakfast, conversation, and inspiration. We gather at 8 with a cup of coffee and begin eating shortly afterwards. We always wrap up by 10 AM. Everyone is welcome, so feel free to bring a friend.



## WOMEN'S FELLOWSHIP



Women of the Church! We hope you can join us for our Health Walk on **Saturday, June 13th, 8-10am at Old Grove Park on the beach in West Haven..** This is a great time of fellowship, spiritual nourishment, encouragement, and a great walk in the beauty of God's creation!!

## WORSHIP COMMITTEE NEWS

Children's Sunday is on June 7th this year! Our Sunday school children will be helping to lead the worship service. Let us support and encourage our youth!

If you have a high school or college **graduate**, please let Helen Smith know by **(June 1<sup>st</sup>)** as we will present them with a gift and celebrate their accomplishment during the worship service.



# MISSION & OUTREACH

## TEAM WHEAT

The Missions and Outreach Committee is looking for a few volunteers to manage our church's food donations to WHEAT ( West Haven Emergency Assistance Taskforce).

This would include monitoring donations in our church's red collection wagon located in the vestibule, and then making arrangements to have the food brought over to the Washington Avenue location. Also, this team would alert the congregation of specific needs and requests from WHEAT.

Please contact Helen Smith if this important service activity seems like a good fit for you.



### *Native American Coin Collection*

Over the years, First and Wesley developed a tradition of collecting pennies to support Native American Missions. Given the shortage of pennies these days, we are now collecting all coins. The upper grade Sunday school class has prepared containers that will accommodate coins you would like to give.

Once filled you may place the container in the offering plate. If you would like to have the container returned to you, just write your name on the lid. Check the missions message board in the fellowship hall to see the progress of the collection. Thank you in advance for participating in this important endeavor.

## June Birthdays

- 2 - Jenny Santamauro  
Arlyn Memmott
- 8 - Shirley Pyrdol
- 9 - Courtney Skipper
- 14 - Greg Hulse  
Phoenix Chan
- 16 - James McGregor
- 17 - David Smith
- 18 - Lauren Heafy
- 20 - Edward Gertsch
- 21 - Joshua Braacker  
Julianna Rapuano
- 23 - Kelli Jackson
- 24 - Anthony Sablone
- 25 - Richard Reid  
Leanne Birmingham
- 27 - Christine Chan
- 28 - Helen Amos
- 29 - Mary Kiesinger  
Ama Amos

## June Anniversaries

- 1 - Susan and Mark Cascio
- 4 - Jim and Sharon Ewen
- 17 - Cynthia Dodd and Joseph Maltese
- 27 - Jen & Kevin Werle

PLEASE NOTE: 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](mailto:firstwesleyumc@gmail.com)*



## Being Alone in 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.



## Craft Corner

Each month we make different kinds of cards to send to people. 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](mailto:gbartozzi@yahoo.com)

We meet the **third Saturday** of the month from **9:30 - 10:30**.



## CONTACT INFORMATION

Pastor, Rev. Frank Sarpong  
860-938-1845 (phone or text)  
[franksarpong@nyac-umc.com](mailto:franksarpong@nyac-umc.com)

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

## Finance Corner

In our discussion of the make-up of the Church's operating budget, we are now looking at the apportionments and Mission & Outreach. As the Methodist Church is a connectional church, we pay our allocated portion of the NYAC budget for 2026. Their annual budget for 2026 is \$8,540,011. Our allocated portion is \$19,953.

The **Mission & Outreach portion** of our budget is \$11,800. This total is funded by \$1,100 from the Frontier Foundation income from the Wesley UMC fund. The balance of \$10,700 comes from our pledges and fund raisers. The details are as follows:

Easter Breakfast	\$ 400
VBS	\$ 1,300
Community Cookout	\$ 1,100
Halloween Event	\$ 800
Santa Breakfast	\$ 400
Holiday Gift Cards	\$ 2,500
Bingo	\$ 400
Mission Discretionary	\$ 500
Koinonia Café	\$ 600
Healing Services	\$ 750
Agape Meal	\$ 2,400
Dimchex	\$ 750
<b>Total</b>	<b>\$11,800</b>

In March we needed to use \$3,910.56 of the 2025 carry over monies to meet expenses. Fortunately, for April, income exceeded expenses by \$8,136.68 - \$5,500 of that came from our first of two annual disbursements from the Wesley UMC Fund held by the Frontier Foundation. The rest come from fundraisers that you graciously supported – THANK YOU!

As revenues are up and expenses are down, at this point in time it appears that the revised budget deficit will be lower than expected.

Any questions or concerns, please let me or the Finance Committee know.

Jim Jerrell  
Finance Chair

## ***LOOKING – AHEAD TO THE FAIR***

Tag Sale – for years we have had a tag sale in our gym. The amount brought in for the past few years has been declining and what is involved with doing this part of the fair is **extremely** time consuming.

If anyone is interested in taking this on to do all of the necessary work, please let Mary Rolfe know by June 15<sup>th</sup>. If we do not hear from anyone by June 15<sup>th</sup> who would be willing to do this, we will be giving the items we have in our storage to appropriate places (Savers, IRIS, etc.)

**GET READY FOR  
VACATION BIBLE SCHOOL 2026!  
JULY 12 - JULY 16**

A vibrant winter-themed illustration. At the top, a snow-covered mountain features a ski lift, a bobsled track, and a checkered flag. Below the mountain is a large green arrow pointing right, containing the text 'SNOWBALL MOUNTAIN CHALLENGE' in blue, bold, sans-serif font. To the right of the arrow, a cartoon walrus wearing a red jacket and a green beanie holds a microphone. Below the arrow, a small white circle contains the text 'FIND YOUR STRENGTH IN GOD'. At the bottom, a group of five diverse children in winter gear are shown; one child is in a wheelchair. The background is a snowy landscape with evergreen trees and a blue sky with falling snow.

# SNOWBALL MOUNTAIN CHALLENGE

FIND  
YOUR  
STRENGTH  
IN GOD

**Donation \$20 per child**

**Includes T-Shirt, Dinner & Snack**

**First & Wesley United Methodist Church**

89 Center Street, West Haven, CT 06516

For more information and/or to register,

**visit: [www.firstwesleyumc.org](http://www.firstwesleyumc.org)**



Mountain Motto (Theme Verse):

I can do all things through him who strengthens me." (Philippians 4:13)

Themes for each day are:

I can share my gifts!

I can be brave!

I can give my all!

I can pray!

I can hope!

Our final Fundraiser until September!

For the month of June, we are holding a “Bakeless Bake Sale with a Twist” fundraiser. Special angels have donated \$500 to match the first \$500 donated to this fundraiser. No cooking, no baking but your generosity may raise over \$1000 for our mission and ministry! **Below is the flyer in this newsletter.** These will also be mailed to you and will be available at church with an envelope.

# BAKELESS BAKE SALE



## with A TWIST!



A bit of news we have today

**A MATCHING BAKELESS BAKE SALE is on the way!**

**In these busy days, who has time to bake**

**Pies or cookies or even a cake!**



**You'd be surprised if you considered the cost  
Of ingredients, heat and the time that you've lost**

**Baking for sales is extra work**

**But nobody really wants to shirk.**



**So we've thought of a plan that's really grand**

**And feel quite sure you'll understand.**

**In an envelope, if you like, please include the price...**

**Of a pie or a cake or anything nice!**



**This time we have added a new catch**

**We've some angels who have agreed to MATCH\***

**What you have given so generously**

**That way your gift doubles our ministry.**



**Without fuss or bother, you've done your part**

**We hope you'll give with a willing heart.**

**On this idea we hope you'll pounce**

**Just think, you won't even gain an ounce!**

Give online - select  
Other and type BB



**\*Up to \$500 total available match**



# *The Messenger*

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[www.firstwesleyumc.org](http://www.firstwesleyumc.org)

Email: [firstwesleyumc@gmail.com](mailto:firstwesleyumc@gmail.com)

Facebook Page at [www.facebook.com/firstwesleyumc](http://www.facebook.com/firstwesleyumc).

Pastor Frank Sarpong

“Sunday Worship Time: 10:00am”

The June 2026 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!**