

The Messenger

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



Show Up

A Call to First & Wesley United Methodist Church

As we embrace our church theme for the year, **“Show Up, Jump In, and Move Out,”** everything begins with one simple but powerful step: **Show Up.**



Rev. Frank Sarpong

Throughout Scripture, God works through people who make themselves available. Abraham showed up when God called him to leave his homeland. Moses showed up at the burning bush. Isaiah showed up in the presence of God and declared, *“Here am I; send me!”* (Isaiah 6:8). The disciples showed up when Jesus called them to follow Him.

At First & Wesley United Methodist Church, showing up is more than attending worship on Sunday morning. It is a commitment to being present where God is at work. It means showing up for worship with an open heart, showing up for Bible study with a desire to learn, showing up for prayer with faith, and showing up for one another in times of joy and need.

The writer of Hebrews reminds us: *“Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another.”* Hebrews 10:24–25

Our presence matters. When we gather faithfully, we strengthen one another. A warm greeting may encourage someone who feels forgotten. A prayer may give hope to someone facing a difficult week. A listening ear may remind a hurting person that they are not alone. Every person who shows up contributes to the spiritual strength of the whole church.

Showing up also means being spiritually present. It is possible to be physically in the building while our hearts and minds are elsewhere. God calls us to come with expectation, ready to worship, receive, serve, and respond. The psalmist declared, *“I was glad when they said to me, ‘Let us go to the house of the Lord’”* (Psalm 122:1). That spirit of joy and expectation should shape our gatherings.

For First & Wesley UMC, showing up means being committed to the life of our church and the people of West Haven. It means being present at worship, fellowship, community programs, outreach opportunities, children’s and youth ministries, prayer gatherings, and church meetings. It means supporting the ministries of the church not only with our words, but also with our time, presence, prayers, gifts, service, and witness.

Showing up is especially important in a season of renewal and growth. Churches grow when people become dependable, visible, and available. Visitors are more likely to return when they encounter a congregation that is present, welcoming, and engaged. Children and young people are more likely to develop lasting faith when they see adults consistently participating in the life of the church. The community is more likely to trust us when we faithfully show up beyond Sunday morning.

Jesus said, *“For where two or three are gathered in my name, I am there among them”* (Matthew 18:20). Every time we gather, we create space for Christ to meet us, change us, and send us. Our presence may seem ordinary, but God can use it in extraordinary ways.

This year, let each member of First & Wesley United Methodist Church make a personal commitment: **I will show up.** I will show up for God. I will show up for my church. I will show up for my brothers and sisters. I will show up for the people of West Haven.

When we show up faithfully, we become a stronger church, a more loving family, and a clearer witness to Jesus Christ.

First & Wesley UMC, let us show up with faith, show up with expectation, and show up ready for God to work through us.



Lectionary Readings for July/August 2026



July 5, 2026

[Genesis 24:34-38, 42-49, 58-67](#); [Psalms 45:10-17](#); [Romans 7:15-25a](#); [Matthew 11:16-19, 25-30](#)

July 12, 2026

[Genesis 25:19-34](#); [Psalms 119:105-112](#); [Romans 8:1-11](#); [Matthew 13:1-9, 18-23](#)

July 19, 2026

[Genesis 28:10-19a](#); [Psalms 139:1-12, 23-24](#); [Romans 8:12-25](#); [Matthew 13:24-30, 36-43](#)

July 26, 2026

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

August 2, 2026

[Genesis 29:15-28](#); [Psalms 105:1-11, 45b](#); [Romans 8:26-39](#); [Matthew 13:31-33, 44-52](#)

August 9, 2026

[Genesis 37:1-4, 12-28](#); [Psalms 105: 1-6, 16-22, 45b](#); [Romans 10:5-15](#); [Matthew 14:22-33](#)

August 16, 2026

[Genesis 45:1-15](#); [Psalms 133](#); [Romans 11:1-2a, 29-32](#); [Matthew 15: \(10-20\), 21-28](#)

August 23, 2026

[Exodus 1:8-2:10](#); [Psalms 124](#); [Romans 12:1-8](#); [Matthew 16:13-20](#)

August 30, 2026

[Exodus 3:1-15](#); [Psalms 105:1-6, 23-26, 45b](#); [Romans 12:9-21](#); [Matthew 16:21-28](#)



First & Wesley United Methodist Church

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6p VBS volunteer meeting on Zoom 7p Adult Bible Study	2 10a–12p “K” Café	3	4
5 10:00a Family Worship Service Birthday/Anniversary celebration after service 11:30 VBS set-up	6 7p Adult Monday school	7	8 7p Adult Bible Study	9 10a–12p “K” Café	10	11 8a Men’s Breakfast
12 10:00a Family Worship Service 5:30p VBS	13 5:30p VBS 7p Adult Monday school	14 5:30p VBS	15 5:30p VBS 7p Adult Bible Study	16 10a–12p “K” Café	17	18 8-10a Women of Faith – meet on the beach 5p Agape Meal (Free) All Welcome
19 10:00a Family Worship Service VBS Celebration 7p Worship Committee on Zoom	20 7p Adult Monday school	21	22 7p Adult Bible Study	23 10a–12p “K” Café	24	25
26 10:00a Family Worship Service	27 7p Adult Monday school	28	29 7p Adult Bible Study	30	31	

For more information go to the church website at 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)



First & Wesley United Methodist Church

August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10:00a Family Worship Service Birthday/Anniversary celebration after service	3 7p Adult Monday school	4	5 7p Adult Bible Study	6 10a–12p “K” Café	7	8 8a Men’s Breakfast
9 10:00a Family Worship Service	10 7p Adult Monday school	11 7p Finance	12 7p Adult Bible Study	13 10a–12p “K” Café	14	15 5p Agape Meal (Free) All Welcome
16 10:00a Family Worship Service	17 7p Adult Monday school	18	19 7p Adult Bible Study	20 10a–12p “K” Café	21	22
23 10:00a Family Worship Service	24 7p Adult Monday school	25 7p Trustees	26 7p Adult Bible Study	27 6p Bell Choir 7p Adult Choir	28	29
30 10:00a Family Worship Service	31 7p Adult Monday school					

For more information go to the church website at 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

For July and August, there will be no healing prayer circle. You may send your prayer requests to Pastor Frank through text to 860-938-1845 and your request will be read during the service.



A UMARMY INVADES WEST HAVEN!

This July the United Methodist Army will be camped out at Mary Taylor UMC and are sending troops to West Haven. A team of enthusiastic teens along with able chaperones will be tackling various tasks in the area. They will be painting the coffee hour room white and transporting the tag sale items to Savers. The projects are scheduled to be completed July 6th - 10th.



Prayer Shawl Ministry

We hope you have a great summer!

Our next meeting will be in September - date to be announced. We hope you can keep knitting or crocheting prayer shawls at home during the summer.

Thank you for your support of this ministry!



VBS

SNOWBALL MOUNTAIN CHALLENGE

July 12th to 16th

*"Find Your
Strength in
God"*

Dates to Remember:

Wednesday, July 1st at 6pm on Zoom

Saturday, July 5th - After church set-up downstairs, parsonage

We do need **more volunteers** to help in different areas. Please contact Marcie Medina at 203-809-7458 - call or text.

We do not need more egg cartons, but we can use some paper towel rolls.

Also for decorations we need sleds, skis, snow sports equipment.

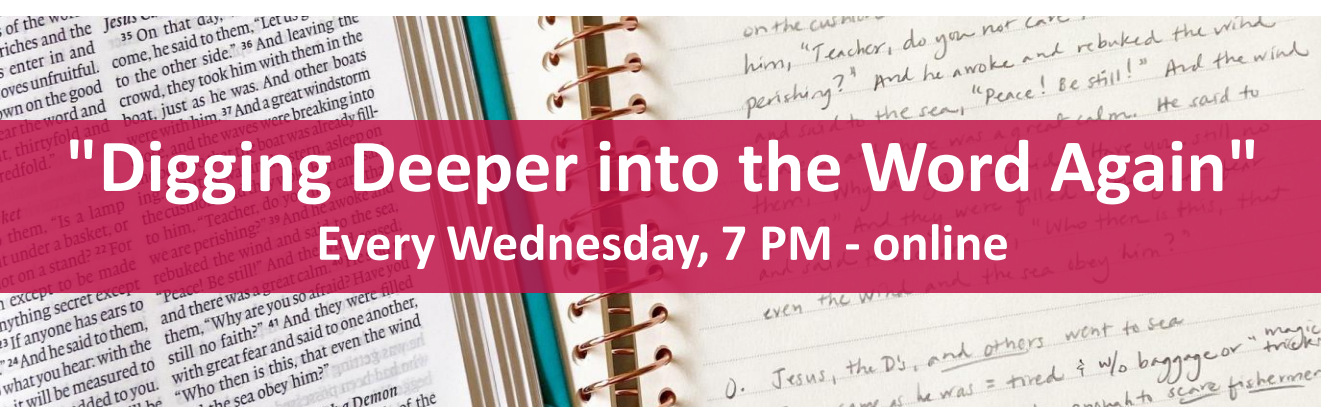
Make sure they are labeled so they can be returned.



We're taking a sunny summer break from Sunday School so our teachers, kids, and families can rest, recharge, and enjoy God's beautiful creation. Faith doesn't take a vacation—keep it growing with family prayers, Bible stories, and noticing God's wonders all around you. We'll be back this fall with fresh lessons, fun activities, and joyful fellowship. Until then, join us for worship, VBS, and other summer events!

Sunday School will begin in September. To register your child/youth for Sunday School go to the church website. Our program is open to all kids ages 4 and up.

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 meets in Kendall Hall every second Saturday.

- We start at 8 am and are out by 10
- The next two dates are July 11th and August 8th
- A tasty hot cooked breakfast is served
- Short bible reading and discussion
- Occasionally we hear from a guest speaker
- Confidential prayer requests are received
- Everyone seems to enjoy the camaraderie and interaction with other men
- You don't have to be a member of our church to attend



WOMEN'S FELLOWSHIP



All women of invited!

We hope you can join us for our Women of Faith meeting on **Saturday, July 18th, 8-10am at 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!!



CRAFT CORNER

Craft Corner will take a break during July and August. We will resume card making in September. If you would like to send a Get Well card or a Thinking of you card to someone, please contact Gail or the church office.

In September we will meet again on the third Saturday of the month from 9:30 - 10:30am.

MISSION & OUTREACH

TEAM WHEAT

Thank you to Judy Juzwiakowski for “jumping in” to be our liason to WHEAT (West Haven Emergency Assistance Taskforce). This includes 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. If you would like to help Judy, please let her know.



Coin Collection for Native Americans

In the past we have collected pennies for Native American missions. It was suggested that we collect all sorts of spare coins now, especially as it seems that there is a shortage of pennies these days. Pennies fit into the repurposed water bottles fine but not so with donating other coins. So we are retiring the bottles and have supplied small paper soup cups. You can find the containers main entryway of the church church or on the long table in fellowship hall. The filled containers can be placed in the offering plate. Thank you for your generosity.

WORSHIP COMMITTEE NEWS

We will have our VBS celebration on Sunday, July 19th. We hope you can join us to see all that we have learned and experienced during this wonderful program!

Congratulations, Pastor Choi!

On June 14th, Pastor Jinha Choi was ordained as an elder in the United Methodist Church. We wish him all the best as he continues his ministry!



July Birthdays

- 1 - Sam Werle
- 4 - Leah Burbridge
Melissa Simone
Robert Hunter IV
- 7 - Elaine Smith Schrag
- 9 - Art Yost
Laura Skipper Hindermeyer
- 10 - Dominic Moscato
Judy Jennette
- 12 - Joe DelFranco
- 14 - Richard Pyrdol
- 15 - Kim (Lentini) Moscato
Jacki McKim
- 17 - Vicki Soule
- 18 - Peggy Spagone
- 20 - Demari Foster
- 27 - Josephine Dondorful-Amos
Dorothy Codner
- 29 - Cynthia Dodd

July Anniversaries

- 15 - Gail and Al Bartozzi
- 20 - Raymond and Jodi Memmott
- 26 - Chris and Jian Chan

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

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.

August Birthdays

- 2 - Lisa Kiesinger
Evan Corbin
- 3 - Joan Sablone
- 8 - Kimberly Geiger
- 11 - Geoffrey Danz
- 13 - Derek Baker
Michele Gertsch
- 14 - Tricia Spagone
Ryan Abekah
- 15 - Tara Rapuano (Lentini)
Laura Marshall
- 16 - Marcelyn Danz
- 22 - Jim Stuhlman
- 24 - Gail Bartozzi
- 25 - Michele Caron
- 26 - Edith Mulligan
- 28 - Helen Smith
- 31 - Robert Skipper
Brooke Moscato

August Anniversaries

- 2 - Amador & Emily Maldonado
- 8 - Dorothy & Gord Codner



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



Finance Corner

Thank you to all who donated to our Bakeless Bake Sale and to the angels who supplied a matching gift up to \$500. With one more Sunday to go, we have received at least \$820 which brings the total to \$1320 – it would be great if we could get up to \$1500 or more! Your support of our mission and ministry is greatly appreciated.

Because this Messenger covers two months, we will cover two sections of the operating expenses – parsonage expenses and program supplies.

Although the parsonage is currently unoccupied, we must maintain it in good condition. There are basic expenses that still need to be covered: They are as follows:

<u>Category</u>	<u>Amount</u>
Electricity	\$ 2,300
Oil	\$ 2,000
Furnace Serv Contract	\$ 500
Water	\$ 400
Gas	\$ 500
Total	\$ 5,700

The program supplies budget:

Altar Supplies	\$ 225
Bulletins & Special Bulletins	\$ 450
Sunday School Materials	\$ 300
Music Supplies	\$ 300
Musi Instrument Maintenance	\$ 200
Youth Group	\$ 1,000
Adult Books	\$ 400
Total	\$ 2,875

The current income and expense budget is in good standing through May 31, 2026.

Any questions , please let me know.

Jim Jerrell

Finance Chair

LOOKING – AHEAD TO THE FAIR

We are looking at a date for our Annual Harvest Fair. We are thinking of either November 7th or 14th. **We need your input.** What would be the better day for you to help us with this big fundraiser. We need:

Two people at each booth (crafts, baked goods, plants, children's corner, other) 4 people for breakfast, 4 people for the snack bar., 2 floaters, 1-2 people for dining room clearing of tables (1 for breakfast, 1 for lunch), 1-2 people to check on the vendors periodically to see if they have any needs.

Please let Mary Rolfe know what day you can help on and where you would be willing "Jump in". Call or text her at 475-988-7666 . Thank you for helping us to raise funds for our mission and ministry!

Also, a reminder – there will be no tag sale. If you have items you would normally donate to this, please take them to Savers or another outlet.

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

A large green arrow pointing right, containing the text "SNOWBALL MOUNTAIN CHALLENGE" in blue, bold, sans-serif capital letters. The arrow is set against a winter scene with snow-covered evergreen trees, a ski lift, and a small cabin on a snowy mountain peak. A small circular badge with the text "FIND YOUR STRENGTH IN GOD" is positioned below the arrow.

SNOWBALL MOUNTAIN CHALLENGE

FIND
YOUR
STRENGTH
IN GOD



**Donation \$20 per child
Includes T-Shirt, Dinner & Snack**

A logo featuring a red flame or leaf shape next to a black cross.

First & Wesley United Methodist Church
89 Center Street, West Haven, CT 06516
For more information and/or to register,
visit: www.firstwesleyumc.org



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!



The Messenger

First & Wesley United Methodist Church

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 July/August 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!