

The Messenger

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



Move Out:

A Call to First & Wesley United Methodists

We have been called to Show Up. We have been challenged to Jump In. Now, God is beckoning us toward the third and final movement of our theme: Move Out. The church was never intended to exist solely for those within its walls; while we gather for the essential rhythms of worship, fellowship, prayer, and spiritual formation, we are ultimately sent back out into the world to serve as the living hands, feet, voice, and heart of Jesus Christ.



Rev. Frank Sarpong

Jesus made this mission unmistakable when He commanded, “Go and make disciples of all nations” (Matthew 28:19). Notice the urgency in that singular word: Go. Jesus did not suggest we stay or wait for the world to come to our doorstep; He sent us directly into it. For our community at First & Wesley, 'Move Out' means extending Christ's love far beyond our sanctuary and into the heart of West Haven. It requires us to prayerfully ask, “Where is God already at work in our neighborhood, and how can we join Him there?”

Living the Mission

We embody this 'Move Out' calling through tangible acts of presence and service:

- Feeding the hungry and encouraging the lonely.
- Visiting those who are sick or shut in.
- Mentoring our youth and supporting families.
- Welcoming the forgotten and extending invitations to experience Christ's love.

As Jesus reminded us, “You are the light of the world. A town built on a hill cannot be hidden” (Matthew 5:14). First & Wesley cannot be a light kept under a bushel. Our building is not merely a place to gather; it is a sacred launching point for ministry. Each Sunday, we meet here to be renewed and equipped, so that we may return to the community with a renewed sense of purpose.

Becoming a Missional Church

To be a truly missional church is to shift our perspective. Instead of asking how we can draw more people in, we must ask how we can carry the church out to the people. We stop waiting for the community to discover us and instead meet them where they live, work, and struggle. As James 1:22 reminds us, our faith must move beyond hearing; it must become visible action. When we listen to our neighbors, partner with local organizations, and care for our seniors, we transform our faith into something that people can actually see, touch, and feel.

Courageous Faith

Moving out requires a spirit of holy courage. We rarely have all the answers, and the timing is seldom 'perfect,' yet the disciples did not wait for certainty; they went because they were sent. We possess the same call today. When we pray with the heart of Isaiah 6:8, "Here am I. Send me!", we are volunteering for the front lines of grace. Let that prayer be our collective heartbeat: Lord, send me to the neighbor who is hurting, the stranger who needs a friend, and the person who needs to know they are not alone.

Our Shared Witness

Our ultimate goal transcends mere good deeds; we aim to introduce people to the transformative love of Jesus. As Paul writes in Romans 10:14, people cannot believe in the one of whom they have not heard. Often, a neighbor may never walk through our doors unless someone from our church family first walks into their life. We are the invitation, the witness, and the hands of the Gospel. First & Wesley, this is our season to stop merely talking about mission and start living it. We Show Up because we belong to one another; we Jump In because every gift matters; and we Move Out because the world is desperate for the love of Jesus. Let us leave our comfort zones, cross the street, and meet our neighbors where they are. May we be known not just for how we worship, but for how faithfully we serve. It is time to move out!



Ways you can “JUMP IN, SHOW UP & MOVE OUT”

Next to each item is a person to ask for more information

Mission & Outreach

- Volunteer at the Afterschool Program one day a week (2.5 hrs)
- Help at Halloween event – set up and/or that night (Christine Chan)
- Help prepare or clean-up at the Community dinner (Judy Jennette or Dave Smith)
- Knit/Crochet a Prayer Shawl (Edith Mulligan)
- Be a point/contact person for one mission program (Kel Youngs)
- Help at Vacation Bible School (Pastor Frank)

Leadership Opportunities

- Committee on Nominations and Leadership Development
- Church Council member– governing body of the church
- Staff-Parish Relations Committee – human resource - employee and church liasons
- Finance Committee
- Trustees Committee

Ways you can “JUMP IN, SHOW UP & MOVE OUT” – con’

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Fundraising

- Help with the Harvest Fair (Nov. 14th) – set up and/or that day (Mary Rolfe)
- Pancake Day (Mary Rolfe)
- Pot Pie Dinner (Peggy Jerrell)
- Spaghetti & Meatball Dinner (Mary Rolfe)
- Bakeless Bake sale (Helen Smith)
- Holiday Gift Cards (Helen Smith)
- Other

Committee Work

- Christian Education (Gail Bartozzi)
- Assistant Counter (Dave Smith)
- Worship Committee (Christine Chan)
 - Worship leaders, altar guild, children’s sermon volunteer

Communication

- Put newsletter together. (Helen Smith)
- Flyers (Helen Smith)
- Camera technician (Jian Chan)
- PPT technician (Helen Smith)



WORSHIP COMMITTEE NEWS

Our most recent meeting was September 19th, where we discussed upcoming services including World Communion, Laity, All Saints Sunday, Thanksgiving Sunday, Honoring our Veterans, and Advent/Christmas.

We will be having a contemporary music service on October 18th (Laity Sunday).

All Saints Sunday is November 1st. We will be honoring those who have passed away since last November during the worship service. Please submit the names of those who have passed away that you would like to be remembered to Helen Smith by October 25th.



First & Wesley United Methodist Church

October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10a–12p “K” Café 3:30p Afterschool 5p Youth Choir 6p Bell Choir 7p Adult Choir	2 3:30p Afterschool	3 Spaghetti & Meatball Dinner Pick up 4p Eat In 5p
4 Celebrate Children 10:00a Family Worship Service & Sunday School Birthday/Anniversary celebration after service	5 3:30p After School 7p Adult Monday school	6 3:30p Afterschool 6p Healing Service	7 No Afterschool 7p Adult Group Study	8 10a–12p “K” Café 3:30p Afterschool 5p Youth Choir 6p Bell Choir 7p Adult Choir	9 3:30p Afterschool	10 8a Men’s Breakfast 10:30a Women’s Fellowship
11 10:00a Family Worship Service & Sunday School (begins after Children's Sermon	12Columbus Day No Afterschool 7p Adult Monday school	13 3:30p Afterschool 7p Finance	14 3:30p Afterschool 7p Adult Group Study	15 10a–12p “K” Café 3:30p Afterschool 5p Youth Choir 6p Bell Choir 7p Adult Choir	16 3:30p Afterschool Missions & Outreach	17 9:30a - Craft Corner 5p Agape Meal (Free) All Welcome
18 10:00a Family Worship Service & Sunday School (begins after Children's Sermon 11:30a Church Council meeting	19 3:30p Afterschool 7p Adult Monday school	20 3:30p Afterschool	21 3:30p Afterschool 7p Adult Group Study	22 10a–12p “K” Café 3:30p Afterschool 5p Youth Choir 6p Bell Choir 7p Adult Choir	23 3:30p Afterschool	24
25 10:00a Family Worship Service & Sunday School (begins after Children's Sermon 3p Church Charge Conference – Branford UMC	26 3:30p Afterschool 7p Adult Monday school	27 3:30p Afterschool 7p Trustees	28 No Afterschool 7p Adult Group Study	29 10a–12p “K” Café 3:30p Afterschool 5p Youth Choir 6p Bell Choir 7p Adult Choir	30 3:30p Afterschool 7p Project Hope fundraiser – at Vazzano’s	31 6p Halloween Open House

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#)



Lectionary Readings for June 2026

October 4, 2026

[Exodus 20:1-4, 7-9, 12-20](#), [Psalm 19](#), [Philippians 3:4b-14](#), [Matthew 21:33-46](#)



October 11, 2026

[Exodus 32:1-14](#), [Psalm 106:1-6, 19-23](#), [Philippians 4:1-9](#), [Matthew 22:1-14](#)

October 18, 2026

[Exodus 33:12-23](#), [Psalm 99](#), [1 Thessalonians 1:1-10](#), [Matthew 22:15-22](#)

October 25, 2026

[Deuteronomy 34:1-12](#), [Psalm 90:1-6, 13-17](#), [1 Thessalonians 2:1-8](#), [Matthew 22:34-46](#)

Prayer Shawl Ministry

There is no scheduled meeting in October

Knitters and crocheters are welcome to participate from home. Every shawl is a special gift of love, prayer, and faith. Thank you to everyone who continues to knit, pray, and share these beautiful gifts with others.

Contact Information

For more information or to arrange a pickup, please contact:

Sharon Ewen: 203-464-1995

Edith Mulligan: 203-821-7533

Healing and Wholeness Service



We will resume our monthly meetings on Tuesday, October 6th 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



Coin Collection for Native American

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 on the table at the back of the church or on the long table in fellowship hall. The filled containers can be placed in the offering plate. Thank you for your generosity.



Sunday School

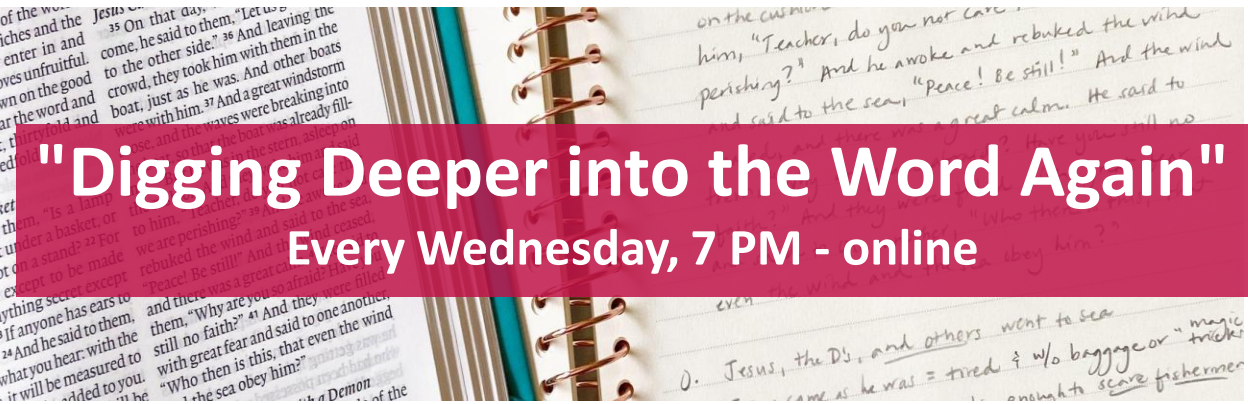
Come learn about the character of God, the work of Christ, and the means of living in right relationship to God and all people. We meet Sunday mornings following the Children's Moment during the 10:00 service.

Our program is open to all kids ages 4 and up. A class for 6th grade and up will be held on the 4th Sunday of the month.

Please go to the church website to register your child/youth for Sunday school or ask a Sunday School teacher for a registration form.

The older class (Grades 6 & up) is on the 4th Sunday of the month

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 are 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



How to attend the Men's fellowship breakfast October 10th.

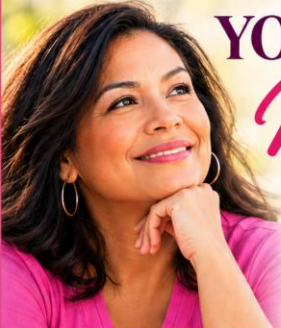
- Grab your bible
- Show up at 8 am
- Fill out a name tag and slap it on your chest.
- Grab a cup of coffee
- Introduce yourself to others
- Eat a hearty breakfast
- Read the first Chapter of Phillippians
- Participate in the discussion around your table
- Help clean up
- Trade your nametag with someone and remember to pray for that person over the next month.
- Drive home with a smile on your face.

WOMEN'S FELLOWSHIP



United
Women
in Faith

*Healthy Women.
Stronger Families.
Healthier Communities.*



YOUR HEALTH *Matters*

A BRUNCH & CONVERSATION
ON WOMEN'S WELL-BEING

Join us for an informative and empowering
program featuring expert speakers on
women's health and breast cancer awareness.

Your health, your life – don't miss this!





FEATURED SPEAKER
Dr. Akua Sam
Internist specializing in
general pediatrics and
adolescent medicine.

She will share insights on
women's health, wellness
and equity, followed by a
Q&A session.



SPECIAL GUEST SPEAKER
Sis. Judith Abaidoo
Professional in breast
health and mammography.

In honor of Breast Cancer
Awareness Month, she will
share important information
about breast health, screening
and early detection.



SATURDAY
OCTOBER 10



10:30 AM – 12:30 PM



89 CENTER STREET
WEST HAVEN

*Enjoy a
delicious
brunch*



Come. Be Informed. Be Empowered.

ALL WOMEN ARE WELCOME!
UNITED WOMEN IN FAITH

MISSION & OUTREACH

The Missions Committee meets in person on the third Friday of each month. The next meeting will be on October 16th. We are in the process of planning and launching outreach for the next few months.

Trick-or-Treat! We are looking forward to our Annual Halloween Open House. This event will once again take place on October 31st from 6-8pm. Our doors will be open to our community on Halloween night for trick-or-treaters to come into our church for candy, tasty snacks, a photo booth, and mini games!

Thanksgiving kicks off our winter activities. We supply Stop and Shop gift cards for needy people during both the Thanksgiving and Christmas holidays.

For Advent, we would like to try something new this year: making the lighting of our beautiful Nativity scene an outreach event. More information about that will be forthcoming. Chris Latham has once again agreed to head up the Christmas Giving Tree project in December, which affords our congregation an opportunity to provide Christmas presents for needy children. Our open house with Santa is in the works, as well. We are hoping to reach out to families with children and will provide invite cards so we can all get the word out.

With the arrival of winter and cold weather, a collection box for Columbus House Homeless Shelter will be set up in Fellowship Hall once we find out what is needed the most. Thank you everyone for your faithful participation in all of our endeavors. "Always give yourself fully to the work of the Lord, because you know that your labor in the Lord is not in vain." 1 Corinthians 15:58



ANNUAL HARVEST FAIR **Saturday, Nov. 14th** **8am-3pm**



We can use lots of help for this big fundraiser. We will need people to be at the different booths, to help out with breakfast and with the snack bar. If you have a craft to donate, a plant for the plant sale, or can make a baked good, it would be greatly appreciated! If you can list the ingredients, that is helpful to those shoppers who have allergies.

Contact Mary Rolfe 203-988-7666 and please volunteer to help!



October Birthdays

- 1 – Joshua Jerrell
Eulalee Miller
- 4 – Angel Medina
- 8 – Dennis Kopeck
David Hawkes
- 15 – Sharon Ewen
- 18 – Beth Ammon
- 24 – Debbie Goodwin
- 27 – Eula Wilson

October Anniversaries

- 2 – Kel & Bettina Youngs
- 3 – Catherine & Giovanni Gigola
- 14 – Cynthia & Ray Geissler

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

Memorial Committee

Recently three office chairs were purchased for the Media Booth and were paid for from the Memorial Account. They were dedicated on September 27th during our worship service in honor of Walter and Myrna Clinton.

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

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

Layleader, Mary Rolfe
475-988-7666 (phone or test)
mary.kate527@icloud.com
306 Noble St., West Haven, CT
(old-fashioned mail!)





HARVEST FAIR

@ FIRST & WESLEY UMC

SATURDAY, NOVEMBER 14, 8AM - 3PM

Veterans receive free breakfast!

BREAKFAST

8:00 AM - 10:30 AM

ALL YOU CAN EAT PANCAKES

ADULT: \$10.00

KID (5-11): \$5.00

LUNCH

11:30 AM - 2:00 PM

DAVE'S FAMOUS CHILI & MORE

BOWL OF CHILI: \$6.00

MEATBALL SUB: \$5.00



BOOTHS

CRAFTS / HOMEMADE BAKED GOODS / THANKSGIVING PIES / DOOR PRIZE
PLANTS / USED BOOKS / CHILDREN'S AREA / AND MORE

All proceeds go to the mission & ministry of First & Wesley UMC



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89 Center Street, West Haven, CT 06516

203.933.8795 / www.firstwesleyumc.org

Wheelchair accessible - back of parking lot

Come - Eat - Shop - Enjoy





GHANA

Bringing dignity to vulnerable communities
in Ghana



CHRISTMAS CHARITY GALA

An Evening of Hope, Giving & Celebration

DINNER • DANCING • ENTERTAINMENT • DOOR PRIZES

*This Christmas, help us put food
on the table and hope in the hearts
of widows and their families in Ghana.*



FRIDAY

OCTOBER 30, 2026

7:00 – 11:00 PM



Vazzano's
Four Seasons

337 Kenyon St.
Stratford, CT 06614



\$100
PER TICKET

\$50 of each ticket
represents a charitable
contribution to Ghana Hope,
based on the fair market value
of benefits received.

INCLUDES:

- Dinner
- Entertainment
- Dancing
- Door Prizes

Cash bar available



BUY TICKETS TODAY!

Scan the QR code or visit:

Projecthopegh.org



*Together
We Make a
Difference* ♥

Give the Gift of a Meal ♥

COME FOR THE CELEBRATION.
GIVE FOR THE CAUSE.
SHARE THE HOPE.





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 October 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!