

Spruce Street UMC Newsletter

386 Spruce Street

Morgantown, WV 26505

304.292.3359

Sunday Worship Times

8:30 a.m. In-Person & 10:45 a.m. In-Person & Online

September Ramblings 2025



Save the Date

- 9/3 Barnabas Group
- 9/4 First Chancel Choir Rehearsal
- 9/7 Confirmation Sunday
- 9/10 United Methodist Men
- 9/11 First Handbell Choir Rehearsal
- 9/14 Church Picnic
- 9/20 Circle of Friends & 9/21
- 9/21 Messy Church
- 9/23 United Women in Faith

Dear sisters and brothers, as the fall begins, our programming starts once more, and we build towards Advent and Christmas - remember to rest. All of us have been through something, grief, injury, a role change, a change in general, a gain or a loss; something has happened to us so remember to rest. This autumn as the leaves change and we get more comfortable temperatures remember to pray, find peace, and take a pause. I have included an article from the United Methodist News Service that is about rest. Please take a moment to read.

Every blessing,
Pastor Bart



September Birthdays

9/1	David Helms
9/12	Gale Truman
9/15	Jay DeFabio
9/15	Brandon Eddy
9/15	Harper Koon
9/15	Kevin Taylor
9/15	Lauren Webster
9/17	Abby Erenrich
9/18	Dale Hetrick
9/19	Tia Biro
9/21	Courtney Hetrick
9/22	Gerri DeFabio
9/22	Jeanette Stanger
9/27	Katie Glowacky
9/27	Art Hahn, Jr

September Anniversaries

9/2	Judy & Doug Harman
9/2	Alice & Dwaine McKinney



“Sabbath rest isn't just for Sundays”

By Laura Buchanan

Getting plenty of rest seems impossible for many of us. Between work, activities, family obligations, and endless to-do lists, restorative downtime is hard to find. We all know it's what our bodies need, but our souls need it, too.

“I go back to the book of Genesis and the creation narrative. God creates the world. Then on the seventh day, it says God rested. Everything rested with God,” says the Rev. Dr. Ron Bell, director of healing and resilience at The Upper Room. “Then on the next day, humanity starts. Out of rest the world begins to move and form. God models for us that we start from a position of rest, not from a position of movement.”

“Our bodies are not made to be ‘on’ 24/7,” adds Deaconess Whitney R. Simpson, spiritual director and campus minister. “We don't simply need a day off from work, we need margin in our lives and rest around the edges. God longs for us to have sabbath every day so that we can take notice of God's presence and savor the things God has for us.”

Intentional soul care

“When we are on overload, we are disconnected from ourselves, creation and relationships,” Simpson says. “Without my soul care routine, I can't reflect and be who I am called to be. Spiritual practices are the pivotal thing for me so that I can share God with other people.”

Rest is critical to everything that we are. – The Rev. Dr. Ron Bell

Breath prayer is an ancient practice that remains beneficial today. Bell explains, “On one hand, we inhale, take in and receive. On the other hand, we exhale, we release. All day long, we are receiving and releasing.

“Rest gives us the ability to release the day, the worries, conversations, anxieties, trauma, pain, thoughts and ideas. When we do that, then God will give us new insights, peace, joy...God will give those to us because we made space by releasing.”

Rest is different for everyone

Rest isn't just getting more sleep at night and taking naps – although both are healthy habits to embrace! Rest that feeds our minds, bodies and souls can look like anything that brings stillness and draws us closer to God. Bell suggests that rest is a “recentering.”

This will be different for each one of us and it doesn't have to look any certain way. Simpson says, “It's a mindset, a practice, a discipline and we have to really claim it. How do you take deep breaths and reset your brain?”

Bell reminds that proximity to your cell phone, smartwatch and other devices will interfere with rest. Leave those items behind when you retreat to a restorative space.



Try one of these activities to find what quiets your mind:

- Take a walk and notice God's beautiful creation around you
- Write prayers, reflections or thoughts in a journal
- Read Scripture or a Bible study guide
- Knit, draw, play an instrument or enjoy another restful hobby
- Engage in contemplative prayer or meditation
- Mindfully, slowly, enjoy a cup of coffee or tea
- Take a long drive and turn off the radio
- Go to a theatre to see a movie
- Stretch and take deep breaths as you release tension from your body
- Lie in the grass and watch the clouds float by



Find time to find peace

Busy people can, and do, find deep, meaningful rest by incorporating it into their routines. Simpson mentions that one of the most meaningful daily meditation practices she's ever experienced was during the 30 minutes she spent in her car waiting to pick up her child from middle school. Simpson encourages, "It can be a five-minute meditation, and it doesn't have to be in a perfect, blissful ideal place. It's what works in your life."

Bell's family uses time-blocking – they schedule tasks, and restful activities, for each hour of the day. For example, the family reads together for 30 minutes before bedtime to help them ease into sleep and then enjoys breakfast together for 30 minutes to begin the day.

Whatever time you find, and whatever practice you adopt, treasure it as a spiritual discipline, as soul care, and prioritize it. The more you care for your own holistic wellbeing, the more you can offer to the world.

"We don't all have the same needs or knowledge or habits, but we all need rest," Simpson reminds.

Laura Buchanan works for UMC.org at United Methodist Communications

Finance Notes

Your generous and giving spirit gave contributions through the fourth Sunday of August amounting to \$18,977.00.

Expense to refurbish social hall chairs, with much appreciated volunteer labor, has amounted to \$1,662.14. To date, "Adopt A Chair" has raised \$380.00 toward that expense

Judy Kennell
Finance Secretary

A MESSAGE FROM BISHOP DEBRA WALLACE-PADGETT



Dear Friends in Christ,

Grace and peace to you in the name of our Lord and Savior Jesus Christ. My heart is full of gratitude and hope because of you and your ministries.

I am pleased to share that the 2026 Annual Conference Session of the West Virginia Conference will be held June 10–13, 2026, at West Virginia Wesleyan College in Buckhannon. Please mark your calendars now so that you may plan to be present for this important time of worship, holy conferencing, and connection.

As we live into our quadrennial theme, Experiencing God’s Renewal, our Annual Conference gatherings continue to be a place where we see God at work—renewing our lives, churches, and communities. Building off our 2025 theme of “Growing in Grace”, the specific emphasis for 2026 will be unveiled at a later date.

I am deeply grateful to each of you who participated in the 2025 Annual Conference and for those who completed the Annual Conference Evaluation. Your feedback helps us celebrate what is going well and identify areas where we can grow. Among the positives noted were:

- The sense of unity and Spirit-filled worship services;
- The inspiring teaching and preaching;
- Bishop Palmer’s presence, participation and leadership;
- and appreciation for the new Wednesday–Saturday schedule, which allowed many to stay through the ordination, commissioning, and licensing service.

At the same time, you offered valuable suggestions for improvement:

- Providing additional stretch breaks and better pacing between plenary sessions;
- Strengthening opportunities for laity and local pastors to be more visible;
- and offering hybrid or recorded options for preview and informational sessions prior to the gathering.

Please know that your voices are being heard. Our planning teams are considering these insights carefully as we look toward 2026. We want our Annual Conference to reflect the best of who we are as a people called to transform Appalachia through God’s love—growing disciples, healing communities, and casting a future of hope rooted in Christ.

I look forward to gathering with you again in June 2026. In the meantime, let us remain faithful in prayer, service, and witness, trusting in the God who renews us daily.

Blessings,

Debra Wallace-Padgett
Resident Bishop
Holston and West Virginia Conferences of The United Methodist Church

The New Vision and Mission of the General Church of the UMC



The United Methodist Church forms disciples of Jesus Christ who, empowered by the Holy Spirit, **love boldly**, **serve joyfully**, and **lead courageously** in local communities and worldwide connections.

The vision encourages United Methodists to embody the following principles:

- **Love Boldly:** Passionately love God and, like Jesus, embrace and include people of every age, nation, race, gender and walk of life.
 - Inspired by Matthew 22:37-39 and John 13:34-35
- **Serve Joyfully:** With a Christ-like heart, journey alongside the most vulnerable, offering care and compassion with joy.
 - Inspired by Psalm 100:1, Nehemiah 8:10, John 13:14-15 and 1 Peter 4:10
- **Lead Courageously:** Follow Jesus' example by resisting and dismantling all systems of evil, injustice, and oppression, striving for peace, justice and reconciliation.
 - Inspired by Joshua 1:9 and Ephesians 6:10

The Mission—The mission of the Church is to make disciples of Jesus Christ for the transformation of the world. Local churches and extension ministries of the Church provide the most significant arenas through which disciple-making occurs.



The New Vision and Mission of the West Virginia Annual Conference



Our Vision

In the West Virginia Conference, we live into the worldwide United Methodist vision by **transforming Appalachia through God's love**—growing disciples, healing communities, and casting a future of hope rooted in Christ.

We seek to pursue this vision through...

Our Mission

To Discover, Develop, and Deploy **passionate spiritual leaders** who make disciples of Jesus Christ for the transformation of the world.

The West Virginia Conference of The United Methodist Church is founded on a Wesleyan theology of grace, anchored in scripture and based in the life and teachings of Jesus Christ and the continuing movement of the Holy Spirit.

Disciple-making

We are committed to making disciples who are grounded in the teachings and example of Jesus Christ. Disciples of Jesus who live a life of 'personal piety and social holiness,' which is what makes us distinctively Wesleyan.

Belonging

We embrace a Church that has uplifted our own lives and the lives of our friends, family, and those we cherish. We celebrate that God's grace is not static but meets us where we are as we grow in love of God and neighbor. **We give thanks for The United Methodist Church where, when communion is celebrated, everyone is welcome at Christ's table.**

Connecting & Impactful

Through the power of the Holy Spirit, living and sharing the grace of Jesus Christ, we are committed to work for better health, education, child welfare, disaster recovery, and countless other efforts. **Our connectional nature means that we can accomplish much more together than alone to transform our communities and the world.**

Experiencing God

We experience God through the outpouring of God's mercy and grace. Whether our hands are raised in worship or at work alongside others, this experience of God transforms our own lives as well as the lives of others.



The first whispers of fall are upon us. From cool morning breezes and slowly changing leaves to warmly spiced baked goods at my favorite coffee shop, there's a lot to love about fall. And as fall begins, so does choir. The chancel choir will have our first rehearsal of the season on Thursday, September 4th from 7:00-8:15 in the choir room on the second floor. Here is a sneak peek of the upcoming year:

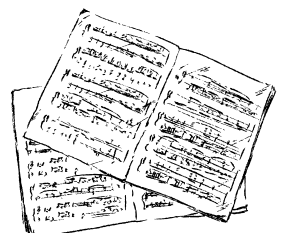
- **Christmas Cantata:** My personal favorite musical season is Christmas, and I'm especially excited for this year's Christmas Cantata. This year's selection features songs that are both accessible and challenging. Several members sing with our choir just for the cantata. This is a great option for folks who might be overwhelmed by or too busy for weekly performances. We will begin rehearsals soon, so reach out to Ashley or Marguerite when you have the chance.
- **Guest Performers:** If you've been here this summer, you have seen some of the wonderful talents of musicians both in and outside of the church. We are hoping to bring in more performers throughout the year to play instruments with the choir or as soloists. All musical talents are valued here at Spruce Street! If you or someone you know would like to play an instrument as part of service, let us know.
- **Black History Month:** In February we will perform a series of anthems by Black composers. Ashley and Marguerite have selected several new works, some challenging, some simple. These pieces will help push our musical skills as a choir and expose us to some exciting new musical sounds and styles.
- **Easter Cantata:** With Spring will come Easter and our annual Easter Cantata. Again, folks are welcome to join us for cantata rehearsals only. There are several options in the running for our Easter Cantata this year. Choir members usually get an input on our choice, so join us for the spring to share your thoughts.
- **Choir Events/Fundraisers:** Throughout the year, the choir hosts several events, some for fun, some to raise funds. For example, we just had our annual choir picnic which was a wonderful time of socialization and community. This past Spring we held a choir "concert" during worship showcasing the talents of our singers and instrumentalists. The Spruce Street Choir is full of creative and welcoming people, and we are hoping to organize more events during the coming year. Whether we're fundraising or just relaxing together, we always have a fun time!

Whether you are returning choir member, a new choir member, or just an observer, I hope that you are excited for this upcoming season. If you are on the fence about joining choir, know that all are truly welcome. Whether you sing every day or haven't sung in years, our choir will welcome you with open arms! We always strive to be the best musicians we can be; however, our main focus is on cultivating a spirit of joy, faith, and worship. If you have any questions, comments, or suggestions feel free to reach out to me at jashleylewis@gmail.com at any time.

I am so excited for fall and for this upcoming choir season. I hope to see you all in the choir room!

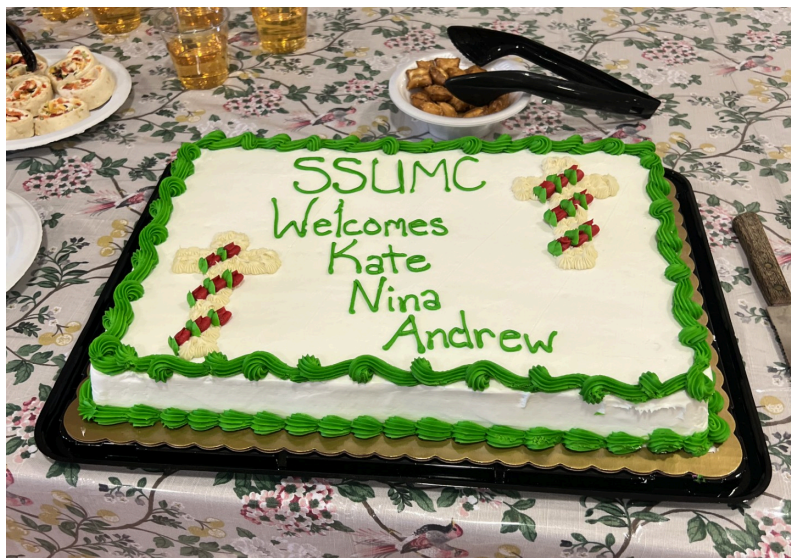
Come, let us sing joyfully to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. – Psalm 95:1-2 NIV

Ashley



Welcome, New Members!

We were blessed to welcome three new members to Spruce Street UMC on August 24th. Welcome, Kate, Nina, and Andrew!!






Greetings from the United Women in Faith!

We invite all the women of the church to join us for our meetings/activities. Meetings are every 4th Tuesday of the Month at 6 pm.

On going activities –


 We are again selling **Boscov's Friends Helping Friends Shopping Passes**- \$5.00 per Shopping Pass – Valid ONLY on Wednesday, October 22, 2025 8am-11pm 25% of lowest sale price. Pass can be used in-store or on-line. See any of us to purchase.


 The United Women in Faith focus on community and global missions supported by a variety of fundraising efforts. **In order to assist with those fundraising efforts, we have established a Facebook Group page titled “Spruce Street Women in Faith Fundraising”.** This is a private group which means that you must be a member of the group to see the posts or to comment in the group. Anyone can find and join the group and we welcome you to join and to invite your friends who would support our fundraising efforts.

Part of the Facebook group will be an **ongoing fundraiser through Park Lane Jewelry** with the commission earned by sales through the Facebook group being donated in whole to Spruce Street Women in Faith to use at their discretion to support missions. Additional fundraising activities supported by the group will also be promoted on the Facebook page. Link to the Facebook group page: <https://www.facebook.com/groups/1372896213732346>

Or go to Facebook and search Groups for Spruce Street Women in Faith Fundraising Park Lane Jewelry Link: <https://parklanejewelry.com/a/681306-9>

Or go to parklanejewelry.com - Find stylist Mary Wilson - Shop with a Party “Faithful Women”

 The UWIF Mon Valley District has started a Book club. The purpose of this book club is to encourage fellowship and encourage people to participate in the UWIF Reading program. **The next book club meeting will be Tuesday, October 7th at 6pm at Spruce Street UMC and via ZOOM.** The Book will be So You Want to Talk About Race by Ijeoma Oluo.

 We have had a few people ask about getting one of the Green Spruce Street t-shirts – Suzy will place another order the end of September. Please contact her to order – S-XL \$15 2XL-3XL \$18.

SPECIAL TOPICS SUNDAY SCHOOL CLASS (FORMERLY THE ADULT FELLOWSHIP CLASS)

The Adult Fellowship Class, also referred to more recently as the “Special Topics Sunday School Class,” was formed in 1946 by Reverend Lacy Burns and Lynn Hastings. It was felt the church needed a class to serve the needs of returning veterans of World War II and the middle and twenty year old age group. Mrs. John Morris was the first teacher. For many years the class was called “Young Adults” before becoming the “Adult Fellowship.”

We have taken a fresh look at the Ten Commandments, examined some of Jesus’ parables through the eyes of a Jewish scholar, wrestled with how to be “Anxious For Nothing” with one of our favorite authors Max Lucado, learned how to “Love Everybody Always” and how to be live “Undistracted” with the amazing Bob Goff, studied and wrestled with a very challenging book by Craig Groeschel “The Christian Atheist,” studied the books of James, Ephesians, and and most recently Philippians..... with the guidance once again of Max Lucado. We have explored the lives and the implications of the women of both the Old and New Testaments. We also did a deep dive into Psalm 23 with the book “A Shepherd Looks at Psalm 23,” (by W. Phillip Keller....a real life shepherd). We have completed other studies that have also informed, challenged, and encouraged us to grow in our faith.

The class is informal, the discussion enlightening, the laughter and tears real. We pray that our Lord will soften our hearts and strengthen our resolve to love and serve Him and others.

The class meets every Sunday at 9:40 in the Jack Johns classroom located above the sanctuary off the balcony. And the best thing is that you can jump in at any time. Please do.

-Dan Erenrich

Adopt A Chair!



Our chairs in the fellowship hall are in need of some TLC! For just \$10, you can “adopt a chair” and help support the refurbishing efforts.



SCOTTS RUN DONATIONS

We collect nonperishable food and other items for Scotts Run Settlement House in our Overflow Area. **The “meal” we are collecting ingredients for this month is cakes. Please consider donating boxes of cake mix and jars of frosting. You might also consider sprinkles, cake decorations, or birthday candles to complete the cake!** If you have even more room in your shopping cart, here are some additional ideas:

PRIORITY NEED – CAN OPENERS

- Simple manual non battery/not electric can openers
- A few electric can openers
- Any color

CONDIMENTS

- Heinz Ketchup
- Mustard
- Mayonnaise
- Salt
- Pepper

STAPLES

- Flour
- Baking Powder & Baking Soda
- Yeast
- Sugar
- Spices



SCOTTS RUN – LOOKING FORWARD

We will be focusing on a different meal pairing each month through the end of the year! Upcoming donation drives are as follows:

MONTH	MEAL PAIRING ITEMS
September	Cake mixes and canned frosting <i>*Also consider - sprinkles, birthday candles</i>
October	Pancake mix and syrup <i>*Also consider - canned fruit, peanut butter</i>
November	Taco shells and canned refried beans <i>*Also consider - jar of salsa, taco seasoning</i>
December	Oatmeal, boxes of cereal and/or cereal bars, and a can of fruit <i>*Also consider - peanut butter, honey</i>
January	Cans of tomato sauce, diced tomatoes, and chili beans <i>*Also consider - cornbread mix, chili seasonings</i>

Prayer Chain

Our prayer ministry is very active. If you are part of the prayer chain and have not been receiving the emails or if you'd like to join the prayer chain, please send your email address to Carolyn at coccarr@yahoo.com. Short term prayer list can be found in the bulletin each week. Names are moved to the long-term list in the Newsletter after a month in the bulletin.



Prayers For

Laurie Audria

Lori Britton

Roger Britton

Saundra Britton

Cindy Cramer

Dianne DeAngelis

Rubyann Downes

Barbara Fox

Sara Fuqua

Judy Harman

Jerry Holt

Brian Hoskinson

Aly Hutzel

Teresa Johnson

Ben Lee

Lacey Lewis

Sharon Richman

Mary Belle Rowe

Pat Ryan

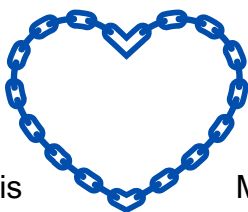
Janet Schlobohm

Ken Shanes

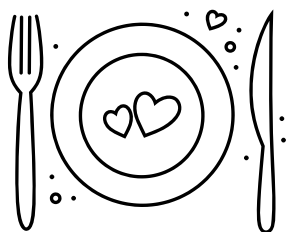
Linda Sweetman

Penny Turley

Mary Lynn Withrow



CIRCLE OF FRIENDS



Our weekend meals will be September 20 & 21. If you would like to help serve, please contact Carolyn Carr at coccarr@yahoo.com.

COMMUNITY MEALS

Thank you for all of your donations and support for this collaboration with Suncrest UMC. It's been a wonderful summer for this community project.

Gifts of Love

Thank you for supporting this ministry and donating your gently used kitchen and bathroom items. Please no knives. Suggested items include but are not limited to:

- Dishes
- Pots & pans
- Silverware
- Glasses/mugs
- Cutlery
- Cooking utensils
- Can openers
- Mixing bowls
- Serving dishes/spoons
- Dishcloths/towels
- Cookie sheets
- Bakeware
- Measuring cups/spoons
- Canisters
- Potholders/mitts
- Paper towel holders
- Dish drying racks
- Cutting boards
- Coffeemakers
- Toasters
- Blenders



Trunk or Treat

Mark your calendars! We will be hosting a Trunk or Treat on October 12th at noon at the pavilion. Tell your goblins!



September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <i>12th Sunday after Pentecost</i> 8:30AM Worship 9:45AM Sunday School 10:45AM Worship	1 Labor Day - Church Office Closed	2	3 11AM Bible Study 6PM Prayer Meeting 6:30PM Barnabas Group	4 10AM Chair Yoga 7PM Chancel Choir	5	6
7 <i>13th Sunday after Pentecost - Confirmation</i> 8:30AM Worship 9:45AM Sunday School 10:45AM Worship	8 6PM SPPRC	9	10 11AM Bible Study 6PM UMW @Eat N Park 6PM Prayer Meeting	11 10AM Chair Yoga 6:15PM Handbell Choir 7PM Chancel Choir	12	13
14 <i>14th Sunday after Pentecost</i> 8:30AM Worship 9:45AM Sunday School 10:45AM Worship	15 6PM Finance Committee 7PM Trustees	16	17 9:30AM Scotts Run Backpack Ministry 11AM Bible Study 6PM Prayer Meeting	18 6:15PM Handbell Choir 7PM Chancel Choir	19	20 4PM Circle of Friends
21 <i>15th Sunday after Pentecost</i> 8:30AM Worship 9:45AM Sunday School 10:45AM Worship	22 6PM Administrative Council	23 6PM UWIF	24 11AM Bible Study 6PM Prayer Meeting	25 10AM Chair Yoga 6:15PM Handbell Choir 7PM Chancel Choir	26	27
28 <i>16th Sunday after Pentecost</i> 8:30AM Worship 9:45AM Sunday School 10:45AM Worship	29	30	1 11AM Bible Study	2 10AM Chair Yoga 6:15PM Handbell Choir 7PM Chancel Choir	3	4

September Lectionary Scriptures

September 7 - 13th Sunday After Pentecost

Jeremiah 18:1-11; Psalm 139:1-6, 13-18
Philemon 1-21; Luke 14:25-33

September 21 - 15th Sunday After Pentecost

Jeremiah 8:18-9:1; Psalm 79:1-9
1 Timothy 2:1-7; Luke 16:1-13

September 14 - 14th Sunday After Pentecost

Jeremiah 4:11-12, 22-28; Psalm 14
1 Timothy 1:12-17; Luke 15:1-10

September 28 - 16th Sunday After Pentecost

Jeremiah 32:1-3a, 6-15; Psalm 91:1-6, 14-16
1 Timothy 6:6-19; Luke 16:19-31



Spruce St UMC Office Hours & Contact Info

9:00 a.m. to 1:00 p.m. (Monday - Thursday)

304-292-3359

sprucestumc.org

SPRUCE STREET STAFF DIRECTORY

Pastor	Rev. Bart Thompson	304-813-7213 pastor@sprucestreetumc.org
Lay Minister	Eldon Callen	304-290-7142 eldonc45@gmail.com
Administrative Assistant	Em Pechon	304-292-3359 secretary@sprucestreetumc.org
Financial Secretary	Judy Kennell	finance@sprucestreetumc.org
Music Director	Marguerite Bostonia	margbos6@gmail.com
Choir Director	Ashley Lewis	jashleylewis@gmail.com
Children's Ministry	Lena Glowacky	childrensministry@sprucestreetumc.org
Building Supervisor	Bonnie Johnson	johnson26541@yahoo.com
Prayer Focus	Carolyn Carr	cdccarr@yahoo.com