



The Senior Pastor's Letter

One Decision Away From A Totally Different Life

The human journey is marked by grace, freedom, and the ever-present possibility of transformation. God's grace is not only prevenient—going before us—but also empowering, enabling us to respond freely to the divine invitation. Within this framework, the idea that we are one decision away from a totally different life is not merely motivational rhetoric; it is a theological truth grounded in the dynamic relationship between divine grace and human agency.

Every person is endowed with free will, restored by prevenient grace, so that we might choose to follow Christ. This means that at any moment, we stand at a crossroads where a single decision—whether to turn toward God, to forgive, to surrender, to serve—can alter the trajectory of our lives. The ongoing process of being made holy, underscores that transformation is not a one-time event but a continual unfolding. Yet it often begins with a single, decisive moment.

Consider the story of the prodigal son. Though he had squandered his inheritance and found himself in despair, he made one decision: "I will arise and go to my father." That choice, simple yet profound, led to reconciliation, restoration, and celebration. This moment reflects the interplay of grace and response. The father's love was constant, prevenient, waiting—but it was the son's decision to return that opened the door to a new life.

In our own lives, we often underestimate the power of a single choice. We imagine that change requires monumental effort or perfect conditions. But our UMC tradition would remind us that God is already at work, stirring our hearts, preparing the way. The question is not whether transformation is possible—it is whether we will respond. One decision to pray, to seek community, to confess, to forgive, to say "yes" to God can set in motion a cascade of grace that reshapes everything.

This truth is not limited to spiritual conversion; faith is deeply practical. John Wesley's concern for social holiness—living out faith in love and justice—means that our decisions in daily life matter profoundly. Choosing to speak truth, to advocate for the marginalized, to live with integrity, to extend compassion—these are decisions that ripple outward, changing not only our lives but the lives of others. We are one decision away from becoming agents of healing in a broken world.

We also acknowledge the struggle inherent in decision-making. Wesley spoke of the divided heart, the tension between grace and sin, the need for ongoing renewal.

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The Senior Pastor's Letter

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We may hesitate at the threshold of change, fearing what we might lose or how we might fail. But Wesley's doctrine of assurance reminds us that we can know the love of God in our hearts, that we are not alone in our striving. The Holy Spirit empowers us to choose rightly, to walk in the light, to grow in grace.

In moments of uncertainty, it helps to remember that God's grace is not contingent on our perfection but on our willingness. The decision that leads to a totally different life is not always dramatic—it may be quiet, hidden, even painful. But it is real. It is the decision to trust, to obey, to hope. These decisions are never made in isolation. We are surrounded by a great cloud of witnesses, by the communion of saints, by the church that nurtures and guides us.

So if you find yourself at a crossroads, wondering whether one decision could truly change your life, the easy answer is yes, it can. Because God is already there, inviting, empowering, loving. It begins with a step. The journey of grace begins with a "yes." And the life we long for—the life of peace, purpose, and joy—is not far off. It is one decision away.

Peace,
Pastor Sheridan

Welcoming Statement



We, the community of St. Paul's United Methodist Church, Kensington, welcome you in love. Jesus Christ accepts all, excluding none. So we welcome and affirm you who are gay, straight, lesbian, bisexual, transgender, or queer. We welcome you without regard to your sexual orientation, gender identity or expression, national origin, culture, race, ethnicity, ability, education, or age. We welcome you no matter your immigration, marital, or economic status. Wherever you are on your spiritual journey, we welcome and affirm you as one of God's children into our community of God's unbounded love. All are celebrated here and all are safe.

From Staff to Volunteer

Dr. Meg Baker retired in August after serving St. Paul's as the staff Minister of Spiritual Care and Formation for several years. Unlike some other employees, Meg is a member of St. Paul's and remains part of our church family even after retirement! She's found some areas where volunteer service to the church and the community are a welcome part of her new routine. Look for Meg, in her new role as a volunteer, and if you're curious about being more involved, just ask!



Contact Us

SENIOR PASTOR

Rev. Sheridan Allmond
sallmond@stpaulsk.org
301-933-7933 ext. 101

ASSOCIATE PASTOR

Rev. Joey Heath-Mason
joeyhm@stpaulsk.org
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tpedersen@stpaulsk.org

ORGANIST

Mr. Marvin Mills
mmills@stpaulsk.org

DIRECTOR OF COMMUNICATIONS & ADMINISTRATION

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stpaulsunited@stpaulsk.org
301-933-7933 ext. 100

FACILITIES MANAGER & BOOKKEEPER

Ms. Tracey Furman
tfurman@stpaulsk.org
301-933-7933 ext. 106

Visit us online at
[stpaulsk.org/community/
meet-the-staff](http://stpaulsk.org/community/meet-the-staff)

Office Hours

Drop-in and Telephone Hours
Monday - Thursday
10:00 AM to 3:00 PM.

To meet with specific clergy or staff, or for access to the building outside these hours, please make an appointment. Individual availability varies!

Please note: St. Paul's is closed on federal holidays.

Thoughts from Pastor Joey

From Forgotten to Fruitful

A funny thing happened this year. After Halloween last fall, we had a carved pumpkin sitting out by the porch. As it began to soften and sag, the kids weren't quite ready to part with it, so we moved it over near the trash bins — and, honestly, forgot about it.

Winter came and went. The pumpkin gradually broke down, becoming one with the soil. By early spring, it had disappeared entirely, with its remains mixed into the dirt like compost. We didn't think anything of it.

Then summer arrived. Out of that forgotten patch of ground, a vine sprouted. We decided to leave it alone and see what happened. And slowly, that vine began to stretch and climb—and eventually, two bright orange pumpkins appeared. Out of what we thought was trash grew something beautiful and new.

This little moment in our backyard reminded me of a verse that follows the well-known passage in Ecclesiastes 3, which begins, “For everything there is a season...” Just a few verses later, we hear this profound truth: “God has made everything beautiful in its time.” – Ecclesiastes 3:11

There is something deeply hopeful in that verse. It reminds us that God is always at work—sometimes slowly, quietly, and invisibly—turning even the messiest, most broken, forgotten things into something new. Even what we discard, overlook, or count as lost may become, in time, a source of unexpected life and blessing.

That's good news in a world that often feels overwhelmed by tragedy and division. In days of violence, political unrest, and heartbreak, it's easy to feel like everything is falling apart. But this pumpkin vine reminds me of something deeper: that even now, God is redeeming. God is renewing. God is still in the business of bringing life out of death.

From the garbage, God is growing something beautiful. Maybe not on our timeline. But in God's time.

So if you're in a season where things feel like they're breaking down—take heart. The story isn't over. God makes everything beautiful in its time..



St. Paul's Annual Church Conference

October 18, 2025, 10:00 AM

St. Paul's and other UMC congregations in the Montgomery County Southwest Hub meet at North Bethesda UMC (10100 Old Georgetown Road, Bethesda MD 20814)

Church conference is open to all members of the St. Paul's community. The UMC's Baltimore-Washington Conference requires reports each year on multiple areas of the church's ministry, mission, and health. The following reports are compiled by staff, clergy, and lay leaders and provided to the leadership committees governing the church and to the Baltimore-Washington Conference: Congregational Profile, Pastors' Reports, Inactive Members Report, Building Condition & Accessibility Survey, Compliance Certification for Background Checks and Sexual Misconduct Procedures, Trustees Report, Finance Report, Clergy Compensation, and Nominations for Leadership to Serve on the Unified Board/Simplified Accountability Model. Reports are available to review upon request. Please email Erin Steele in the church office at stpaulsunited@stpaulsk.org. Other questions may be directed to Rev. Sheridan Allmond at sallmond@stpaulsk.org.

Sympathy

The St. Paul's community offers our deepest sympathies for those who have lost loved ones.

Mary Jo Simpson
following the death of her sister
Sharon Watkins



Send a Card or Note

The following St. Paul's members are currently limited in their abilities to participate in the life of the church in-person, and appreciate your thoughts and expressions of care.

Mrs. Angela Barr
8207 Meadowbrook Lane
Chevy Chase MD 20815

Mrs. Helen Lidie
14809 Pennfield Circle
#415
Silver Spring MD 20906

Mr. & Mrs. John & Lyda Brookbank
Friends House
17141 Friends House Rd.
Sandy Spring MD 20860

Mrs. Erma McWilliams
Brookdale Olney Senior Living
2611 Olney Sandy Spring Rd.
#319
Olney MD 20832

Mrs. Alicia Dandridge
9701 Veirs Dr.
Rockville MD 20850

Mr. Bob Neidecker
415 Russell Ave,
Apt. 418
Gaithersburg MD 20877

Mrs. Edie Kirk
3616 Littledale Rd, #109
Kensington MD 20895



Joy

We celebrate the birth of



Luke Benjamin Goleb

son of Ellen & Paul Goleb
little brother to John and Michael Goleb

Sharing Joys & Concerns

One of our strengths as a church community is the way we pray for and care for one another. Here are four ways you can share joys and concerns or ask for prayers:

- Use the yellow prayer cards in the Sanctuary pews on Sunday and leave them in the offering plate.
- Our online form is available from anywhere, any time, at stpaulsk.org/community/prayer-requests.
- Contact Pastor Sheridan (sallmond@stpaulsk.org) or Pastor Joey (joeyhm@stpaulsk.org) directly, especially if anyone involved would welcome pastoral care.
- Reach out to Erin Steele in the church office at 301-933-7933 ext 100 or stpaulsunited@stpaulsk.org

You have the option of sharing confidentially with our pastors, or inviting the entire Prayerwaves team to pray for you and your loved ones.

Thank You, Thank You

Dear brothers and sisters in Christ,

Thank you so very much for your thoughtful love offering upon my retirement this year – I am astounded at the abundance with which you have launched me into my “golden years!” I look forward to continuing as a member of this faith community and to seeing you often in worship and in ministry. God bless you all!

Gratefully,
Meg



Scammers will use public information (like the pastor's name) to create fake email addresses and pose as church leaders, asking for money or gift cards. Please remember that contributions should only be made through stpaulsk.org/giving or sent to the church's physical address at 10401 Armory Avenue, Kensington MD.

Lectionary & Worship Schedule



Sunday, Oct. 5

World Communion Sunday

9:00 AM Worship with Communion

10:30 AM Worship with Communion & Sanctuary Choir

Scripture - Luke 17:5-10

Rev. Joey Heath-Mason, preaching

Sunday, Oct. 12

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir

Scripture - Luke 17:11-19

Rev. Sheridan Allmond, preaching

Sunday, Oct. 19

Reconciling Congregation Anniversary

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir

Scripture - Acts 10:34-48

Rev. Joey Heath-Mason, preaching

Sunday, Oct. 26

9:00 AM Worship with Communion

10:30 AM Worship with Sanctuary Choir

Scripture - 2nd Timothy 4:6-8, 16-18

Rev. Sheridan Allmond, preaching

Worship Livestreaming Sundays, 10:30 AM
stpaulsk.org/worship/worship-at-home

Reconciling Anniversary

Sunday, October 19

Join us Sunday October 19 as St. Paul's celebrates five years as a Reconciling Congregation! Wear your brightest clothes and rainbow colors as we fill the sanctuary with joy, love, and bold witness!

In worship, we'll give thanks for our journey of inclusion and renew our commitment to justice, welcome, and love for all people. Music will include guest musicians including James Woods, and a contemporary gospel piece by Mark Miller. Stay for a special Sipping Ministry time of fellowship and celebration.



World Communion Sunday

Sunday, October 5. As congregations around the world gather for communion, this UMC Special Sunday reminds us how United Methodist congregations are connected. Our contributions join with others from around the globe to fund scholarships for diverse students with big plans to make the world a better place.

World Communion Scholars are people like Carleigh Jones from Salisbury MD who studied law to become a victims' advocate, Garikai Malunga from Zimbabwe whose clinical biochemistry degree lets him give back by volunteering at the Old Mutare Hospital, and David Rangel from Mexico who studied at Southern Methodist University before founding the Spanish Language Leadership Institute. To contribute, make checks out to St. Paul's with "World Communion Sunday" in the memo or visit stpaulsk.org/giving

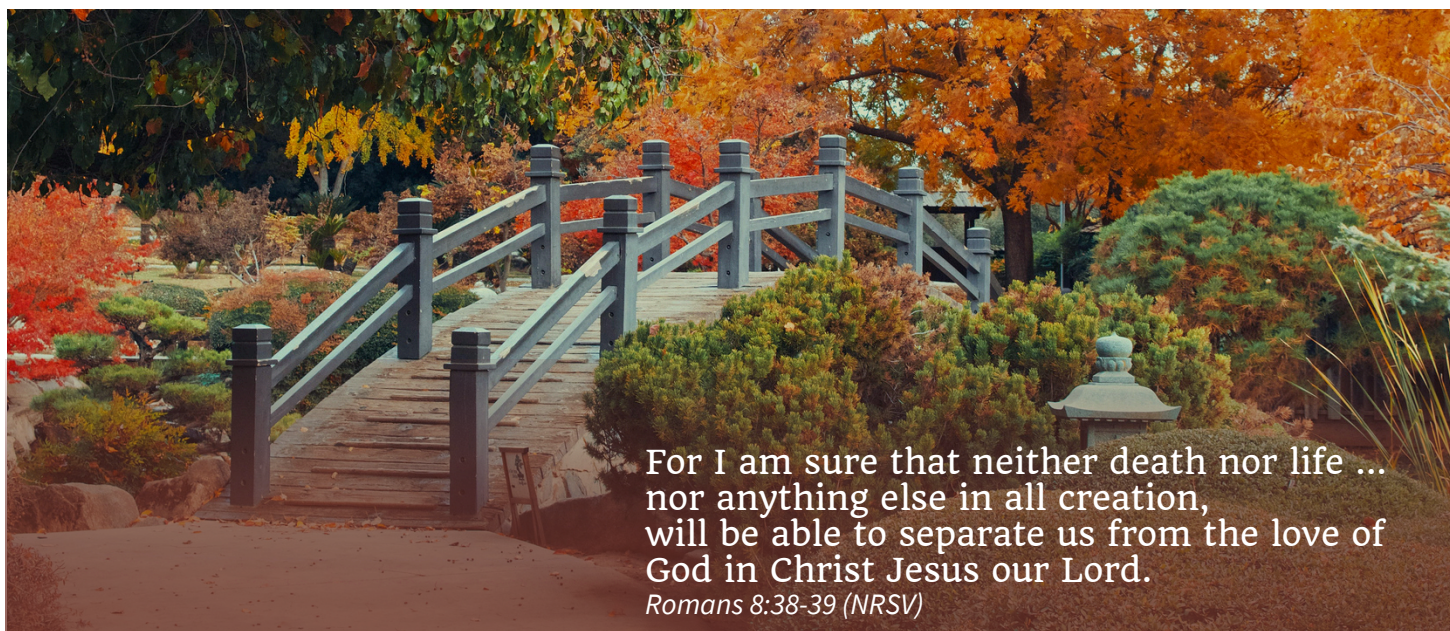


All Saints Sunday

Submit names for All Saints by October 26

All Saints Sunday is a cherished time in the worship calendar when we honor members of this church who have died in the past year. As is our tradition, we will lift up the names of those St. Paul's members who have died in the past year. We also invite all friends of St. Paul's to share the names of beloved family members who have passed away since November 1, 2024.

If you would like us to include the name of a relative of yours who died between November 1, 2024 and today, please share this information with us. All information must be received by Sunday, October 26 to be included in the memorial bulletin. Please look for a letter in the mail, paper forms in the Narthex, or use the online submission form available at stpaulsk.org/worship/memorials



For I am sure that neither death nor life ...
nor anything else in all creation,
will be able to separate us from the love of
God in Christ Jesus our Lord.

Romans 8:38-39 (NRSV)

Music Ministry at St. Paul's

Our Music Ministry is an important part of the worship experience at St. Paul's, and we have a place for everyone, from experienced musicians to those interested in learning something new! Contact Tom Pedersen, Director of Music, at tpedersen@stpaulsk.org.



Sanctuary Choir: *Sundays, 9:30 AM.* Open to adults and youth grades 7 and up. Meet at 9:30 AM on Sundays in room 211 and sing for the 10:30 AM worship service. Singers are welcome on a week-to-week or continuing basis.



Children's Choir: *Sundays, 11:45-12:30.* For kids in grades K-6. We'll learn music skills and be part of a meaningful group as we prepare music to share in worship.



Joyful Ringers: *Wednesdays, 7:00-8:00 PM.* An exciting handbell choir for adults that promises fun and fellowship. We are excited to welcome new ringers!

Lay Leader Reflections

From Anne Dean, Lay Leader

October is Pastor Appreciation Month. This is a special time to give thanks for the spiritual leadership, compassion, and dedication of our pastors. At St. Paul's United Methodist Church, we are blessed to have two extraordinary leaders guiding our faith community: Pastor Sheridan and Pastor Joey.

Pastor Sheridan, your wisdom, presence, and sermons continue to inspire and challenge us to live more fully into God's calling. In the pulpit, offering counsel, leading outreach, your love for Christ and this congregation shines through.

Pastor Joey, your energy, creativity, and authenticity have touched and pushed our church family. Your joyful spirit brings life and connection to and across our shared mission.

Together, you lead not only with words, but with lives of service and prayer. You model what it means to be faithful disciples in a complex world, and we are stronger, braver, and more hopeful because of your leadership.

On behalf of the entire church, thank you for all you do - seen and unseen. We honor you, we pray for you, and we give thanks to God for the gift of your ministry.

With gratitude!



Stronger
TOGETHER

Dear Friends,

One of the greatest blessings of St. Paul's is that none of us walks alone. In worship, in service, and in fellowship, we discover the strength that comes from being part of a community rooted in God's love.

This fall, beginning Sunday, October 5, we will embark on a 40-day journey of prayer and reflection as part of our stewardship campaign. Prayer cards to guide the 40 days are available at the church on Sunday, and we have reprinted the 40 Days of Prayer list on page _____. Our theme is "Stronger Together." Together, we feed bodies, minds, and spirits. Together, we welcome the stranger, nurture our children, and care for one another. And together, we sustain the ministries that make St. Paul's such a vital part of our lives and our neighborhood.

As part of this journey, we would love to hear from you. What does St. Paul's mean to you? Where have you experienced being stronger together in our church family? We'll share some of your words in worship and in our campaign communications to remind us all of the difference this community makes. If you'd like to contribute a few sentences, please visit the Stewardship section at stpaulsk.org/giving and click the button for "Stronger Together Reflections" or pick up a paper form in the Narthex.

During these 40 days, we'll also join in 40 days of prayer as we listen for God's call and give thanks for the many ways our church is making a difference. Together, through prayer, reflection, and generosity, we'll celebrate what it means to be Stronger Together.

With gratitude,
Gregg Molander, Stewardship Chair

Stronger TOGETHER

40 Days of PRAYER



As we embark on our 2026 stewardship campaign, we invite you to join in a season of intentional prayer. For the next 40 days, beginning Sunday, October 5, we will focus each day on a specific person, ministry, or community that makes St. Paul's a place of growth, faith, and service. Through daily prayer as a church family, we seek God's blessings and guidance. We also strengthen our spiritual connection with one another and with the mission of our church. Let us ask God for wisdom, courage, and joy as we continue to discover what it means to be Stronger Together.

- Day 1 • Sunday, 10/5
Our SAM church leadership & its leader, Rachel Stalcup
- Day 2 • Monday, 10/6:
Our worship audio-visual team led by John & Biljana Regan
- Day 3 • Tuesday, 10/7:
Our Baltimore-Washington Conference leadership
- Day 4 • Wednesday, 10/8:
Our beautiful church building and all who enter it
- Day 5 • Thursday, 10/9:
Our Children's Choir and its director, Christina Griffin
- Day 6 • Friday, 10/10:
Our lay leader, Anne Dean
- Day 7 • Saturday, 10/11:
Our Hunger Ministry and those we nourish
- Day 8 • Sunday, 10/12:
Our director of Communications & Administration, Erin Bone Steele
- Day 9 • Monday, 10/13:
Our Director of Music, Tom Pedersen
- Day 10 • Tuesday, 10/14:
Our Jim Smith Educational Award and the students it supports
- Day 11 • Wednesday, 10/15:
Our facilities manager, Tracey Furman
- Day 12 • Thursday, 10/16:
Our 2x4 Ministry and other small groups that build connection
- Day 13 • Friday, 10/17:
Our friends & students at Brookewood School
- Day 14 • Saturday, 10/18:
Our frequent guest organist and pianist, Dr. Lester Green
- Day 15 • Sunday, 10/19:
Our SPY (St. Paul's Youth) program, its leaders, & youth
- Day 16 • Monday, 10/20:
Our inspired Sanctuary Choir
- Day 17 • Tuesday, 10/21:
Our interfaith conversations with Rabbi Adam and friends at Temple Emanuel
- Day 18 • Wednesday, 10/22:
Our joyous Joyful Ringers bell ensemble

40 Days of PRAYER



- Day 19 • Thursday, 10/23:
Our Justice and Compassion Ministry, teaching & serving with humility, curiosity, and kindness
- Day 20 • Friday, 10/24:
Our Associate Pastor, Rev. Joey Heath-Mason
- Day 21 • Saturday, 10/25:
Our lay readers who guide our prayers in worship
- Day 22 • Sunday, 10/26:
Our Kensington community — neighbors, partners, and friends
- Day 23 • Monday, 10/27:
Our magnificent organ and those who bring it to life
- Day 24 • Tuesday, 10/28:
Our Ministry Table and its leader, Grace Graham
- Day 25 • Wednesday, 10/29:
Our organist, Marvin Mills
- Day 26 • Thursday, 10/30:
Our pancake breakfast and all those who serve & are served
- Day 27 • Friday, 10/31:
Our Lydia Circle Sisters and those they serve
- Day 28 • Saturday, 11/1:
Our Scout Troop and Cub Scout Pack
- Day 29 • Sunday, 11/2:
Our Senior Pastor, Rev. Sheridan Allmond
- Day 30 • Monday, 11/3:
Our shelter meal ministry and the individuals we feed
- Day 31 • Tuesday, 11/4:
Our Stephen Ministry and all those they support
- Day 32 • Wednesday, 11/5:
Our Still Wednesday program of contemplative prayer
- Day 33 • Thursday, 11/6:
Our Sunday School volunteers & the children they teach
- Day 34 • Friday, 11/7:
Our Taste and Sing program of song and fellowship
- Day 35 • Saturday, 11/8:
Our United Methodist Men & the projects they support
- Day 36 • Sunday, 11/9:
Our ushers who welcome us to worship each week
- Day 37 • Monday, 11/10:
Our Yarn Ministry and those whom their crafts benefit
- Day 38 • Tuesday, 11/11:
Our congregation, our family, and our friends
- Day 39 • Wednesday, 11/12:
Our school supplies collection & the young learners it supports
- Day 40 • Thursday, 11/13:
Our God in Heaven, for blessing St. Paul's with all this, and so much more

The time, talent, and treasure given by our congregation is needed to support every one of these 40 gifts.

Pastor Appreciation & Prayer Marathon



Celebrate Pastor Sheridan and Pastor Joey for their faithful leadership, care, and service to our church family with cards, prayers, food (treats or meals!), or even flowers. We have a Prayer Marathon with morning, midday, and evening times available throughout the month! Go to <https://tinyurl.com/2s3ajwtd> to sign up.

Bible & Brews



Saturdays, October 18 & November 15, 5:00-6:00 PM

All are welcome at this monthly gathering for interfaith conversations with Pastor Joey, Rabbi Adam, and friends from Temple Emanuel. All our meetings are family friendly and take place at a local Kensington watering hole with food and beverages that you can purchase as you like. Our October location, weather permitting, is BabyCat Brewery (10241 Kensington Pkwy, Kensington, MD).

Want to know more? Reach out to Pastor Joey at joeyhm@stpaulsk.org.

Taste & Sing

Tuesday, October 21, 2025

12:00 - 1:30 PM

Come to the Octagon for this casual time of food and song! We start by singing through some hymns from the UM Hymnal - feel free to request your favorites! No musical expertise necessary! Tom Pedersen, director of music, will be at the piano. Then Dr. Erin Steele will guide us through a short program about a composer, lyricist, or theme, offering a deeper dive into the stories behind some of our worship songs. Our time together culminates with fellowship over a tasty lunch prepared by Ginny Hagberg. (\$5 donation)



Laity Sunday



From left: Anne Dean leading the K-2 Sunday School class, serving as Lay Reader in worship, stuffing Easter Eggs for SPY fundraiser.

A Message from Rachel Stalcup, Chair of SAM

Each year, United Methodists set aside the third Sunday in October to celebrate Laity Sunday—a time to honor the ministry of all God's people, not just clergy.

At St. Paul's, we give special thanks for our Lay Leader, Anne Dean. A lay leader is a congregation's chief lay representative — someone who lifts up the voices of the congregation, connects people with ministries across the church, and works alongside the pastors to strengthen our shared ministry.

Anne has faithfully served in this role for the past two years, representing the voices of our congregation, connecting people with ministries across the church, and serving on the SAM Board. She was instrumental in launching the volunteer-led SPY (St. Paul's Youth) program last year, continued the Jim Smith Educational Award for our graduating high school seniors, and has regularly been present with our youngest children in K-5 Sunday School.

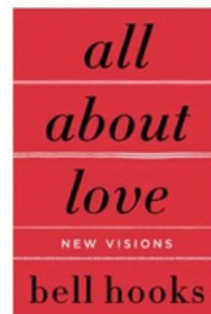
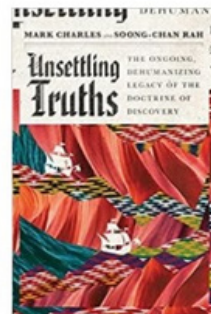
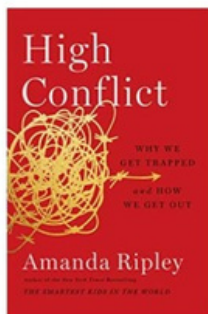
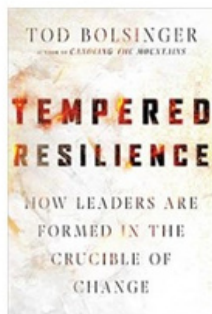
Anne's leadership shines through in so many ways, whether writing monthly Epistle articles, representing St. Paul's at BWC meetings, or helping secure a county grant to expand our ministries to underserved people in the community. She is also making a special effort this year to be visible to more ministries of the church, so be on the lookout for her at your meetings and events. Ministry leaders: consider inviting Anne to join you!

Her work reminds us of the truth at the heart of Laity Sunday: that every believer is called to live out their faith and share God's grace in unique and powerful ways. This month, we celebrate not only Anne but all the lay members of St. Paul's, whose service, encouragement, and witness strengthen the life of our church.



United Methodists are a reading people. Bishop LaTrelle Easterling is regularly asked to share some of the books she's currently reading. You can find some of her selections, and those of other conference leaders from the BWC at www.bwcumc.org/about/bishops-office/the-bishops-bookshelf/

- *Tempered Resilience* by Tod Bolsinger
- *High Conflict: Why We Get Trapped and How We Get Out*, by Amanda Ripley
- *Unsettling Truths: The Ongoing, Dehumanizing Legacy of the Doctrine of Discovery*, by Mark Charles and Soong-Chan Rah
- *All About Love* by bell hooks



SPY Is Back This Fall!

SPY is back! Do you have a 6th–12th grader looking for fun, friendship, and a deeper connection with God? Join us most Sunday evenings from 7-8:30pm in the church's Multipurpose Room for pizza, games, and Bible study. SPY (St. Paul's Youth) is a welcoming space where middle and high schoolers can grow in faith, build lasting friendships, and feel at home in our church community.

To see the full calendar, fill out the permission form, or learn more about the program and how your teen—and you—can get involved, visit stpaulsk.org/community/youth.



SPY Meeting Schedule for 2025 (subject to change)

- Oct. 5: regular meeting
- Oct. 12: regular meeting
- Oct. 19: regular meeting
- Oct. 26: regular meeting
- Nov. 2: regular meeting
- Nov. 9: regular meeting
- Nov. 16: regular meeting
- Nov. 23: regular meeting
- Nov. 30: NO SPY (Thanksgiving weekend)
- Dec. 7: regular meeting
- Dec. 14: Field Trip! Winter Garden of Lights at Brookside Gardens
- Dec. 21: NO SPY (Christmas Break)
- Dec. 28: NO SPY (Christmas Break)



Zoom Sermon Safari

Wednesdays, 4:00-5:00 PM by Zoom, beginning October 8

In this come-when-you-can, drop-in Zoom-based study, participants watch a video of a sermon and then discuss it together. Some of our sessions have featured sermons from such notable speakers as Diana Butler Bass, Senator Rev. Raphael Warnock, and Mariann Budde, Bishop of the National Cathedral. For more information or to receive the Zoom link, contact Dr. Meg Baker at megbaker@verizon.net.

Sunday School News

We are so happy to have our students back in Sunday School this season! Thank you to all the teachers and classroom helpers who make this possible. We are grateful for Dr. Meg Baker, who retired from her position on staff in August but has agreed to serve as an interim volunteer Sunday School Superintendent while the pastors seek and train the next person to guide this important ministry!



We are off to a great start in Sunday School at St. Paul's this year! On most Sundays, Grades K-2 meet in Room 200 and Grades 3-5 meet in the Parlor. Children in Pre-K and younger gather in the Nursery. Parents and guardians should drop off at the classroom and pick up at the classroom immediately after worship. Please find the registration and emergency contact form at stpaulsk.org/community/children.

Please note that children attend worship with their families on the first Sunday of each month as well as on the fifth Sunday, if applicable, so no Sunday School classes will be held on Oct. 5, Nov. 2, Nov. 30, or Dec. 7.

Photos: Martha Frances Burak leads grades 3-5 through the Bible. Grades K-2 enjoy a coloring project.

Stamps for the Wounded



St. Paul's invites your donations of stamps and stamp-collecting materials! Ginny Hagberg and the Maryland Family & Community Education/Homemakers Association will be taking the stamps to Stamps for the Wounded, a program serving disabled veterans. Stamp collecting offers therapeutic benefits for veterans recovering in hospitals or at home, including relieving boredom and loneliness. Welcome donations: used stamps (do not remove from the envelope paper), mint stamps and sheets, stamp albums or other philatelic supplies, stamp catalogs less than 5 years old. Please find the donation box in the church office.

Hunger Ministry: More Soup!

As food pantries around the country feel growing pressure from supply chain issues and instability in government-funded resources, we are relying on St. Paul's donors now more than ever to help bring shelf-stable pantry staples to the table.

For October, we especially request donations of hearty soups (in cans or boxes) and cooking oil (approx 48 oz. bottle). We always have a need for cold cereals and protein sources and are thankful for all donations from our "most requested" list.

- peanut butter
- canned tuna or salmon
- canned chicken
- canned vegetables
- canned fruit or applesauce
- cooking oil
- boxed milk or oat milk
- cold cereal
- instant oatmeal
- soup
- rice
- beans
- pasta
- pasta sauce (plastic jars)

PLEASE - & - THANK - YOU

- **NO dirty or damaged containers**
- **NO items beyond their "best by" or "sell by" dates.**
- **NO glass. Glass breaks and creates a hazard (and a mess!) for volunteers and recipients.**



Each month, year-round, we feed about 150 households, including senior citizens on fixed income, people with disabilities, and families from diverse backgrounds. We provide a bag of shelf-stable pantry items, a takeaway meal, and donated bread or produce. We also provide a grocery store gift card. This allows recipients to buy fresh or frozen food, dairy or meat, and hygiene products with dignity. You can make a secure financial contribution toward bulk food orders and grocery cards at stpaulsk.org/giving.

Interested in volunteering? Reach out to our volunteer coordinator Mr. Pat Maloney at hunger@stpaulsk.org.

Sunday Film Series

Sunday, October 26
12:00-2:00 PM

Join us for a series where we watch powerful films exploring justice and resilience together and have a brief time afterward for conversation or discussion.

The October film is *Till*, about Mamie Till Mobley's brave quest for public accountability after her 14-year old son Emmett was brutally murdered while visiting relatives in Mississippi.

We'll have free popcorn in the Octagon! Please bring your own lunch. Contact Pastor Joey (joeyhm@stpaulsk.org) if you have any questions.



Apple Sale

The UMM is planning to hold their annual apple sale! All of our products come fresh from the Scenic View Orchard in Sabillasville, MD which is near Thurmont.

The online order form will open in mid-October once we confirm all the varieties that will be available. We encourage people to purchase their apples ahead of time this way and pick them up at the church. But we also enthusiastically welcome walk-up purchases.

We will likely have about eight different apple varieties including Stayman, Jonathan, Empire, Mutsu/Crispin, Nittany, Cameo, Golden Delicious, and Fuji. Each variety is a little different! We will have descriptions of each one posted at stpaulsk.org/community/umm in the coming days, so you can find your new favorite!

We will also have cider, applesauce, and apple butter available for sale.



Still Wednesday

Wednesdays 7:00-8:00 PM

Contemplative prayer is a form of prayer that involves quieting the mind and body to create space for God's presence to be felt.

Sometimes it can be hard to experience the Divine Presence amidst the activity and noise of our daily lives. Join us each Wednesday at Still Wednesday, a mid-week space where we pause with quiet stillness, reflection, silent prayer, calm and connection.

Typically Still Wednesday offers 20 minutes of silent contemplative prayer, and a chance to reflect privately or share. Although the format is generally the same each week, the choice of contemplative prayer form leading into the silence (such as scripture, poetry, music, art, movement) may vary with the leader. Come light a candle with us. For updates about Still Wednesday activities, contact Beth Dennard at beth.dennard@gmail.com.





Pancake Breakfast

Saturday, October 4 and November 1, 2025

Enjoy breakfast at the all-you-care-to-eat Pancake Breakfast! From September through June, the United Methodist Men and volunteers serve delicious pancakes, scrambled eggs, sage sausage, grits, fruit, and beverages, plus seasonal specialties, on the first Saturday of the month! Please join us on September 6, 2025 in the Fellowship Hall. Serving hours are 8:00 to 10:30 AM. Diners are asked to make a generous donation at the door. Proceeds benefit local charities and causes at St. Paul's. We look forward to seeing you in the Fall!

Kensington Fire Department Community Events

*Saturdays
Oct. 4 & 11*

The Kensington Volunteer Fire Dept. celebrates its 100th anniversary this year! There will be several opportunities to celebrate. <https://kvfd.org/>

- Oct. 4: Charity fundraiser "fire truck pull," food trucks, Fire & EMS demonstrations
- Oct. 11: Antique Fire Truck Parade along Kent Street from Stoneybrook Drive to Kensington Parkway at 1:00 PM. Party and fire engine display at Kensington Cabin Park from 1:30 to 4:00 PM



Lydia Circle



Lydia Circle sisters gather in the Octagon once a month for fellowship, service projects, and refreshments, usually on the first Wednesday of the month, 2:30-4:00 PM. All women interested in participating are welcome. Because schedules can change, please contact Susan Schwarz at susan10748@aol.com or 301-339-8242 so you have the latest information about meetings.

Lay Readers Wanted



We're looking for lay readers! These volunteers lead the Call to Worship and Opening Prayer and read the Scripture in worship. On Communion Sunday, these people also assist the pastors by holding the communion cup. There's even time to prepare ahead; Lay Readers receive a copy of the bulletin no later than the Friday before they serve. To read at the 9:00 AM worship service, please sign up at <http://tinyurl.com/42v2k5em>. If you are interested in the 10:30 AM Lay Reader opportunities, or if you have questions, please contact our Lay Reader coordinator Marge Higgins at higginsmarge@gmail.com.



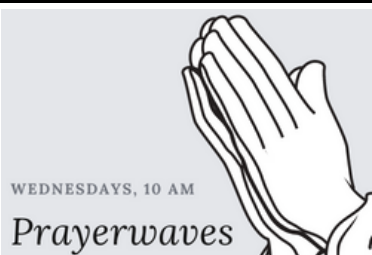
Yarn Ministry

Mondays, October 6 and 20, 7:00-8:30 PM

We return to meetings in the Library starting Sept. 8. Bring your crochet, knit, or other project and craft alongside friends. St. Paul's Yarn Ministry will hold another craft fair this November, with all proceeds going to great charitable causes. If you have crafts, think of donating items to the craft fair! All types of crafts are gratefully accepted, including but not limited to painting, photography, jewelry, woodwork, glass work, and fabric and yarn creations.

Ways to Be Involved

Many groups meet regularly during the year, and there are many ways to get involved with ministries, outreach, and hospitality at St. Paul's. Here are some of the groups inviting you to join in ministry and fellowship.



Wednesdays at 10:00 AM.

Prayerwaves meets each week by phone. We take turns lifting up the needs of the church, community, and the world. On Wednesday, dial 425-436-6326 a few minutes before 10:00 AM. Enter access code 774042 followed by the # sign. If you would like to receive the prayer list by email, please contact Erin Steele in the church office at stpaulsunited@stpaulsk.org.



This time for fellowship with drinks and snacks after worship occurs whenever a family, class, or groups offers to host. You might serve the ever-popular coffee and cookies... or it might be lemonade and cheese crackers, tea and tarts, cider and donuts, cocoa and candy canes... you decide! To host, simply add your name or group to the chart on the office bulletin board and take an instructions sheet (also available for download at stpaulsk.org/community/calendar-events).



Would life feel better right now if you had someone to listen to your worries and cares? Stephen Ministers are there for you! Stephen Ministers have received special training to provide one-on-one Christian care to those who are experiencing challenging life events. To learn how you or someone you know can receive care – or how to become a Stephen Minister – contact Martha Lipscomb, Stephen Leader, at mmlipscomb@verizon.net or 301-518-1642.

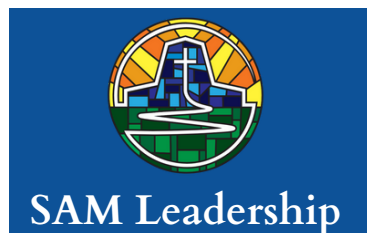


Few things better demonstrate our hospitality than making sure all of our members and friends receive a warm welcome upon arrival at church, and that new Sunday morning visitors can get some simple questions answered! Please consider participating in St. Paul's Welcome Ministry. We are always looking for volunteers to cover the welcome table by the Sanctuary doors and guide people as they enter for worship. Families are invited to volunteer together!



St. Paul's makes every effort to reach out to those who are experiencing times of sickness, grief, change, or celebration by providing greeting cards each week. On typical Sundays, anyone can stop by the Welcome Desk to pick up a pre-addressed, pre-stamped card. You can write a personal note or simply sign the card and drop it in the mail. We know card recipients are truly thankful for the notes that come their way.

Want to send your own card later, or spend some time in prayer for our members and friends? Pick up a Congregational Care list at the welcome desk on Sunday mornings. Please note that the Congregational Care list is not exhaustive. For privacy reasons, St. Paul's only shares information if given permission to do so by the person(s) involved or an immediate family member. If you have information to share please contact Erin Steele in the church office at stpaulsunited@stpaulsk.org.



Church leaders at St. Paul's serve in a unified board known as the Simplified Accountability Model, or SAM. The SAM umbrella covers Ministry, Strategy, Accountability, and Leadership to guide such things as the church mission and ministry focus, finances, and personnel. SAM meets by Zoom and all meetings are open to the public. Contact chairperson Rachel Stalcup (rachelstalcup@gmail.com) for the meeting schedule and the Zoom link, or if you have questions.



St. Paul's

United Methodist Church

10401 Armory Avenue
Kensington, MD 20895

stpaulsk.org | 301-933-7933

Worship with St. Paul's

Worship in the Sanctuary

9:00 AM • Worship with Weekly Communion

10:30 AM • Worship with Sanctuary Choir

Sundays, October 5, 12, 19, 26

Worship-at-Home

Livestreaming every Sunday at 10:30 AM

stpaulsk.org/worship/worship-at-home



October 2025

Epistle Options

Email (color) or Mail (black & white):

Email stpaulsunited@stpaulsk.org
to be added to the distribution list

Download (color)

stpaulsk.org/community/epistle-weekly-news