POUGHKEEPSIE UNITED METHODIST CHURCH
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The Journey

August 2025

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The Deadline for the September Journey is Wednesday August 13

[26] Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Matthew 6:26

I am a devotee of Intelligent Design (ID). That means I do not read Genesis as a scientific manual or cosmic blueprint. Rather, Genesis offers a theological understanding of creation and humanity's place within it. Nor do I subscribe to Darwinian evolution, which relies not only on small adaptations and natural selection but also on random mutations and chance.

For me, the world speaks of intention, not accident. From the fine-tuning of 200+ universal constants to examples of irreducible complexity, from the problem of abiogenesis to the sheer mathematical improbability of functional protein development within the age of the universe, none of these align with atheism or a detached "clockmaker" deity. Intelligent Design is the only framework that makes sense of such precision and purpose.

But this article isn't really about ID.

During Vacation Bible School, I had the pleasure of sharing two short videos: *Living Waters* and *Metamorphosis*. *Living Waters* highlights the astonishing abilities in sea creatures we often take for granted, such as the dolphin's echolocation, the sea turtle's and salmon's magnetic navigation, and the remarkable development of whales. *Metamorphosis* explores the improbable lifecycle of the butterfly and its almost miraculous navigational instincts.

Then I stumbled upon a recent article titled: "Animals' Magnetic Senses Could Work At The Limit Of Quantum Possibility." (You can find it online with a quick search.) The article describes how the magnetic-sensing proteins of certain animals, particularly cryptochromes in their eyes and iron-based receptors, operate with a sensitivity that approaches the theoretical limits defined by quantum physics.

This gives new depth to Jesus' words in Matthew 6. God hasn't left anything to chance. God clothes the flowers of the field, feeds the birds of the air, and, evidently, teaches them quantum mechanics!

But it doesn't stop there. Jesus continues: *"How much more will God care for you?"* You and I are not only part of this wondrous quantum universe; we are its stewards and God's eternal partners. Who knows what future discoveries about human potential will amaze and inspire us?

What we do know is this: life is fragile, unique, and precious. And it calls for reverence. As the psalmist declares:

> *"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well."*
> *— Psalm 139:14 (NRSV)*

Let us live, then, with awe toward creation, toward each other, and toward the God who made it all.

Yours in Christ, Kregg

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Children's Ministry News

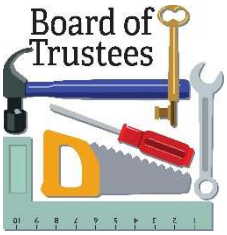
It is with a grateful heart on behalf of the children of Poughkeepsie United Methodist Church and Casa de Adoration that I thank everyone who participated in Vacation Bible School. I thank you for shopping, I thank you for climbing ladders, I thank you for creating decorations in your home, I thank you for driving decorations back and forth to PUMC, I thank you for shopping and taking time out of your Saturday to help us make decorations. Thank you. Gracias.

Sunday School will be taking a break in August in preparation of the start of Sunday School in September.

Rally Day – September 7!

Join us for **Rally Day** on **Sunday, September 7**, immediately following the worship service! As part of the celebration, we'll be playing a fun game featuring baby pictures of our congregation**.** We're collecting baby photos throughout August**.** If you'd like to participate, please clearly label your photo with your name and drop it off in **the** basket in the church office. Let's see how many baby faces we can recognize—don't miss out on the fun!

From the Board of Trustees



PUMC's Board of Trustees are in the contract stage with JW Smith Paving to renovate the church's entire parking lot beginning August 25th and completing August 29th. The renovation will involve milling the current pavement, laying and compacting new asphalt and remarking the new pavement for the designation of parking places, including handicap parking. Smooth transitions to the church's sidewalks and ramps will be preserved with the new pavement. The project dates are defined in order to avoid conflict with the Community Nursery School's calendar. A defined staged approach to minimize the repaving conflicts for daily access to the church remains to be defined and will be shared with the congregation prior to the beginning of the project.

The Trustees ask for your indulgence and supporting prayers as we work on the details of the project and, particularly, during the weeklong project execution during the last week of August. We consider this renovation to be an important long-term investment in the maintenance of our church facility and property. Please direct any questions or concerns that you may have to Pam Terwilliger, chair of the PUMC Board of Trustees.

REMEMBER IN OUR PRAYERS

Our members: Barbara Bates, Cheryl Cass, Janet Cole, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, Veronica Gordon, Emily Griess, Betsy Grover, Gwen Higgins, Tom Halloran, Pat Hughes, Dick James, Donna Jonnigan, Danny Jones, Samson Marrine Lee, Betty Longobardi, Lizzy Merolle, Millie Milkovich, Kathleen Nicodemus, Michelle Olavarria, Karla Quinlan, Robert Schmidt, Diana Silverman, Michelle Simonis, Catherine White, Sarah-Grace White, Gaynelle Zehnacker-Coon, Marilyn Zier.

Friends of our church in your prayers: Georgia Kustas-Beurket, Cris and John Burke, Jordan Fidler, Lee, Edgar Martinez, Adonis Marzan, Hilary McAllister, Joe Pollen, Rob Post, Jean Slater, Wayne Surico, Ronald Tomaso, Jackie Triguero, Clifford Zier. All the innocents affected by wars and conflicts around the world.

Members of the military, active and/or retired, in your prayers: Michael Clear, Staff Sergeant in the Army, Joshua Lord, 1-69 Infantry Medical Platoon Sergeant, NYC; Randal Middleton, Naples, Italy Naval Base, Major Jason Oliver, Texas.

Thank You

It is with deep gratitude that we thank the Congregation and PUMC Choir for all of the prayers, love, and monetary contributions for our daughter who lost her home in a fire. She and her husband have found comfort in your care and concern! Bless you all!

Polly & Richard James, Lynne & Kirk Timperio

NOTES FROM THE CHOIR ROOM

"A sound of hope, A sound of peace,
A sound that celebrates and speaks what we believe.
A sound of love, A sound so strong. It's amazing what is given when we share a song.
This is why we sing, why we lift our voice,why we stand as one in harmony.
This is why we sing, why we lift our voice. Take my hand and sing with me"
from Why We Sing by Greg Gilpin (2005)

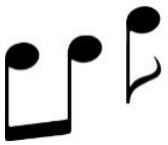
We are now halfway through summer; the time has flown; what have you been singing? I have to admit that I am no singer (just ask our choir). I can make it through choir warm-ups and that's about it. I blame it on old age until Stephen plays the organ or when he's at the piano while the Songs of Praise fill the sanctuary. Usually there is one song that haunts me all week-even as I sleep. Which brings me to the quote above. I am determined to buy the music so our choir can sing it for you. I am also going to use it at Singing Eagle Lodge where I spend two weeks on Squam Lake in New Hampshire where 80 girls and about 25 councilors gather in August.

So, Why Sing? I have heard every excuse in the book of "I can't sing". My favorite "I only sing in the shower", (Remember the song *Holy Spirit Rain Down?) or " My spouse sings better than me", or "I can't read notes/music" or too old or too young ....*do you have any more? Oh, here's a good one "I don't like robes". I invite you to re-think why you don't sing (or don't like to!) How many Bible verses mention singing? Now that's something to really think about!

" Sooth a soul; Mend a heart; Bring together lives that have been torn apart; Share the joy; Find a friend. It's a never ending gift that circles back again. This is why we sing, why we lift our voice, we stand as one in harmony. Music builds a bridge, it can tear down a wall. Music is a language that can speak to one and all. Take my hand and sing with me." G. Gilpin

"SHOUT FOR JOY TO THE LORD ALL THE EARTH. WORSHIP THE LORD WITH GLADNESS, COME BEFORE HIM WITH JOYFUL SONG!" Psalm 100

The Blessings of Music be with you! Polly James



Hymn Backgrounds
Jennifer Harmer

So yes, this month's entry is another from my nightly devotional The Greatest Hymns Devotional: 365 Daily Devotions put together by BroadStreet Publishing Group. This time it is the entry from June 24th, "God of Grace and God of Glory." What drew me to write about this particular hymn as a bit about where it was written, which I will get to in a second.

The text of the hymn was written by Harry Emerson Fosdick (1878 – 1969). Fosdick attended Colgate University, Union Theological Seminary, and Columbia University. He was ordained in 1903 and was a pastor at Baptist churches in New Jersey and New York, specifically Manhattan as well as teaching at Union Theological Seminary. "God of Grace and God of Glory" was written in 1930 as an opening hymn for one of the churches he was leading at the time. The tune used for "God of Grace and God of Glory" is a familiar one, and a favorite of the choir, CWM RHONDDA, written by John Hughes (1873 – 1932) in 1907. The tune is also used for "Guide me, O thou Great Jehovah." But an interesting note, Fosdick originally wrote the hymn for a tune called 'Regent Square' but, according to Hymnary, it was "the Methodists who changed the hymn tune from 'Regent Square' to 'CWM RHONDDA'."

Fosdick's intention for the hymn was asking God to help his church to live out God's love and God's power in practical ways, including the courage to prioritize helping the poor. It is a suggested hymn in any of the three lectionary years during Epiphany, Lent, and Ordinary Time.

You can find the text of this hymn in our hymnal on page 577.

(References from Hymnary.org & The Greatest Hymns Devotional: 365 Daily Devotions)

Important August Dates

Wednesday, August 6th – Church Council @ 7pm

Monday, August 12th – Ted Talk Watch Party @ 7pm

Wednesday, August 13th – Journey Deadline

Tuesday, August 20th – Social Justice @ 7pm

Friday, August 22nd – Collate Journey @ 8:30am

Wednesday, August 27th – Trustees @ 7pm

September and October are busy times at PUMC!

Monday, September 1st – Labor Day

Saturday, September 6th – Love INC Pack the Truck @ 2-4pm

Sunday, September 7th – Rally Day!

Monday, September 8th – Friendship Circle @ 1pm

Tuesday, September 9th – Pastor's Book Study @ 10am

Tuesday, October 23rd – Fellowship Discovery Luncheon @ 12pm

Saturday, October 25th – Harvest Fest

Trunk or Treat

Autumn Fest is coming October 25th
Would you help us??

"Handmade with Love" needs your help!! Do you crochet, knit, or sew? Do you paint, do crafts, or want to venture into something new? Can you use the summer to make a few items for us to sell? Anne Bierce (845-224-6270) or Sue Davis (845-462-1831) are the contact people. Also, please let us know if you want to help the day of our Fest!!

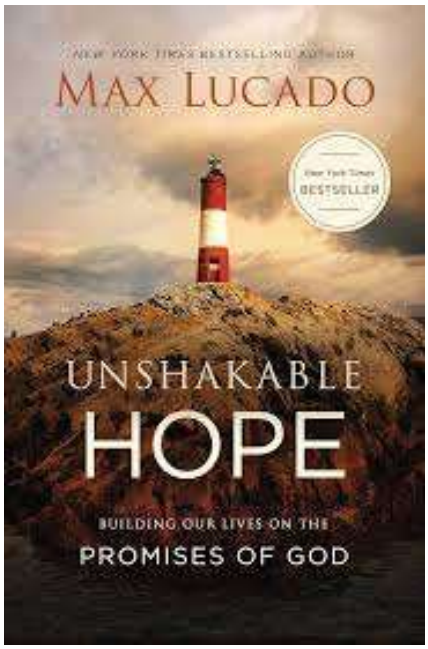
We are "thinking new ideas" for our **"Gift Baskets**"! Some ideas: something smaller that could be used as hostess gift or a celebration gift that we can sell for up to $20 - small baskets, pretty bowls, cutting boards or trays and dress them up with nuts & chocolates - coaster & cocktail napkins, cheese board with knife -- specialty cookbook with whisk – apron with pot holders – mini jams with cracker/cookies and napkins – fancy soaps with facial cleansers. We can't wait to see your ideas.

For our **"Glitz and Glamour**" area we always need jewelry!! Other things we could use are accent scarves, small purses, items like small fancy note pads, fancy pens, etc for purses. Small and pretty is the name of the game!

Luncheon & Bake Goods Our luncheon will have a new look and revamped menu!! We will offer take out or eat in family style seating. More details will come in our fall Journey. If you would like to be part of the fun please call Doris Stahl 845-462-1922 .

Our baking and dessert needs will be listed in the fall Journey and we hope you will support us again with all your goodies.

Pastor's Fall Book Study:



Unshakable Hope:
Building Our Lives on the Promises of God
By Max Lucado

What feels shaky in your world? Maybe you feel hurt by the past, disappointed by the present, or worried about the future. If so, there is hope. For every problem in life, God has given you a promise.

In the *New York Times* bestselling book, *Unshakable Hope*, Max Lucado unpacks 12 of the Bible's most significant promises, equipping you to overcome difficult circumstances by keeping your focus on the hope found in the promises of Scripture.

Whether it's heart disease or cancer, job failure or addiction, natural disasters or family disasters, mass murders or mental illness, there are so many reasons to be overwhelmed and hope can feel hard to come by. Now more than ever, we need the definitive declarations of our mighty and loving God. In this book, you will be reminded that God's promises are irrevocable because:

- God is unchanging
- God is faithful
- God is strong
- God cannot lie

What is your life built on—the circumstances of life or the promises of God? The answer to that question changes everything. Join Max as he takes a closer look at Scripture's unbreakable promises and shows you how to live with unshakable hope.

This book study will begin on Tuesday, September 9th @ 10am
Books are available in the office for $8

Fill The Truck!

Love INC Donation Drive

Saturday, September 6, 2025

2-4 pm rain or shine

at Poughkeepsie United Methodist Church Parking Lot

2381 New Hackensack Road, Poughkeepsie, NY

Stop by and help us "Fill The Truck" by donating these much needed incentive items distributed to neighbors who attend our Love INC Ministry Classes!

Paper Goods

- Paper Towels
- Toilet Paper
- Cube/Box Tissues (Kleenex)

Hygiene Items

- Body Lotion
- Body Wash
- Deodorant
- Band-Aids
- Toothpaste

Misc

- Re-usable Shopping Bags (standard store size)
- Standard-sized Bed Pillows, only new and in original packaging

Laundry

- Liquid Laundry Detergent (48 - 64 oz)
- Dryer Sheets (80-100 count box)

Household Items

- Liquid Dish Soap (14 oz or higher)
- Disinfectant Cleaner (32 oz)
- Liquid Hand Soap (pump bottle)
- White Tall Kitchen Garbage bags (13 gallon)
- Pair of Rubber Cleaning Gloves (REUSABLE only, size Medium or Large)

Shopping Cards

- $15 and $20 Grocery Store Cards with activation slips (**Stop N Shop & ShopRite**)

Grocery Items

- Can (12 oz) Chicken meat
- Low Sodium Chicken Broth (box)
- Can (10 oz) of Rotel diced tomatoes
- Can (15 oz) of corn kernels
- Can (15 oz) Black Beans
- Can (5 oz) Tuna

love in the name of Christ

Contact Mid-Hudson Love INC at 845-471-0102 with questions