

LEADING WORSHIP: Our Pastor, Gregg Gabor

HELPING IN WORSHIP

Acolyte

Liturgist Gloria Soto

Head Usher Will Cass

Ushers Cheryl Cass, Lynne Deverman, Linda McCluskey

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am 2

Sunday School – Adult 5 Children 5

Worship @ 10:00am 89

YouTube & Zoom 39

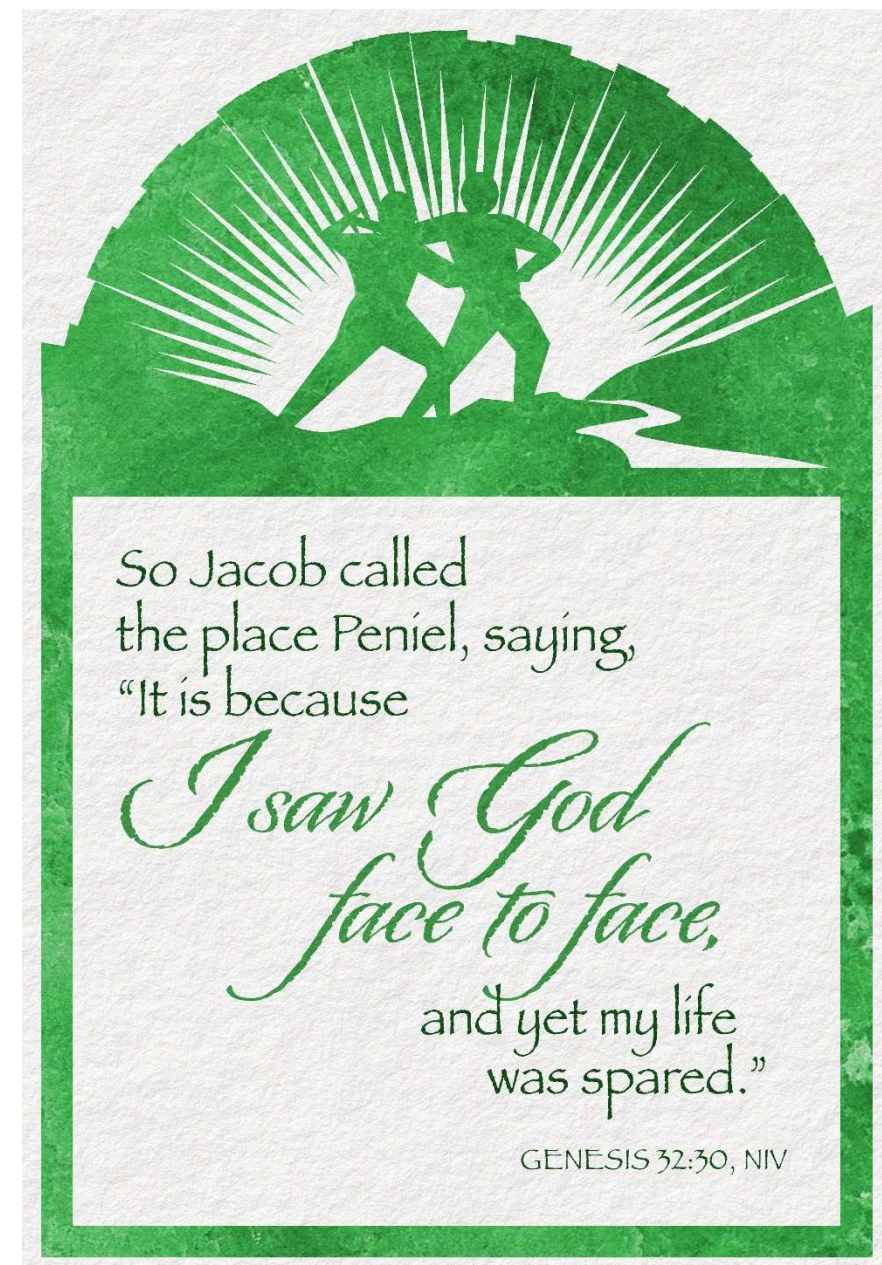
REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Cheryl Cass, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, Griess, Doris Hammel, Gwen Higgins, Pat Hughes, Donna Jonnigan, Danny Jones, Samson Marrine Lee, Betty Longobardi, Lizzy Merolle, Millie Milkovich, Kathleen Nicodemus, Michelle Olavarria, Ray Polivka, Karla Quinlan, Robert Schmidt, Michelle Simonis, Sarah-Grace White, Marilyn Zier.

Friends of our church in your prayers: Georgia Kustas-Beurket, Cris and John Burke, Joshell Coleman, Jordan Fidler, Allison and Chad Hagner, Lorry Hetzer, Scott Kara, Edgar Martinez, Hilary McAllister, Rob Post, Jean Slater, Wayne Surico, Ronald Tomaso, Jackie Triguero, Elaine Wintergreen, Harold White, 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.

Poughkeepsie United Methodist Church
2381 New Hackensack Road, Poughkeepsie, NY 12603
Phone: (845) 452-2933 Fax: (845) 452-3103
Internet Web Site: <http://www.pokumc.com>
e-mail: poughkeepsieumc@gmail.com



So Jacob called
the place Peniel, saying,
“It is because
*I saw God
face to face,*
and yet my life
was spared.”

GENESIS 32:30, NIV

Poughkeepsie United Methodist Church
August 2, 2026

August 2, 2026	10 th Sunday after Pentecost	Doxology	UMH 94
Words of Welcome		Receiving Holy Communion	
Life of the Church		Call to Confession	
Prelude		Confession	
Call to Worship		Transforming God, we confess that we often live as though everything depends upon us. We grasp for control, resist receiving help, and trust our own strength more readily than your grace. Our lack of trust and faith separates us from not only You but injures our relationships with one another. Meet us in our weakness, loosen what fear has tightened within us, and reshape us in the likeness of Christ. Free us for joyful obedience, through Jesus Christ our Lord. Amen.	
Leader: Come, let us worship the God who has called us together.		Words of Assurance	
People: We come with gratitude and hope.		The Great Thanksgiving	UMH 15
Leader: Come, bringing the joys and burdens of this week.			
People: We come trusting that God is present with us.		Silent Prayer & Pastoral Prayer	
Leader: Come, ready to listen, pray, and praise.			
People: We come to receive the grace of Christ.		Passing the Peace of Christ	
Leader: Let us open our hearts to the Holy Spirit.			
People: Let us worship God together.		*Closing Hymn: “The God of Abraham Praise”	UMH 116
Opening Prayer		Benediction	
*Songs of Praise: “Welcome”		Postlude	
“Seek Ye First”	UMH 405		
Scripture Reading: Genesis 32:22-31			
*Hymn of Preparation: “Break Thou the Bread of Life”	UMH 599		
Sermon			
Worship God with Tithes and Offerings			
Offertory Anthem: “Rejoice in the Lord Always! Again I Say Rejoice!			
Paul's letter to the Philippians 4:4-8	Traditional Canon		

**Please stand if you are able*

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*The flowers on the altar are given by Janet Houston to the Glory of God  
and in celebration of the birthdays of her son Bryan and her granddaughter Emily.*

## Opportunities for You This Week

### SUNDAY, August 2<sup>nd</sup>, 2026

|         |                       |
|---------|-----------------------|
| 8:00 am | Contemplative Prayer  |
| 8:45    | Coffee with Jesus     |
| 10:00   | Worship Service       |
| 11:30   | Fellowship            |
|         | Prayers for the World |
| 1:00 pm | Casa de Adoracion     |
| 2:00    | Parkside AA           |

### MONDAY, August 3<sup>rd</sup>, 2026

|         |                    |
|---------|--------------------|
| 6:30 pm | Gamblers Anonymous |
|---------|--------------------|

### TUESDAY, August 4<sup>th</sup>, 2026

|          |                      |
|----------|----------------------|
| 10:00 am | Pastor's Bible Study |
| 1:00 pm  | Arts & Crafts Group  |
| 5:30     | Primary Purpose AA   |

### WEDNESDAY, August 5<sup>th</sup>, 2026

|         |                 |
|---------|-----------------|
| 7:30 am | Morning Prayers |
| 7:00 pm | New Hope AA     |

### THURSDAY, August 6<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 5:30 pm | Primary Purpose AA |
| 7:00    | Gamblers Anonymous |

### FRIDAY, August 7<sup>th</sup>, 2026

|         |             |
|---------|-------------|
| 6:30 pm | CdA Service |
|---------|-------------|

### SATURDAY, August 8<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 8:30 am | Gamblers Anonymous |
|---------|--------------------|

### SUNDAY, August 9<sup>th</sup>, 2026

|         |                       |
|---------|-----------------------|
| 8:00 am | Contemplative Prayer  |
| 8:45    | Coffee with Jesus     |
| 10:00   | Worship Service       |
| 11:30   | Fellowship            |
|         | Prayers for the World |
| 1:00 pm | Casa de Adoracion     |
| 2:00    | Parkside AA           |

#### Welcome

LYRICS Laurie Zelman & Mark A Miller  
MUSIC: Mark A Miller

#### Praise the Lord with the Sound of Trumpets (UMH 405)

LYRICS Karen Lafferty  
MUSIC: Karen Lafferty

#### Break Thou the Bread of Life (UMH 599)

LYRICS: Mary A. Lathbury  
MUSIC: William F. Sherwin

#### Since Jesus Came Into My Heart (UMH 116)

LYRICS From the *Yigdal* of Daniel ben Judah  
MUSIC: Hebrew melody, *Sacred Harmony*, 1780

\* 1 Beu, B.J.; Scifres, Mary. *The Abingdon Worship Annual 2026* Abingdon Press. Kindle Edition.

**Welcome to Poughkeepsie United Methodist Church.** We are delighted to have you worship with us today!

**We want to be your family of faith.** We hope that you feel at home in our church family, and we encourage those interested in membership to speak with one of the ushers or contact us at 845-452-2933 or by email at [office@pokumc.org](mailto:office@pokumc.org)

**To Those with Little Ones:** Room 36 (upstairs in the education wing) is available as a toddler room with toys and a TV that is tuned into the worship service.

**If you would like to be on the PUMC email distribution,** please go to the church website at [www.pokumc.com](http://www.pokumc.com) and scroll down to **Join Our Mailing List** button.

## Announcements

There will be no coffee hour during the summer. It will resume on September 20<sup>th</sup>.

**6 Month Giving Statements & the August Journey** are available at the back of fellowship hall.

**There is no Children's Sunday School in August.** Classes will resume on September 13<sup>th</sup>. Also, there will not be a Children's Moment during the summer.

**HOAM Ministry:** On the third Saturday of every month we provide a meal for the HOAM ministry in the city of Poughkeepsie. We are seeking additional volunteers to help prepare the meal and deliver it to Cannon St around 5:30 pm. Volunteers are also needed to serve the food three nights a week. Preparation is usually Saturday mornings at our church. Please contact Pam (845-240-4564) or Nancy (845-380-4887) if you are willing to help any time.

**There will be no Fellowship Discovery Luncheon in August.** We will resume in September. If you have an idea for a speaker please contact Pastor Kregg.

**Church Wide Yard Sale:** Due to lack of interest this will not be happening.

**Strength and Balance:** We are hoping to restart our Strength and Balance class on Tuesdays and Fridays @ 9:00am. We decided to change to Tuesday mornings so that people who would like to can stay for Pastor's Book Study @ 10am. Please speak to Kaye Schrock, Geri Hoernes, or the church office if you are interested.



**Sermon Summary:**  
**“Human Alchemy”**  
**Genesis 32:22–31**  
**August 2, 2026**

Most of us are more comfortable doing something than waiting for something. We make plans, gather information, solve problems, and search for another route around whatever stands in our way. There is nothing wrong with acting responsibly. But eventually life brings us to moments when no phone call, plan, or clever arrangement can guarantee the outcome. We can do the next faithful thing and still know that we are no longer in control.

Jacob reaches such a moment at the River Jabbok. For most of his life, he has survived through intelligence, persistence, and manipulation. When he learns that his estranged brother Esau is approaching with four hundred men, Jacob immediately begins arranging people, possessions, gifts, and messages. Then he sends everyone across the river and is left alone.

In the darkness, Jacob wrestles with a mysterious stranger whom he eventually recognizes as God. The struggle reveals the deeper problem of his life: Jacob trusts the character that has carried him this far more than he trusts the grace that can carry him forward. His gifts have become substitutes for trust. Jacob cannot enter God’s future while still believing that everything depends upon Jacob.

Yet God does not abandon him or simply tell him to try harder. God confronts him, weakens his self-reliance, gives him a new name, and blesses him. God takes the raw material of Jacob’s character and reshapes it. The persistence Jacob once used to control his future becomes the persistence with which he clings to God.

This is the grace revealed fully in Christ. Christ does not wait for us to become strong enough to change. Christ meets us in our weakness, bears what we cannot carry, and begins transforming what fear and self-protection have distorted.

So when conflict, uncertainty, illness, grief, or disappointment enters our lives, we may still pray for the situation to change. But we can also ask, “God, what are you trying to transform in me here?” Perhaps control is becoming trust, defensiveness is becoming honesty, bitterness is becoming compassion, or self-sufficiency is becoming the courage to receive help.

Jacob leaves blessed, renamed, and limping. The limp is not the absence of grace. It is evidence that grace has touched him. We may not leave every struggle uninjured, but by the grace of God, we do not have to leave unchanged.