

B LEADING WORSHIP: Our Pastor, Gregg Gabor

HELPING IN WORSHIP

Acolyte

Liturgist Kaye Schrock

Head Usher Will Cass

Ushers Cheryl Cass, Debi McGarvey, Ellis Ticknor

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am 2

Sunday School – Adult 8 Children

Worship @ 10:00am 69

YouTube & Zoom 25

REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Cheryl Cass, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, Emily 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 of 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
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Poughkeepsie United Methodist Church
August 23, 2026

August 23rd, 2026

13th Sunday after Pentecost

Words of Welcome & Life of the Church

Prelude

Call to Worship

Leader: We gather carrying many burdens, many worries, and many distractions.

People: Yet God calls us again into grace and community.

Leader: The world teaches us to protect ourselves above all else.

People: Christ invites us to love sincerely and live lightly together.

Leader: Let us worship the God who renews minds, restores hearts, and forms us into one body.

People: We come to worship the God revealed in Jesus Christ. Amen.

Opening Prayer

*Songs of Praise: “We Bring the Sacrifice of Praise”

“Blessed be Your Name”

Scripture Reading: Romans 12:1-16

Hymn of Preparation “The Church’s One Foundation”

UMH 546

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: “Let There Be Peace on Earth”

sung by Jenn Harmer

Doxology

UMH 94

Silent Prayer & Pastoral Prayer

The Lord’s Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power and the glory forever. Amen.

Passing the Peace of Christ

*Closing Hymn: “I’m Gonna Live So God Can Use Me”

Benediction

Postlude

*Please stand if you are able

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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

## Opportunities for You This Week

### SUNDAY, August 23<sup>rd</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 24<sup>th</sup>, 2026

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

### TUESDAY, August 25<sup>th</sup>, 2026

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

### WEDNESDAY, August 26<sup>th</sup>, 2026

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

### THURSDAY, August 27<sup>th</sup>, 2026

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

### FRIDAY, August 28<sup>th</sup>, 2026

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

### SATURDAY, August 29<sup>th</sup>, 2026

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

### SUNDAY, August 30<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           |

#### We Bring the Sacrifice of Praise

CCLI Song # 9990  
Kirk Dearman  
© 1984 New Spring  
For use solely with the SongSelect® Terms of Use. All rights reserved. www.ccli.com  
CCLI License # 777703

#### Blessed Be Your Name

CCLI Song # 3798438  
Beth Redman | Matt Redman  
© 2002 Thankyou Music  
For use solely with the SongSelect .Terms of Use. All rights reserved. www.ccli.com  
CCLI License # 777703

#### The Church's One Foundation (UMH 546)

LYRICS: Samuel J. Stone  
MUSIC: Samuel Sabastian Wesley

#### I'm Gonna Live So God Can Use Me

LYRICS: Public Domain  
MUSIC: Whendell Whalum

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

**Altar Flowers:** September, October, and November are almost fully available for altar flower donations. Please sign up in the narthex or contact the church office to reserve a date. The cost is \$50.

**Keeping Up With the Calendar:** September is just around the corner, which means many groups and activities will be starting up again. Please remember to send Karyn your meeting dates and times so the calendar can be kept up to date. Thank you for helping ensure everyone has the latest information!

**There is no Children's Sunday School in August.** Classes will resume on September 13<sup>th</sup>. On that day we will be celebrating the beginning of the 2026-2027 Sunday School year with a brunch immediately after worship. 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.

**Strength and Balance will return in September:** 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.

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



## Sermon Summary “Living Lightly Together”

Romans 12:1–16

*August 23, 2026*

We live in a culture shaped by accumulation. More comfort, more possessions, more convenience, more recognition. Modern life quietly teaches us that security and happiness

come through building and protecting our own little kingdoms. Yet even surrounded by abundance, people often feel exhausted, isolated, defensive, and disconnected from one another.

Romans 12 speaks directly into that tension.

After spending eleven chapters describing the mercy and grace of God, the Apostle Paul turns to the practical question of how Christians are to live together. His answer is surprisingly relational: “Love must be sincere.” “Honor one another above yourselves.” “Practice hospitality.” “Rejoice with those who rejoice; mourn with those who mourn.”

Paul understands that the Christian life is not merely about private morality or religious belief. It is about the transformation of community. The problem he names is that human beings naturally drift toward self-centered living, and when ego sits at the center of life, relationships begin to fragment. The world trains us to place our own needs, comfort, and grievances first, but Paul calls Christians into another way of life entirely.

The sermon reflects on an insight from Alcoholics Anonymous, where the word “EGO” is sometimes described as “Easing God Out.” When life revolves entirely around the self, there is little room left for God or for others. The sermon also draws on G. K. Chesterton, who once wrote, “Angels can fly because they take themselves lightly.” Pride and self-importance weigh us down, while grace frees us to love others more openly and honestly.

Paul’s vision is not accomplished simply through trying harder. Transformation begins, as Romans says, “in view of God’s mercy.” Jesus Christ lived the outward-facing life of love we struggle to sustain. Through Christ’s life, death, and resurrection, God is slowly reshaping people and communities around grace instead of ego.

In the end, the richest moments of life are rarely found in what we accumulate, but in the moments where love makes room for someone

Dear Pastor Gregg and United Methodist Church Family,

Grace and peace to you in the name of our Lord Jesus Christ.

On behalf of **Casa de Adoración Church**, we warmly invite Pastor Gregg and the entire United Methodist Church congregation to join us for our **Poughkeepsie Festival of the Nations 2026**.

**Saturday, September 19, 2026 | 12:00 PM - 6:00 PM**

**2381 New Hackensack Rd., Poughkeepsie, NY**

The **Festival of the Nations** is a family and community event celebrating the wonderful diversity God has given us. Our desire is to bring together people from different nations, cultures, and backgrounds in an atmosphere of **faith, fellowship, unity, music, food, and cultural celebration**.

Throughout the day, we will have live worship music, folkloric dances, a parade of flags, traditional clothing, foods from different countries, children's activities, and cultural presentations.

We would be honored to have **Pastor Gregg and members of the United Methodist Church of Poughkeepsie attend and celebrate with us**. We also invite your congregation to **participate by representing a country or culture** through traditional clothing, flags, cultural food, music, or another appropriate expression of that nation's heritage.

The food representing each participating country will be **generously donated by the individuals or families representing that nation** and offered for sale at affordable prices. **All proceeds will support our ministry so that we may continue sharing the Good News of salvation and serving our community**. Members of your congregation are welcome to participate by donating a traditional dish representing a country.

Our hope is that this event will celebrate our different backgrounds while demonstrating that, although we come from many nations, **we can come together as one community in love, respect, fellowship, and faith in God**. Above all, we desire to share the love of Christ and the message of hope and salvation with our community.

Admission is **completely free**, and everyone is welcome. Food will be available for purchase as part of our ministry fundraising efforts.

If your church or members of your congregation would like to represent a country, donate traditional food, or contribute through a cultural presentation, we would be happy to coordinate the details with you. For information or participation, please contact us at **845-219-2560**.

Thank you for your friendship and for being part of the Poughkeepsie community. It would be a great joy and honor to have you with us. May God continue to bless Pastor Gregg, your congregation, and the ministry of the United Methodist Church of Poughkeepsie.

With appreciation and blessings,

**Pastors Marco & Susan Sánchez**

Casa de Adoración Church | Ministerio Casa de Adoración Inc.

Poughkeepsie, New York | **845-219-2560**