



Finding God's Rhythm

"By the seventh day God had finished the work that had been done, and rested on the seventh day from all the work." — Genesis 2:2

There is a rhythm woven into creation itself. Day follows night. Winter gives way to spring. The tides ebb and flow. Our hearts beat with a steady cadence, and every breath we take is an inhale followed by an exhale. Life was never designed to move in only one direction. Yet many of us have forgotten that rhythm. We know how to work. We know how to stay busy. We know how to fill our calendars, answer one more email, attend one more meeting, squeeze in one more obligation, and tell ourselves we'll rest "once things settle down."

But somehow, life rarely settles down. The to-do list simply grows longer. Scripture offers us another way. From the opening pages of Genesis, God establishes a rhythm of work and rest. After the work of creation comes Sabbath—not because God was exhausted, but because rest itself is holy. It is part of the created order. It is a reminder that our value does not come from what we produce, accomplish, or check off a list. Before we ever do anything, we are beloved children of God.

This August, our worship series is called **Season of Rest: Rest. Work. Play.** Together we'll explore Elijah's need for restoration after burnout; the healthy balance between work, play, and rest; the gift of Sabbath woven throughout scripture; and the invitation to embrace rhythms that help us flourish rather than merely survive. Notice that work isn't the enemy. God calls us to meaningful work—to serve, create, care for others, seek justice, and share our gifts. Play isn't a distraction from faithful living either. Laughter, celebration, curiosity, and delight are gifts from God as well.

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Welcome . . .

to the August 2026 issue of the Clinton United Methodist Church newsletter. We are a community sent for others; our hope is for all people to experience God's love in Jesus Christ.

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The challenge comes when one part of the rhythm crowds out the others. When work consumes us... When responsibilities leave no room for joy . . . When even our moments of rest become filled with productivity . . . our souls begin to lose the rhythm God intended. The invitation of Sabbath is not simply to stop working. It is to remember who we are. To trust that the world keeps turning while we rest. To rediscover the people we love, the beauty of creation, the quiet voice of God, and the joy of simply being present. As summer begins to give way to fall, perhaps this is a good time to ask ourselves a simple question: What rhythm is shaping my life?

My prayer is that this season becomes more than a chance to catch our breath. May it become an opportunity to rediscover God's holy rhythm—a rhythm of meaningful work, joyful play, intentional rest, and lives centered in the One who gives us strength for them all.

Grace and peace,

Pastor Jess

Rev. Jessica Brendler Naulty
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Sermon Series



The Gospel According to Dr. Seuss

In August, we will start by wrapping up the final two weeks of our July worship series, The Gospel According to Dr. Seuss. The first two weeks of the month, we will reflect together on the life and faith lessons captured in the books *Horton Hears a Who* and *Oh, the Places You'll Go!*

Season of Rest: Rest. Work. Play.

In this four-week series, we explore the profound importance of rest in our lives. We start with Elijah's experience of divine rest; learn how to find a healthy balance of rest, work, and play; understand the rhythm of rest modeled by God; and affirm that God has given everyone the gift of rest to be embraced.

UMC Social Principles Spotlight: Caring for God's Groaning Creation

"All creation belongs to God and is a manifestation of God's goodness and providential care... We are called to practice responsible stewardship and to live in right relationship with the Creator and with the whole of God's creation."

(The Community of Creation—Introduction)

From the opening chapters of Genesis to the songs of the Psalms, Scripture reminds us that the earth belongs to God. We are not its owners, but its caretakers. The forests, rivers, oceans, wildlife, and even the air we breathe are gifts entrusted to our care, reflecting the beauty and creativity of the One who made them.

Today, creation itself seems to be crying out. The apostle Paul writes that "the whole creation has been groaning" (Romans 8:22), longing for healing and restoration. We hear those groans in increasingly severe storms, devastating floods, prolonged droughts, destructive wildfires, and the steady loss of habitats that countless plants and animals depend upon. While scientists continue to help us understand the causes and impacts of a changing climate, our faith reminds us that environmental care is more than a scientific or political concern—it is a spiritual one. How we care for the earth is one expression of how we love our neighbors, especially future generations and those who are most vulnerable to environmental harm.

The United Methodist Social Principles call us to be faithful stewards by protecting air, water, land, and all living creatures. While the challenges before us are enormous, faithful stewardship begins with ordinary choices: reducing waste, conserving resources, supporting sustainable practices, planting native species, and teaching our children to cherish the world God has entrusted to us. Individually these acts may seem small, but together they become a witness of gratitude, hope, and love.

As followers of Christ, we are called not to despair over creation's groaning, but to join God in the work of healing and renewal.

Reflection Invitation

Where do you see God's beauty in creation around you? What is one practical step you could take this month to care more faithfully for the earth—and how might our congregation continue making God's love visible through the stewardship of creation?

Financial Update

2nd Quarter 2026 Income Vs Expenses



Thank you for your faithful support of our missions and ministries! Because you give, we can keep the momentum going this summer, with Kids' Camp, a produce-picking night at Grow-A-Row, and a collection for the Trenton Area Soup Kitchen all coming soon.

We finished up the first half of the year with expenses slightly exceeding income. While that isn't cause for concern, it does mean that your gifts are especially important and needed right now. Nonprofits, including churches, often face a "summer slowdown" in giving—will you help us keep pace by sharing your time, talents, and treasures? Your generosity truly makes a difference.

Save the Date: Homecoming Sunday



Lord, our Lord,

how majestic is your name in all the earth!

Psalm 8:1

Whether you've been away for the summer or here all along, you're invited to a special homecoming service Sunday, September 13 at 10 am. Join us for spirit-filled worship as we celebrate the awe God inspires in us. It will be the perfect time to not just worship but also to reconnect with friends you haven't seen in a while. Hope to see you there!

Take Us With You

Where will this summer take you? Mountains? Beaches? Family? With today's technology, you can keep Clinton UMC close, even if you're far from home:

- Worship with us online via [YouTube](#), [Facebook](#), or our [website](#).
- Read our firstfive devotionals on this [group page](#) (you don't need a Facebook account).
- Give online via our app, website, or your online bill pay list. The latter is the most advantageous to Clinton UMC because no fees are deducted. You can even "set it and forget it" by setting up recurring giving.



We're not slowing down this summer. We'll be busy with worship, Kids' Camp, community missions, and much more. So all summer long, keep us with you—wherever life takes you. Enjoy your summer!

Wiggle Room

Children ages 0 - Pre-K

Sunday Mornings during Worship

Calling all wigglers! Children are always welcome in the sanctuary with us during morning worship, but you are also invited to utilize the Wiggle Room located outside the social hall. Our Wiggle Room offers supervision from staff for your children ages 0 through Pre-K, and is filled with toys and space to do what wigglers do best: wiggle!



Children's Ministries

Sunday School

Grades K-5th

Sunday Mornings during Worship

Summer is winding down and soon school will be coming back into session! As we spend these final weeks out in the sun, eating as much ice cream as we can, I also encourage you to treat your kids to Sunday School.

Our schedule for August is:

8/2: Fly Like an Eagle (Communion Sunday)

8/9: Song of Shelter

8/16: Birds and Flowers

8/23: Peace I Leave with You

8/30: God Is Near

Volunteer!

Our Sunday School program wouldn't be possible without our team of volunteers! If you are interested in volunteering to teach Sunday School, please contact Hailey Becker (hailey@sentforothers.org).



Kids' Camp Highlights

Be on the lookout for the theme for next year's Kids' Camp, and join us on August 16 to see a video of the fun, active week we all enjoyed!

Youth Ministries

Youth Group

Grades 6th - 12th

With summer winding down, that also means that youth group will be starting back up! Our first youth group of the season will be September 13, 2026. Be sure to mark your calendars and get excited!

IGNITE 2026

Date: October 9-11, 2026

Theme: GLOW

Join us as we attend the annual IGNITE Youth Conference in Wildwood, NJ. Youth will have the opportunity to connect with others, share in worship, and learn from impactful speakers. Use the link or QR below to register and get excited!

Link: <https://sentforothers.churchcenter.com/registrations/events/3758670>



Missions Update

The Missions committee met and agreed to donate to the following organizations this quarter:

- 1) **UMCOR** - \$1000 toward disaster relief in Venezuela
- 2) **Family Promise of Hunterdon County** - \$500
- 3) **Evidence Action** - \$500
- 4) **NAMI of Hunterdon** - \$500
- 5) **Grow A Row** - \$500
- 6) **Good News Home for Women** - \$500
- 7) **Harvest Family Success Center** - \$400

Upcoming Events

Thursday, August 13, 5:30-7:30 pm - Americas Grow-A-Row. All ages welcome. See separate article.

Sunday, October 18, after church we will be packing children's hygiene kits for the Trenton Area Soup Kitchen. There will be more information coming soon.

Thank you for your support, which allows us to help so many in need!

The Missions Team

Feed a Neighbor: Pick Produce August 13

Food insecurity is a reality for 47 million people in the United States. America's Grow-A-Row in Pittstown is on a mission to help, working with volunteers who plant, pick, rescue, and deliver free fresh produce. You're invited to be part of this fun and family-friendly mission: Thursday, August 13, 5:30-7:30 pm.

The crop we pick will depend on what's ready for harvest. All ages are welcome. Please contact Hailey Becker, hailey@sentforothers.org, or Brenda Jaffe, brendarjaffe@yahoo.com, if you would like to join us or want more information. Grow-A-Row requires pre-registration.



Prayer Chain



We would love to add you to our prayer chain to receive the prayers of our people each week. We appreciate every prayer that is lifted for healing and comfort for those who are in a time of need.

Call or email your request to the church office: office@sentforothers.org or 908-735-7025. Prayer is a treasure that is never exhausted.

NH Thrift Shop



The hottest sale of the summer is here—all adult clothing, shoes and jewelry are 50% off in August.

The North Hunterdon Thrift Shop offers new and gently used clothing, home goods, linens, children's toys, books, vintage items and more to people who want to stretch their budget or reduce waste and pollution.

Donations are needed! Our donation shed is open 8:00 am–8:00 pm daily and is convenient and hassle-free. We love your donations, but please only drop off usable, in-working-condition, clean items. Accepted items can be viewed online at <https://www.sentforothers.org/>

northhunterdonthrift.org.

Make a difference and meet great people—volunteer at the NH thrift shop. If you have a warm smile and a heart for others, this may be the ministry for you! You don't need experience, and you can choose days/times that work for you. For more information, stop in during shop hours or call 908-735-0177, email office@sentforothers.org or visit us on Facebook or Instagram.

Hours: Monday: 8:30 am–12 pm

Wednesday: 8:30–12 pm and 3 pm–6 pm

Saturday: 8:30 am–2 pm

Location: 51 County Road 635, Hampton, NJ (corner of Norton Church & Charlestown Roads)

Phone: (908) 735-0177



Blessings,
Volunteer Staff

Save Lives: Give Blood



Blood Drive at CUMC
Friday August 14, 1–7 pm
Appointments available [here](#)
Walk-ins welcome

Care Committee

Do you join us for coffee and treats after worship? (Please do!) You can help us keep coffee time going throughout the year, and show your appreciation to the Care Committee, by signing up for an open date. If you have never participated before, don't worry.

Contact Nancy Smith (nsbestemor41@gmail.com) or the church office to let us know which Sunday works best for you.



Shop Rite Cards for Sale

Every Sunday, Shop Rite cards are available for sale in the social hall.

5% of all sales go toward our church mission.

Please come prepared with cash or check made out to CUMC.

Celebrating August Birthdays



Peter Godshalk, Aug. 2

Elaine Peete, Aug. 2

Dylan Melick, Aug. 5

Rose Milligan, Aug. 5

Adam Colo, Aug. 7

Donna Sims, Aug. 10

Lois Anderson, Aug. 12

Emma McCabe, Aug. 17

Hannah Dunn, Aug. 22

Emily Dunn, Aug. 25

Bonnie Dorsey, Aug. 26

Joan Boehm, Aug. 31

Photo Gallery



The church does not receive mail at 12 Halstead Street (the church) or
10 Halstead Street (the church office).

Ensure your mail is not lost: Send mail to the church's Post Office Box in Clinton:
P.O. Box 5331, Clinton, NJ 08809
Send packages to 10 Halstead Street, Clinton, NJ 08809.

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