

The Messenger



August 2025

I stumbled across a song by [Christa Wells](#) called “[One Day](#).”

As I listened to this song on repeat for a while, my heart kept telling me, to take things one day at a time.

*“You’re doing one day, one breath, one prayer
One thing at a time
One word, one step, one hope
In a coming light
Don’t try to swallow the ocean
Keep doing one day
‘Til one day you’re free”*

This is great except for the fact that I am not a “one day at a time” person. I am very future-oriented. I want to know what exactly is going to happen, how it will happen, how long it will take to happen and what do I need to do to make it happen. Then I play over every single possible scenario that could happen in my head and then figure out how I would tackle each problem that might come up so I can decide how to proceed.

I am an ocean swallower. None of these small steps, small sips business. I like to try, (and often fail) to take everything in all at once.

It. Is. Exhausting. It is also a cause for a lot of unnecessary stress in my life. If I can’t see the big picture and don’t know the outcome, how can I move forward?

Then I remember, I don't need to know because, GOD KNOWS!

God is so gracious to me and ever so patient. When I work myself up with the what-ifs and maybe's, God pulls me back down to earth. Scripture in Jeremiah 29:11 (NIV) says:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

God knows what my future holds so I can rest in that knowledge. I know this with every fiber of my being. God knows what your future holds, as individuals and as a community of faith.

And yet, I'm not sure how you feel, but I often think that God needs my help. That if God just tells me all the plans and shows me all that's in store, that I will be able to better guide God along to where I want to go.

This is not trusting. This is trying to be in control.

So, when I don't know what's going to happen, when I can't see the outcome, stress and doubt creep in. I feel lost. I feel out of control. I feel unloved. I finally cry out for help. What does God tell me, "BE AT PEACE."

This is exactly where God wants me to be. God wants me to lean on God, to run to into God's arms before I try to figure everything out on my own and travel down the hole of doubting God's love. God wants me to be at peace with the unknown plans and promises for my life. Why did it take me so long to cry out? I should have known to turn to God first.... I know that's where I find my peace and assurance.

God has given us a beautiful promise in Jeremiah 29:11: Gods plans for us are good and there is hope in our future. God holds my life, our lives, ever so carefully in God's hands. There is no need to worry, to over plan, to try and take control: God has it all.

So, when I am feeling lost and stressed out about what the future holds, I can read on further in Jeremiah 29:12-13 (NIV):

"Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

We are promised that if we bring our uncertainties and concerns about what troubles us to God, God will listen to us. There's so much going on in the world, and so much that troubles us, but knowing that God listens to us, isn't that beautiful? The God of the entire universe, and the Maker of all things, bends an ear to earth just so that God can have fellowship with us.

Even better: if we look for God, we'll find God. That means we are never lost, even if we feel that way. And guys, the lie that we are lost, and God doesn't care, is not of God and it's meant to keep us hopeless and pulled away from our Maker. [God is always there, always listening, always ready to offer love to us.](#) We are never alone in this journey called life.

So when life has you feeling overwhelmed and uncertainty, stress and anxiety starts to settle in, don't swallow the ocean, take a deep breath and remember:

You're doing one day, one breath, one prayer
One thing at a time
One word, one step, one hope
In a coming light
Don't try to swallow the ocean
Keep doing one day
'Til one day you're free.

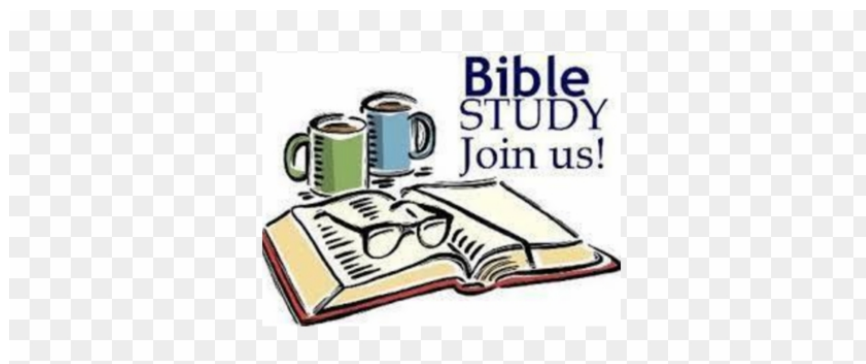
Peace, Love and Light,

Pastor Dianna

Christa Wells – “One Day”

<https://www.youtube.com/watch?v=z5ltg534VGU>





Tuesday Lunch Bible Study

* 12 pm - Lunch BYOL ("Bring Your Own Lunch")

* 1 pm - Bible Study

ALL ARE WELCOME!!!

Join as we study the Book of "GENESIS"

Sunday School News

Please note that Children's Sunday school will be taking a break for the summer, and will resume in the fall. Watch for the start date!

Choir and Bells

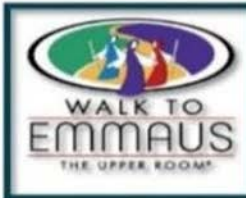
Choir and bell rehearsals will also take a summer break, and will also resume in the fall. Be sure to watch the calendar/newsletter for the return date!

Construction of Fellowship Hall and the installation of the new sound system is underway!

It is exciting to see the changes that are happening every day!

Please be mindful to be careful of the construction areas for your safety!





SKYLANDS UPDATE

FALL 2025 WALKS

Sacred Heart Retreat Center Newton
7pm Thursday thru 6pm Sunday

OCTOBER 16-19: Men's Walk

OCTOBER 23-26: Women's Walk

APPLICATION DEADLINES:

Men's Walk: September 25th

Women's Walk: October 2nd

The [Walk to Emmaus](#) is a spiritual retreat and renewal program that originated from The Upper Room, a ministry of The United Methodist Church. Participants embark on a three-day immersive experience designed to inspire and strengthen the faith of participants. It happens through a combination of worship, small-group discussions and reflections on a series of talks, guided by a team of both clergy and laity volunteers who have previously completed the Walk.

The Walk to Emmaus is not an exclusive club. Instead, it seeks to create a supportive community of believers who can support and encourage one another on their spiritual journeys. However, the primary mission of the Walk is to strengthen the local church.

If interested in attending the Skyland's Walk to Emmaus, please contact Pastor Dianna.



Suggested Donation List

- Canned chicken
- Canned fruit in juice
- Scalloped or au gratin potato mix
- Pasta sauce (prefer in plastic)
- Muffin mix
- Ketchup
- Diapers sizes 5, or 6
- Baby wipes
- Sanitary pads
- Food Store Gift Cards

The Flemington Area Food Pantry **ALWAYS** Needs our Help!

Please note the suggestions for August on the back table.

Items may vary from month to month, depending on where they have a need.

But anything you can contribute is greatly appreciated!

Flemington Summer Lunch

Grab and Go

Wednesday's 12-1PM

June 25 – August 27

Or until we run out

1 per person

Must be present to receive bag

Host:

Calvary Episcopal Church

44 Broad Street, Flemington

Parking off of New York Avenue

Participating:

Three Bridges Reformed Church

Rockaway Reformed Church

Flemington Presbyterian Church

Available Through a

Generous Grant from the

Classis of Delaware Raritan Foundation

Reformed Church in America

We are the hands and feet of Christ

Serving our community

For more information see link below:

<https://www.signupgenius.com/go/10C094CA9AE2DAAF4C07-57200175-flemington>





****Become a Member of The Flemington UMC****

At FUMC we believe that being part of a church community provides a wonderful opportunity for spiritual growth, fellowship, and service. We strive to create a warm and welcoming atmosphere where everyone feels at home and all are encouraged to get involved and connect with others. We believe that all who enter our space are part of our church community yet we invite everyone to join the church as official members and we'd love for you to consider making the Flemington UMC your official church home. If you have any questions or would like to learn more about membership, please don't hesitate to contact Pastor Dianna @ diannastone7514@gmail.com.



Save the date Sunday, September 14th after church for our annual church picnic and Sunday School rally day!

Please bring folding chairs if you have them, and a side salad or dessert to share.

We'll supply tables, burgers and dogs, cole slaw, beverages and Italian ices.

There will be games!

Please sign up on the sheet at the back of the church, with when you can help - set up, clean up, and the food item you plan to bring.

In the event of rain, the picnic will be rescheduled to Sunday September 21st.

We look forward to seeing you!

Ministry with Members
The Sunday School

Sunday Selfies!



