



POUGHKEEPSIE UNITED METHODIST CHURCH

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The Journey

JULY 2023

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WELCOME PASTOR KREGG M. GABOR

[Geri Hoernes, SPRC Chairperson]

We welcome to our Poughkeepsie United Methodist Church the New York Annual Conference appointment of *Reverend Kregg M. Gabor*. *Kregg*, as he wishes to be called, has been serving Methodist churches for over 29 years. He comes to us from the Hyde Park United Methodist Church where he has been serving as Senior Pastor for 10 years.

Kregg's undergraduate studies were at Western Connecticut State University, graduating in 1989 Cum Laude with a Bachelor of Arts in History. His Master of Divinity Degree is from Yale Divinity School. After Ordination in the United Methodist Church, he became an Elder in our itinerant system and has served Methodist churches in Pleasant Valley, CT; Plainville, CT; Monroe, NY; and Hyde Park, NY. In addition, he has had a wide variety of courses, mission trips and many life experiences.

Kregg has many interests and hobbies. He enjoys leading Bible studies for adults and teenagers, preaching, lay ministry development, computer programming, pottery and woodworking. These are just a few of his involvements, and as we become acquainted and enjoy his life with us, I am certain we will discover more of his wonderful talents and interests.

Sharing *Kregg's* life and ministry are his wife *Laura* and his daughter *Emma* who is a student at SUNY Binghamton. We look forward to our time with the *Gabor* family.

Your SPRC thought it would be helpful to acquaint you with our new Pastor and his family, thus the preceding synopsis. We welcome *Kregg*, *Laura* and *Emma*, and pray for a very smooth transition into their new parsonage home. *Kregg* will be in his PUMC office, starting July.

IMPORTANT ANNOUNCEMENTS & SCHEDULING NEWS



VACATION BIBLE SCHOOL

Monday-Friday, July 10th – 14th, 5:00pm – 8:00pm

LET'S TALK ABOUT IT (TED TALK)

If you wish to participate, please send an email to *Joseph Norman* indicating your interest. The first of each month you will receive an email outlining the topic and a link to the Ted Talk to be discussed. The next Ted Talk is scheduled via Zoom for July 17th @ 7pm, the topic TBD.

MOVIES WITH MEANING

The Dismantling Racism Team is sponsoring movie nights focusing on topics of importance, with both historic and contemporary relevance. After each movie there will be a brief time for discussion and fellowship. The next movie is scheduled for July 21th @ 7pm in the Fellowship Hall, the movie TBD.

FRIENDSHIP CIRCLE



We've had a very good year! Our members have been busy putting on a successful Fall Festival, filling the hallways with the aroma of apple pies on Election Day, serving meals to the homeless, providing gifts for those in need in our community, and finding materials to make the church space most effective. In between, we increased our membership and had lots of fun!

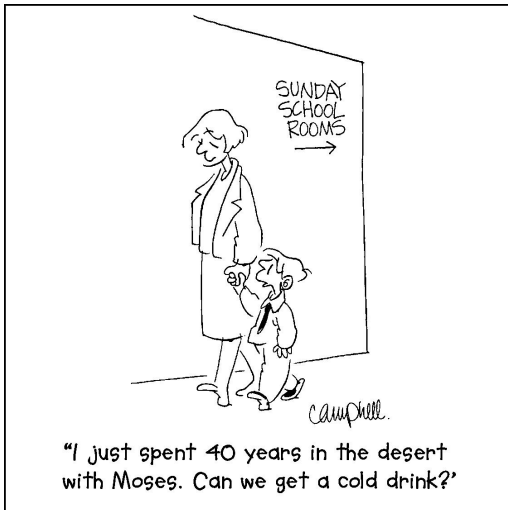
Have a great summer and stay safe. We'll be back in September, so watch for future plans in upcoming issues of The Journey!

HANDBELL DEMO FOR KIDS INTERESTED IN JOINING THE HALO BELLS



After worship service on July 23rd you are invited to check out the handbells and consider joining Halo Bells in the fall. This is for kids starting 3rd grade (in September) and older. Of course it's great if you do, but you don't have to have a musical background. We will be in classroom #33.

CHORTLE



CHURCH COUNCIL HIGHLIGHTS

[Elizabeth Harrel, Recording Secretary]

The Church Council met on Wednesday, June 7th for a program meeting. A brief summary includes:

The only order of business was the approval of the Clergy Housing Allowance Exclusion for Pastor *Kregg Gabor's* 2023 appointment.

The focus of the session was on decreasing the use of plastic and increasing recycling opportunities within the church. *Pam Terwilliger* led the session which included small group discussions. Short term goals were developed and prioritized. Future sessions will be scheduled and members of the congregation will again be invited to participate.



WHAT DO I DO WITH NON-RECYCLABLE PLASTIC? (AND HOW DO I IDENTIFY IT?)

[Stephanie Osmanski, Nov. 8 2019]



Toxic plastics put aside, how do you know which kinds of plastic can be recycled? Numbers 3, 6, and 7 generally cannot be recycled, though some recycling centers have the technological capability. In the event that your recycling center has the capability to recycle these generally non-recyclable plastics, they can be transformed into useful items like egg cartons, vents, speed bumps, cables, paneling, and more. Check with your local recycling center to see if they accept #3, #6, and #7.

Not sure if the plastic you're trying to recycle is on the no-no list? As a general rule, you should be able to check the bottom of the bottle or container where the number will be. If it's a #3, #6, or #7, it's likely non-recyclable, but like we mentioned, check with your center. Number 3s are generally single-use plastic wraps, window cleaner and detergent bottles, shower curtains, vinyl piping, flooring, and home siding — anything known as PVC or vinyl. Since #6 is Styrofoam, anything that is a Styrofoam cup, plate, carry-out container, egg carton made of foam, disposable cutlery, or a CD case generally cannot be recycled. For #7, look out for plastic baby bottles and sippy cups, water jugs, sunglasses, Nylon, signs, medical storage containers, plastic cutlery, and toys and electronics that are part plastic.

That being said, there is some hope for those “unrecyclable” plastics. Sometimes #4 and #5 can be recycled, so again, it's important to consult your local recycling center to see what they accept.

Items like soft drink bottles and water bottles, peanut butter jars, cleaning products, cooking oil containers, milk and juice containers, laundry detergent bottles, shampoo and conditioner containers, cereal box liners, and yogurt and butter tubs are usually #1 or #2. This means, in many cases, these items can be easily recycled.

As far as #4 and #5, items made from these kinds of plastic (polyethylene low-density and polypropylene), which can sometimes be recycled depending on technology, are generally take-out containers, microwavable trays, grocery store bags, plastic wraps, frozen food containers, bread bags, squeezable bottles, ketchup bottles, some baby bottles, fast-food syrup containers, yogurt containers, straws, and more.



— VOLUNTEERS NEEDED!
(RESPONSE TO EDITOR@POKUMC.ORG)

BACKUP FOR THE JOURNEY'S EDITOR

Want to try something new or revisit a previous newsletter experience? Do you have some computer skills, a creative bent, and like to work with a fine group of people? You might want to consider becoming a backup to the Editor of PUMC's newsletter *The Journey* (and eventual Editor). On the job training is provided before any solo flight.

TALLYING PUMC'S OFFERINGS

We currently have 10 paired volunteers committed to counting the church offering once a month, **usually** after Sunday service. There are also three substitutes, who serve when a regular volunteer is unavailable, and an Administrative Counter. What is now needed are three volunteers, two as additional **Substitute Counters**, and one to serve as the **Administrative Counter's Backup**. Pick a Sunday, and we can arrange for you to observe the process. Note, once you volunteer you will always begin by being paired with someone experienced with the process.

FEASTING ON FINANCE

Poughkeepsie United Methodist Church "Vision Prayer"

Almighty *God*, You are transforming us through *Jesus Christ*. Now let Your *Holy Spirit* guide us as disciples who long to follow You passionately, worship You wholeheartedly, serve You joyfully and love others genuinely. Equip us to share the Gospel message boldly and graciously, so that all might come to know the transforming grace of *Jesus Christ* in whose name we pray. Amen

Ephesians 3:20

To him who by means of his power working in us is able to do so much more than we can ever ask for, or even think of: to *God* be the glory in the church and in *Christ Jesus* for all time, forever and ever!

NOW, ON TO FINANCES

From the PUMC Balance Sheet dated May 31, 2023

	Checking		Savings
00540 Non-Restricted	\$104,417.30	00600 Seeds of Strength	\$33,003.05
00541 Restricted	\$27,274.03		

From the PUMC P&L dated May 31, 2023

Revenues	\$149,821.03		
Expenses	160,195.49 *		
Net Ordinary Income	-\$10,374.46		

Budget Actual vs Planned

- as of **May 31st** we are **5 months**, or **41.67%**, into the 12 month **fiscal year**.
- 38.4% of Total Fiscal Year Revenue, to date.
- 41.1% of Total Fiscal Year Expense, to date

* Includes \$1,500 of PPP funds allocated to Missions outside of PUMC

FYI, apportionment payments are paid monthly and are current as of **May 31st**.

SOME OF WHAT YOUR FINANCE COMMITTEE LOOKS FORWARD TO IN 2023 INCLUDES

- **Audit of 2022 Church Finances** data collection is complete. Written reports are in process.
- **Employee Retention Credit (ERC)** is part of the Paycheck Protection Program of the CARES Act.
This is a reimbursement credit against part of our employee salaries for CNS, HTASC and PUMC in both 2020 and 2021.
Any ERC funds received will be distributed pro-rata to CNS, HTASC & PUMC.
- **2024 Budget** — In September, the Finance Committee will begin developing the 2024 Budget.
- **United Methodist Special Sunday's in 2023**
 - 10-01-2023 World Communion Sunday
 - 11-26-2023 United Methodist Student Day Sunday

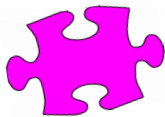
As always, feel free to contact me.

In service,
Will Cass _____
 Finance Committee Chair



STEWARDSHIP

(Beth Borchert)



SPOTLIGHT ON STEWARDSHIP: PIECE # 6 – TESTIMONY

In the musical “Hamilton” there is a song entitled “Who lives? Who dies? Who tells your story?” I reflect on this more and more these days. Here is a story from my family. My grandfather was the son of poor immigrants. His mother died when he was seven, and her replacement was the proverbial wicked stepmother. His parents made him quit school when he was fourteen, so he could help support his family. Life was hard for much of his early adulthood. Thankfully, someone in his early life introduced him to *Jesus*, and he became active in a church community. In spite of all the obstacles he faced, he did his best to follow *Jesus’* example and treat others with kindness and compassion. He grew into a man of strong faith. At age 53, he was diagnosed with inoperable cancer and given 6 months to live. His entire community prayed fervently for his healing. Six months later, the cancer was gone. My family considers that one of *God’s* miracles. My grandfather died before I was born, but my grandmother told his story ... over and over. I feel like I knew him personally. And now I tell his story. I continue to give testimony to *God’s* work in him and through him.

Jesus’ disciples knew there was something special, something miraculous, something Holy about *Jesus*. They knew he was the son of *God*. They knew his story – and they shared it with everyone. They told the story verbally - they even wrote the story down, so that everyone who heard it or read it would feel like they knew *Jesus* personally. And everyone would continue to tell this miraculous story . . . over and over.

Now, I will be the first to admit, I am not good at sharing testimony about the difference *Jesus* has made in my life. I am so thankful for the people at PUMC who have had the courage to share their testimony with me. It strengthens my faith and gives me hope. In April, Friendship Circle sponsored a speaker who talked about developing your “Elevator Pitch” – a thirty second statement that reveals who you are – and opens the door to richer conversations, which can include a faith witness. It reminded me that it really is important to tell your story, and how *Jesus* fits into it.

So, this month I am asking myself, “What is my Elevator Pitch” - my testimony? How about you?

“I love to tell the story of unseen things above, of *Jesus* and *His* Glory, of *Jesus* and *His* love. I love to tell the story, because I know ‘tis true; it satisfies my longings as nothing else can do. I love to tell the story, ‘twill be my theme in glory, to tell the old, old story of *Jesus* and *His* love.”

— United Methodist Hymnal #149 Verse 1

FITTING TOGETHER OUR FINANCIAL STEWARDSHIP PUZZLE FOR 2023

Pledged giving through May 31, 2023 was \$113,587 or 48.3% of our budget goal (\$235,000). Non-Pledged giving through May 31, 2023 was \$15,720 or 21% of our budget goal (\$75,000). Our combined giving is almost 42% of our budget goal, which is right where we hoped to be after five months of giving. Praise God for helping us stay on track in a difficult economy! Thank you for your faithful giving.

INTERIM PLEDGE STATEMENTS

The Stewardship Committee handed out interim statements to our pledging members on June 18th and 25th. All remaining statements will be mailed out by July 7th. Please review your statement. If you have any questions about - or corrections to - your statement, you can contact our Financial Secretary, *Kaye Schrock*. If you have not yet pledged, but give regularly and would like a statement, *Kaye* will be happy to prepare an interim giving statement for you upon request.

KIDS' CORNER



Puzzle!

Fill in the blanks with the correct words. Then transfer the letters to the numbered boxes below to complete Psalm 107:1, NIV.

- Shape that symbolizes love 31 15 7 18 5
- Part of a stove used for baking 12 3 24 39
- Color made by red and yellow 28 42 7 8 27 37
- A present 1 32 20 11
- Clothing a girl wears 19 22 43 44 33
- Something you open to go into a room 40 29 17 47
- Opposite of soft (sound) 34 17 41 30
- To take a long walk 14 2 9 38
- A high body temperature 45 50 49 48 42
- Items used to build or fix things 13 35 21 16 26
- Edge of the sea 10 23 46 51 4
- Home for a bee 6 25 36 4

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	32	33	34	35	36	
37	38	39	40	41	42	43	
44	45	46	47	48	49	50	51

Answer: heart, oven, orange, gift, dress, door, loud, hike, fever, tools, shore, hive; Give thanks to the LORD, for he is good; his love endures forever. Psalm 107:1, NIV

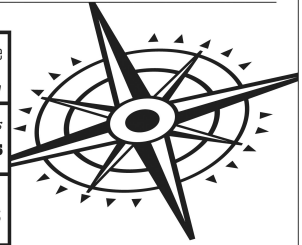
PUZZLE

SEPARATION FROM SIN

David praises God for his love and compassion.
What does God do for people who fear him?

Directions: Using each grid pattern marked below, find the word that appears in all three of those squares. Write the words in the spaces below to complete Psalm 103:12, NIV.

FROM	NORTH	at the
as is	from	EAST
can	far	FROM
is	South	do
AS	far	the this
WEST	EAST	up
WEST	far	THE
East	WEST	be AS



... so far has he removed our transgressions from us.

PSALM 103:12, NIV

Answer: As far as the east is from the west

REMEMBER IN YOUR PRAYERS

OUR MEMBERS & THEIR FAMILIES

Barbara Bates, Gladys Bierce, Janet Cole, Ron Cole, Dylan Coughlin, Sandra DeGuzman, Irene Feller, Emily Griess, Betsy Grover, Tom Halloran, Sandra Hansen, Gwen Higgins, Pat Hughes, Dick James, Donna Jonnigan, Danny Jones, Betty Longobardi, Julia Miller, Kathleen Nicodemus, Michelle Olavarria, Karla Quinlan, Diana Silverman, Michelle Simonis, Jeff Tryon, Harold Veeder, Kerianne Wendover, Catherine White, Sarah-Grace White, Marilyn Zier.

FRIENDS OF OUR CHURCH

Jonathan Brown, Georgia Kustas-Beurket, Cris and John Burke, Jerry Calvin, Jordan Fidler, Bryan Foy, Tom Humphries, Adonis Marzan, Hilary McAllister, Jean Slater, Robert Thompson-Gee, Ronald Tomaso, Jackie Triguero, Clifford Zier..

Also all those impacted by the Coronavirus, and the people in Ukraine.

MEMBERS OF OUR MILITARY (BOTH THE ACTIVE AND/OR RETIRED)

Joshua Lord, 1-69 Infantry Medical Platoon Sergeant, NYC; **Randal Middleton**, Naples, Italy Naval Base, **Major Jason Oliver**, Texas.

JULY

BIRTHDAYS

01 Gail Koob 05 Quinn Adams Nancy Marrine 06 Don Rain Shannon Forman 07 Shawn Cimorelli Pete Millham 09 David Carrier 13 Mary Gehrlein Roy Griess Sue Shumway	18 Raymond Polivka 19 Ed Frances 20 Christian Mata 21 Megan Joslin Brian Lundin 23 Matthew Hamilton Carol Secor Mark Bois	24 Suzanne Firner 25 Peter Evola 26 Lucretia Lisk 27 Nicole Forman Kate Sprague-Hicks Kaye Schrock 28 Nick Andruzzi Wendy Hart Allison Michael 31 Madelyn Urabe
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ANNIVERSARIES

01 Richard & Polly James 02 Justin & Danielle Hart 06 Matt & Boin Daley Jim & Karen Bennett	07 Dick & Marge Palmer 09 Steve & Jenny Arden Rock Frank & Marcy Kolarik Joey & Jennifer Travers	14 Dave & Earllyn Kiesling 15 Jeffrey & Patricia Tryon 29 Debbie & John Kudzia 30 Dino Dawn Turpin Orgetas
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CALENDAR

Saturday, July 1, 2023	Wednesday, July 5, 2023	Monday, July 10, 2023
8:30AM GAMBLERS ANONYMOUS	7:30AM MORNING PRAYERS 12:00PM CONTEMPLATIVE CIRCLES (ZOOM) 1:30PM NANCY'S BIBLE STUDY	9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 1:00PM FRIENDSHIP CIRCLE 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 6:30PM POUGH GAMBLERS ANONYMOUS
Sunday, July 2, 2023	Thursday, July 6, 2023	Tuesday, July 11, 2023
8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 1:00PM SMITH AME SERVICE 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP	11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	1:00PM ARTS & CRAFTS GROUP 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 5:30PM PRIMARY PURPOSE AA
Monday, July 3, 2023	Friday, July 7, 2023	Monday, July 10, 2023
9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS	10:00AM EXERCISE	9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 1:00PM FRIENDSHIP CIRCLE 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 6:30PM POUGH GAMBLERS ANONYMOUS
Tuesday, July 4, 2023	Saturday, July 8, 2023	Tuesday, July 11, 2023
1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA	8:30AM GAMBLERS ANONYMOUS	1:00PM ARTS & CRAFTS GROUP 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 5:30PM PRIMARY PURPOSE AA
Wednesday, July 5, 2023	Sunday, July 9, 2023	Wednesday, July 12, 2023
8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:30AM DECORATE FOR VBS 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP	8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:30AM DECORATE FOR VBS 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP	THE JOURNEY DEADLINE 7:30AM MORNING PRAYERS 12:00AM CONTEMPLATIVE CIRCLES (ZOOM) 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 1:00PM SANDY'S BIBLE STUDY 7:00PM SPRC
Thursday, July 6, 2023	Monday, July 10, 2023	Thursday, July 13, 2023
11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM) 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR

CALENDAR (CONTINUED)

<p>Friday, July 14, 2023</p> <p>10:00AM EXERCISE 5:00PM VACATION BIBLE SCHOOL (UNTIL 8PM)</p>	<p>Thursday, July 20, 2023</p> <p>11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR</p>	<p>Wednesday, July 26, 2023</p> <p>7:30AM MORNING PRAYERS 12:00AM CONTEMPLATIVE CIRCLES (ZOOM) 1:00PM SANDY'S BIBLE STUDY 7:00PM TRUSTEES</p>
<p>Saturday, July 15, 2023</p> <p>8:30AM GAMBLERS ANONYMOUS</p>	<p>Friday, July 21, 2023</p> <p>8:30AM COLLATING/MAILING THE JOURNEY 10:00AM EXERCISE 7:00PM MOVIES WITH MEANING</p>	<p>Thursday, July 27, 2023</p> <p>11:00AM PASTOR'S BIBLE STUDY (ZOOM) 5:30PM PRIMARY PURPOSE AA 7:00PM EVANGELISM & CHURCH GROWTH 7:00PM CHOIR</p>
<p>Sunday, July 16, 2023</p> <p>8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP</p>	<p>Saturday, July 22, 2023</p> <p style="text-align: center; color: red;">HOMELESS SHELTER</p> <p>8:30AM GAMBLERS ANONYMOUS</p>	<p>Friday, July 28, 2023</p> <p>10:00AM EXERCISE</p>
<p>Monday, July 17, 2023</p> <p>9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS 7:00PM TED TALK WATCH PARTY</p>	<p>Sunday, July 23, 2023</p> <p>8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP</p>	<p>Saturday, July 29, 2023</p> <p>8:30AM GAMBLERS ANONYMOUS</p>
<p>Tuesday, July 18, 2023</p> <p>1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA 7:30PM DISMANTLING RACISM</p>	<p>Monday, July 24, 2023</p> <p>9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS</p>	<p>Sunday, July 30, 2023</p> <p>8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM ADULT SUNDAY SCHOOL 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP</p>
<p>Wednesday, July 19, 2023</p> <p>7:30AM MORNING PRAYERS 12:00AM CONTEMPLATIVE CIRCLES (ZOOM) 1:30PM NANCY'S BIBLE STUDY 7:00PM FINANCE</p>	<p>Tuesday, July 25, 2023</p> <p>1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA</p>	<p>Monday, July 31, 2023</p> <p>9:00AM CNS CAMP (UNTIL 11:30AM) 9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS</p>



A THOUGHT

Love is the only thing that can be divided without being diminished.