



# POUGHKEEPSIE UNITED METHODIST CHURCH

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## The Journey

JANUARY 2024

### PUMC STAFF

*Kregg Gabor* PASTOR

*Karyn Millham* SECRETARY

*Polly James* CHOIR DIRECTOR

*Stephen Siktberg* ORGANIST

*Angela Soto-White* CHILDREN'S MINISTRIES COORDINATOR

\_\_\_\_\_  
YOUTH MINISTRIES COORDINATOR

*Neal Pickett* CUSTODIAN

### PUMC VOLUNTEER

*Pat McCullough*  
HANDBELL CHOIR DIRECTOR

### PUMC AFFILIATES LEADERSHIP STAFF

*Kat Viebrock* COMMUNITY NURSERY SCHOOL DIRECTOR

*Shaundraneka Gills* DIRECTOR OF HARRIET TUBMAN  
ACADEMIC SKILLS CENTER

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## MESSAGE FROM THE PASTOR'S DESK

Therefore *Jesus* said again, "I tell you the truth, I am the gate for the sheep. All who ever came before me were thieves and robbers, but the sheep did not listen to them. I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

— John 10:7-10

We live in times where there is no lack of news, people, or circumstances that seek to rob us of our joy. I'm trying to stop looking at the news as much as I used to. So much of it seems beyond my control, not to mention that much of the modern sources of news that I turn to, the web, seem to want to feed me a steady diet of what I have read already. Look, I read one article about Harry and Megan, and Google thinks that I need to read about them all the time, and get a great deal on the same shampoo they use! Enough already.

While I want to be aware and informed, I also want to choose joy. Were I a resolution type of person, I would say that I am resolved to work more on my happiness in Christ as the new year begins and focus less on how to be unhappy.

I remember receiving the following in an old email from someone:

### **HOW TO BE UNHAPPY** (AUTHOR UNKNOWN)

Make little things bother you. Don't just let them, MAKE them.

Lose your perspective on things and keep it lost: don't put first things first.

Get yourself a good worry, one about which you cannot do anything.

Be a perfectionist, which means not that you work hard to do your best,

but that you condemn yourself and others for not achieving perfection.

Be right. Be always right. Be the only one who is always right, and be rigid in your rightness.

Don't trust or believe people, or accept them at anything but their worst and weakest.

Be suspicious. Insist that others always have hidden motives.

Always compare yourself unfavorably to others. This guarantees instant misery.

Take personally everything that happens to you.

Don't give yourself whole-heartedly to anyone or anything.

Being happy in all that we say and do has more to do with the choices we make as we interact with the world about us than in how the world interacts with us. In *Christ's* coming into this world, we truly know that we can choose other than misery.

*Jesus* reminds his followers that the primary goal of faith is to produce a full life. For me, this means a life that aligns with the goodness and joy with which the *Creator* intended it. Too often, both the secular and religious worlds settle for unhappiness and pain. Let your joy be complete in this New Year, and always, let life be full. Make that choice, for *Christ* has come and set us free! Free to choose not slavery to sin and death, but commitment to light and hope in life!

Happy New Year!

## FINANCE COMMITTEE COMMUNIQUÉ

Greetings from the Finance Committee! Unless there was a rebellion at Charge Conference, you all elected me as the Committee's new chair! Thank you for your support, and I look forward to your encouragement in the coming year. Likewise, we should all thank *Will Cass* for his fine work over the last 3 years steering this group, good people charged with ensuring that the finances of our church are in good order. I look forward to building upon the foundation that Will and his predecessors have left for us.

Since the books for 2023 won't be closed until mid-January, we will have to wait until the February Journey to report on how well we did and where our footing lies for the coming year.

I can report that the Finance Committee expects revenues of around \$320,000 for 2024, with around \$79,000 available in our checking account at the start of the year, which is sufficient to fund the Church Council's expected \$390,493 budget for 2024. While this plan will fully fund us for the coming year, it will also nearly deplete our cash on hand, and leave us with a significant budget challenge for 2025.

Our team will be in dialogue with our church family during the coming year to understand how we may increase our revenue or alter our expenses for 2025.

Please pray for our committee and our church as we work together to spread the Good News of *Jesus Christ*.

Dale Borchert \_\_\_\_\_



## 16<sup>th</sup> ANNUAL COOKIE WALK

**Saturday, February 10, 9:00 AM-2:00 PM**

PUMC will again host the Cookie Walk to benefit the ministry work of local churches through Love INC. Love INC supports those less fortunate through its various ministries (personal care items, beds, pillows, linens, household goods and furniture) and its many classes.



Shoppers will be able to choose their own box(es) of cookies.

**Please** sign up to bake cookies in support of this event. Sign-up sheets are in Fellowship Hall and the Narthex. You may send an email to **CookieWalk2024@gmail.com** to sign up as a baker. Please let us know your Name, phone number and/or email, number of dozen cookies you intend to bake, and type of cookie(s) if you know it.

## IT'S TIME FOR FRIENDSHIP CIRCLE!



Friendship Circle will meet on January 8 in Fellowship Hall. *Christine Wolcott*, Program Development Manager at Anderson Center for Autism will give a presentation on the current state of autism and the programs and services that are available for individuals with autism. She will also discuss the needs in the autism community. Please bring your questions about autism and available services. Refreshments will be served.

## ANGEL TREE

A **big thank you** to all who provided for a child's Christmas. We filled 131 wishes. **You are all Angels.**



## WORSHIP COMMITTEE NEWS

[*Kaye Schrock, Chair*]

We are looking forward to 2024. All plans made in October for November and December came to fruition. I am most appreciative for all the help for the dinners and decorating.

New bows were purchased for all the wreaths . . . they were rather old and humble. Plans are formulating for possibly purchasing new wreaths after Christmas (big sales) to replace the old and humble wreaths. Our next meeting will be January 14<sup>th</sup>. At that time we will plan probably through Lent and Easter.

I thank *God* for all the members who are so helpful and loving.

## THANK YOU BARB ADAMS!

*Barb Adams* listened to *Pat McCullough* (**HANDBELL CHOIR DIRECTOR**) and *Polly James* (**CHOIR DIRECTOR**) as they expressed the needs <sup>1</sup> and constraints <sup>2</sup> of dealing with the Bell Ringers' equipment in the Choir Room.

*Barb* then sketched, discussed a plan with *Pat* and *Polly*, then based on their feedback revised the plan. She then single handedly built and finished the portable storage enclosure shown here. Please, stop by the Choir Room and see for yourself; and while you are at it, also take a look at the wonderful work she did in the Youth Room downstairs. **THANK YOU BARB!**



<sup>1</sup> Storage & transporting of the Bell Ringers' tables & cushions.

<sup>2</sup> Limited & functional space in the Choir Room.

## HALO BELLS & JOYFUL RINGERS

[*Pat McCullough - HANDBELL CHOIR DIRECTOR*]

The Joyful Ringers will start rehearsals on January 23<sup>rd</sup> at 6PM in the Choir Room.



**Joyful Ringers**

The Halo Bells will start rehearsals on January 28<sup>th</sup> in Classroom 33 after church service.



**Halo Bells**

Anyone interested in ringing with us, contact the office or *Pat McCullough*.

## NOTES FROM THE **CHOIR** ROOM

[*Polly James* — PUMC Choir Director]

“ Ring out the old, ring in the new, Ring, happy bells across the snow;  
The year is going, let him go; Ring out the false, Ring in the true!”

— *Alfred Lord Tennyson*, 1850

### **Where did 2023 go? It seems to have flown by and now it is 2024!**

December 2023 was especially busy in our Choir Room. Prep for our Sunday School musical “EEK.” The choir room became full of costumes and happy children . . . add in the PUMC Choir with their stories and laughter. WONDERFUL! Then, we continued our prep for the rest of December ’23 and January ’24.

### **Where can you find love, laughter, tears, and prayers every Thursday Evening, and lots of music?**

YOU WILL BE WELCOMED WITH GREAT JOY TO OUR CHOIR FAMILY!

“Ring in the valiant man and free, The larger heart, the kindlier hand;  
Ring out the darkness of the land, Ring in *The Christ* that is to be!”

— *Alfred Lord Tennyson*, 1850

**BLESSINGS TO ONE AND ALL!**

## **HYMN BACKGROUNDS <sup>1</sup>**

(*Jennifer Harmer*)

My first Epiphany at PUMC I started to learn the live streaming technology, back when it was two laptops up front, one for the camera and one for the PowerPoint. We had gone back to having a minimal amount of people handling the service due to another rise in COVID numbers. And *Polly James* was slated to play the prelude, a version of “We Three Kings,” which she played like the sanctuary was full of people — very full and loud. You could feel the power of the organ in that space. And it was awesome.

So, as we are now in January and you will probably be reading this right around Epiphany, I thought I’d take a look at “We Three Kings.”

Both the lyrics and the tune for this hymn were written by *John Henry Hopkins* (1820-1891) in 1857. He had an Episcopal background and in addition to hymn writing *John Hopkins* became an ordained deacon and later a priest in 1872. He also designed stained-glass windows, episcopal seals and various other church ornaments. An interesting fact is that he delivered the eulogy at *President Ulysses S. Grant’s* funeral in 1885.

The hymn itself is used only at Epiphany in all three years of the 3-year lectionary cycle. There are five stanzas and a refrain in the hymn. The first stanza describes the journey of the magi or three kings as we commonly refer to them. The next three stanzas elaborate on the significance of each gift, and the final stanza summarizes the song.

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<sup>1</sup> References from Hymnary.org



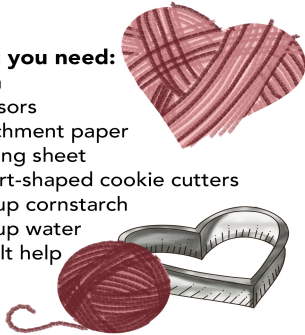


# HEART strings

Make this heartfelt craft as a decoration or gift.

**What you need:**

- Yarn
- Scissors
- Parchment paper
- Baking sheet
- Heart-shaped cookie cutters
- ¼ cup cornstarch
- ½ cup water
- Adult help



**What you do:**

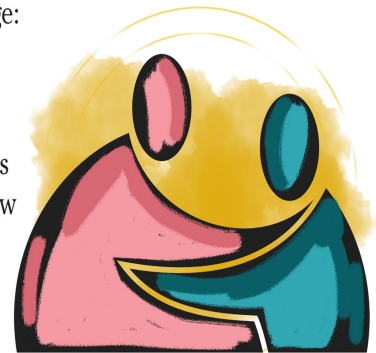
1. Cut yarn into 12-inch pieces.
2. Place cookie cutters atop a baking sheet lined with parchment paper.
3. Combine cornstarch and water in a saucepan. Heat mixture over medium heat, stirring until thick and smooth. Remove from heat and cool to form a "glue."
4. Dip each piece of yarn into the mixture to coat completely. Squeeze off any excess.
5. Place yarn in the cookie cutters, allowing pieces to cross and loop within the heart. Add more until the cookie cutter is filled and the yarn looks like a heart.
6. Remove cookie cutters and bake the sheet for two hours at 150°F, or until hearts are dry and hard.

## Bible Quiz

Use one word (perhaps in different forms) for all the blanks to complete this Scripture passage:

"Dear friends, let us \_\_\_\_ one another, for \_\_\_\_ comes from God. Everyone who \_\_\_\_ has been born of God and knows God. Whoever does not \_\_\_\_ does not know God, because God is \_\_\_\_."

- A. believe
- B. help
- C. love
- D. forgive



Answer: C (See 1 John 4:7-8, NIV)

**URGENT**

### — VOLUNTEERS NEEDED TO TALLY PUMC'S OFFERINGS

(RESPONSE TO COUNTERADMIN.COM OR CONTACT CHURCH OFFICE)

We currently have 10 paired volunteers committed to counting the church offering once a month, **usually** after Sunday service. There are also substitutes available, who serve when a regular volunteer is unavailable, and an Administrative Counter. What is **URGENTLY** needed are **volunteers to serve as scheduled 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.

## HEALING PRAYER ROOM



Great news! We now have a dedicated prayer room again. What used to be the Cribbery will now be our Healing Prayer Room. There is new paint, new framed scriptures, a new carpet and LOTS of prayer!

Healing prayer will continue to be offered during Communion, but anyone can come to the prayer room any time for more private prayer. It will be staffed after every Sunday service, and appointments can be made for prayer weekdays. We invite anyone interested in joining our Prayer Team to contact *Vickey Carroll, Lloyd Wright, Pam Terwilliger* or *Kaye Schrock* for further information. Prayer is powerful . . . Come . . . Pray.

## REMEMBER IN YOUR PRAYERS

### OUR MEMBERS & THEIR FAMILIES

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

### FRIENDS OF OUR CHURCH

Georgia Kustas-Beurket, Cris and John Burke, Jordan Fidler, Bryan Foy, Debra Greiner, Edgar Martinez, Adonis Marzan, Hilary McAllister, Joe Pollen, Jean Slater, Wayne Surico, 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)

**Michael Clear**, Staff Sergeant in the Army, stationed in Syria; **Joshua Lord**, 1-69 Infantry Medical Platoon Sergeant, NYC; **Randal Middleton**, Naples, Italy Naval Base, **Major Jason Oliver**, Texas.

## THOUGHTS



LIFE IS NOT TIED WITH A BOW, BUT IT IS STILL A GIFT.

# CALENDAR

<b>CALENDAR</b>		
<b>Monday, January 1, 2024</b>	<b>Wednesday, January 10, 2024</b>	<b>Saturday, January 20, 2024</b>
9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS	7:30AM MORNING PRAYERS 12:00PM MEDITATIVE MOMENTS (ZOOM) 7:00PM SPRC	8:30AM GAMBLERS ANONYMOUS 9:00AM SPIRITUAL STROLL 10:00AM LOVE INC CLASS
<b>Tuesday, January 2, 2024</b>	<b>Thursday, January 11, 2024</b>	<b>Sunday, January 21, 2024</b>
1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA 6:30PM CURRENT EVENTS & WWJD 6:30PM JOYFUL RINGERS	5:00PM PASTA DINNER 5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM COFFEE WITH JESUS 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:15AM HALO BELLS 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP
<b>Wednesday, January 3, 2024</b>	<b>Friday, January 12, 2024</b>	<b>Monday, January 22, 2024</b>
7:30AM MORNING PRAYERS 12:00PM MEDITATIVE MOMENTS (ZOOM) 1:30PM NANCY'S BIBLE STUDY 7:00PM CHURCH COUNCIL	10:00AM EXERCISE	9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS
<b>Thursday, January 4, 2024</b>	<b>Saturday, January 13, 2024</b>	<b>Tuesday, January 23, 2024</b>
5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	8:30AM GAMBLERS ANONYMOUS	1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA 6:30PM JOYFUL RINGERS
<b>Friday, January 5, 2024</b>	<b>Sunday, January 14, 2024</b>	<b>Wednesday, January 24, 2024</b>
10:00AM EXERCISE	8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM COFFEE WITH JESUS 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:15AM HALO BELLS 12:00PM WORSHIP COMMITTEE 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP	7:30AM MORNING PRAYERS 12:00PM MEDITATIVE MOMENTS (ZOOM) 1:00PM SANDY'S BIBLE STUDY 7:00PM TRUSTEES
<b>Saturday, January 6, 2024</b>	<b>Monday, January 15, 2024</b>	<b>Thursday, January 25, 2024</b>
8:30AM GAMBLERS ANONYMOUS	9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 6:30PM POUGH GAMBLERS ANONYMOUS	5:30PM PRIMARY PURPOSE AA 7:00PM EVANGELISM & CHURCH GROWTH 7:00PM CHOIR
<b>Sunday, January 7, 2024</b>	<b>Tuesday, January 16, 2024</b>	<b>Friday, January 26, 2024</b>
8:00AM CONTEMPLATIVE PRAYER SERVICE 8:45AM COFFEE WITH JESUS 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:15AM HALO BELLS 1:00PM SMITH AME SERVICE 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP	1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA 6:30PM CURRENT EVENTS & WWJD 6:30PM JOYFUL RINGERS 7:00PM SOCIAL JUSTICE	8:30AM COLLATE & MAIL JOURNEY 10:00AM EXERCISE
<b>Monday, January 8, 2024</b>	<b>Wednesday, January 17, 2024</b>	<b>Saturday, January 27, 2024</b>
9:00AM MONDAY STUDY GROUP 10:00AM EXERCISE 1:00PM FRIENDSHIP CIRCLE 6:30PM POUGH GAMBLERS ANONYMOUS 7:00PM RADIO CONTROL CLUB 7:00PM TED TALK (ZOOM)	<b>THE JOURNEY DEADLINE</b> 7:30AM MORNING PRAYERS 12:00PM MEDITATIVE MOMENTS (ZOOM) 1:00PM SANDY'S BIBLE STUDY 1:30PM NANCY'S BIBLE STUDY 7:00PM FINANCE	<b>HOMELESS SHELTER</b> 8:30AM GAMBLERS ANONYMOUS 10:00AM LOVE INC CLASS
<b>Tuesday, January 9, 2024</b>	<b>Thursday, January 18, 2024</b>	<b>Sunday, January 28, 2024</b>
12:00PM FELLOWSHIP DISCOVERY LUNCHEON 1:00PM ARTS & CRAFTS GROUP 5:30PM PRIMARY PURPOSE AA 6:30PM JOYFUL RINGERS	5:30PM PRIMARY PURPOSE AA 7:00PM CHOIR	8:00AM CONTEMPLATIVE PRAYER SVC 8:45AM COFFEE WITH JESUS 10:00AM IN-PERSON & STREAMING SERVICE 10:00AM CHILDREN SUNDAY SCHOOL 11:15AM HALO BELLS 2:00PM PARKSIDE AA 6:00PM YOUTH GROUP
	<b>Friday, January 19, 2024</b>	
	10:00AM EXERCISE	



# CALENDAR (CONTINUED)

## Monday, January 29, 2024

9:00AM MONDAY STUDY GROUP  
10:00AM EXERCISE  
6:30PM POUGH GAMBLERS ANONYMOUS

## Tuesday, January 30, 2024

1:00PM ARTS & CRAFTS GROUP  
5:30PM PRIMARY PURPOSE AA  
6:30PM JOYFUL RINGERS

## Wednesday, January 31, 2024

7:30AM MORNING PRAYERS  
12:00PM MEDITATIVE MOMENTS (ZOOM)

## CHORTLE

