



First
Sunday
in Lent

Poughkeepsie United Methodist Church Service
February 18, 2024
1st Sunday in Lent

Words of Welcome & Life of the Church

Prelude:

Call to Worship:

Leader: A new song, a song of Lent,

People: Arising from our life together.

Leader: A song of praise,

People: Redeeming our tragedies and celebrating our triumphs.

Leader: A song of joy

People: To God, who revels in our uniqueness and delights in our commonness.

Leader: A love song

People: To God, who tends the wounds of the heart, who restores hope to the despairing, who brings light into the darkness and blesses us each day.

Opening Prayer

***Song of Praise** (please stand): *“Living Spirit, Holy Fire”*

1. Living spirit, holy fire,
burning bright to light our way
blaze among us and inspire
lives that praise you day by day.

2. Warm us draw your people near
when our love grows weak or cold.
Free our frozen hearts from fear,
that each story may be told.

3. Melt away the masks we wear,
hiding what we know and feel.
Risking growth, we want to share
love in action, love that’s real.

4. Open hearts; affirm us all,
many splended, one in you,
we embrace the work, the call:
you are making all things new.

Song of Praise: *“Wade in the Water”*

Refrain:

Wade in the water, wade in the water, children,
wade in the water, God’s a-gonna trouble the water.

Wade in the water, wade in the water, children,
wade in the water, God’s a-gonna trouble the water.

1 See that host all dressed in white,
God’s a-gonna trouble the water.
The leader looks like the Israelite,
God’s a-gonna trouble the water. [Refrain]

2 See that band all dressed in red,
God’s a-gonna trouble the water.
Looks like the band that Moses led,
God’s a-gonna trouble the water. [Refrain]

3 Look over yonder, what do I see?
God’s a-gonna trouble the water.
The Holy Ghost a-coming on me,
God’s a-gonna trouble the water. [Refrain]

4 If you don’t believe I’ve been redeemed,
God’s a-gonna trouble the water.
Just follow me down to Jordan’s stream,
God’s a-gonna trouble the water. [Refrain]

Scripture Lesson: Psalm 25:1-10

Sermon for the Young and Young at Heart: Pam Terwilliger

Hymn of Preparation (please stand): "Trust & Obey" (UMH 467)

1 When we walk with the Lord
in the light of his word,
what a glory he sheds on our way!
While we do his good will,
he abides with us still,
and with all who will trust and obey.

Refrain:

Trust and obey, for there's no other way
to be happy in Jesus, but to trust and
obey.

2 Not a burden we bear,
not a sorrow we share,
but our toil he doth richly repay;
not a grief or a loss,
not a frown or a cross,
but is blest if we trust and obey. [Refrain]

3 But we never can prove
the delights of his love
until all on the altar we lay;
for the favor he shows,
for the joy he bestows,
are for them who will trust and obey.
[Refrain]

4 Then in fellowship sweet
we will sit at his feet,
or we'll walk by his side in the way;
what he says we will do,
where he sends we will go;
never fear, only trust and obey. [Refrain]

Sermon

Worship God with Tithes and Offering

Offertory Anthem: "Live A-Humble" Spiritual

Doxology (UMH 94)

Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Alleluiah, Alleluiah
Praise God the source of all our gifts;
Praise Jesus Christ whose power up-lifts!
Praise the Spirit, Holy Spirit!
Alleluiah, Alleluiah, Alleluiah

Silent Prayer and 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.

***Closing Hymn (please stand): "Come Thou Almighty King" (UMH 61)**

1. Come, thou almighty King,
help us thy name to sing,
help us to praise!
Father all glorious,
o'er all victorious,
come and reign over us, Ancient of Days!

2. Come, thou incarnate Word,
gird on thy mighty sword,
our prayer attend!
Come, and thy people bless,
and give thy word success;
Spirit of holiness, on us descend!

3. Come, holy Comforter,
thy sacred witness bear
in this glad hour.
Thou who almighty art,
now rule in every heart,
and ne'er from us depart, Spirit of power!

4. To thee, great One in Three,
eternal praises be,
hence, evermore.
Thy sovereign majesty
may we in glory see,
and to eternity love and adore!

Benediction

Postlude

**Please stand if you are able*



LEADING WORSHIP – Our Pastor, Kregg Gabor

HELPING IN WORSHIP

Acolyte	Juno Moreno
Liturgist	Sandy Pullinger
Head Usher	Linda McCluskey
Ushers	Roger Griemsmann, Priscilla Wendover

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.

Important Upcoming Dates:

Tuesday, February 20th – Pancake Supper @ 5pm
Friday, February 23rd - Movies with Meaning @ 6pm
Tuesday, March 12th – Fellowship Discovery Luncheon
Saturday, March 16th – St Patrick’s Day Dinner @ 5pm
Saturday, March 23rd – Easter Movie Night @ 6pm
Sunday, March 24th - Palm Sunday
Thursday, March 28th - Maundy Thursday Seder and Service
Friday, March 29th - Good Friday Service
Sunday, March 31st - Easter

REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Gladys Bierce, Janet Cole, Ron Cole, Dylan Coughlin, Sandra DeGuzman, Irene Feller, Veronica Gordan, Emily Griess, Betsy Grover, Tom Halloran, Doris Hammell, Jodi Hammell, Sandra Hansen, Gwen Higgins, Pat Hughes, Fred Jackson, Dick James, Donna Jonnigan, Danny Jones, Betty Longobardi, Julia Miller, Kathleen Nicodemus, Michelle Olavarria, Ray Polivka, Karla Quinlan, Arnette Schmidt, Diana Silverman, Michelle Simonis, Jeff Tryon, Catherine White, Sarah-Grace White, Marilyn Zier.

Friends of our church in your prayers: 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, Raymond White, Clifford Zier. The people in Ukraine.

Members of the military, active and/or retired, in your prayers: 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.

Announcements

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. There is also a changing table.

Paper 2023 Giving Statements are available in the Narthex. However, if you would like a PDF sent to you please contact the church office.

Altar Flower Sign Up Sheet: There are lots of openings!!!! There is a 2024 Altar Flower Sign-up Sheet in the Narthex, or you can contact the church office to order altar flowers.

Save the Date! Vacation Bible School will take place on the evenings of July 8 – 10 (3 days). Volunteers are needed! We are in need of several adult volunteers who would like be assistants during the activities (which means no pre-planning!). Contact Angela if you might be interested.

Movies with Meaning – Join us in the fellowship hall on Friday, February 23rd @ 6pm as we watch and discuss the 2012 documentary **“The House I Live In”** From IMDB: *From the dealer to the narcotics officer, the inmate to the federal judge, a penetrating look inside America's criminal justice system, revealing the profound human rights implications of U.S. drug policy.*

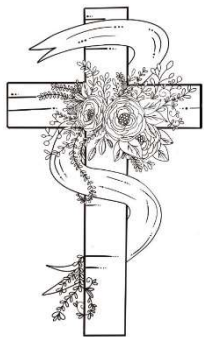
SAVE THE DATE!!! We are planning another trip to Lancaster, PA to see Daniel at the Sight and Sound Theatre. The trip is planned for October 25 and 26. More to follow!

Coffee Hour Bakers (or Shoppers) needed! – Would you be interested in providing the baked goods for coffee hour every now and then? There is a sign-up sheet in Fellowship Hall if you are interested.

We have found several musical instruments and some pieces of electronic equipment that have been left at the church. If any of these things belong to and you would like them back please let the office know and you can take them home.

TAIZE PRAYER SERVICE - MARCH 14, 2024 @ 7pm. ST. MARTIN DE PORRES CHURCH 118 CEDAR VALLEY ROAD POUGHKEEPSIE, NY- All are invited to this Lenten Prayer Service inspired by the Ecumenical Taizé Community in France. Simple and repetitive chants, Scripture, private and public intercessions and long periods of silent prayer, all together provide a meditative space for Christians of all denominations in our preparation for Easter. A time for refreshments and conversation will follow the prayer service. All are invited.

Rescheduled to **this Tuesday**, February 20th.....



Easter Flower Ordering Form:
Deadline to order Monday, March 11

Given by _____

In Loving memory of _____

In honor of _____

Phone _____ Cost \$13.00 each

I will take my flowers after the 10:00 am Service on Easter Sunday YES NO

Return this form to the church office or call 452-2933 to order.



HOLY WEEK WORSHIP SCHEDULE

Holy Week Services - 2024

These services arose out of a heartfelt need to deepen the experience of Holy Week by connecting with and relating to the human side of Christ's struggle as he journeyed to the cross. Too often, the average worshiper

leaves Palm Sunday to return on Resurrection Sunday with only the barest of hints of the drama of the week before. Essentially, we go from celebration to celebration, not connecting and dwelling on the total emotional and painful price God paid us during Holy Week.

These services are more guided meditation encounters. The music is calm and reflective. The tone of the service is subdued. The leader is not the focus. We center on the Christ candle as it makes its way through the week to finally find its resting place on the altar on Good Friday. At the end of Good Friday's service, it is extinguished as the flame of life leaves our Savior dead in a tomb. I have found that I can only celebrate Easter by trying to feel Holy Week through the scriptures.

Every service will start at 7:00 PM, except Maundy Thursday, which will begin at 7:30 PM. Monday through Wednesday, services will last about a half hour. Maundy Thursday and Good Friday will be a bit longer. There are very few elements of the traditional worship services of Sunday morning: we gather to sing, pray, read scripture, hear some context for the day, and walk with our Lord during His most painful days. It is that simple.

SERVICES FOR HOLY WEEK		
PALM SUNDAY March 24	10:00 AM	Mk 11:1-11 Ps 118:1-2, 19-29 (UMH 839) Phil 2:5-11 Mk 14:1-15:47 or Mk 15:1-39 (40-47)
HOLY MONDAY March 25	7:00 PM	Exodus 1:1-22 Mark 11:12-19
HOLY TUESDAY March 26	7:00 PM	Exodus 2:1-25 Mark 11:20-13:37
HOLY WEDNESDAY March 27	7:00 PM	Exodus 3:1-22 Mark 14:1-11
HOLY THURSDAY March 28	Worship Service (Communion) 7:30 PM	Exodus 4:18-5:23 Mark 14:12-72
GOOD FRIDAY March 29	7:00 PM	Isa 52:13-53:12 Ps 22 (UMH 752) Heb 10:16-25 Mark 15:1-47
HOLY SATURDAY March 30	No Services	Ex 14:10-31; 15:20-21 Rom 6:3-11 Mark 16:1-8
EASTER SUNDAY March 31	Sunrise: 6:30 AM 10:00 AM	Acts 10:34-43 Ps 118:1-2, 14-24 (UMH 839) 1 Cor 15:1-11 Jn 20:1-18 or Mk 16:1-8

Call For Entries

Love INC Showcase of Talent

Saturday, April 20
7 - 9 pm

The Gathering at Faith Assembly
25 Golf Club Lane, Poughkeepsie



An engaging evening of
entertainment and
inspiration paired with
delectable desserts

Apply to perform by **March 23**
or sign up to donate desserts
via form at
www.mid-hudsonloveinc.org



Questions? Contact Patricia Owen at 845-232-0307
or LoveINCShowcase@mhinc.org

All proceeds support the collaborative ministry work of local churches
through Mid-Hudson Love In the Name of Christ



Building Relationships. Restoring Hope. Transforming Lives

Opportunities for You This Week

SUNDAY, February 18, 2024

8:00 am Contemplative Prayer
8:45 Coffee w/ Jesus
10:00 Worship Service
Sunday School
11:15 Fellowship
Halo Bells
2:00 pm Parkside AA
6:00 Youth Group

MONDAY, February 19, 2024

9:00 am Monday Study Group
10:00 Exercise
6:30 pm Gamblers Anonymous

TUESDAY, February 20, 2024

10:30 am Pastor's Bible Study
1:00 pm Arts & Crafts Group
5:00 Pancake Supper
5:30 PP Alcoholics Anonymous
6:30 Joyful Ringers
Current Events & WWJD
7:00 Social Justice

WEDNESDAY, February 21, 2024

7:30 am Morning Prayers
1:00 pm Sandy's Bible Study
1:30 Nancy's Bible Study
7:00 Finance

THURSDAY, February 22, 2024

5:00 pm PP Alcoholics Anonymous
7:00 Choir

FRIDAY, February 23, 2024

8:30 am Collate Journey
10:00 Exercise
6:00 pm Movies with Meaning

SATURDAY, February 24, 2024

Homeless Shelter

8:30 am Gambler's Anonymous
10:30 Love INC Class

SUNDAY, February 25, 2024

8:00 am Contemplative Prayer
8:45 Coffee w/ Jesus
10:00 Worship Service
Sunday School
11:15 Fellowship
Halo Bells
2:00 pm Parkside AA
6:00 Youth Group

Living Spirit, Holy Fire

Words: Ruth Duck
Music: Lori True

Wade in the Water

African American Spiritual

Trust & Obey (UMH 467)

Words: John H. Sammis
Music: Daniel B. Towner

Come Thou Almighty King (UMH 61)

Words: Anonymous
Music: Felice de Giardini