

For though I am free
with respect to all,
I have made myself
a slave to all...

1 Corinthians 9:16a

NRSV

**Poughkeepsie United Methodist Church Service
February 4, 2024**

Words of Welcome & Life of the Church

Prelude:

Call to Worship:

Leader: Have you not known? Have you not heard?
Has it not been told to you from the beginning?

**All: The Lord is the everlasting God,
the creator of heaven and earth.**

Leader: God sits above the circle of the earth
and stretches out the heavens like a curtain.

**All: Those who wait for the Lord
shall mount up with wings like eagles.**

Leader: They shall run and not be weary.
They shall walk and not faint.

All: How good it is to sing praises to our God.

Opening Prayer

***Song of Praise** (please stand): *“God, the Sculptor of the Mountains”* (TFWS 2060)

God the sculptor of the mountains,
God the miller of the sand,
God the jeweler of the heavens,
God the potter of the land:
you are womb of all creation,
we are formless; shape us now.

God the nuisance to the Pharaoh,
God the cleaver of the sea,
God the pillar of the darkness,
God the beacon of the free:
you are gate of all deliv’rance,
we are sightless; lead us now.

God the dresser of the vineyard,
God the planter of the wheat,
God the reaper of the harvest,
God the source of all we eat:
you are host at every table,
we are hungry; feed us now.

God the unexpected infant,
God the calm, determined youth,
God the table turning prophet,
God the resurrected Truth:
you are present every moment,
we are searching; meet us now.

Song of Praise: *“Shout to the Lord”*

My Jesus my Saviour
Lord there is none like You
All of my days I want to praise
The wonders of Your mighty love
My comfort my shelter
Tower of refuge and strength
Let every breath all that I am
Never cease to worship You

Shout to the Lord
All the earth let us sing
Power and majesty
Praise to the King
Mountains bow down
And the seas will roar
At the sound of Your name
I sing for joy At the work of Your hands
Forever I'll love You Forever I'll stand
Nothing compares to the promise
I have in You

Scripture Lesson: Isaiah 40:21-31

Sermon for the Young and Young at Heart

Hymn of Preparation (please stand): *“My Faith Looks Up to Thee”* (UMH 452)

1. My faith looks up to thee,
thou Lamb of Calvary,
Savior divine!
Now hear me while I pray,
take all my guilt away,
O let me from this day
be wholly thine!

2. May thy rich grace impart
strength to my fainting heart,
my zeal inspire!
As thou hast died for me,
O may my love to thee
pure, warm, and changeless be,
a living fire!

3. While life's dark maze I tread,
and griefs around me spread,
be thou my guide;
bid darkness turn to day,
wipe sorrow's tears away,
nor let me ever stray
from thee aside.

4. When ends life's transient dream,
when death's cold, sullen stream
shall o'er me roll;
blest Savior, then in love,
fear and distrust remove;
O bear me safe above,
a ransomed soul!

Sermon

Worship God with Tithes and Offering

Offertory Anthem: *“My Lord, What a Morning”* 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

Receiving Holy Communion

Call to Confession:

Confession:

**Holy God, even in our pursuit of safety and security,
we yearn to seek justice for the poor
and to defend the downtrodden
from the privilege of the powerful.**

**Give us the heart of Jesus,
that we may care for the sick
and rescue the perishing.
Give us the spirit of Christ,
that we may spend time in prayer
and keep your path before our feet.
Give us the love of your Son,
that we may be instruments of your peace. Amen.**

Words of Assurance

The Great Thanksgiving

The Lord be with you.

And also with you.

Leader: Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is right, and a good and joyful thing, Always and everywhere to give thanks to you....

....And so, with your people on earth and all the company of heaven we praise your name and join their unending hymn:

ALL: Holy, holy, holy Lord, God of power and might,

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Holy are you, and blessed is your Son Jesus Christ....

....And so, In remembrance of these your mighty acts in Jesus Christ, We offer ourselves in praise and thanksgiving As a holy and living sacrifice, In union with Christ's offering for us, As we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

Pour out your Holy Spirit on us gathered here, And on these gifts of bread and wine....

....All honor and glory is yours, almighty Father,

Now and forever.

Amen.

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.

Breaking the Bread

Giving the Bread and Cup

**Eternal God, we give you thanks for this holy mystery
In which you have given yourself to us.
Grant that we may go into the world
In the strength of your Spirit,
To give ourselves for others,
In the name of Jesus Christ our Lord,
Amen.
All: Amen.**

Silent Prayer and Pastoral Prayer

***Closing Hymn (please stand): “Sing Praise to God Who Reigns Above” (UMH 126)**

1. Sing praise to God who reigns above,
the God of all creation,
the God of power, the God of love,
the God of our salvation.
With healing balm my soul is filled
and every faithless murmur stilled:
To God all praise and glory.

2. The Lord is never far away,
but through all grief distressing,
an ever present help and stay,
our peace and joy and blessing.
As with a mother's tender hand,
God gently leads the chosen band:
To God all praise and glory.

3. Thus, all my toilsome way along,
I sing aloud thy praises,
that earth may hear the grateful song
my voice unwearied raises.
Be joyful in the Lord, my heart,
both soul and body bear your part:
To God all praise and glory.

4. Let all who name Christ's holy name
give God all praise and glory;
let all who own his power proclaim
aloud the wondrous story!
Cast each false idol from its throne,
for Christ is Lord, and Christ alone:
To God all praise and glory.

Benediction

Postlude

**Please stand if you are able*



The flowers on the altar are given by Janet Houston to the Glory of God.

LEADING WORSHIP – Our Pastor, Kregg Gabor

HELPING IN WORSHIP

Acolyte	Sara Grace-White
Liturgist	Jenn Harmer
Head Usher	Will Cass
Ushers	Cheryl Cass

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.

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.

16th 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. 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.

Our February Fellowship Discovery Luncheon will be on Tuesday, February 13 @ 12PM. The guest speaker for February is Will Tatum, who is the Dutchess County Historian. Friends and family are more than welcome and local history is always popular. Please let us know by Thursday (2/8) if you plan to attend.



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.

Important Upcoming Dates:

- Saturday, February 10th – Cookie Walk
- Monday, February 12th - Friendship Circle
- Tuesday, February 13th – Fellowship Discovery Luncheon
Shrove Pancake Supper @ 5pm
- Wednesday, February 14th - Ash Wednesday Services @ 12pm & 6pm
March Journey Deadline
- Friday, February 23rd - Movies with Meaning @ 6pm
- Sunday, March 24th - Palm Sunday
- Thursday, March 28th - Maundy Thursday Seder and Service
- Friday, March 29th - Good Friday Service
- Sunday, March 31st - Easter

Pastor’s Bible Study!

**On Tuesday, January 16 @ 10:30 - 11:30 (new time) Pastor Kregg began a new Bible study
Discovering the Bible: A simple introduction to the Bible, what it is, and how to use it.**

“This is intended to be a basic introduction that can be used effectively with those who have little or no background in the Bible, and a stimulating refresher for those who have loved the Bible for years but perhaps never had opportunity to look into where the Bible came from and how it came down to us.”

Place: *The Poughkeepsie United Methodist Church lounge.*

Tuesdays - 01/16, 01/23, 01/30, 02/06 Time: 10:30-11:30am Cost:\$0.00

When Discovering the Bible is over we will move right on to.....

BASIC: WHO IS GOD BASIC: WE ARE CHURCH

“Trends come and go in our culture and the church seems to follow. BASIC is a seven-part series of short films that challenges us to reclaim the church as Scripture describes it to be. This series speaks to those who have questions about the church and to those who may have lost interest in the church. ”

Days: Tuesdays - 02/13, 02/20, 02/27, 03/05, 03/12, 03/19, 03/26

Same Place, Time & Cost

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!

SHROVE TUESDAY

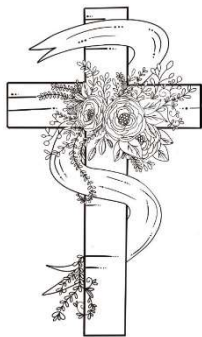
PANCAKE SUPPER

February 13th
5-7:30 pm

\$8
SUGGESTED
DONATION

All proceeds will go to PUMC missions program!

Poughkeepsie United Methodist Church
2381 New Hackensack Rd, Poughkeepsie, NY 12603



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.

Opportunities for You This Week

SUNDAY, February 4, 2024

Communion

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 5, 2024

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

TUESDAY, February 6, 2024

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

WEDNESDAY, February 7, 2024

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

THURSDAY, February 8, 2024

5:00 pm PP Alcoholics Anonymous
7:00 Choir

FRIDAY, February 9, 2024

10:00 Exercise

SATURDAY, February 10, 2024

8:30 am Gambler's Anonymous
10:00 Cookie Walk

SUNDAY, February 11, 2024

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

God, the Sculptor of the Mountains

WORDS: John Thornburg

MUSIC: Amanda Husberg

Shout to the Lord

CCLI Song # 1406918

Darlene Zschech

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My Faith Looks Up to Thee (UMH 452)

WORDS: Ray Palmer

MUSIC: Lowell Mason

Sing Praise to God Who Reigns Above (UMH 126)

WORDS: Johann J Schutz

MUSIC: Maurice F Bell