

# FOURTH



# SUNDAY in LENT

**Poughkeepsie United Methodist Church Service  
March 10, 2024**

## Words of Welcome & Life of the Church

### Prelude:

### Call to Worship:

Leader: Come to the water, all you who thirst.

**All: We come to drink deeply from the river of life.**

Leader: Come to the water, all you who are weary.

**All: We come to rest in the quiet pools of God's love.**

Leader: Come to the water, all you who long for a justice.

**All: We come to be renewed in God's ever-flowing stream.**

**For God is here among us, washing away the dust and grime of our lives, and pouring out the Spirit on all who thirst. Let us worship God together.** —Inspired by Isaiah 55:1-3

### Opening Prayer

### \*Song of Praise (please stand): "Hungry (Falling on My Knees)"

Hungry, I come to You, or I know You satisfy.

I am empty, but I know Your love does not run dry.

So I wait for You, So I wait for You.

I'm falling on my knees, offering all of me.

Jesus, You're all this heart is living for.

Broken, I run to You, for your arms are open wide;

I am weary, but I know Your touch restores my life.

So I wait for You, So I wait for You.

I'm falling on my knees, offering all of me.

Jesus, You're all this heart is living for.

I'm falling on my knees, offering all of me.

Jesus, You're all this heart is living for.

Jesus, You're all this heart is living for.

Jesus, You're all this heart is living for.

### Song of Praise: "Shout to the North"

#### Verse 1

Men of faith rise up and sing  
Of the great and glorious King  
You are strong when you feel weak  
In your brokenness complete

#### Chorus

Shout to the north and the south  
Sing to the east and the west  
Jesus is Savior to all  
Lord of heaven and earth

#### Verse 2

Rise up women of the truth  
Stand and sing to broken hearts  
Who can know the healing pow'r  
Of our awesome King of love

#### Verse 3

Rise up church with broken wings  
Fill this place with songs again  
Of our God who reigns on high  
By His grace again we'll fly

#### Bridge

We've been through fire  
We've been through rain  
We've been refined  
By the pow'r of His name  
We've fallen deeper  
In love with You  
You've burned  
The truth on our lips

#### Ending

Lord of heaven and earth

## Scripture Lesson: Numbers 21:4-9

**Sermon for the Young and Young at Heart:** Vickie Carroll

**Hymn of Preparation** (please stand): *"There is a Balm in Gilead"* (UMH 375)

Refrain:

There is a balm in Gilead  
to make the wounded whole;  
there is a balm in Gilead  
to heal the sin-sick soul.

1 Sometimes I feel discouraged,  
and think my work's in vain.  
But then the Holy Spirit  
revives my soul again.  
(Refrain)

2 Don't ever feel discouraged,  
for Jesus is your friend,  
and if you look for knowledge  
he'll ne'er refuse to lend.  
(Refrain)

3 If you can't preach like Peter,  
if you can't pray like Paul,  
just tell the love of Jesus,  
and say he died for all.  
(Refrain)

## Sermon

### Worship God with Tithes and Offering

### Offertory Anthem:

### 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): *"God Hath Spoken to the Prophets"* (UMH 108)

1 God hath spoken by the prophets,  
spoken the unchanging Word,  
each from age to age proclaiming,  
God the One, the righteous Lord!  
'Mid the world's despair and turmoil,  
one firm anchor holdeth fast:  
God eternal reigns forever,  
God the first, and God the last.

2 God hath spoken by Christ Jesus,  
Christ, the everlasting Son;  
brightness of the Father's glory,  
with the Father ever one;  
spoken by the Word incarnate,  
God of God, ere time was born;  
Light of Light, to earth descending,  
Christ, as God in human form.

3 God yet speaketh by the Spirit,  
speaketh to our hearts again;  
in the agelong Word expounding  
God's own message, now as then.  
Thru the rise and fall of nations,

one sure faith yet standing fast,  
God abides, the Word unchanging,  
God the first, and God the last.  
God the first, and God the last.

**Benediction**

**Postlude**

*\*Please stand if you are able*

**LEADING WORSHIP – Our Pastor, Kregg Gabor**

**HELPING IN WORSHIP**

Acolyte	Dexter Moreno
Liturgist	Debi McGarvey
Head Usher	Will Cass
Ushers	Cheryl Cass, Roger Griemsmann, Laura Holloran, Nancy Myers

**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](mailto:office@pokumc.org).

**Important Upcoming Dates:**

Sunday, March 10<sup>th</sup> - Daylight Savings Time Ends  
UMCOR Sunday

Tuesday, March 12<sup>th</sup> – Fellowship Discovery Luncheon @ 12pm

Wednesday, March 13<sup>th</sup> – Palm Cross Making @ 4:30pm  
April Journey Deadline

Saturday, March 16<sup>th</sup> - St. Patrick's Day Dinner

Tuesday, March 19<sup>th</sup> - 1<sup>st</sup> Day of Spring

Saturday, March 23<sup>rd</sup> – Easter Movie Night @ 6pm

Sunday, March 24<sup>th</sup> - Palm Sunday

Monday, March 25<sup>th</sup> – Worship Service @ 7pm

Tuesday, March 26<sup>th</sup> - Worship Service @ 7pm

Wednesday, March 27<sup>th</sup> - Worship Service @ 7pm

Thursday, March 28<sup>th</sup> - Maundy Thursday Worship Service @ 7pm

Friday, March 29<sup>th</sup> - Good Friday Service @ 7pm

Sunday, March 31<sup>st</sup> - Easter Sunrise Service @ 6:30am  
Easter Worship Service @ 10am

**The April Journey deadline is Wednesday, March 13.**

### **REMEMBER IN OUR PRAYERS**

**Our members:** Steve Allen, Barbara Bates, Gladys Bierce, Janet Cole, Cheryl Cass, Will Cass, Ron Cole, Dylan Coughlin, Sandra DeGuzman, Irene Feller, Veronica Gordan, Emily Griess, Betsy Grover, Tom Halloran, Sandra Hansen, Gwen Higgins, Pat Hughes, Fred Jackson, Dick James, Donna Jonnigan, Danny Jones, Duane Lueng, 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**

**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!

**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.

**Would you like to learn how to weave palms for the palm cross that has traditionally been on the altar for Palm Sunday?** Anne Bierce will be holding a class on Wednesday, March 13<sup>th</sup> @ 4:30pm. The cross will then be on the altar for Palm Sunday. Adults and children are invited.

### **HVBB FUNDRAISING GALA- April 13<sup>th</sup> - Hosted at: Mariapolis Luminosa- Hyde Park, NY**

The Gala is our single largest and most important fundraiser. Please consider joining us for a fun night of stories, friends, food and of course... a competition culminating event. It is \$45/person, which includes: Appetizers, dinner, and dessert! Registration forms are due April 1st! Any questions, please contact Sarah Hicks ([shhhicks511@gmail.com](mailto:shhhicks511@gmail.com))!

**During the month of March the Sunday School** will be collecting toiletry items for Grace Smith House, a woman and children's shelter in Poughkeepsie. They are especially in need of shampoo and conditioner (for all hair types), hair spray, gel, body wash, and toilet paper. Contact Angela for more information.

**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.

**The Harriet Tubman Academic Skills Center (HTASC)** is a student resource and tutoring center supported by our Church at the Harriet Tubman Terrace Housing Facility in the City of Poughkeepsie. Each year, our church supports this program financially, and on **Sunday, March 17th, we will be taking a special offering for the program.** Please consider a financial commitment to this program!

## TODAY IS UMCOR SUNDAY

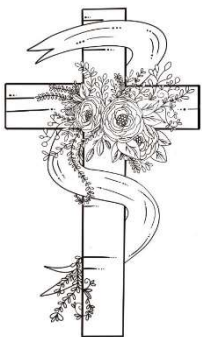
This Special Sunday is a denomination wide celebration designed to raise awareness and support for the ministry of The United Methodist Committee on Relief – otherwise known as UMCOR. The UMCOR Sunday offering underwrites UMCOR’s administrative costs to ensure 100% of gifts given for humanitarian response and recovery go directly to communities in need. These gifts ensure UMCOR can respond swiftly to disasters around the world and represent hope and healing to those most vulnerable. **Please make any checks payable to PUMC and label cash and checks with UMCOR Sunday.**

UMCOR, provides hope for communities and individuals whose lives have been upset by war, storms or other crises. This ministry is achieved exclusively through your generosity. Last year, your generosity delivered **\$1.7 million** towards these ministries:

- ▶ **International Disaster Response** efforts provide assistance following natural or human-caused disasters outside of the United States. Typical emergency response efforts include the distribution of food, hygiene supplies and facilities, nonfood items, psychosocial support and shelter.
- ▶ **U.S. Disaster Response** works with annual conferences in the United States to alleviate suffering caused by disasters that strike within the United States and its territories. In partnership with conference level disaster response coordinators, UMCOR journeys with affected communities throughout a disaster’s cycle.
- ▶ **Global Migration** provides relief and recovery in the form of food aid, basic necessities, and legal and transportation services for vulnerable migrants and refugees.
- ▶ **Relief Supplies** UMCOR Sager Brown Depot and affiliate warehouses within the UM Relief Supply Network collect relief supplies that are assembled by United Methodist volunteers for distribution in the United States and its territories in response to disasters.

UMCOR’s goal is to assist vulnerable people affected by crisis or chronic need without regard to their nationality, race, religion or status. We believe all people have God-given worth and dignity.

One of the wonderful aspects of the connectional nature of The United Methodist Church is that we can do so much more together than we ever could do on our own. Because of you – UMCOR and its partners serve as witnesses to God’s love for all.



*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. 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		
<b>PALM SUNDAY</b> March 24	<b>10:00 AM</b>	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)
<b>HOLY MONDAY</b> March 25	<b>7:00 PM</b>	Exodus 1:1-22 Mark 11:12-19
<b>HOLY TUESDAY</b> March 26	<b>7:00 PM</b>	Exodus 2:1-25 Mark 11:20-13:37
<b>HOLY WEDNESDAY</b> March 27	<b>7:00 PM</b>	Exodus 3:1-22 Mark 14:1-11
<b>HOLY THURSDAY</b> March 28	<b>Worship Service (Communion) 7:00 PM</b>	Exodus 4:18-5:23 Mark 14:12-72
<b>GOOD FRIDAY</b> March 29	<b>7:00 PM</b>	Isa 52:13-53:12 Ps 22 (UMH 752) Heb 10:16-25 Mark 15:1-47
<b>HOLY SATURDAY</b> March 30	<b>No Services</b>	Ex 14:10-31; 15:20-21 Rom 6:3-11 Mark 16:1-8
<b>EASTER SUNDAY</b> March 31	<b>Sunrise: 6:30 AM 10:00 AM</b>	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



# St. Patrick's Day Dinner

Saturday, March 16<sup>th</sup> @ 5-7pm

Corned Beef! Ham! Potatoes, Cabbage, & Carrots! Irish Soda Bread! Dessert!

Please contact the church office if you would be interested in helping (shopping, cooking, serving, and/or cleaning).



## Easter Movie Night

Saturday March 23<sup>rd</sup> @ 4:30pm.

Join us at PUMC for an Easter Movie Night.

VeggieTales: An Easter Carol.

We will also have craftes, games, and snacks available.



## POUGHKEEPSIE UNITED METHODIST CHURCH SPRING TAG SALE



**Save the Date:**

**Friday April 19 - Noon to 6:00 pm**

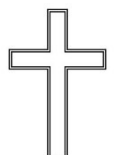
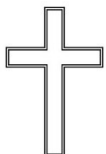
**Saturday April 20 - 8:00 am to 4:00 pm**

**Call for Donations** - Please drop off donations starting April 6, 2024 in Fellowship Hall

**Please do not donate the following:** - Electronics - Upholstered Furniture -  
Exercise Equipment - Baby Cribs - Stuffed Animals - VHS tapes

**Call for volunteers** - if you want to help with the sale, please contact the church office  
or reach out to Dale Borchert at [daleborchert@gmail.com](mailto:daleborchert@gmail.com)

**All Proceeds go towards PUMC Missions  
Projects**





# 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](http://www.mid-hudsonloveinc.org)



Questions? Contact Patricia Owen at 845-232-0307  
or [LoveINCShowcase@mhinc.org](mailto: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, March 10, 2024

### UMCOR Sunday

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, March 11, 2024

1:00 pm Friendship Circle  
6:30 Gamblers Anonymous  
7:00 Ted Talk Watch Party

## TUESDAY, March 12, 2024

10:30 am Pastor's Bible Study  
12:00 pm Fellowship Discovery Luncheon  
1:00 Arts & Crafts Group  
5:30 PP Alcoholics Anonymous

## WEDNESDAY, March 13, 2024

### Journey Deadline

7:30 am Morning Prayers  
4:30 pm Palm Cross Making

## THURSDAY, March 14, 2024

5:00 pm PP Alcoholics Anonymous  
7:00 Choir

## FRIDAY, March 15, 2024

10:00 am Exercise  
5:00 pm Youth Group Homeless Shelter

## SATURDAY, March 16, 2024

8:30 am Gambler's Anonymous  
9:00 Spiritual Stroll  
10:30 Love INC Class  
5:00 St. Patrick's Day Dinner

## SUNDAY, March 17, 2024

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

### **Hungry (Falling on My Knees)**

CCLI Song # 2650364

Kathryn Scott

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### **Shout to the North**

CCLI Song # 1562261

Martin Smith

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### **There is a Balm in Gilead**

African American Spiritual

### **God Hath Spoken to the Prophets**

LYRICS: George W Briggs

MUSIC: Thomas J Williams