

POUGHKEEPSIE UNITED METHODIST CHURCH
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The Journey

September 2024

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CENTER

TABLE OF CONTENTS

| | |
|---|----|
| From the Pastor ----- | 2 |
| Children's Ministries, Friendship Circle----- | 3 |
| Music----- | 4 |
| Pastor's Book Study----- | 7 |
| Prayers ----- | 8 |
| Important September Dates----- | 11 |
| Birthdays & Anniversaries----- | 12 |
| Kid's Page----- | 13 |
| Autumn Fest----- | 14 |

The Deadline for the October Journey is Wednesday September 18



“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”

Matthew 7:3

We don’t like living with warts. The reason? Every wart is cancer. Every wart holds the potential to go rogue. I come from a long line of liver spots and warts. Both from my English heritage and my Eastern European lineage, we are prone to lumps and bumps. But today, that is considered a liability because it is a health risk that pushes the odds out that one of those lumps and bumps might not keep its bounds. Moreover, age produces an ever-changing landscape, an evolving lunar surface of lumps and bumps.

I remember the sage advice of Rev. Eric Rasmusson, one of my pastors from my home church in Seymour, CT. I was deciding whether to stay in the United Methodist camp or pursue my American Baptist roots. His exact words were, “Every denomination and system has its warts. You need to choose which polity has fewer warts you can’t live with.” Both faith traditions are Christian because both hold that Jesus is particular in offering the way, truth, and light that leads to salvation. However, both had different ways of expressing that unique truth of relating to God through Jesus. Neither were or are perfect, never will be, but different warts. That’s how I ended up staying with the UMC: fewer terminal warts that were deal breakers.

The fact that there are churches still standing strong during these challenging times is a true testament to the power of the Holy Spirit. I am increasingly coming across articles and workshops aimed at helping clergy navigate the wart-prone landscape of the current political climate in a wart-averse culture. Life together is an ever-challenging struggle to maintain the balance of clear skin and the warts we all possess. A not-so-subtle homogeneity is taking place in the real world that is beginning to model the virtual dynamics of social media where we don’t need each other or put up with one another’s warts. But let us remember, Jesus never imagined a wart-free world.

No, Christianity is not about avoiding warts, but about navigating them. Today’s text urges us to first acknowledge our own imperfections before we attempt to impose our image on the world and others. The church’s origins were not about power, but about powerlessness and sacrifice, a concept that was considered foolishness by the ruling social elite of Roman culture. The ultimate goal is to shift our focus from benign imperfections that we must accept, to using spiritual discernment to identify the potential for a terminal threat, and most importantly, to recognize

the difference and not let our aversion to imperfections prevent us from doing good in our world. It is true that when a church dies, its imperfections die with it. But its good dies even more quickly.

Differences are a part of the political process and will, like the poor, be with us always. Love and goodness in their different expressions are what is unique. After all, God so loved the world that God died for imperfect humanity so that humanity might have the choice to move closer to perfection, measured against God's image revealed in Christ and not the ever-evolving image I see in the mirror when I shave in the morning. Christ is and will always be the power of the church. He alone overcomes the warts that separate us. In Christ alone, we find the wart remover for unrestrained abnormal proliferation of epidermal cells on his body, the Church. He alone must be the center of the Christian world, or the church ceases to exist beyond a country club of like-minded us against everyone else who is simply wrong, and we die. Take a good look at the churches around us. Don't ask if they have warts. Ask if they know that they have imperfections and still hold together to do the work of Christ in and for the world, and remember Jesus sent his disciples out two by two before he had cleaned them because the harvest is plentiful, but the workers are few, and today, because of so much social toxicity, getting fewer as churches die and close. Embracing these differences is what makes our faith communities inclusive and valuable.

Yours in Christ, Kregg.



Help us celebrate our seniors! During coffee hour on Sunday, October 22 we will be having a casual celebration to honor our octogenarians and nonagenarians in Fellowship Hall. If you are one of members of the congregation who are in your 80s or 90s please plan to attend and allow us to shower you with love! If you would like to help with this event please contact the office (845-452-2933).

Children's Ministries News

We are so excited to welcome the children back to another fabulous and exciting year of Sunday School. It is with great excitement and joy that we welcome Don and Beth Ann as parent volunteers for our Sunday School program this year.



Calling All Disciples To Join us For Rally Day
September 8, 2024 @ 11:30
Let's kick off Fall Sunday School together with a brunch and some fun activities!

The Children's Ministry Mom's Group will begin meeting on Sunday, October 6 and will continue meeting on the first Sunday of the month for the 2024 -2025 school year.



Friendship Circle



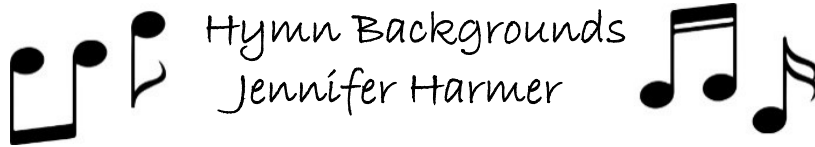
Friendship Circle will resume with the fall schedule on Monday, September 9 at 1pm. Our guest speaker will be CaraMia Bacciochi, who is director of Hope on a Mission, a street ministry serving people in need in our community. She will share her story and her outreach mission on the streets of Poughkeepsie. We will also hear about the new location of the store on 44 Raymond Ave Ste. 2 that helps support all these missions. Refreshments will be served. All are welcome to attend and invite a friend/neighbor.



NOTES FROM THE CHOIR ROOM

A Note from Polly: I'm at Singing Eagle Lodge in Squam Lake singing with and teaching 80 girls. Just a reminder that PUMC Choir will be singing on Sunday, September 1. Our regular choir rehearsal will resume on Thursday, September 5 from 7 – 8:15pm. New voices are always welcome! BLESSINGS ALL!!!

Polly James, Choir Director



A couple years ago in the midst of courses at Be A Disciple for my certification in music ministry, each week we had to select a couple hymns that had stanzas covering the week's themes and write a bit about each hymn. In going through some of those assignments recently, I found I had written a little blurb about many hymns, in this case, "I Sing the Almighty Power of God."

This hymn was written by Isaac Watts (1674-1748) who, in addition to writing many hymns, was also a minister. Originally published in 1715, "I Sing the Almighty Power of God" was published in a book entitled, *Divine Songs Attempted in Easy Language, for the Use of Children*. It was originally written as eight four-line stanzas, but as we see it published now it is three eight-line stanzas, comprising of Watts' original first through fifth and seventh stanzas.

There are two main tunes that are associated with this hymn, ELLACOMBE and FOREST GREEN. We find FOREST GREEN in our hymnals. This tune was arranged by Ralph Vaughan Williams (1872-1958) from his transcription of a man singing "The Ploughboy's Dream," a folk song.

The text of "I Sing the Almighty Power of God" is suitable for use any time of the year. The hymn focuses on creation at the start of the hymn, listing the acts of creation and by the end of the hymn Watts' words share the praise and amazement of how God keeps everything in order.

If you are interested in reading through the verses and seeing this view of creation and God's power, you can find "I Sing the Almighty Power of God" on page 152. (References from Hymnary.org)

HANDBELLS IN THE FALL

JOYFUL RINGERS will commence rehearsals October 15 at 6:00 in the choir room. We practice for an hour every Tuesday. This is for adults and young adults.

HALO BELLS will commence rehearsals October 13 after Sunday morning services in room 33. We start about 15 minutes after services (to give kids the time to get some snack and refreshment) and practice 30-45 minutes. This is for children in the 3rd grade and older.

No serious music background is necessary. If you can count to four and know left from right, you are good!

If you are interested but hesitant to commit, contact me. We can meet at church and I will bring out some bells for you to try handling, look at some music to see how music is marked and parts are played. You can start with one bell or two, entirely up to you. After we play for a Sunday service, you can decide to continue or not.

Please contact me as soon as you can: during the summer I will be choosing music but cannot decide upon any pieces until I know how many ringers there will be.

Performance dates are scheduled according to ringers' free Sundays and PUMC schedule.

Pat McCullough (845) 240-6451 voice/text



Fellowship Discovery Luncheon

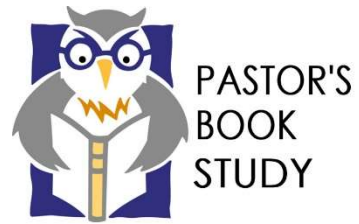
We have moved the Fellowship Discovery Luncheon to the 4th Tuesday of the month. The September FDL will take place on Tuesday, September 24th @ 12pm. More information coming soon.



Nancy's Wednesday Bible/book discussion group will resume on September 18 @ 1:00. We will be choosing a new curriculum.... a book or a video series. All are welcome to join. Contact Nancy Marrine with any questions.

Pastor's Book Study

Pastor Kregg will begin a new book study on Tuesday, October 1 @ 10am. This study will run for 6 weeks and meet in the lounge. We will be reading and discussing **“Welcome to the Basement: An Upside Down Guide to Greatness”** by **Tim Ross**. Books are \$14.00 and are available from Karyn in the office. The blurb from Amazon says:



In Welcome to the Basement, podcaster and thought leader Tim Ross shows you how you can achieve true and lasting greatness. But his tools and tactics might surprise you. Ross has put them to the test in his own life, and he's come to believe that the only way up is down, the only way in is out, and that downward mobility is your only hope for upward utility.

For far too long we've been held captive by false promises of hype and hustle in a world that needs hope and healing. Previously published as Upset the World--and now fully revised and rewritten for today's unique challenges, circumstances, and opportunities--Welcome to the Basement is a rallying cry and a practical guide to God's radical last-shall-be-first, least-shall-be-greatest way of living.

Tim will help you:

- *Discover that you are God's masterpiece and learn to receive His unstoppable love and grace.*
- *Gain step-by-step guidance for identifying the people, places, and pieces that you've been called to disrupt and shower with God's love.*
- *Experience for yourself the good that God has for you--because only people whose lives have been turned upside-down by God can become Kingdom basement dwellers.*

The humblest acts of goodness have the greatest power. And the lowest floor of the building is where the real VIPs live.

Will you step down and into the good things God is doing in the world?

REMEMBER IN OUR PRAYERS



Our members: Barbara Bates, Cheryl Cass, Will Cass, Janet Cole, Ron Cole, Dylan Coughlin, Sandra DeGuzman, Irene Feller, Veronica Gordon, Emily Griess, Betsy Grover, Gwen Higgins, Tom Halloran, Sandra Hansen, 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, Catherine White, Sarah-Grace White, Marilyn Zier.

Friends of our church in your prayers: Georgia Kustas-Beurket, Cris and John Burke, Doristeen Davis, Jordan Fidler, Bryan Foy, Lee, Edgar Martinez, Adonis Marzan, Hilary McAllister, Joe Pollen, Rob Post, Jean Slater, Wayne Surico, Jeff Theiss, Robert Thompson-Gee, Ronald Tomaso, Jackie Triguero, Clifford Zier. All the innocents affected by wars and conflicts around the world.

Members of the military, active and/or retired, in your prayers: Michael Clear, Staffergeant in the Army, Joshua Lord, 1-69 Infantry Medical Platoon Sergeant, NYC; Randal Middleton, Naples, Italy Naval Base, Major Jason Oliver, Texas.

Please look over the "Remember in Our Prayers" list and contact the office (845-452-2933) with any names that are out of date.



The next Ted Talk Zoom **meeting** is scheduled for
7pm, Monday, September 9th

The Ted Talk is
"How to Build a Global Pro-Democracy Movement"
(TEDWomen 2023 • October 2023)

"Democracy is the most compelling vision we have for self-governance," says freedom advocate *Yordanos Eyoel*. Taking a stand against predatory and opportunist authoritarian forces, she shares how to reimagine, accelerate and protect the pro-democracy movement — to build societies that are both functional and inclusive. If you wish to view the Ted Talk before the Zoom meeting, send an email to pumctedtalk@gmail.com requesting the link.

Evangelism Opportunity

Arlington Street Fair is on Saturday, September 21 from 12-6 on Raymond Ave. Our church will have a table to meet and greet people. Would you be able to join us for an hour or two? It's a fun way to meet others and talk about our great church or just hand out fliers and candy. Call or text Nancy Marrine.



Love INC News

Thank You to all that helped with Love INC backpack distribution. We had a great event with our Love INC families where we enjoyed games, a Bible lesson, lunch and were able to help gift 13 backpacks to our Love INC neighbors. Thanks for your generosity.

On Saturday, September 7, Love INC will host a "Fill the Bus" event in our church parking lot from 2-4pm. They will be collecting items requested by our neighbors and for those attending the up-coming classes.

Discover Love INC event is Thursday, September 12 from 5:30-6:30. The office is located at 748 Freedom Plains Rd in Poughkeepsie. Come hear about the great things Love INC is doing in our community. Hear about volunteer opportunities. RSVP at communications@mhinc.org



Fill The Truck!

Love INC Donation Drive



Saturday, September 7, 2024

2-4 pm rain or shine

at Poughkeepsie United Methodist Church Parking Lot

2381 New Hackensack Road, Poughkeepsie, NY

Stop by and help us "Fill The Truck" by donating these much needed ministry class incentive items for Mid-Hudson Love INC

Paper Goods

- Paper Towels
- Toilet Paper

Household Items

- Liquid Laundry Detergent (48-64 oz)
- Liquid Dish Detergent (14-16 oz)
- Disinfectant Cleaner (32 oz)
- White Tall Kitchen Garbage bags (13 gallon, 20-30 pack)
- Pair of Rubber Cleaning Gloves (REUSABLE only, size Large)

Misc.

- Blue or Black Ball Point Pens
- Hard cover 1 inch 3-ring binder with clear insert-sleeve over the cover

Hygiene Items

- Body Lotion
- Body Wash
- Deodorant
- Band-Aids
- Q-Tips
- Lip Balm
- Alcohol-Free Mouthwash

Shopping Cards

- \$10 and \$20 Grocery Store Cards with activation slips (Stop N Shop & ShopRite)
- Re-usable Shopping Bags

Bed Pillows

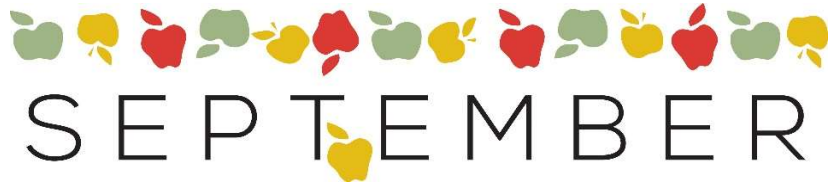
- Standard-sized Bed Pillows, only new in original packaging

Grocery Items

- Can (12 oz) of chicken meat
- Can (10 oz) of Rotel diced tomatoes
- Can (15 oz) of corn kernels
- Boxed Mac & Cheese meal
- Jar (24 oz) pasta sauce
- Can (19 oz) Low Sodium Soup
- Can (5 oz) Tuna
- Box (12-18 oz) Cheerio-type breakfast cereal
- Granola/Breakfast snack bars
- Snack size (8 oz) bottled water
- Individually wrapped snack bags of popcorn, pretzels, nuts, fig bars, veggie sticks



Contact Mid-Hudson Love INC at 845-471-0102 with questions



SEPTMBER

Important September Dates

Monday, September 2nd – Labor Day

Wednesday, September 4th – Church Council @ 7pm

Thursday, September 5th – Choir Resumes @ 7pm

Saturday, September 7th – Love INC Fill the Truck

Sunday, September 8th – Rally Day

Monday, September 9th – Ted Talk Watch Party @ 7pm

Community Nursery School begins

Tuesday, September 17th – Social Justice @ 7pm

Wednesday, September 18th – Journey Deadline

Nancy's Bible Study Begins @ 1pm

Sunday, September 22nd – Honoring our Octogenarians and Nonagenarians

1st Day of Fall

Tuesday, September 24th – Fellowship Discovery Luncheon @ 12pm

Friday, September 27th – Collate Journey @ 8:30am

Wednesday, September 25th – Trustees @ 7pm

Sunday, September 29th – Soaking Prayer @ 8am

New Members @ 11:15am

Puzzle!

Find and circle all the words horizontally. Then, starting on the top line and moving across from left to right, read John 6:35 (NIV). Put the words in order on the spaces below to complete the Bible verse.

JOHN 6:35

.....

WORD LIST

am and be believes bread comes in whoever
hungry go life me me never to never the the of will
will thirsty whoever

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | E | I | R | S | U | V | W | A | M | X | Y | Z | A | B | T | H | E | I |
| J | K | L | M | B | R | E | A | D | N | P | O | F | Q | R | L | I | F | E |
| D | W | H | O | E | V | E | R | E | F | G | H | I | J | K | L | M | N | O |
| B | C | D | F | C | O | M | E | S | G | H | I | J | T | O | K | L | M | E |
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| V | W | X | Y | Z | I | N | A | B | C | D | E | F | G | H | I | J | K | L |
| M | N | O | P | Q | R | S | T | M | E | U | V | W | X | Y | A | B | C | D |
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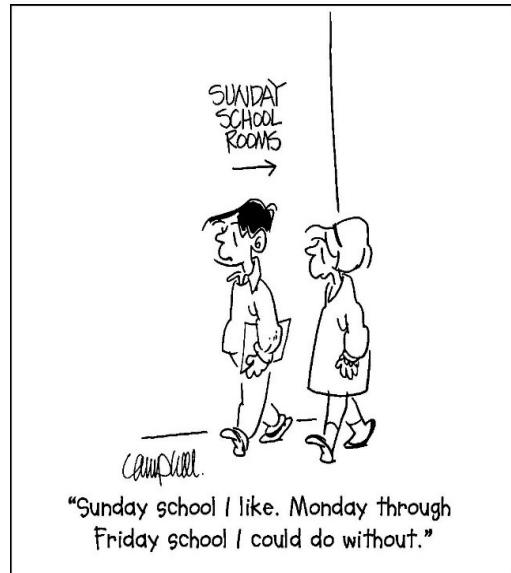
_____."

-John 6:35, NIV

Answer: "I am the bread of life. Whoever comes to me will never be thirsty," John 6:35, NIV

September
Kid's Page

SCHOOL'S IN SESSION



“Autumn Fest” is Coming

Saturday October 19th 10am-2pm Sunday October 22nd (after service)



Yes, our wonderful Autumn Fair will be here before you know it. You will again be able to shop for handmade items, homemade goodies, and fancy jewels and enjoy a delicious take away lunch. There are also many opportunities to make things to be sold at the Autumn Fest.

Do you like to bake, whether it be fancy desserts or simpler bake sale fare?

Please bake your “**homemade specialty**” for us and bring it to PUMC in a disposable container on Friday, October 18 (all day) or Saturday, October 19 (by 9am):

“Bake Shoppe” Suggestions

Cookies(all kinds) Small Fruit Breads Candy/Fudge Coffee Cakes
6” Pies - Pecan, Pumpkin or Apple (Contact us if you need 6” tins)
Brownies in pan (we will cut & package) **Please no cupcakes or muffins

Kathy Betz & Cathy Close

“Delicious Dessert Takeout” Suggestions

Cheese cake Layer cakes Apple Crisp Cream Puffs
Pies - Pecan, Pumpkin, Apple or Lemon Meringue, Fancy Dessert Tarts

Joan Schmidt

Create - a Beautiful “World Famous” Gift Basket

It’s time to use your artistry and creative talents to create a gift basket for us. Use your imagination!! Bring to PUMC **by October 13**. (Pease do not include perishable items or outdated goods.) Please attach an attractive card listing all the basket items .

Need ideascall Sandy Pullinger

Hand Made with Love

This is for all the crafters and artistic folks out there.

If it's handmade and you can bear to see it sold we would love to have it:

Baby Quilts - Cell Phone Carriers - Kitchen Items - Cloth Shopping Bags – Bookmarks
- Watercolor Paintings - Postcards - Snuggler Bags

The list is endless.....

Have a question? Call Anne Bierce

Jewelry Gems

Do you have jewelry for us?

Please place your donation in "Autumn Fest" box in the office **by 10/13!!**

Earrings Necklaces Brooches Costume Pieces Rings Pins

It's wonderful shopping!! An enjoyable boutique!!

Carla Vinson

For Lunch it's PUMC's \$10.00 "Gourmet Delight"

A Gourmet Lunch in a bag!!!

Chicken Salad, Asian Broccoli Salad, Soft Roll, and Dessert Bars,
lovely napkin and utensils – yes, everything for a "delightful lunch".

Buy 2 and have a "luncheon or light supper" with a friend!

(We have gluten-free options.)

