

POUGHKEEPSIE UNITED METHODIST CHURCH
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The Journey

October 2024

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The Deadline for the November Journey is Wednesday October 16



“Where were you when I laid the earth’s foundation? Tell me, if you understand. Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? On what were its footings set, or who laid its cornerstone— while the morning stars sang together and all the angels shouted for joy?”

Job 38:4-7

So much in the Bible is about perspective casting. When I was younger, I believed that matter was as cyclical as the seasons. I thought that every year, as the earth orbited the sun, the world was moving in a well-worn pattern and that while time might change, the physical material would inhabit and revisit its space cyclically. I have since moved to a much bigger universe, leading me to an even greater experience of and appreciation for God.

Do me a favor, say, “One thousand and one.” In your utterance, one second has passed. You have gone on a galactic vacation that exceeds visiting Europe! Calculating the rotation and orbit of the earth, the orbit of the solar system, and the movement of the Milky Way Galaxy, you have traveled about 534.07 miles in that second. That equals 1,922,652 miles per hour. In the average lifetime, you will travel roughly 1,345,000,000,000 miles. All the molecules that constitute you are constantly on the go in space that has never been inhabited before and, likely, a fraction of an instant later, never will be visited again.

For the total 1.3 trillion miles, you will only materially perceive about 5% of the stuff of the universe through which you pass, and that passes through you. (We have not even factored in quarks and neutrinos.) That 5% of ordinary matter will make up 99.9 percent of humanity’s knowledge based on what it physically experiences. It gives new credence to the saying “I may never pass this way again” because I won’t.

On our little globe, where the only known traces of life, intelligent or otherwise, reside, these massive numbers reflecting the vastness and wonder of space give me pause for the providential grace God has given us to be a part of creation’s immensity. The leaves begin to change their hue, and I wonder if I do not perceive in my soul a bit of the 95% of the dark universe by the beauty and majesty that has become more of my daily acknowledgment. It is all part of that appreciated vastness that beckons forth wonder and praise. Evoking in me a consciousness that I may not fully understand, but I know that in my infinitesimal existence, I am in the heart of the Creator who laid the cornerstone, measured every part

of my 1.3 trillion mile journey before time began, and will be there when my course is run even though the universe goes speeding on.

So, we have journeyed together about 80,110.5 miles in reading this for the average reader. Take a moment to get out and enjoy the beauty of Fall and the people God brings your way because it is sure that we will never pass this way again.

Yours in Christ, Kregg.



Children's Ministries News

Angela sends a huge thank you to the congregation for their support in donating school supplies and money. Sunday School is off to a great start!



Trunk Or Treat @ PUMC!

Saturday, October 19

4:00 - 6:00pm

Adults: Please come decorate your car and hand out treats to the trick-or-treaters as they go around the parking lot. There is a sign up sheet on the bulletin board outside fellowship hall.

Kids: Come in your coolest costumes and collect treats!

No Scary Decorations or Costumes Please

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 began a new year with some new officers. A very interesting presentation was given by CaraMia, founder of Hope on a Mission. This mission addresses the homeless and needy on our streets. Our finances are sound thanks to an audit by Beth Borchert.

Persons responsible for various aspects of the Autumn Fest were introduced and made their needs known. Preparations are also underway for our Pie Bake. Our next meeting is Oct. 14

Church Council Highlights

The Church Council met on September 4th. Highlights included:



- Youth programs are underway for September and October. Focusing on "Hearts of Service" the youth will take part in a movie night, bake sale, and rice and beans dinner as lead-ins to participating in the Dutchess County CROP Walk.
- The Missions Committee is seeking smaller venues where we can provide a monthly meal and interact with the clients.
- Changes were made in the Nursery School bylaws so that if a non-member serves as director all voting quorums will have a majority of church members. The Council approved the changes.
- Staffing has changed at the Harriet Tubman Academic Skills Program. There is now an Administrative Coordinator and Program Coordinator and funds were available to hire a college student as a program aide.
- The Way Forward Committee will disseminate the results of the survey on interest-based groups. They are brainstorming ways to provide a contemporary service.
- Budget requests must be submitted by October 2nd and a 2025 budget will be presented at the November Council meeting.
- The Stewardship Campaign will begin on October 21st, with Commitment Sunday on November 17th.
- The next meeting will be held on Wednesday, October 2nd.

SOCIAL JUSTICE TEAM - MOVIES WITH MEANING

Sunday, Oct 06, "Origin" - TRAILERS (11:30AM, LOUNGE)

- Caste — Author, *Isabel Wilkerson* (Late Show Interview **7:05 minutes**)
- "Origin" — Written & Directed, *Ava DuVernay* (Movie Trailer, **2.19 minutes**)

Saturday, Oct 12 "Origin" - MOVIE (4PM, FELLOWSHIP HALL)

"Origin" is a 2023 American biographical drama film written and directed by *Ava DuVernay*. It is based on the life of *Isabel Wilkerson*, played by *Aunjanue Ellis-Taylor*, as she writes the book Caste: The Origins of Our Discontents. Over the course of the film, *Wilkerson* travels throughout Germany, India, and the United States to research the caste systems in each country's history.



Way Forward Committee

Way Forward Committee

Contemporary Service - The Way Forward team is exploring the return of a contemporary service to PUMC. We are in early discussions with an experienced Worship Leader for the best way to accomplish this. In parallel, we'd like to start the search

for musicians who play the guitar, bass, piano or drums. If you are interested or know someone who might be interested, please contact John Marrine (jmarrine@gmail.com).

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*Fellowship Discovery Luncheon*



We have moved the Fellowship Discovery Luncheon to the 4<sup>th</sup> Tuesday of the month. The October FDL will take place on Tuesday, October 22 @ 12pm. More information coming soon.



## Launching "Interest-Based Small Groups!"

Nearly 20% of active PUMC members completed the "Interest-Based Small Groups" survey! That's awesome! And it's a clear indication that many of us would like more opportunity to engage, learn, explore and have fun with our brothers and sisters in Christ,...in the name of Christ.

The most popular interest, by far, was "Walking" but other popular choices were Faith-Based Book Study, Bible Exploration, Card Games, Hiking, Visiting Local Points of Interest, Yoga, Cooking, Attend Musical/Theater Events and Going out for Dinner and a Movie. What a wide range of interests we have! What potential for amazing discipleship!

If you completed the survey (thank you!), will receive an email soon with others that expressed the same interests. Then, as a group, together you decide if, when and where to meet to share your interest in that particular topic. The group will be encouraged to share their plans in the Sunday Bulletin so others can join. The more the merrier! Yet, "where two or more are gathered in my name, I am there," says Jesus in Matthew 18:20. So, please feel free to join in any existing Interest-Based Small Group at any time! For contact information for any particular group, email Barb Adams at [bcadams317@gmail.com](mailto:bcadams317@gmail.com).

If you have not participated in the Interest-Based Small Groups survey, it's not too late. It can be found at: <https://pokumc.com/interest-based-small-groups/> or by using the QR code above.



## WORLD COMMUNION SUNDAY

**World Communion Sunday is October 6.** To celebrate we are asking the congregation to bring in "heritage bread". Do you have a specific type of bread that represents your heritage, or even just your childhood? If you do we ask that you bring it to church on October 6 and share it with the congregation during fellowship after worship.



## NOTES FROM THE CHOIR ROOM

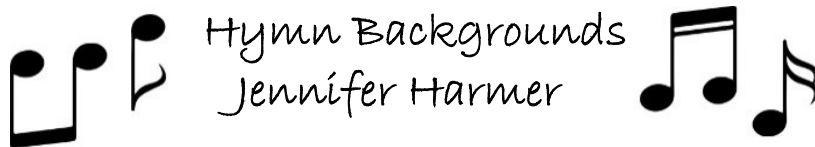
*“LET THERE BE PEACE ON EARTH, AND LET IT BEGIN WITH ME!”*

*Miller & Jackson, c1983, UMH #431*

Sometime in the month of September, one of our lovely Sunday school children asked “when can we sing “let there be peace on earth”? My answer-“any time, any where!” How very moving that a song can touch a child’s heart in a way that ‘just words ‘ sometimes can’t. We are living in a troubled time, and a song can become that prayer for peace! I counted eleven hymns in our UMH that begin with the word “let” .....I challenge you to pick up the hymnal (in your pew) look at every “let” hymn- which one could become your prayer? There is a favorite choir anthem “creation will be at peace” .....yes! We will sing it again soon! Come into the choir room-I will leave several copies of that anthem on a music stand by the door. Check out the words and be inspired!

*“LET THE WORLD BE WELL, O LET THE WORLD BE WELL! I WILL DO MY PART TO LET THE WORLD BE WELL. HEAR THE SOUND, HEAR THE CALL; IN HARMONY WITH ONE AND ALL, LET THE WORLD BE WELL”* *Singing Eagle Lodge, c2020*

PEACEFUL BLESSINGS EVERYONE! Polly James, Choir Director



This past Sunday (9/15/24) at the end of his sermon, Pastor Kregg referenced the hymn “Turn Your Eyes Upon Jesus.” Now, I will be honest, I really was only familiar with the refrain, which is what is in our hymnal (page 349) and probably not so much from the hymnal, though I’m sure I’ve sung it from there. But it is also part of a song by Third Day that has quite a long name, “Medley – Give/Turn Your Eyes Upon Jesus/With or Without You/Your Love Oh Lord.”

This hymn was written by Helen Howarth Lemmel (1864-1961), the daughter of a Methodist minister. She was born in England but emigrated to America with her family when she was 12 years old. In 1904 she moved to Seattle and worked as a music critic for the *Seattle Post-Intelligencer*. While doing that work she was persuaded to go to Europe, and while there studied music in Germany for four years. Some time after returning to America, she became a vocal music teacher at the Moody Bible Institute in Chicago, Illinois and remained there until her retirement when she returned to Seattle.

“Turn Your Eyes Upon Jesus” was written in 1922 and uses a tune that Lemmel also wrote, helpfully entitled, LEMMEL. The hymn references various scriptures, including Psalm 27:1, Isaiah 45:22, Acts 16:31, and 1 John 1:7. It is typically only suggested for the Wednesday of Holy Week in Year A of the Lectionary, and is only found in 71 hymnals.

(References from Hymnary.org)

## HANDBELLS ARE BACK!

**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

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Save the Date for Church Conference.

Church conference will be held on

Sunday, November 17 @ 2pm. We will be hosting this year.

Reports will be optional, except those that are required by the conference.



Senior Celebration – We have decided to go bigger & better! In an effort to create a larger and more spectacular event we have decided to postpone the "Senior Celebration" that was scheduled for this Sunday (Sept 22) to **Sunday, October 27**. It will still take place right after church, but it will now be a full luncheon for all those that are in their 80s and 90s. If you plan to attend there will be a sign up sheet at church, or you can contact the office.

Please spread the word so that the whole congregation knows about this event! For those that are not at that age yet, we need your help to put on an amazing event. We will need servers, decorators, people to bring in food, cooks, and folks to clean up. Please contact the office to offer to help.

Worship Committee Notes

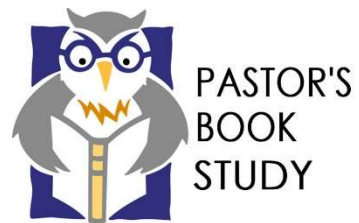
- Past Sundays...Mother's Day, Father's Day, Children's Day were reviewed.
- World Communion will offer breads from different ethnicities for Coffee Hour with Vickey Carroll coordinating.
- Angela and Pastor Kregg will work together to bring in CdA sometime for Hispanic Heritage Month
- Planning is also on-going for Autumn Fest(October 19) and Laity Sunday (October 20)

More News Next month!

Kaye Schrock, Chair

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.





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, Jordan Fidler, Bryan Foy, Lee, Margot Madalengoitia, 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, Staff ergeant 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.

Operation Christmas Child Shoeboxes

Please consider contributing to our mission project Operation Christmas Child Shoeboxes. This ministry partners in more than 100 countries to distribute these gifts during Gospel-focused events where children and their families learn about the Lord Jesus Christ. In the coat closet is a marked container for items such as school supplies (pen, pencils, small tablets, scissors, crayons), personal care (brushes, combs, barrettes, toothbrushes, soap) socks, and small toys. **Please NO liquid items, food or war related toys.** All are welcome to fill a shoebox at home and bring it into our collection. Please have all items at the church by November 3rd.



Important October Dates

Wednesday, October 2nd – Church Council @ 7pm

Sunday, September 6th – World Communion Sunday

Youth Bake Sale @ 11:30am

Mom's Group @ 11:30am

Tuesday October 8th – Pastor's Bible Study Begins @ 10am

Saturday, October 12th – Movies with Meaning @ 4pm

Sunday, October 13th – Halo Bells @ 11:30am

Beans & Rice Dinner @ TBD

Tuesday, October 15th – Joyful Ringers Begins @ 6pm

Social Justice @ 7pm

Wednesday, October 16th – Journey Deadline

Saturday, October 19th – Harvest Fest @ 10am

Trunk or Treat @ 4pm

Sunday, October 20th – Laity Sunday/Pastor Appreciation

Tuesday, October 22nd – Fellowship Discovery Luncheon

Wednesday, October 23rd – Trustees

Friday, October 25th – Lancaster Trip Departs

Collate Journey @ 8:30am

Saturday, October 26th – Lancaster Trip Returns

Sunday, October 27th – Soaking Prayer @ 8am

Senior Celebration @ 11:30am

Crop Walk

Reminder:

**November 3 is
All Saints
Sunday.**

THANKSGIVING BASKETS

Our Church will again be sponsoring the Adopt-a-Family for Thanksgiving Program. We hope to provide a nutritious, traditional meal. We are asking those who can to provide a family of 4 the following items:

Box of instant potatoes

Box of stuffing mix

3 cans of vegetables

1 can of yams

1 can of cranberry sauce

2 envelopes of gravy mix

and

a check for \$20.00 to cover the cost of the turkey, pie and rolls

~OR~

Donate funds so that the items can be purchased. You can make a check payable to the PUMC and note clearly on the check "Thanksgiving Baskets" or place cash in an envelope marked "Thanksgiving Baskets" and place it in the offering or send it to Church. We also would appreciate a donation of a turkey.

Sign-ups for donating a bag of food and money donations can be done in Fellowship Hall during the month of October or call Nancy Marrine on her home number (845-471-6492) or text/call her on her cell (845-380-4887) if you can provide a basket. You can also send an email (NMarrine@aol.com). If you are not shopping and want to contribute a basket please let us know and we can shop for you.

The groceries and checks and turkeys will be brought to Church by Sunday, November 10 and will be placed in the Narthex or the coat rack by Fellowship Hall. The Thanksgiving baskets will be distributed on Friday, November 22 at the Family Partnership Center on North Hamilton St.

We also need helpers in the Church office on October 28, 29, 30, 31, & November 1 to take telephone calls for baskets. Additional assistance will be needed to bring the bags of food to the Family Partnership Center and assist in the distribution. For information or to volunteer, call the Church office (452-2933) or Nancy Marrine.



PUMC Youth News

We have important news for our PUMC youth and families! **The time of our regular youth group meetings is changing to Sunday, 4-6pm.** PUMC youth group is open to all middle school and high school age students. Friends are always welcome! If you have any questions about our youth group, or if you would like to be added to our PUMC Youth email list, please contact Patty Little at plittle1116@gmail.com.



Our PUMC youth have big plans for October! Our focus will be on world hunger. Throughout the month we will be learning about food insecurity in the US and around the world. We will also be sponsoring a couple of activities to raise funds for the Dutchess Interfaith CROP Walk**, which the youth will participate in at the end of the month.

Saturday, October 5, evening (time TBD) - Bake goodies to sell on Sunday to raise funds for the CROP walk**

Sunday, October 6th, after church - Bake sale

Sunday, October 6th, 4-6pm - Youth meeting

Sunday, October 13th, evening (time TBD) - All-church Beans & Rice Banquet

Sunday, October 20th, 4-6pm - Youth meeting

Sunday, October 27th, after church - Dutchess Interfaith CROP Walk** (10K walk, begins at Temple Beth-El in Poughkeepsie)

** CROP Hunger Walks are community-based walk fundraising events held in cities and towns across the United States, created to support the global mission of Church World Service, a faith-based organization transforming communities around the globe through just and sustainable responses to hunger, poverty, displacement and disaster. Note that 25% of the funds raised are returned to the host community to support local hunger fighting efforts.

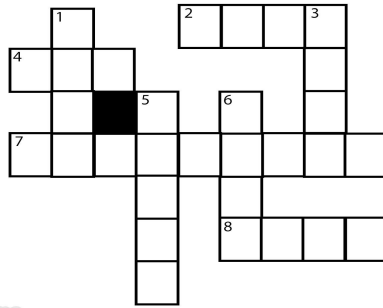
Puzzle!

Use the words provided to complete the puzzle.
Then write the numbered words in the correct blanks below to complete Psalm 104:24, NIV.

WORDS
EARTH, CREATURES,
MADE, THEM,
FULL, HOW,
LORD, YOUR

ACROSS
2. Rhymes with gem.
4. Rhymes with cow.
7. Rhymes with features.
8. Rhymes with cord.

DOWN
1. Rhymes with pour.
3. Rhymes with fade.
5. Rhymes with worth.
6. Rhymes with pull.



4 many are 1 works, 8 !
In wisdom you 3 2 all;
the 5 is 6 of your 7 .

Psalm 104:24, NIV

Answer: How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures, Psalm 104:24, NIV



HARVEST * Trail Mix *

This portable snack combines favorite fall flavors.



What you need:

- 1/4 cup maple syrup
- 1 tsp. pumpkin pie spice
- 1/8 tsp. salt
- 2/3 cup pecan pieces
- 1/3 cup roasted pumpkin seeds
- 1/3 cup almonds
- 1/4 cup raisins
- 2/3 cup dried fruit (any)

What you do:

1. Microwave syrup, spices, seeds and nuts for 30 seconds at a time, stirring frequently, until mixture thickens.
2. Spread the mixture on a baking sheet lined with wax paper. Let cool and harden.
3. Break the candied nuts into chunks. Combine with dried fruit.
4. Store in airtight container.





“Autumn Fest” is Coming

Saturday October 19th 10am-2pm

Sunday October 20th (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 845-527-1662 or Cathy Close 845-240-1542

“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.**

(Please do not include perishable items or outdated goods.)

Attach a complete list of basket items – we will make the basket card!

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 Croissant, Asian Broccoli Salad, Croissant, 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.)

Pam Terwilliger

