

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

**HELPING IN WORSHIP**

Acolyte	Dexter Moreno
Liturgist	Gloria Soto
Head Usher	Linda McCluskey
Ushers	Cheryl Cass, Nancy Myers, Joseph Norman, Priscilla Wendover

**OUR FAITHFULNESS LAST SUNDAY**

Contemplative Prayer Service @ 8am 5  
Sunday School – All Ages 23

Worship @ 10:00 am 128  
YouTube & Zoom 49

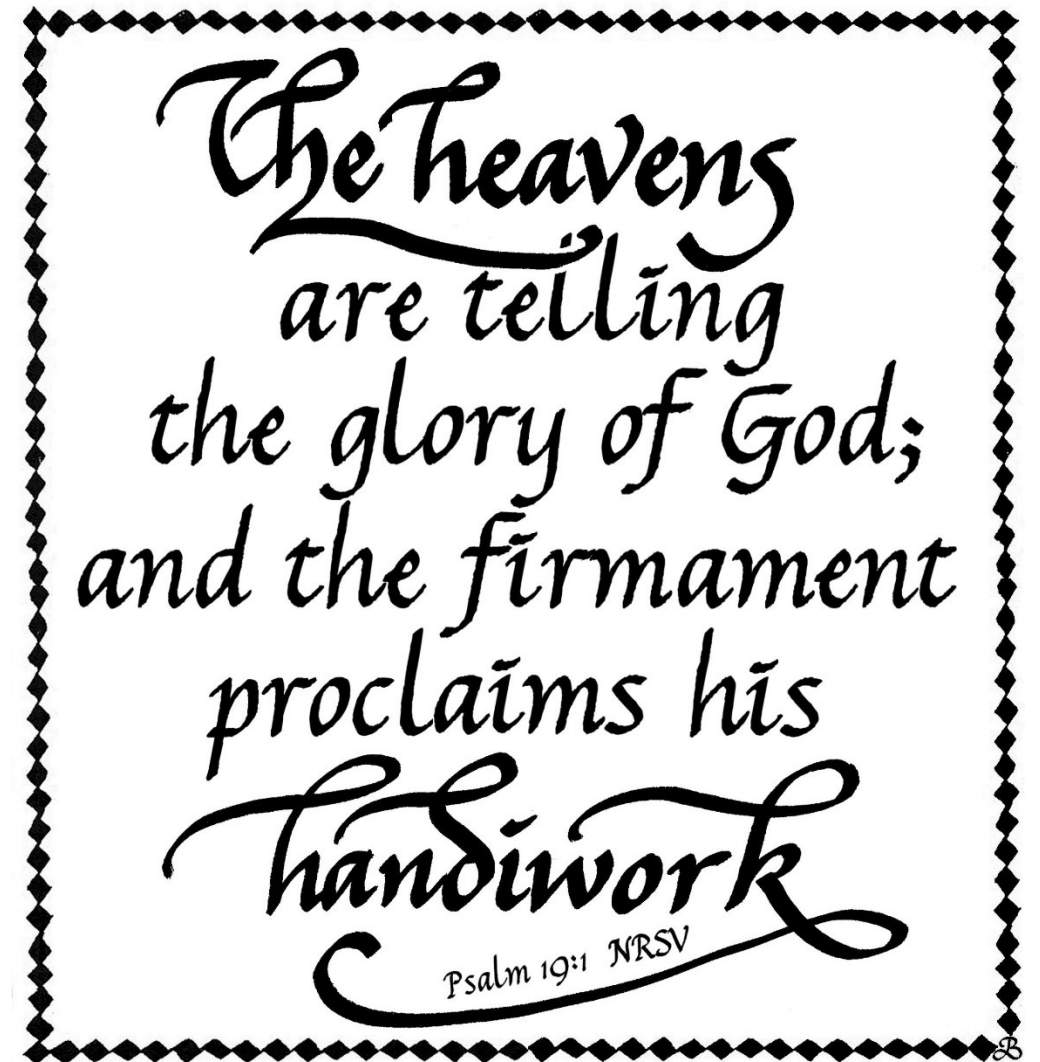
**REMEMBER IN OUR PRAYERS**

**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, 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 Sergeant in the Army, Joshua Lord, 1-69 Infantry Medical Platoon Sergeant, NYC; Randal Middleton, Naples, Italy Naval Base, Major Jason Oliver, Texas.

**Poughkeepsie United Methodist Church**  
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Internet Web Site: <http://www.pokumc.org>  
e- mail: office @pokumc.org



**Poughkeepsie United Methodist Church Service**  
**September 15, 2024**

September 15, 2024

17<sup>th</sup> Sunday of Pentecost

Words of Welcome

Life of the Church

Prelude

Call to Worship

Leader: Wisdom shouts her warnings in the street.

**All: We have come to forsake our foolish ways.**

Leader: Wisdom longs to pour out her Spirit on all flesh.

**All: We will not shrink from her blessings.**

Leader: Wisdom imparts holy knowledge to save us.

**All: We will not shut out the lessons she teaches.**

Leader: Let us worship in spirit and in truth.

Opening Prayer

**\*Songs of Praise:** *“Ancient Words”*

*“1000 Tongues”*

**Scripture Reading:** Mark 8:27- 9:1

Pew Bible NT pg 34

**Sermon for the Young and Young at Heart**

**\*Hymn of Preparation:** *“O Master, Let Me Walk With Thee”*

UMH 430

Sermon

**Worship God with Tithes and Offerings**

**Offertory Anthem:** *“The Music of Earth: Psalm 147”*

Doxology

UMH 94

**Silent Prayer & 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.**

**Passing the Peace of Christ**

**\*Closing Hymn:** *“Lift High the Cross”*

UMH 159

**Benediction**

**Postlude**

*\*Please stand if you are able*

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**The flowers on the altar are given by Will Cass to the Glory of God and in celebration of Will & Cheryl’s wedding anniversary.**

**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)*

**Karyn (the church secretary) will be out of town Sept 30 – Oct 4. If you have a couple of hours available to sit in the office to answer phones and let people in please let her know.**

## Opportunities for You This Week

## Announcements

### SUNDAY, September 15, 2024

8:00 am Contemplative Prayer  
8:45 Coffee with Jesus  
10:00 Worship Service  
Sunday School  
11:15 SPRC  
11:30 Social Justice Video  
1:00 pm Casa de Adoracion  
2:00 Parkside AA  
6:00 Youth Group

### MONDAY, September 16, 2024

9:00 am Monday Morning Group  
1:00 pm Anique Study Club  
6:30 Gamblers Anonymous

### TUESDAY, September 17, 2024

1:00 pm Arts & Crafts Group  
5:30 PP Alcoholics Anonymous  
7:00 Social Justice

### WEDNESDAY, September 18, 2024

#### Journey Deadline

7:30 am Morning Prayers

### THURSDAY, September 19, 2024

1:30 pm Nancy's Bible Study  
5:30 pm PP Alcoholics Anonymous  
7:00 Choir

### FRIDAY, July September 20, 2024

6:00 pm Casa de Adoracion

### SATURDAY, September 21, 2024

8:30 am Gambler's Anonymous

### SUNDAY, September 22, 2024

8:00 am Contemplative Prayer  
8:45 Coffee with Jesus  
10:00 Worship Service  
Sunday School  
11:15 Fellowship  
11:30 Social Justice Video  
Senior Celebration  
1:00 pm Casa de Adoracion  
2:00 Parkside AA

#### **Ancient Words**

CCLI Song # 2986399  
Lynn DeShazo  
© 2001 Integrity's Hosanna! Music  
For use solely with the SongSelect® Terms of Use. All rights reserved. [www.ccli.com](http://www.ccli.com) CCLI License # 777703

#### **1000 Tongues**

CCLI Song # 7065020  
Andi Rozier | Chris Tomlin | Jason Ingram | Jonas Myrin | Matt Maher | Matt Redman  
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#### **O Master, Let Me Walk with Thee (UMH 430)**

LYRICS: Washington Gladden  
MUSIC: H. Percy Smith

#### **Lift High the Cross (UMH 159)**

LYRICS: George William Kitchin & Michael Robert Newbolt  
MUSIC: Sydney Hugo Nicholson

*1 Beu, B.J.; Scifres, Mary. The Abingdon Worship Annual 2024 (p. 28). Abingdon Press. Kindle Edition.*

The deadline for the October Journey is Wednesday, September 18.

During coffee hour on Sunday, September 22 we will be having a casual celebration to honor out octogenarians and nonagerians 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).

We have moved the Fellowship Discovery Luncheon to the 4<sup>th</sup> Tuesday of each month. See the insert for the information for Tuesday, September 24.

New Members: We will be having a reception/information session for those wishing to join the church as members after worship on September 29. If this is something you might be interested in please speak to Pastor Kregg. Please note that there are no obligations, financial or otherwise, for members.

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 @ 845-380-4887.

Nancy's Wednesday Bible/book discussion group will resume this Wednesday, 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.

Do you have anything stored in the Sacristy (the rooms behind the organ)? If you do please be aware that we will be doing some fall cleaning in the coming weeks and if there is something you want to be sure is kept please talk to Marcy Conners or Karyn in the office.

Trunk or Treat will take place on Saturday, October 19<sup>th</sup> @ 4pm. Please sign up on the bulletin board outside fellowship hall if you plan to attend, decorate your car, and hand out treats.

## Social Justice Team Video Series

You are cordially invited to join a viewing of a video series designed to enlighten, and stimulate our thinking (each video is ≤ 5 minutes in length). Topics which touch on history, community, justice, and more, should be of interest to everyone. One video in the series will be featured each Sunday after worship service during the month of September. A synopsis of each video in the series is available on the Social Justice whiteboard.

**Please** join us in the Library/Lounge (Room 24) for a viewing of a video in the series this Sunday after worship service. Bring your drinks and snacks. If you are so inclined, feel free to have a discussion with members of the Social Justice Team or each other after the showing. Those engaged in conversations may adjourn to the Fellowship Hall, since the showing of the video will be repeated at appropriate intervals, to accommodate later attendees.

Sincerely, *Gwen Higgins* PUMC Social Justice Team Member

### Important Upcoming Dates:

Wednesday, September 18<sup>th</sup> – Journey Deadline

Nancy's Bible Study resumes @ 1:30pm

Saturday, September 21<sup>st</sup> – Arlington Street Fair

Sunday, September 22<sup>nd</sup> – Celebration of Our Octogenarians & Nonagenarians

First Day of Fall

Tuesday, September 24<sup>th</sup> – Fellowship Discovery Luncheon @ 12pm

Sunday, September 29<sup>th</sup> – New Members Reception/Information

Tuesday, October 8<sup>th</sup> – Pastor's Book Study Begins

Friday, October 12<sup>th</sup> – Movies with Meaning @ 4pm

Saturday, October 19<sup>th</sup> – Harvest Fest @ 10am-2pm

Trunk or Treat @ 4pm

Friday, October 25<sup>th</sup> – Lancaster Trip

**Sunday, November 17<sup>th</sup> – Church Conference @ 2pm**

**Pastor Kregg will begin a new book study on  
Tuesday, October 8 @ 10am.**



**PASTOR'S  
BOOK  
STUDY**

This study will run for 5 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. **Please let her know ASAP if you plan to purchase one.** 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?*



## “Autumn Fest” is Coming

Saturday October 19<sup>th</sup> 10am-2pm

Sunday October 20<sup>th</sup> (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**

### “Delicious Dessert Takeout” Suggestions

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

**Joan Schmidt 845-905-6414**

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### 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 ideas .....call Sandy Pullinger 845-834-2299**

### 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 845-224-6270**

### 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 845-849-1706**

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### For Lunch it's PUMC's \$10.00 “Gourmet Delight”

A Gourmet Lunch in a bag!!!

Chicken Salad Croissant, 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.)

**Pam Terwilliger 845-240-4564**





## Fellowship Discovery Luncheon—Tuesday, September 24, 2024

We will start not with a bang, but with a road trip and picnic!

The picnic will be at the Gazebo Picnic Area, 97 Mills Mansion 6 Rd, Staatsburg, NY 12580. This area looks out on the Hudson River. We will provide the food.

We will then drive up the road to New York State's only highest-ranked, Platinum environmentally friendly building for a tour conducted by Patrick Kozakiewicz, the project architect. Address: Taconic Regional OFC-NY Parks, 9 Old Post Rd, Staatsburg, NY 12580)

First LEED Platinum award for a public building in New York State

New York State Parks ... Taconic Regional Headquarters has been awarded Platinum-level LEED® certification by the U.S. Green Building Council and verified by the Green Building Certification Institute (GBCI). The adapted school building is the first public building in New York State to win LEED Platinum for new construction or major renovation projects - the highest level of certification for the design, construction and operation of high performance green buildings.”

Keefe, D. (2011, March 3). *State Parks Taconic Region Headquarters Awarded Highest-Level LEED Green Building Certification*. Press Release - NYS Parks, Recreation & Historic Preservation. <https://www.nysparks.com/newsroom/press-releases/release.aspx?r=842>

The intention is to start our journey at PUMC @ 10:30 (Be here at 10:15am). We will hopefully break up to carpool north for our picnic and then ride over to our tour. Finally, we will be back at PUMC. Folks can choose to catch up to us at any point of the journey.

RSVP by Friday, September 20<sup>th</sup> by using the QR code or calling the office.

