

POUGHKEEPSIE UNITED METHODIST CHURCH  
TELEPHONE (845) 452-2933 || WEBSITE: POKUMC.COM  
EMAIL: OFFICE@POKUMC.ORG

## The Journey

March 2025

### PUMC STAFF

**Kregg Gabor**  
PASTOR

**Karyn Millham**  
SECRETARY

**Polly James**  
CHOIR DIRECTOR

**Stephen Siktberg**  
ORGANIST

**Angela Soto-White**  
CHILDREN'S MINISTRIES

**Neal Pickett**  
CUSTODIAN

### PUMC VOLUNTEER

**Pat McCullough**  
HANDBELL CHOIR DIRECTOR

PUMC AFFILIATES  
LEADERSHIP STAFF

**Kat Viebrock**  
COMMUNITY NURSERY SCHOOL  
DIRECTOR

DIRECTOR OF HARRIET  
TUBMAN ACADEMIC SKILLS  
CENTER

**The Deadline for the April Journey is Wednesday March 12**





*Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it."*

Matthew 16:24-25

koala (kō-ä'lə) n. An arboreal Australian marsupial (*Phascolarctos cinereus*) that has dense grayish fur, large ears, and sharp claws and feeds chiefly on the leaves of eucalyptus trees. (American Heritage Dictionary)

What do you think about when I say the words grief and loss? Do you think of the most tragic life transitions you have faced, such as a death or separation from a loved one? I know that that is what first comes to mind when I hear these words, but grieving and loss are daily activities for most people.

We grieve over the loss of the smallest of hopes as well as the grandest of dreams. We're overlooked for that promotion, we find out that we have not been given the raise we thought we deserved, or a relationship we hoped would last ends suddenly, and we feel helplessly alone, mourning the past and the future all at the same time. To live is to encounter loss and change. It's no wonder we dislike disruptions caused by the unexpected or uninvited.

It is also of little wonder that science has found that times of stress caused by worry or change are opportune times for illness and disease. Ungrieved loss leads to stifled development and stress: We cannot go forward in happy, healthy, and productive living until we have accepted that we lost something and put it behind us.

In many ways, Christ calls us—like his disciples—to live boldly when faced with loss. Koalas are among several animals that would rather starve than adapt to a new diet. Rather than letting go of the familiar for the unknown, they starve in a forest. Like koalas who resist change to their detriment, we often cling to what is familiar rather than embracing the growth that comes with loss.

Unlike koalas, we are called to adapt and embrace change. Christian psychologist Gary Collins emphasizes this in his discussion of loss, writing that we, as Christians, "...are called to be experts in the fine art of losing." Collins goes on to define what this looks like:

...[W]e press on with dreams that God may have given. But we must hold everything lightly, maintain a willingness to make readjustments in the light of reality, learn to grow through our disappointments or failures, and know in our hearts that God ultimately is in control. That perspective makes Christians... unique.

We follow one who was a loser in the eyes of the world but who showed that he was the ultimate winner when he rose from the dead and ascended to the place of ultimate honor next to the Father. With that perspective, one thing we... never have to lose is hope. (From *Christian Counseling Today*, p. 6)

In the face of grief and loss, we cling to the cross, through which our eternal hope is secured. We trust in Christ's promise: "I give them eternal life, and they will never perish. No one will snatch them out of my hand."



## FRIENDSHIP CIRCLE

Friendship Circle will meet on March 10 @ 1pm in Fellowship Hall.

## Fellowship Discovery Luncheon



**Our March Fellowship Discovery Luncheon will be on Tuesday, March 25 @ 12PM.** Our speaker will be a representative from Love INC. Please let us know (by Thursday, March 20) if you plan to attend by scanning the QR code or as always you can contact the office.



The Church Council met on Wednesday,  
February 5. Highlights included:

- Plans are in place for Lent, Holy Week and Easter. A Seder will be held on Maundy Thursday.
- Gifts were given to over 130 children at Hudson River Lodging, Thanksgiving baskets were distributed to over 130 families, and meals are being provided the 3<sup>rd</sup> Saturday of each month to 100 homeless people. Members are asked to donate individual snack packs or candy for goodies bags.
- The Social Justice Committee is continuing to show films and hold discussions on timely issues. Members are now writing book reports on books they've read recently.
- The proposed 2025 budget presented by the Finance Committee was approved.
- A Shrove Tuesday Pancake Supper will be held. Members will be asked to donate specific food items, and a free will offering will be held at the event.
- A heartfelt discussion was held on issues emanating from Washington, DC and the legal responses we can take as a church. More information will be gathered at a UMC webinar and the discussion will continue at future meetings. The consensus was that we need to be proactive, prepare for possible events, support any of our members who are affected, share our support with Casa de Adoracion, and focus on our love of others.
- The next Council meeting will be on Wednesday, March 12<sup>th</sup>.



## Shrove Tuesday Pancake Supper

Our annual Shrove Pancake Supper will take place on  
Tuesday March 4 @ 5pm

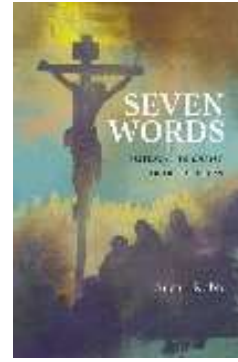
## Pastor's Book Study

The Lenten book study will begin on Tuesday, March 11 @ 10am

*"Seven Words: Listening From Christ on the Cross"*

by Susan G Robb

In *Seven Words*, Susan Robb looks at the seven last words of Christ on the cross through a lens that finds life and hope in his final sayings, while exploring each from a biblical and historical perspective. The book brings a hopeful and contemplative take on the cross during the weeks of Lent.



Books are \$12.00 and available in the office.

## Vacation Bible School!



**Vacation Bible School** will return on Thursday, July 10 – Saturday, July 12. We will be combining with Casa de Adoracion to create a new, dynamic, and exciting joint VBS that will bring our congregations closer together. July 10<sup>th</sup> & 11<sup>th</sup> will be from 6 – 9:30pm and Saturday, July 12<sup>th</sup> will be from 11am – 3pm. Lunch will be provided on Saturday. Registration is open now. Forms are available at the church or you can contact the office.



*Some information from the Prayer Team:*

1. The prayer team is looking for new members. If you feel called to join prayers in addition to our morning prayer and Wednesday morning list, please contact Kaye Schrock, Vickey Carroll, Lloyd Wright, or Pam Terwilliger.
2. We are also in the process of returning Soaking Prayer. We are going to have it at 6:15 PM just before the Contemporary Service the second Tuesday of each month. It will only be for half an hour so there will be time to get down the hall to the service.

## Words of Gratitude



Dear Friends at PUMC,

There are no words to express my deepest appreciation to you for all of your loving support surrounding me at the time of Dave's passing, as well as these days that have followed. Your being a part of his memorial service, your cards, calls, visits and kind words when I have been in church are such a comfort and blessing. Please know I will hold these things in my heart and cherish them always. Earlyly

### **Love INC Cookie Walk**

Thank You PUMC for allowing Mid-Hudson Love INC to host its 17th Cookie Walk in fellowship hall and for all that supported this event. We appreciate the partnership we have with PUMC and hope that everyone enjoyed the cookies!

## St. Patrick's Day Dinner

Monday, March 17<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 cleaning). **Please note that if we don't get enough help we will have to cancel.**





## NOTES FROM THE CHOIR ROOM

**"COME, CHRISTIANS, JOIN TO SING LOUD PRAISE TO CHRIST OUR KING;  
LET ALL WITH HEART AND VOICE, BEFORE HIS THRONE REJOICE;  
PRAISE IS HIS GRACIOUS CHOICE. ALLELUIA! AMEN!"**

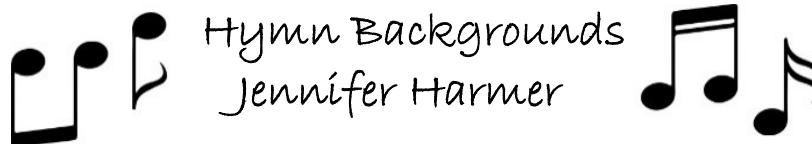
UMH 158 (edited by pbj)

### **WELCOME MARCH! WE ANTICIPATE SPRING! WE BEGIN THE SEASON OF LENT!**

**YES LENT**-which brings with it preparations for **Ash Wednesday, Holy Week, Palm Sunday, and Easter**. After March's snow cancellations for our choirs, it may be a little frantic in the choir room! We will **all** work hard to prepare music to praise our Lord and lead our wonderful congregation in worship. I have said it many times-this choir is the most dedicated and loving group of singers I have had the privilege of working with! Thank you, dear friends!!!

*ALL ARE WELCOME TO SING WITH US!  
WE HAVE A ROBE & CHAIR & "CUBBY" WAITING FOR YOU!*

**"ALLELUIA! AMEN! COME, CHRISTIANS,  
JOIN TO SING LOUD PRAISE TO CHRIST OUR KING!  
ALLELUIA! AMEN!"**



March 2024 was a rough month for my sister and I. Things started to go downhill for Mom and we knew that despite her insistence that she would do what she needed to do to get home, she was never going to be able to do that. We started to write things about Mom to prepare for an obituary we knew at some point we would have to

provide. And we talked about who would read scripture for us during a service we knew we would need to have when the time came. One last thing we talked about that we both almost said at the same time was that we wanted someone in particular to sing “His Eye Is on the Sparrow.” A soloist sang it at our grandmother’s funeral and while I never knew it was a favorite of my grandmother’s, I did know that my Mom liked it quite a bit. And thanks to the movie Sister Act I was familiar with it as well.

“His Eye Is on the Sparrow” was written by Civilla D. Martin (1866 – 1948) in 1906. Civilla married Rev. John F. Geddes, who was a Congregational Minister in 1891, however there is little information about their marriage or when Rev. Geddes passed. She then attended teaching school and eventually married a Baptist minister, Walter Stillman Martin. She did travel with him doing evangelistic work until she became of frail health and had to remain at home. When Civilla wrote hymns, she only used her first initials “C.D.” In addition to “His Eye Is on the Sparrow” she wrote several other hymns including “God Will Take Care of You” in 1904.

“His Eye Is on the Sparrow” is set to the tune called SPARROW, written in 1905 by Charles (Chas) H. Gabriel (1856-1932). Music was always part of Charles’ life with the total number of his compositions estimated to be around 7,000 – under the names of Charles H. Gabriel, C.D. Emerson, Charlotte G. Homer, S.B. Jackson, A.W. Lawrence, and Jennie Ree.

The hymn is typically suggested for use during Epiphany and Ordinary Time in Year A of the Lectionary cycle and can be found in 103 hymnals.

(References from Hymnary.org)



PUMC  
Ash Wednesday Services  
March 5  
12:00 pm & 7:00 pm



## March Calendar of Important Dates

Tuesday, March 4<sup>th</sup> – Shrove Pancake Supper @ 5:00 pm  
Wednesday, March 5<sup>th</sup> – Ash Wednesday Service @ 7:00 pm  
Sunday, March 9<sup>th</sup> – Daylight Savings Time Begins  
Monday, March 10<sup>th</sup> - Friendship Circle @ 1:00 pm  
Tuesday, March 11<sup>th</sup> – Lenten Book Study Begins @ 10am  
Contemporary Worship Service @ 7pm  
Wednesday, March 12<sup>th</sup> – Church Council @ 7:00 pm  
Journey Deadline  
Monday, March 17<sup>th</sup> – St. Patrick's Day Dinner @ 5:00 pm  
Thursday, March 20<sup>th</sup> – First Day of Spring  
Tuesday, March 25<sup>th</sup> – Fellowship Discovery Luncheon @ 12:00 pm  
Wednesday, March 26<sup>th</sup> – Trustees @ 7:00 pm

PUMC'S ***SOCIAL JUSTICE TEAM*** PROVIDES MANY  
**EDUCATIONAL & INTERPERSONAL OPPORTUNITIES**  
FOR THE CONGREGATION & COMMUNITY. THE  
FOLLOWING OUTLINES, HOW TO ACCESS PUMC'S  
WEBSITE TO ACQUIRE INFORMATION ABOUT THE  
MANY EXPERIENCES AVAILABLE TO YOU . . .

POKUMC.COM ➡ About PUMC ➡ Missions ➡ Social Justice

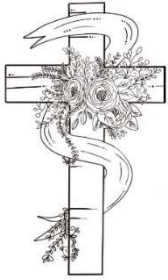
**OR** [HTTPS://POKUMC.COM/SOCIAL-JUSTICE-MINISTRY](https://pokumc.com/social-justice-ministry)

*OR*



## The Visitation Committee

The Visitation Committee has had a difficult time reaching/finding several of our “shut-ins”. We are asking you, our congregation, if you have any information concerning their addresses. The people are: **Lorraine Mondo, Beverly Farwell, Sue Kimmerle, Vasantha Krishna, Karen Griest**. Please contact the office if you have any information. Thank you for your help.



### Easter Flower Ordering Form: Deadline to order Monday, March 31

Given by \_\_\_\_\_

In Loving memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Phone \_\_\_\_\_ Cost \$14.00 each

I will take my flowers after the 10:00 am Service on Easter      YES    NO

Return this form to the church office or call 452-2933 to order.

A poster for the HVBB GALA 2025. It features a QR code, event details, and decorative leaf motifs.

**HVBB GALA 2025**  
March 29th, 4-7pm  
\$40, per person  
RSVP by March 14th  
Scan QR code or go to:  
<https://square.link/u/RYkI4mH3>

Please bring an item to donate to Hope on a Mission!

Hosted at: Living Water Church  
260 Mill St, Poughkeepsie, NY 12601

## A Note from Karyn



### From the Editor

We currently mail out around 220 copies of the Journey each month. Over the next several months I would like to decrease that number significantly so that only the people who want the Journey are receiving it. This will save money, resources, and time. There are several ways for us to do this together.

1. Email – We have been sending out a digital copy for quite a few years now. If you haven't yet signed up for that you can do so at our website ([pokumc.com](http://pokumc.com)) or by contacting the office (845-452-2933 or [office@pokumc.org](mailto:office@pokumc.org)).
2. I understand people like to have a hard copy and I fully understand. The newsletter will be available to be picked up at church 1 or 2 Sundays before the 1<sup>st</sup> of each month.
3. **This is the most important part:** I am still more than happy to mail it each month to those who really want it. Please contact the office (845-452-2933 or [office@pokumc.org](mailto:office@pokumc.org)) if you would like to continue receiving it through the mail. **Those who don't respond by May 15 will be removed from the mailing list.**