

LEADING WORSHIP: Our Pastor, Gregg Gabor

HELPING IN WORSHIP

Acolyte Sarah-Grace White
Liturgist Vickey Carroll
Head Usher Will Cass
Ushers Daniel Ikpeme, Debi McGarvey, Joseph Norman, Priscilla Wendover

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am	4	Worship @ 10:00 am	87
Sunday School – Adult	6	Children	52
Ash Wednesday Services @ 12pm	17	@ 7pm	35

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, Roy Griess, Betsy Grover, Gwen Higgins, Tom Halloran, Sandra Hansen, Pat Hughes, Dick James, Donna Jonnigan, Danny Jones, Betty Longobardi, Lizzy Merolle, Millie Milkovich, Julia Miller, Kathleen Nicodemus, Michelle Olavarria, Karla Quinlan, Arnette and Robert Schmidt, Diana Silverman, Michelle Simonis, Jeff Tryon, Catherine White, Sarah-Grace White, Gaynelle Zehnacker-Coon, 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, 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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Poughkeepsie United Methodist Church Service
March 9, 2025

March 9, 2025

1st Sunday of Lent

Words of Welcome

Life of the Church

Prelude

Call to Worship

Leader: The heavens are telling the glory of God; and the firmament proclaims his handiwork.

People: We gather together to sing our praise to God's glory.

Leader: The law of the Lord is perfect, reviving the soul.

People: We gather with open hearts and souls, to receive the comforting presence of the Lord.

Leader: The fear of the Lord is pure, enduring forever.

People: The ordinances of the Lord are true and righteous altogether.

All: O God, as we gather in gratitude, may the words of our mouths and the meditations of our hearts be acceptable to you, our Rock and our Redeemer. To you we lift our voices in praise!

—Based on Psalm 19

Opening Prayer

***Songs of Praise:** *“Please Enter My Heart, Hosanna”*
“The Power of Your Love”

TFWS 2154

Scripture Reading: John 6:66-69

Sermon For the Young & Young at Heart

***Hymn of Preparation:** *“Just As I Am Without One Plea”*

UMH 357

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: “On Eagle's Wings” -Based on Psalm 91
"And He will raise you up on eagle's wings"

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:** *“Sent Forth By God’s Blessing”*

UMH 664

Benediction

Postlude

**Please stand if you are able*

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**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)*

***Next week during Coffee Hour we will be having a special cake to celebrate Doris Hammell’s 90<sup>th</sup> Birthday!***

## Opportunities for You This Week

### SUNDAY, March 9, 2025

#### 1st Sunday of Lent

|         |                            |
|---------|----------------------------|
| 8:00 am | Contemplative Prayer       |
| 8:45    | Coffee with Jesus          |
| 10:00   | Worship Service            |
|         | Sunday School              |
| 11:30   | Fellowship                 |
|         | Topics We Never Talk About |
|         | Halo Bells                 |
| 1:00 pm | Casa de Adoracion          |
| 2:00    | Parkside AA                |
| 4:00    | Youth Group                |

### MONDAY, March 10, 2025

|         |                    |
|---------|--------------------|
| 1:00 pm | Friendship Circle  |
| 6:30    | Gamblers Anonymous |

### TUESDAY, March 11, 2025

|          |                      |
|----------|----------------------|
| 10:00 am | Pastor's Book Study  |
| 1:00 pm  | Arts & Crafts Group  |
| 5:30     | Primary Purpose AA   |
| 6:00     | Joyful Ringers       |
| 6:15     | Soaking Prayer       |
| 7:00     | Contemporary Worship |

### WEDNESDAY, March 12, 2025

|         |                     |
|---------|---------------------|
| 7:30 am | Prayers             |
| 1:00 pm | Sandy's Bible Study |
| 7:00    | Church Council      |

### THURSDAY, March 13, 2025

|         |       |
|---------|-------|
| 5:30 pm | PP AA |
| 7:00    | Choir |

### FRIDAY, March 14, 2025

|          |                   |
|----------|-------------------|
| 10:00 am | Exercise          |
| 6:00 pm  | Casa de Adoracion |

### SATURDAY, March 15, 2025

|         |                           |
|---------|---------------------------|
| 8:30 am | Gambler's Anonymous       |
| 9:00    | Street Ministry Meal Prep |

### SUNDAY, March 16, 2025

#### 2nd Sunday of Lent

|         |                      |
|---------|----------------------|
| 8:00 am | Contemplative Prayer |
| 8:45    | Coffee with Jesus    |
| 10:00   | Worship Service      |
|         | Sunday School        |
| 11:30   | Fellowship           |
|         | Topics We Never Talk |
|         | Halo Bells           |
| 1:00 pm | Casa de Adoracion    |
| 2:00    | Parkside AA          |
| 4:00    | Youth Group          |

#### **Please Enter My Heart, Hosanna**

CCLI Song # 2485371

Cathy Townley

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#### **The Power of Your Love**

CCLI Song # 917491

Geoff Bullock

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#### **Just As I Am Without One Plea (UMH 357)**

LYRICS: Charlotte Elliott

MUSIC: William B Bradbury

#### **Sent Forth By God's Blessing (UMH 664)**

LYRICS: Omer Westendorf

MUSIC: Welsh Folk Tune

**1 Beu, B.J.; Scifres, Mary. The Abingdon Worship Annual2024 (p. 28). Abingdon Press. Kindle Edition.**

## Announcements

### The Deadline for the April Journey is Wednesday, March 12

**St. Patrick's Day Dinner - Monday, March 17<sup>th</sup> @ 5-7pm. Corned Beef! Ham! Potatoes, Cabbage, & Carrots! Irish Soda Bread! Dessert!** We need volunteers. There is a sign-up sheet on the coffee table for those who would like to help. **Please note that if we don't get enough help we will have to cancel.**

**Everyone (men too!) is invited to Monday's Friendship Circle meeting @ 1pm!** Carla Vinson will be giving a presentation about the Vinson's recent month long trip to Portugal.

#### **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.

**The Lenten book study will begin on Tuesday, March 11 @ 10am.** The book will be *"Seven Words: Listening From Christ on the Cross"* by Susan G Robb. From Amazon – "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.

**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.





## Hudson Valley Bridge Builders Fundraising Gala 2025

Please consider joining us for our Fundraising Gala! It's a night to learn about HVBB, meet some wonderful people and help us fundraise!  
**March 29th, 4-7pm at Living Water Church.**  
**\$40 per person.**

*We ask that everyone attending the Gala bring a donation item for  
Hope on a Mission*



RSVP by March 14th via the QR Code or the link:  
<https://checkout.square.site/merchant/MLEZKXHJA63QN/checkout/JLNZAI5BTJZNRUWT2QN4GRFY>

### Important Upcoming Dates

- Monday, March 10<sup>th</sup> – Friendship Circle @ 1pm
- Tuesday, March 11<sup>th</sup> – Soaking Prayer @ 6:15pm  
Contemporary Worship @ 7pm
- Wednesday, March 12<sup>th</sup> – Church Council @ 7pm  
Journey Deadline
- Monday, March 17<sup>th</sup> – St. Patrick's Day Dinner @ 5pm
- Tuesday, March 25<sup>th</sup> – Fellowship Discovery Luncheon @ 12pm

**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. There is no cost. On Thursday & Friday we will meet from 6:00pm - 9:00pm and on Saturday it will be from 10:00am – 1:00pm. Registration will take place during the month of March and forms are available from Angels and in the narthex. We will be having an adult class. Please sign up for the adult class on the bulletin board outside Fellowship Hall.

### Topics We Never Talk About:

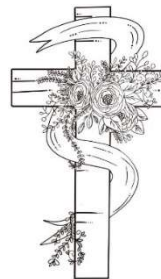
Join the Social Justice Group in the lounge for a short video and discussion after church. Today's video and discussion topic is:

1. **What "Orwellian" really means.** If you've watched the news or followed politics, chances are you've heard the term Orwellian thrown around in one context or another. But have you ever stopped to think about what it really means, or why it's used so often? *Noah Tavlin* dissects the term.

### 2. Cycles of Political Revolution

**Anacyclosis** - Sociological cycle theory argues that events and stages of society and history generally repeat themselves in cycles. *Such a theory does not necessarily imply that there cannot be any social progress.*

### Easter Flower Ordering Form: Deadline to order is 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.