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

The Journey

September 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
Kacy Sharpe
DIRECTOR OF HARRIET TUBMAN ACADEMIC SKILLS

The Deadline for the October Journey is Wednesday September 17

[4] Rejoice in the Lord always. I will say it again: Rejoice! [5] Let your gentleness be evident to all. The Lord is near. [6] Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4–7

I love history and the progression of ideas as culture and thought combine in a recursive dance to produce new expressions and understandings, some for the better and some for the worse, in the human societies in which we live. We use language flippantly and universally, as if only biological forms evolve while thought and meaning stand still. A recent *New York Times* article underscored the dynamic nature of language as philosophy professor Kwame Anthony Appiah traced the historic evolution of humanity's understanding of "joy" in his piece, "Our Idea of Happiness Has Gotten Shallow. Here's How to Deepen It."

According to Appiah, over the centuries, the concept of happiness shifted from the rich, communal ideal of *eudaemonia*, Aristotle's vision of flourishing through virtue within a thriving community, to something smaller and more individual. This grand vision, filtered through Christian thought and Enlightenment ideals, gradually gave way to utilitarian calculations of pleasure, consumerism, and the pursuit of self-optimization. In today's culture, happiness is often marketed as a product, a lifestyle aesthetic, or a sequence of personal upgrades. Appiah argues that this leaves our lives thinner and more restless, lacking the depth once tied to virtue, justice, and connection. His call is to reclaim a broader, more demanding vision of happiness, one rooted not in fleeting feelings, but in shared commitments, relationships, and the work of building a world where all can flourish.

Appiah's observations dovetail with the Christian understanding of "joy." Scripture presents joy not as a passing mood but as a way of life rooted in connection to God's purposes, our eternal destiny, and our place in the Kingdom community. It is not only alignment with God's vision for humanity, but also a peace-filled resilience that sustains us through life's uncertainties.

The passage from Philippians highlights markers of such joy: gentleness, calmness, thanksgiving, and the peace of God that surpasses understanding. But how do we get from where we are to such a rejoicing life?

Christian writers across the centuries offer guidance, but G. K. Chesterton's insight feels especially timely. In *A Short History of England*, Chesterton notes, "I would maintain that thanks are the highest form of thought; and that gratitude is happiness double by wonder."* He taught that happiness grows from gratitude, wonder, humility, and trust in God's way of upending the world's usual values. True joy isn't found by endlessly chasing more, but by delighting in life's simple gifts and recognizing the Giver behind them. Joy is a discipline, a way of seeing life and its surprises as gifts, one moment at a time.

Finally, remember that life has its seasons. One of the most powerful spiritual tools we can wield is to shift our outlook, choosing joy through thankfulness.

As Psalm 30:5 reminds us, "Weeping may last for the night, but joy comes in the morning." May we, by God's grace, be ready to receive it. In Jesus' name, Amen.

Yours in Christ, Kregg

*Chesterton, G. K.. *The G. K. Chesterton Collection* [50 Books] (p. 1322). Catholic Way Publishing. Kindle Edition.

~~~~~~

Worship Committee

Notes from the Worship Committee Meeting

Few in numbers, but many great ideas:

- In late September (date tbd) there will be a choir recognition and dedication.
- World Communion Sunday will be observed on Oct. 5.
- Laity Sunday will be Oct. 19 with an emphasis on youth and laity.
- Trunk and treat will overlap with the Fall Festival on Oct 25.
- Thanksgiving baskets will go out Friday Nov. 21.
- Advent decorating will involve a brunch right after church on Nov. 23.
- *Next meeting Oct 5.*

Prayerfully submitted, Kaye Schrock, Chair.
~~~~~~

Children's Ministry News

We are excited to announce that joining our Children's Ministry team for the 2025 -2026 school year will be Vicky Carroll, Don McNeil, BethAnne Altier, Kaye Shrock, Jessica Pardee, Heidi Mills, & Pat McCullough. Please keep these folks in your prayers as we work together to create a fun and meaningful children's program.

We will be offering a preschool component that will meet one Sunday a month. There will be music, a craft, and a small lesson for our youngest disciples.

Halo Bells will return in October, once again led by Pat and BethAnne.

Important Dates:
Rally Day – Sunday, September 7
Trunk and Treat – Saturday, October 26
Our Annual Christmas Pageant – Sunday, December 14
Our Annual Easter Fest – Saturday, March 28

Rally Day – September 7

Join us for **Rally Day** on **Sunday, September 7**, immediately following the worship service for brunch, games, and fellowship.

As part of the celebration, we'll be playing a fun game featuring baby pictures of our congregation**.** If you'd like to participate, please clearly label your photo with your name and drop it off in **the** basket in the church office. Let's see how many baby faces we can recognize—don't miss out on the fun!

Blessings and Peace
Angela Soto- White
Children's Ministry Coordinator

REMEMBER IN OUR PRAYERS

Our members: Barbara Bates, Cheryl Cass, Janet Cole, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, Veronica Gordon, Emily Griess, Gwen Higgins, Tom Halloran, Pat Hughes, Dick James, Donna Jonnigan, Danny Jones, Samson Marrine Lee, Betty Longobardi, Lizzy Merolle, Millie Milkovich, Kathleen Nicodemus, Michelle Olavarria, Karla Quinlan, Robert Schmidt, Diana Silverman, Michelle Simonis, 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, Lee, 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.

TED TALK

If you want to join the next Social Justice Team's Zoom Ted Talk dialogue, please send an email to PUMCTedTalk@gmail.com with a *Subject: Ted Talk.* You will receive an email confirming that you have been added. On the first of the month all participants will receive an email with a link to the TED Talk that will be discussed on the second Monday of the month. All information about the TED Talk, and the Zoom link, will also be available on the website on the Social Justice Events Calendar's web page.

The Church Council met on Wednesday, August 6th. Highlights included:

- The Children's Ministry is growing and going well. Vacation Bible School was very successful with 58 children and adults participating. Plans are in place for fall programming.
- The church Barbeque was very successful and participants requested that another one be held.
- The parking lot will be repaved during the last week of August.
- We continue to stay within our budget constraints, and planning will be starting soon for the coming year.
- The Way Forward Committee will be asked to thoughtfully analyze the Contemporary Worship Service and make suggestions for future planning.
- The Nursery School will have fewer classes, due to the impact of Universal Pre-Kindergarten in the school districts and will look at new ways to move forward.
- Resources for the Protect Our Rights policy will be communicated to our members and will be displayed prominently throughout the building. New Private Property and No Parking signs will be placed in the building and parking lot.
- The proposed blood drives will not be held.
- The next meeting will be held on Wednesday, September 3rd.

Friendship Circle

Friendship Circle will resume with the fall schedule on Monday, September 8th at 1pm. Refreshments will be served. All are welcome to attend and invite a friend/neighbor.

Fellowship Discovery Luncheon

Our September Fellowship Discovery Luncheon will be on Tuesday, September 23 @ 12PM. Please let us know (by Thursday, September 18) if you plan to attend by scanning the QR code or as always you can contact the office.

NOTES FROM THE CHOIR ROOM

"Here we have gathered, gathered side by side; circle of kinship, come and step inside! May all who seek here find a kindly word; may all who speak here feel they have been heard. Sing now together this, our hearts' own song."

Alicia S. Carpenter, 1979

Welcome back, PUMC worshippers!! All of us experienced a wonderful summer of song, scripture, and spoken word in our air-conditioned Fellowship Hall!

As we return to worship in our sanctuary, we will welcome the sounds of organ, piano, choirs -AND all voices. Our choir sang through the month of July, had the month of August to relax with friends and family in the congregation. Thank you, PUMC Choir for your devotion to leading our congregation in song!!

First choir rehearsal is September 4th (the choir room has AC!) The choir would love to welcome new members!! (and we will not be robing in September!) Rehearsal begins at 7pm-that's a Thursday. Praise singers rehearse at 6:15pm- speak with Stephen Siktberg, our wonderful pianist and organist for details.

I am excited about returning to our sanctuary, even though I loved being close to each other-more like the family we are!! I return from Singing Eagle Lodge at the end of August. SEE YOU SOON!!

Always in Christ's Service! Polly

Hymn Backgrounds
Jennifer Harmer

This is a very different entry. Because I am seeking your help!

Do you have a favorite hymn that you would like to know a little more about? All you have to do is let me know the name of the hymn. If you want to share something personal about your connection to the hymn, you can share that too. You can reach out by email (angelamidala@gmail.com) or phone (845-702-7290) or you can even catch me at church!

Thank you!

Mission Outreach Opportunities:

Saturday, September 20, is the Arlington Street Fair on Raymond Avenue. Our church has a table where we great our neighbors and tell them about our church's mission to make Jesus known. We are looking for volunteers to be at the table and talk to folks. You can volunteer for as much or little as your schedule allows. We set up around 10:00 and the event concludes around 5:00. Please contact Nancy Marrine with questions or if you are willing to help.

Saturday, September 20 (yes, the same day!) our church is committed to supply dinner for Hope on a Mission in the city of Poughkeepsie. The Mission team needs some volunteers to put the previously prepared meal into the oven around 3:30-4:00 and some volunteers to drive the food to Cannon Street by 5:30. Please contact Nancy Marrine to help.

Guideposts

Guideposts produced a series of books called "Witnessing Heaven" - they are true stories of transformation from near-death experiences. We have 12 of these books that are free to anyone who would like them. Please reach out to Jenn Harmer or the office and let her know if you are interested in one, two, or more of them.

Arts & Crafts Group

Are you a novice or seasoned painter, knitter or crafter? Or are you someone who never tried activities like these? Are you looking for a friendly group of creative people? Each Tuesday afternoon come and join our arts and crafts group for camaraderie and inspiration. We meet in the church's youth group room from 1:00 - 2:30. Please contact Anne Bierce for more information.

Help Wanted

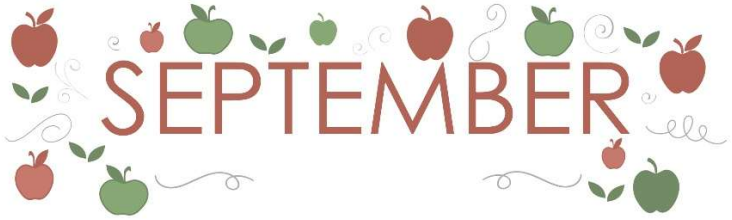
If anyone might be interested, the **First Evangelical Lutheran Church** on 325 Mill Street in Poughkeepsie is searching for an office administrator.

Role: Office Administrator
Hours: Part-time, 15 hours expected, with flexible times
Pay: $25 per hour
Benefits: 7 days paid vacation per year

Office Administrator (OA) Overview:

- Must be familiar with various computer functions, including Microsoft Outlook, Excel, Wordpress and Calendarwiz. They should also be familiar with social media, eg Facebook and Instagram.
- Oversee and coordinate communications between the church and its members, eg. phone calls, emails and Sunday bulletins, as well as between the pastor, the church council, the music director and the sexton.
- Update information on the church website, Facebook, and Instagram in a timely fashion. The OA will manage interactions with vendors for flowers, repair services, and office supplies and equipment, with input from the pastor and/or the church council, when necessary.
- Will make sure all materials for Sunday and special services are prepared and available to the pastor and participants.

Those interested in applying, please email: reichert.russell@gmail.com



Important September Dates

Monday, September 1st – Labor Day – Office Closed

Wednesday, September 3rd – Church Council @ 7pm

Thursday, September 4th – Choir Resumes @ 7pm

Saturday, September 6th – Love INC Pack the Truck @ 2-4pm

Sunday, September 7th – Rally Day!

Monday, September 8th – Friendship Circle @ 1pm

Ted Talk Watch Party @ 7pm

Tuesday, September 9th – Pastor's Book Study @ 10am

Sunday, September 14th – SRPC Meeting @ 11:30am

Memorial Service for Betsey Grover @ 2pm

Tuesday, September 16th – Social Justice @ 7pm

Wednesday, September 17th – Journey Deadline

Finance @ 7pm

Saturday, September 20th – Arlington Street Fair

Tuesday, September 23rd – Fellowship Discovery Luncheon @ 12pm

Friday, September 26th – Collate Journey @ 8:30am

Sunday, September 28th – SPRC Meeting @ 11:30am

Autumn Fest is coming October 25th
Would you help us??
UPDATED!

LUNCHEON: NEW menu, NEW look and NEW recruits: We're blessed to have PUMC men in the kitchen this year to help us toward our goal of supporting many local missions. Another important aspect of the Friendship Circle Harvest Fest is simply bringing people together. Working toward a common goal is rewarding in the fun of the moment and the friendships that develop! There's always room for more helpers. If you have a few hours and would like to help prepare ahead of time or serve the day of, please contact Doris Stahl

"Handmade with Love" needs your help!! Do you crochet, knit, or sew? Do you paint, do crafts, or want to venture into something new? Can you use the summer to make a few items for us to sell? Anne Bierce or Sue Davis are the contact people. Also, please let us know if you want to help the day of our Fest!!

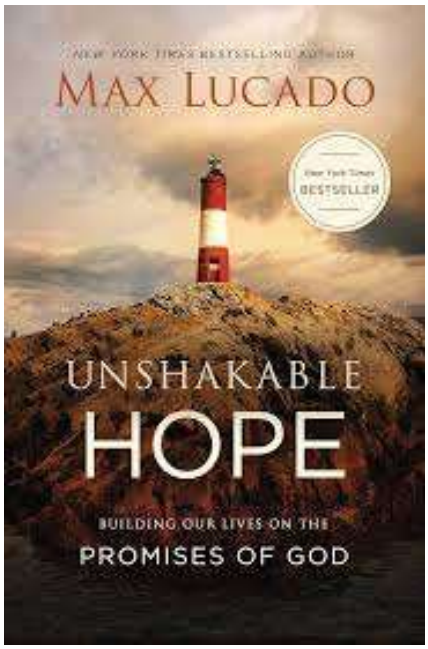
We are "thinking new ideas" for our **"Gift Baskets**"! Some ideas: something smaller that could be used as hostess gift or a celebration gift that we can sell for up to $20 - small baskets, pretty bowls, cutting boards or trays and dress them up with nuts & chocolates - coaster & cocktail napkins, cheese board with knife -- specialty cookbook with whisk – apron with pot holders – mini jams with cracker/cookies and napkins – fancy soaps with facial cleansers. We can't wait to see your ideas.

For our **"Glitz and Glamour**" area we always need jewelry!! Other things we could use are accent scarves, small purses, items like small fancy note pads, fancy pens, etc for purses. Small and pretty is the name of the game!

BAKING & DESSERTS: We need home baked items for the bake table. Since we are doing both small and large items and are having a café, we are in need of small breads (banana, zucchini, pumpkin, etc), large and small pies, brownies, fancy cupcakes, cakes, fudge, and gluten-free items.

AUTUMN
FEST
JOIN US
Sat, Oct. 25th
9:00AM - 3:00PM
for Food
Gift Baskets
crAftS, and
so MuCh more!
at
PUMC

Pastor's Fall Book Study:



Unshakable Hope:
Building Our Lives on the Promises of God
By Max Lucado

What feels shaky in your world? Maybe you feel hurt by the past, disappointed by the present, or worried about the future. If so, there is hope. For every problem in life, God has given you a promise.

In the *New York Times* bestselling book, *Unshakable Hope*, Max Lucado unpacks 12 of the Bible's most significant promises, equipping you to overcome difficult circumstances by keeping your focus on the hope found in the promises of Scripture.

Whether it's heart disease or cancer, job failure or addiction, natural disasters or family disasters, mass murders or mental illness, there are so many reasons to be overwhelmed and hope can feel hard to come by. Now more than ever, we need the definitive declarations of our mighty and loving God. In this book, you will be reminded that God's promises are irrevocable because:

- God is unchanging
- God is faithful
- God is strong
- God cannot lie

What is your life built on—the circumstances of life or the promises of God? The answer to that question changes everything. Join Max as he takes a closer look at Scripture's unbreakable promises and shows you how to live with unshakable hope.

This book study will begin on Tuesday, September 9th @ 10am
Books are available in the office for $8

Fill The Truck!

Love INC Donation Drive

Saturday, September 6, 2025

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 incentive items distributed to neighbors who attend our Love INC Ministry Classes!

Paper Goods

- Paper Towels
- Toilet Paper
- Cube/Box Tissues (Kleenex)

Hygiene Items

- Body Lotion
- Body Wash
- Deodorant
- Band-Aids
- Toothpaste

Misc

- Re-usable Shopping Bags (standard store size)
- Standard-sized Bed Pillows, only new and in original packaging

Laundry

- Liquid Laundry Detergent (48 - 64 oz)
- Dryer Sheets (80-100 count box)

Household Items

- Liquid Dish Soap (14 oz or higher)
- Disinfectant Cleaner (32 oz)
- Liquid Hand Soap (pump bottle)
- White Tall Kitchen Garbage bags (13 gallon)
- Pair of Rubber Cleaning Gloves (REUSABLE only, size Medium or Large)

Shopping Cards

- $15 and $20 Grocery Store Cards with activation slips (**Stop N Shop & ShopRite**)

Grocery Items

- Can (12 oz) Chicken meat
- Low Sodium Chicken Broth (box)
- Can (10 oz) of Rotel diced tomatoes
- Can (15 oz) of corn kernels
- Can (15 oz) Black Beans
- Can (5 oz) Tuna

love in the name of Christ

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