POUGHKEEPSIE UNITED METHODIST CHURCH
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The Journey

November 2025

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The Deadline for the December Journey is Wednesday November 12

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. *Ephesians 4:29–32*

Not long ago, I reflected on something I witnessed during my mother's struggle with Alzheimer's. One of the earliest and most striking changes was the loss of her inner filter. Things we'd usually hold back—words, reactions, even judgments—flowed freely. It was disarming, at times heartbreaking, but also oddly revealing. It reminded me of how much we rely on those inner filters to navigate life with grace. Lately, I've wondered: Have we as a society lost something similar?

The digital age has ushered in a kind of unfiltered living. Social media rewards speed over thoughtfulness. Anger and sarcasm travel faster than empathy. In pursuit of self-expression, we've let go of the internal checks that once protected community life. Our shared cultural "filter", blending courtesy, patience, and restraint, has frayed.

And yet, this isn't merely a societal issue. It's spiritual. Scripture speaks to this profoundly. In Psalm 119, the psalmist delights in God's law as a guide, not a restriction, but a sweet and trustworthy path. God's commands don't repress us; they refine us. As the Psalm says, "You refined us like silver." That inner refinement is the Spirit's way of restoring the very filters that help us love well.

This is the connection I want to make as we approach Thanksgiving. Gratitude is more than polite acknowledgment. It's a posture of the heart, a humility that creates space for others. It compels us not just to count our blessings, but to become a blessing.

So this November, perhaps our best expression of thanksgiving is not in what we say, but in how we listen, how we filter, how we carry one another's burdens. As Paul reminds us in Galatians 6:2, "*Carry each other's burdens, and in this way you will fulfill the law of Christ."* Let's be thankful. But let's also be refined.

Yours in Christ, Kregg.

Children's Ministries

First and foremost I'd like to say thank you to those who participated in trunk or treat.

Our annual Christmas pageant will be held on December 14th during our 10:00 a.m. service.

There will be a rehearsal on December 13th at 1:00 p.m.

Also on December 13th we will be having a holiday event from 2:30 to 5:00 and all youth, children, and families are welcome. More information about this coming soon.

Thank you and Happy Thanksgiving to all,
Angela Soto- White, Children's ministry coordinator

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Friendship Circle

Our November meeting will be on Monday, November 10. We will be assembling shoeboxes for Samaritan Purse Operation Christmas Child. Please see input under MIssions for requested items.

Our December meeting will be on Monday, December 8. We will be having Christmas fun with games and a low/no cost gift exchange game. Please bring a small wrapped gift of something you already have hanging around your home like an unused candle, vase, picture frame, ornament, piece of jewelry, etc. or an item of less than $5 for a game to exchange presents. We will also be collecting new unused socks for Hope on a Mission.

Advent Brunch

Please join us for an Advent Brunch on Sunday, November 23rd after the worship service. Just before the food and fun we will be decorating the church for the Christmas season.

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Church Council Highlights

The Church Council met on October 2nd. These were the highlights:

- Staff members are working with "grace and excellence" and finances are on target.
- The Finance Committee will meet shortly to develop a proposed 2026 budget.
- Education programs are going well at all levels. Children are enjoying the in-depth classroom programs, more youth are taking part in activities, and adult studies have involved thoughtful discussions.
- The Trustees are continuing to work on several major projects, including planting trees, removing bats from the building, and maintaining the parking lot. New "private property" signs will be installed soon.
- Outreach projects continue to reach numerous people, including a booth at the Arlington Street Fair, meals for Hope on a Mission, and Thanksgiving baskets.
- Plans are underway for Pastor Appreciation Day and Advent worship and activities.
- Ways to reinforce building security are being investigated.
- A contract will be developed for office space for the Casa de Adoracion.
- Several changes will be made to the new announcement procedure to ensure that members are aware of all church activities as well as those sponsoring them.
- The Church Conference will be held on Sunday, November 2 at the United Methodist Church of Hyde Park.

The next meeting of the Council will be held on Wednesday, November 5 at 7:00 PM.

Fellowship Discovery Luncheon

The November FDL will take place on Tuesday, November 25 @ 12pm. After a delicious luncheon, Pastor Kregg's Father in Law will give a presentation on submarines. Please let us know by Thursday, November 20th if you plan to attend.

Notes from the Choir Room

"SING TO THE LORD OF HARVEST,
SING SONGS OF LOVE AND PRAISE.
WITH JOYFUL HEARTS AND VOICES YOUR ALLELUIAS RAISE.
IN GOD THE ROLLING SEASONS IN STEADFAST ORDER MOVE.
SING TO THE LORD OF HARVEST A JOYOUS SONG OF LOVE!"
John S.B. Monsell (1811-1875)

Our choir room is full of song as they begin their November journey in song. Which is followed by Advent and Christmas. Sometimes we feel that there is so little time to learn (or re-learn). But oh, with so much and patience (it gets done!) The choir room is filled with music, yet there is peace and gentle love. Don't forget hugs and tears and laughter. The prayers that are offered touch our hearts. Do I love this choir? Do I have to ask? There is no doubt that God has entered this room and filled it with his presence! He blesses us with friends and music. Do I hear an AMEN? NOVEMBER worship will be filled with good things! Spoken words, music, and of course, **"LET THE PEOPLE SAY AMEN!"**

WITH GREAT THANKSGIVING AND IN CHRIST'S SERVICE, Polly

Hymn Backgrounds
Jennifer Harmer

In the middle of September Priscilla Wendover approached me after church and told me that she has a devotional book and every month it starts with information about a hymn. The book is called Amazing Grace, and it is a devotional collection from Our Daily Bread. And the entry for November, which Priscilla told me about, was “When We All Get to Heaven.”

“When We All Get to Heaven” was written by Eliza Edmunds Hewitt (1851 – 1920) in 1898. Hewitt was born in Philadelphia and became a teacher after high school. Unfortunately, her teaching career was cut short due to a spinal malady that made her a shut-in for many years. Feeling a need to be useful to her church, she began writing poems and later taught Sunday School and became the Superintendent of the primary department of Calvin Presbyterian Church. “When We All Get to Heaven” came about as a result of a meeting between Hewitt and Emily Wilson (1865-1942) at a camp meeting in Ocean Grove, New

Jersey. The theme in most camp meetings at this time was the return of Jesus – which resulted in Hewitt penning the words to the hymn with Wilson writing the tune, HEAVEN.

"When We All Get to Heaven" is found in 337 hymnals and if you are looking for it in our hymnal, you can find the text of on page 701.
(References from Hymnary.org & Amazing Grace)

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 or you can even catch me at church!

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REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Cheryl Cass, Janet Cole, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, Veronica Gordon, Emily Griess, Doris Hammel, Gwen Higgins, Pat Hughes, 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, Joshell Coleman, Jordan Fidler, Allison and Chad Hagner, Lee, Edgar Martinez, Hilary McAllister, 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.

Please look over the "Remember in Our Prayers" list and contact the office (845-452-2933) with any names that are out of date.
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Thank You

The Marrine family would like to thank everyone for the prayers and concern offered during the first months of our grandson Samson life as a 'preemie" at Westchester Medical Center. It was a great comfort to us and to Samson's family knowing so many were praying for his health and growth. He went home on 10/3 after 98 days in the NICU and is thriving ang growing strong. Thank you to all.

Dear Congregation, Our November Journey deadline is prior to our **"Autumn Fest"** event, however, we have such wonderful support and enjoyment in our preparation that we don't want to miss this opportunity to **THANK YOU!** Although raising money for our mission support is our primary need, the opportunity to work together as a church family is a blessing. To our men who supported us and managed our luncheon kitchen success was a gift! The Café experience brought a chance for people to enjoy a cup of coffee/tea, dessert or lunch time sharing. Our beautiful flyers were created by Thadeus Kinlaw, son of Alexander and Ryan (Declan's older brother) who is majoring in marketing at Marist. Our outside décor was designed and put together by Gloria Pickett and Angela in combination with Trunk & Treat! What a day we are expecting and surely will have!! To our secretary Karyn and our custodian "Super Man" Neal, we appreciate all your efforts and work for us. Many of you who are reading this message are the wonderful contributors is so many ways – baskets, baking, handiwork, jewelry and art. Our thanks to all who shared working, greeting, selling and bringing joy and spirit to our day. We look forward to letting you know our financial success for our mission work. **PUMC Family -- Thank You --- Thank You!!**

A Note from Karyn

A Note from Karyn: I will be on vacation from December 1st through December 5th. If anyone would like to answer phones, open the door, check the mail, etc. for a few hours during that time please let me know. Thank you.

Samaritan Purse Operation Christmas Child shoeboxes will be assembled by our Youth Group and Friendship Circle. Please donate items in the container in the coat closet near the door. **Please do not donate candy, soap, toothpaste or "war-related" items such as toy guns, knives or military figures.** No liquids or breakable items. Please include the following: school supplies such as crayons, pencils, pens, erasers, markers, notepads, scissors personal care items such as toothbrush, comb, brush, hair accessories, socks, washcloth toys such as a small ball, jump rope, legos, cars, dolls, stuffed animal, jewelry, yo-yo, small figures.

Angel Tree: Be on the look out to be an angel once again this year! **Hudson River lodging is honoring PUMC at their gala for the many years you have chosen to open your hearts to their children.** Angels will be available on Sunday November 23. Contact Pam Terwilliger for more info.

Want to get more involved in our church's missions? We are always looking for more help in our Hope on a Mission meal we prepare and deliver the third Saturday every month. A team of helpers prepare the food with the direction of Pam. Bakers are always needed to make desserts. And drivers are needed around 5:00 on the third Saturday to drive the food to Cannon St. Please contact Pam Terwilliger or Nancy Marrine to join our team or to just help once or twice.

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Movies with Meaning

The next *Movies With Meaning*, **Thirteenth**, is scheduled for November 1st at 4pm in the Fellowship Hall of Poughkeepsie United Methodist Church. Refreshments will be served. A discussion about the film will be available to those interested in participating.

Thirteenth is a 2016 American documentary film by director Ava DuVernay. The film explores the "intersection of race, justice, and mass incarceration in the United States." It is titled after the Thirteenth Amendment to the United States Constitution, adopted in 1865, which abolished slavery throughout the United States and ended involuntary servitude except as a punishment for conviction of a crime.
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MID-HUDSON LOVE INC HIRING EXECUTIVE DIRECTOR:

Mid-Hudson Love In the Name of Christ (Love INC) is seeking a part-time, experienced professional to lead the organization. Requires personal relationship with Jesus Christ, knowledge of poverty issues, and leadership experience in non-profit, social work, ministry, community development, or related field. For detailed description, see Job Posting located at www.mid-hudsonloveinc.org Please submit cover letter and resume to katherinebetz1@gmail.com or Mid-Hudson Love INC, Attn: Personnel Committee, 748 Freedom Plains Road, Poughkeepsie, NY 12603.

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Important November Dates

Sunday, November 2nd – All Saint's Sunday
Church Conference @ 2pm at UMC of Hyde Park
Monday, November 3rd – Election Day Pie Bake
Tuesday, November 4th – Election Day Pie Sale
Wednesday, November 5th – Church Council @ 7pm
Sunday, November 9th – Thanksgiving Basket Due
Monday, November 10th – Friendship Circle @ 1pm
Ted Talk Watch Party @ 7pm
Wednesday, November 12th – Journey Deadline
Sunday, November 16th – Commitment Sunday
Tuesday, November 18th – Social Justice @ 7pm
Wednesday, November 19th – Finance @ 7pm
Friday, November 21st – Thanksgiving Baskets Distributed
Collate Journey @ 8:30 am
Sunday, November 23rd – Advent Brunch @ 11:30am
Tuesday, November 25th – Fellowship Discovery Luncheon
Wednesday, November 26th – Trustees @ 7pm
Thursday, November 27 – Thanksgiving Day – Office Closed

Reminder:
On Sunday, November 2
daylight savings time begins.
We gain an extra hour of sleep!

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
4 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"; then place it in the offering, mail it to Church, or drop it into the mail slot outside the church office. Please do not leave money in the coat closet. 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 if you can provide a basket. 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 9 and will be placed in the Narthex or the coat rack by Fellowship Hall. The Thanksgiving baskets will be distributed on Friday, November 21 at the Family Partnership Center on North Hamilton St.

Friendship Circle's 2025 Election Day Apple Pie Bake

WE NEED YOUR HELP

Apple peelers, bakers, box folders, clean up crew

Monday Nov 3rd 8:00am-4:00pm

Tuesday Nov 4th 8:00am until?

This year we would like to make at least 150 pies to sell during the election! Each pie box will include our specially designed label with PUMC info. Please, sign up on our chart in the hallway. You are welcome to help for a couple of hours or all day. Come fellowship with us and learn how to make an apple pie start to finish!

"CHURCH MADE" APPLE PIE SALE

TUESDAY NOV 4th 7:00am until…

Whole Pie: $15.00 (2 pie limit)

Single Slice: $5.00

Only local apples and natural ingredients are used in our fresh pies