POUGHKEEPSIE UNITED METHODIST CHURCH
TELEPHONE (845) 452-2933 || WEBSITE: POKUMC.COM
EMAIL: Poughkeepsieumc@gmail.com

The Journey

JANUARY 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 CENTER

The Deadline for the February Journey is Wednesday January 14

[22] But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, [23] gentleness and self-control. Against such things there is no law.

Galatians 5:22–23

She burst out of the Chestnut Quick Mart, hurling expletives into the universe, most of them landing squarely on the clerk she had just confronted. I stood beside my car, genuinely stunned. Others glanced her way as she smacked the gas pump, her car door, and anything else within reach. A minute earlier I had been at that same counter, chatting with the cashier about how to join their rewards club. Then she flew in, a young woman who, by outward appearances, looked put together, but carried a storm cloud of hostility that filled the room.

She slammed her purse and phone onto the counter as I moved to leave, nearly pushing me aside in the process. The clerk's eyes said what I didn't: this would not be a pleasant conversation. I slipped out before hearing what followed, but I wish I'd been long gone before she exploded back through those doors into the parking lot. I felt terrible for the clerk, someone who has always been unfailingly kind whenever I stop in.

Humans are messy. We carry burdens we don't speak of, and sometimes they leak out in toxic ways. I don't know what that young woman brought into the store with her, but whatever it was, she poured it onto that poor clerk and didn't help anyone. And truth be told, this sort of harshness is becoming more common. Impatience. Abrasiveness. Malice. A growing tendency to let our worst impulses do the talking. Patience, gentleness, kindness … which of these is your kryptonite? Every one of us has weak spots. We live in a culture conditioned for instant gratification. As young Violet Beauregarde says in the old Charlie and the Chocolate Factory: "I don't care how — I want it now." It's hardly a new sentiment, but it feels like it has finally ripened into full fruit.

Paul reminds us that the life of the Spirit looks different. It is visible, tangible, and unmistakable in how we treat the people around us. Followers of Christ are called to bear fruit that stands in stark contrast to the world's quick temper and brittle spirit. As this new year begins, may we pause long enough to consider how we might respond with greater compassion and empathy. God did not come into the world for God's sake

but for ours, to redeem humanity through the lived example of “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control” made flesh in Jesus Christ. May that fruit grow in us in the year ahead.
Yours in Christ, Kregg

Children's Ministries

I would like to thank everyone who helped make this years Christmas Pageant such a success. This includes parents, helpers, cast members, and of course out amazing Sunday School kids. Also a thank you to the congregation for all the love we felt.
Angela Soto-White, Children's Ministry Coordinator

~~~~~~

Youth Group

After a December that saw the youth enjoying a pajama party, a Christmas movie with a special message, and a Christmas celebration, we are moving into 2026 with a mix of service, scripture, and fun! Following is our January schedule.

Jan 3 - Youth meeting, 5-7; Pew-stocking and game night
Jan 10 - Youth meeting, 5-7; Fixing dinner for Hope on a Mission
Jan 16-17 - YOUTH LOCK-IN!! Tentative time: Friday 6pm thru Saturday 9am, with dinner provided. Stay tuned for more info. (This is a 3-day weekend so we all get extra time to recover!)
Jan 24 - Youth meeting, 5-7; Lesson and games
Jan 31 - Escape Room! 5-7pm (Rte 376, Wappingers Falls) -- More information to follow.

Additional details will follow in our youth group emails. If you have any questions or would like to be added to the youth group email list, please see Patty Little, Gwen Higgins, or contact the church office. PUMC youth group meets Saturdays, 5-7pm, and is open to all youth in grades 6 thru 12. Friends are always welcome!
~~~~~~

Friendship Circle

Our January meeting will be on Monday, December 12 @ 1pm. Let's celebrate the new year together!

Fellowship Discovery Luncheon

We will not be having a Fellowship Discovery Luncheon in January, but keep an eye out regarding the February FDL.

Notes from the Choir Room

"Thou didst leave thy throne and thy kingly crown, when thou camest to earth for me; but in Bethlehem's home there was found no room for thy holy nativity. O come to my heart, Lord Jesus, there is room in my heart for thee"

-Timothy R. Matthews (1886-1910)

Welcome, January! After a very busy December, the choir room should become quieter. **NOT!** Music will always be waiting to be learned (or re-learned!) There will still be laughter, tears, prayers, and love. ALL just waiting to begin a new year. If we follow the Liturgical Calendar, we will still have THE SECOND SUNDAY AFTER CHRISTMAS, EPIPHANY OF THE LORD , BAPTISM OF THE LORD, and then we remain in EPIPHANY until the middle of February. And, wait for it-ASH WEDNESDAY with the beginning of LENT.

DEAR CHOIR-WE CAN DO THIS! We made it through December minus a snowy Thursday night and loss of rehearsals on two holidays.

To all the musicians and their leaders-Singers all, Children, Joyful Ringers, Halo Bells-THANK YOU & WELLDONE IN CHRIST'S SERVICE!!!

Christ's Blessings to ALL! Polly James

Yes, it's January and no longer Advent. Yes, we typically sing this song in Advent. But, as I was looking at the hymn in my hymnal, the page had several notes on it from a time when we must have sung it as an anthem with choir when I was at Wappingers. I had a date when it was done and dynamic markings, when things would be sung louder or softer. One other thing I noticed was that it didn't have a time signature. For musicians, this lets you know how many beats are in a measure and the note value of each beat. (This is probably the easiest way to describe it.) Most hymns have a time signature on them. However, "Lo How a Rose E'er Blooming" does not. And, in fact, you can't even guess because almost each measure of music is different. All that got me to thinking…maybe I could learn a bit more about this hymn and share it with all of you!

The first two stanzas (verses) of "Lo How a Rose E'er Blooming" were written in the 15th century, with no specific author mentioned. Stanza or verse 3 was from *The Hymnal*, 1930. The original two stanzas, written in German, were translated by Theodore Baker in 1894. The tune name, ES IST EIN ROS, also has no specific author, being written in 1599 for *Alte Catholische Geistliche Kirchengesäng.* The harmony was written by Michael Praetorius in 1609.

"Low How a Rose E'er Blooming" expresses and acknowledges the tension we may be aware of during the Christmas season – that of the celebration of Christ's birth with the knowledge that He will die to give us new life. And yes, it is typically a suggested hymn during Advent in any of the lectionary years. However it is also a suggested hymn during Year C for Christmas Eve, Christmas Day, Epiphany, and what Hymnary.org describes as "Ordinary Time, Proper 29" – which is right around Christ the King Sunday, or the Sunday before Advent.

"Low How a Rose E'er Blooming" is found in 111 hymnals and if you are looking for it in our hymnal, you can find the text of on page 216.

(References from Hymnary.org)

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 you can even catch me at church!

Thank You

Sue Davis would like to extend her deepest gratitude for all of the prayers and get well wishes the congregation sent her way as she is dealing with several struggles. God bless you all.

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, Lorraine Ricci, 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, Lorry Hetzer, 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.

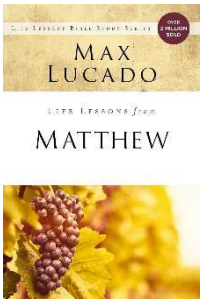
Members of the military, active and/or retired, in your prayers: Michael Clear, Staff Sergeant in the Army, Joshua Lord, 1-69 Infantry Medical Platoon Sergeant, NYC; Randal Middleton, Naples, Italy Naval Base, Major Jason Oliver, Texas.

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

**~~~

Pastor's Book Study

Pastor's Book Study will resume on 6 January on Tuesdays @ 10am. We will be reading



Life Lessons from Matthew: The Carpenter King

by Max Lucado.

Matthew accepted Christ's invitation to follow him and never turned back. He spent the rest of his life convincing folks that this carpenter was the King. Jesus gave the call and never took it back. The relationship Jesus had with Matthew can serve to convince us that if Jesus had a place for Matthew, a tax collector, he just might have a place for us, too.

Books are available in the office for $8.00. It is also available on Kindle Unlimited if you are a subscriber of that program.

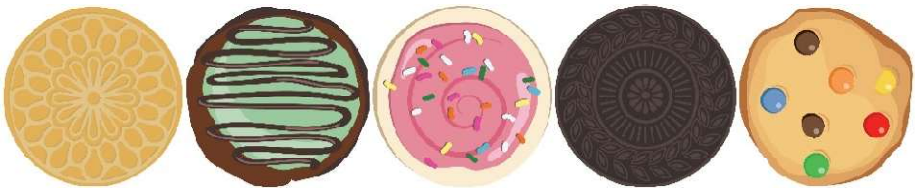
Introducing a New Outreach Opportunity:

After months of planning—and waiting for the pieces to come together in the most cost effective and resource-responsible way—I'm very happy to announce a new effort to reach two groups who have been on my heart.

The first are our shut-ins, many of whom now find it difficult to read but still want to stay connected to the church and to their faith. The second group includes those who spend time commuting or multitasking and would prefer to listen rather than read the newsletter. To support both groups, we will now be releasing The Journey as a monthly podcast. To keep costs down, the podcast is linked to a website portal rather than a paid hosting landing page. If interest grows—and I'm hopeful it will—we can look into expanding our offerings and possibly using Buzzsprout's built-in landing page service. For now, you can find everything here:

👉 gaborhome.com/podcast

Here is a QR code you can scan on your phone to go directly to the page: Feel free to try it out on your phone, tablet, laptop, or desktop computer. As new "casting" opportunities develop, the office will make sure you stay updated.



Annual Cookie Walk

Saturday, February 7, 9:00 AM-2:00 PM

PUMC will again host the Cookie Walk to benefit the ministry work of local churches through Love INC. Love INC supports those less fortunate through relationship, various ministries and classes.

Please help by signing up to bake cookies. Sign-up sheets are in Fellowship Hall and the Narthex. You may send an email to Kathy Betz (katherinebetz1@gmail.com). Please provide your Name, a contact (phone or email), and quantity of cookies you expect to deliver. Other sign-ups will be announced in the bulletin and church during January.

Delivery of cookies will be Friday, February 6 between 9:00 AM and 8:00 PM.

~~~~~~

Funeral / Memorial Service Planning Form

Quite often, families who have recently lost a loved one arrive for a meeting with Pastor Kregg feeling unsure of how to begin planning a funeral service. To help make this very difficult time a little easier, we have created a simple form that can be completed prior to the meeting. It allows families to think through and record answers to the questions that will be asked—such as favorite scripture, hymns, or whether the service should be livestreamed. The form can also be used in advance as a way to share your own wishes with your family, providing clarity, comfort, and guidance when it is needed most. The form can be viewed at **gaborhome.com/funeral**.
~~~~~~

Important January Dates

Thursday, January 1st – Happy New Year!

Tuesday, January 6th – Pastor's Book Study Begins

Wednesday, January 7th – Church Council @ 7pm

Sunday, January 11th – Worship Committee @ 11:30am

Monday, January 12th – Friendship Circle @ 1pm
Ted Talk Watch Party @ 7pm

Wednesday, January 14th – Journey Deadline

Monday, January 19 – Martin Luther King Day – Office Closed

Tuesday, January 19th – Social Justice @ 7pm

Wednesday, January 21st – Finance Committee @ 7pm

Wednesday, January 28th - Trustees