

LEADING WORSHIP: Our Pastor, Kregg Gabor

HELPING IN WORSHIP

Acolyte Sarah-Grace White
Liturgist Sarah-Grace White
Head Usher Will Cass
Ushers Cheryl Cass, Daniel Ikpeme

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am 2 Worship @ 10:00am 116
Sunday School – Adult 10 Children 13 YouTube & Zoom 47

REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Cheryl Cass, 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, Ray Polivka, Karla Quinlan, Lorraine Ricci, Robert Schmidt, Diana Silverman, Michelle Simonis, Catherine White, Sarah-Grace White, 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, Scott Kara, 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.

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Poughkeepsie United Methodist Church

March 29, 2026

Words of Welcome & Life of the Church

Prelude: *“All, Glory, Laud, and Honor”*

arr. Lani Smith

Call to Worship

Leader: Blessed is the One who comes in the name of the Lord!

All: Hosanna in the highest!

Leader: Some come rejoicing.

All: Some come weary.

Leader: Some come waving palms.

All: Some come carrying burdens.

Leader: Christ comes to meet us in joy and in suffering.

All: Christ comes to heal and restore.

Leader: Let us worship the One whose Word brings life.

All: Hosanna in the highest!

Opening Prayer

***Parade of Palms:** *“Hosanna, Loud Hosanna”*

UMH 278

***Songs of Praise:** *“Hosanna! Hosanna!”*

TFWS 2109

“He Has Made Me Glad”

TFWS 2270

Scripture Reading: James 5:13-20

Sermon for the Young and Young at Heart

Welcoming Our New Member: *Patricia Cameron*

UMH 33

***Hymn of Preparation:** *“All Glory, Laud, and Honor”*

UMH 280

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: *“Blessed is He Who Comes in the Name of the Lord”*

Lenten Doxology

see insert

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:** *“O Sacred Head Now Wounded”*

UMH 286

Benediction

Postlude: *“A Lenten Meditation”*

Lee Rogers

**Please stand if you are able*

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***The flowers on the altar are given by the Harmer and Pardee families to the Glory of God and in loving remembrance of Karen Harmer's Heavenly anniversary.***

**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)*

**To Those with Little Ones:** Room 36 (upstairs in the education wing) is available as a toddler room with toys and a TV that is tuned into the worship service.

## Opportunities for You This Week

### SUNDAY, March 29<sup>th</sup>, 2026

#### Palm Sunday

|         |                       |
|---------|-----------------------|
| 8:00 am | Contemplative Prayer  |
| 8:45    | Coffee with Jesus     |
| 10:00   | Worship Service       |
|         | Sunday School         |
| 11:30   | Fellowship            |
|         | Confirmation          |
|         | Prayers for the World |
| 1:00 pm | Casa de Adoracion     |
| 2:00    | Parkside AA           |

### MONDAY, March 30<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 6:30 pm | Gamblers Anonymous |
| 7:00    | Worship Service    |

### TUESDAY, March 31<sup>st</sup>, 2026

|          |                      |
|----------|----------------------|
| 10:00 am | Pastor's Bible Study |
| 1:00 pm  | Arts & Crafts Group  |
| 5:30     | Primary Purpose AA   |
| 6:00     | Joyful Ringers       |
| 7:00     | Worship Service      |

### WEDNESDAY, April 1<sup>st</sup>, 2026

|         |                     |
|---------|---------------------|
| 7:30 am | Morning Prayers     |
| 1:00 pm | Nancy's Bible Study |
| 2::30   | Calligraphy Class   |
| 7:00    | Worship Service     |
|         | New Hope AA         |

### THURSDAY, April 2<sup>nd</sup>, 2026

|         |                         |
|---------|-------------------------|
| 5:30 pm | Primary Purpose AA      |
| 7:00    | Maundy Thursday Service |
|         | Gamblers Anonymous      |

### FRIDAY, April 3<sup>rd</sup>, 2026

|         |                     |
|---------|---------------------|
| 6:30 pm | CdA Service         |
| 7:00    | Good Friday Service |

### SATURDAY, April 4<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 8:30 am | Gamblers Anonymous |
| 10:00   | Somber Prayer Walk |
| 5:00 pm | Youth Group        |

### SUNDAY, April 5<sup>th</sup>, 2026

#### Easter Sunday

|         |                      |
|---------|----------------------|
| 8:00 am | Contemplative Prayer |
| 10:00   | Worship Service      |
| 11:30   | Fellowship           |
| 1:00 pm | Casa de Adoracion    |
| 2:00    | Parkside AA          |

**Hosanna, Loud Hosanna (UMH 278)**  
 Music: *Gesangbuch der H. W. k. Hofkapelle*  
 Lyrics: Jeamette Threlfall

**Hosanna!, Hosanna!**  
 Music: Cathy Townley  
 Lyrics: Cathy Townley

**He Has Made Me Glad** CCLI Song # 1493  
 Leona Von Brethorst  
 © 1976 Universal Music - Brentwood Benson Publishing.  
 For use solely with the SongSelect® Terms of Use. All rights reserved. www.ccli.com  
 CCLI License # 777703

**All Glory Laud, and Honor (UMH 280)**  
 Music: Melchior Teschner  
 Lyrics: Theodulph of Orleans

**O Sacred Head Now Wounded (UMH 286)**  
 Music: Hans L Hassler  
 Lyrics: Anon

**1 Beu, B.J.; Scifres, Mary. The Abingdon Worship Annual2025** Abingdon Press. Kindle Edition.

## Announcements

**Somber Prayer Walk** – The congregation is invited to join the prayer team on **Saturday, April 4 @ 10am** as we gather for prayer and a quiet walk around the church and grounds.



Each evening during Holy Week we gather for a brief, quiet service that invites us to walk with Jesus through the final days of his earthly life. These half-hour services are intentionally simple and reflective, centered on scripture, prayer, and calm music. The focus is not on the leader but on the Christ candle, which begins the week among the congregation and gradually moves down the center aisle toward the altar, symbolizing Christ's journey toward the cross. By Good Friday it rests alone on the altar, and its flame is finally extinguished as we remember Christ's death. These services allow us to slow down and enter the story of Holy Week more deeply, so that when Easter morning comes, we feel not only the joy of resurrection but also the weight of the love that made it possible. Each service begins at **7:00 PM** and lasts about **30 minutes**.

**Vacation Bible School** will return on Thursday, July 9 – Saturday, July 11. Lots of information will be available in the coming months. **We will need adult volunteers! Please speak to Angela if you can help.**

### **The Stillness & Ink Calligraphy Gathering**

**Presented by Jim Bennet**

**Learning graceful letters with gentle guidance**

**Beginning Wednesday, April 1 @ 2:30pm in Room 33**

A welcoming fellowship for new learners and experienced calligraphers. Our first session will introduce the basic materials and the beautifully simple EZScript letters. Whether you're picking up a calligraphy pen for the first time or returning to a familiar practice, you're invited to join us for a calm, creative hour of beautiful writing together. Jim will provide the marker pens for the first class. The class will meet on Wednesdays @ 2:30pm.

## Sermon Summary

March 31, 2026

“Words That Heal”

James 5:13–20

In James 5:13–20, the apostle speaks not to skeptics but to believers. He asks simple, direct questions: Are you suffering? Pray. Are you cheerful? Sing. Are you sick? Call for the elders. And then comes the invitation that unsettles us: “Confess your sins to one another, and pray for one another, so that you may be healed.” James assumes something we often resist. He assumes that healing happens in an honest community.

Here is the problem James names: we resist the vulnerable practices of prayer, confession, and restoration that God uses to heal our community and us. We believe prayer matters, but we struggle to pray when we are weary. We believe in forgiveness, but we hesitate to admit we need it. Confession feels exposed. Restoration feels complicated. So, we manage. We stay polite, sometimes even aloof, even with God. Over time, careful distance can slowly become isolation.

John Wesley built early Methodism around small gatherings called class meetings, where people regularly asked one another a simple question: “How goes it with your soul?” That question assumes something we often avoid. It assumes that healing requires honesty. It also assumes that faith is lived inside a covenant community — a shared corporate life in which we belong to one another deeply enough to speak truth, to seek understanding, and to receive grace. James is not describing private spirituality but a people whose lives are intertwined, where trust, vulnerability, and accountability grow out of lived relationships.

The good news is that this kind of community is not created by willpower. Grace comes first. Where we fail to pray honestly, Christ prayed faithfully. Where we resist confession, Christ bore our sin openly. Where we hesitate to restore, Christ pursued us. Through his cross and resurrection, he creates a covenant community where healing becomes possible.

Today God invites us to trust the One who has already walked the road James calls us to walk. Through his cross and resurrection, Christ has created a covenant community where confession is safe, healing is real, and love has the final word.

The good news is not that we finally become brave enough to confess perfectly. The good news is that Christ has already secured our healing.

Hosanna means “Save us.” And thanks be to God, in Christ, we are being saved.

Christ is the Word of healing incarnate.

## A Lenten Doxology

Praise God through-out these for - ty days. Praise

Christ, our Lord, whom God did raise. And praise the Spir - it who im -

parts God's love in Christ in - to our hearts. A - men.

WORDS: G. W. Dub Shepherd, 2006

MUSIC: Attr. to Louis Bourgeois, 1551

OLD 100TH

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