

LEADING WORSHIP: Our Pastor, Kregg Gabor

HELPING IN WORSHIP

Acolyte Coraline Hauck Barr
Liturgist Jenn Harmer
Head Usher Will Cass
Ushers Cheryl Cass, Debi McGarvey, Ellis Ticknor

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am 2 Worship @ 10:00am 137
Sunday School – Adult 10 Children 12 YouTube & Zoom 32

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, 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, 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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5th
Sunday
in
Lent

Poughkeepsie United Methodist Church

March 22, 2026

Words of Welcome & Life of the Church

Prelude

Call to Worship

Leader: We come carrying conversations from this week.

All: Some of them are peaceful; some are not.

Leader: We come aware that conflict does not begin far away.

All: It begins within us.

Leader: God sees what battles are in our hearts.

All: And God invites us into peace.

Leader: Christ is our peace.

All: Let us worship with humble and open hearts.

Opening Prayer

***Songs of Praise:** *“This is Amazing Grace”*

“Lord, I Lift Your Name on High”

Scripture Reading: James 4:1-3

Baptism: *Coraline Jane Hauck Barr & Thea June Hauck Barr*

UMH 33

***Hymn of Preparation:** *“Just a Closer Walk with Thee”*

TFWS 2158

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: *“Will You Go to Calvary?”*

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:** *“Spirit of God, Descend Upon My Heart”*

UMH 500

Benediction

Postlude:

**Please stand if you are able*

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***The flowers on the altar are given by Priscilla Wendover to the Glory of God and in loving memory of her mom, Mary Bird.***

**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.

***Marcy Conners would like to thank everyone who helped make the St. Patrick’s Day Dinner such a huge success.***

## Opportunities for You This Week

### SUNDAY, March 22<sup>nd</sup>, 2026

#### 5<sup>th</sup> Sunday of Lent

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

### MONDAY, March 23<sup>rd</sup>, 2026

|         |                    |
|---------|--------------------|
| 6:30 pm | Gamblers Anonymous |
|---------|--------------------|

### TUESDAY, March 24<sup>th</sup>, 2026

|          |                               |
|----------|-------------------------------|
| 10:00 am | Pastor's Bible Study          |
| 12:00 pm | Fellowship Discovery Luncheon |
| 1:00 pm  | Arts & Crafts Group           |
| 5:30     | Primary Purpose AA            |
| 6:00     | Joyful Ringers                |

### WEDNESDAY, March 25<sup>th</sup>, 2026

|         |                     |
|---------|---------------------|
| 7:30 am | Morning Prayers     |
| 1:00 pm | Sandy's Bible Study |
| 7:00    | New Hope AA         |

### THURSDAY, March 26<sup>th</sup>, 2026

|         |                             |
|---------|-----------------------------|
| 5:30 pm | Primary Purpose AA          |
| 7:00    | Choir<br>Gamblers Anonymous |

### FRIDAY, March 27<sup>th</sup>, 2026

|         |             |
|---------|-------------|
| 6:30 pm | CdA Service |
|---------|-------------|

### SATURDAY, March 28<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 8:30 am | Gamblers Anonymous |
| 1:00 pm | Kid's Easter Event |
| 5:00    | Youth Group        |

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

#### Palm Sunday

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

**This is Amazing Grace** CCLI Song # 6333821  
Jeremy Riddle | Josh Farro | Phil Wickham  
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**Lord, I Lift Your Name on High** CCLI Song # 117947  
Rick Founds  
© 1989 Universal Music - Brentwood Benson Publishing  
For use solely with the SongSelect® Terms of Use. All rights reserved. [www.ccli.com](http://www.ccli.com)  
CCLI License # 777703

**Just a Closer Walk with Thee (TFWS 2158)**  
Anonymous

**Spirit of God, Descend Upon My Heart (UMH 500)**  
Music: Frederick C Atkinson  
Lyrics: George Croly

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

## Announcements

**Stepping into the Spirit!** We will be having an Easter event for kids on Saturday, March 28. There will be an Easter Egg hunt, crafts, story time, and snacks! Keep an eye out for more information as the time gets closer.

**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.**

**As a participating church member of the Dutchess County Interfaith Council**, an invitation to attend the DCIC Annual Membership Meeting is extended to Poughkeepsie United Methodist Church. The theme of the meeting is **Interfaith Bridge Building in Polarizing Times**, with a keynote presentation by Reverend Callista Isabelle, Associate Dean of Religious and Spiritual Life at Vassar College. It is sure to be an invigorating address amplifying the role of congregational purpose and unity. The meeting will be held at the Freedom Plains United Presbyterian Church in LaGrange (across from Arlington High School) on Wednesday, March 25th at 5:30pm. If you would like to attend, or have any questions about the event, please contact Barb Adams at 845-505-1302 or [bcadams317@gmail.com](mailto:bcadams317@gmail.com).

**Movies with Meaning** - Following Sunday's *Prayer for the World* opportunity in the Lounge, the Social Justice team will be reviewing three movie trailers in order to select April's *Movie With Meaning*. If you are interested please join us.

### **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.



**Saturday, March 28**

Kid's Easter Event "Stepping into the Spirit" @ 1pm

**Sunday, March 29**

Palm Sunday

**Monday March 30, Tuesday March 31, Wednesday April 1**

Worship Service @ 7pm

**Thursday, April 2**

Maundy Thursday Service @ 7pm

**Friday, April 3**

Good Friday Service @ 7pm

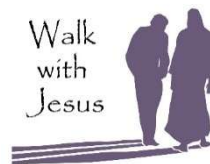
**Saturday, April 4**

Somber Prayer Walk @ 10am

**Sunday, April 5**

Easter Sunday

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**.



**Sermon Summary**

**March 22, 2026**

**Words Matter: Fighting Words**

**(James 4:1-3)**

Conflict is not hard to find. It shows up in families, friendships, churches, and communities. Most of us do not intend to start fights, yet we often find ourselves in tense conversations, repeated arguments, and strained relationships. James asks a penetrating question: "What causes fights and quarrels among you?" His answer is surprising. The problem is not primarily external. It is internal. Our desires battle within us.

James is writing to believers, to people who pray and worship. He says our conflicts are fueled by desires that have grown unchecked. We want to be right. We want control. We want recognition. These desires are not necessarily wrong in themselves, but when they become ultimate, they begin to rule us. When we do not get what we want, frustration spills out in quarrels and harsh words. Relationships suffer. Peace erodes. Like Cain in Genesis 4, the external conflict reflects an unresolved struggle in the heart.

James goes further. Even our prayers can be shaped by selfish motives. Instead of bringing our desires to God for transformation, we sometimes ask God to endorse them. We want God to secure what we think will finally satisfy us. The deeper issue is misplaced trust. We expect our desires to give us identity, security, or peace, things only God can provide.

The gospel reframes the problem. Where we grasp for control, Christ entrusted himself fully to God. Where we fight to win, Christ absorbed hostility and remained faithful. Grace comes first. Our identity is grounded in Christ before we change our behavior. Transformation is God's work in us.

This week's practice is simple: when conflict begins to rise, pause and ask, "What do I really want right now?" Name that desire honestly before God and pray, "Lord, reshape this desire." As we surrender our inner battles to God, our words begin to soften, and the peace of Christ can guard our hearts and minds.