

**LEADING WORSHIP: Our Pastor, Kregg Gabor**

**HELPING IN WORSHIP**

Acolyte Sarah-Grace White  
Liturgist Lloyd Wright  
Head Usher Will Cass  
Ushers Cheryl Cass, Daniel Ikpeme, Debi McGarvey

**OUR FAITHFULNESS LAST SUNDAY**

Contemplative Prayer Service @ 8am 2                      Worship @ 10:00am 104  
Sunday School – Adult 10                      Children 10                      YouTube & Zoom 46

**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, 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, Elaine Wintergreen, 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.

**Poughkeepsie United Methodist Church**  
2381 New Hackensack Road, Poughkeepsie, NY 12603  
Phone: (845) 452-2933      Fax: (845) 452-3103  
Internet Web Site: <http://www.pokumc.com>  
e-mail: [poughkeepsieumc@gmail.com](mailto:poughkeepsieumc@gmail.com)

**"And if I go  
and prepare a place for you,  
I will come again  
and will take you to myself,**



**so that where I am,  
there you may be also."**

**John 14:3, NRSV**

**Poughkeepsie United Methodist Church**  
**May 3<sup>rd</sup>, 2026**

May 3<sup>rd</sup>, 2026

5<sup>th</sup> Sunday of Easter

**Words of Welcome**

**Life of the Church**

**Prelude**

**Call to Worship**

*Leader: When our lives feel crowded, and our hearts are troubled,*

**People: Christ calls us to trust.**

*Leader: When fear and uncertainty surround us,*

**People: Christ shows us the way.**

*Leader: Come and worship the One who is the way, the truth, and the life.*

**People: We come to worship with hope and trust.**

**Opening Prayer**

**\*Songs of Praise:** *“In Remembrance of Me”*  
*“In Christ Alone”*

TFWS 2254

**Scripture Reading:** John 14:1-14

**\*Hymn of Preparation:** *“My Jesus, I Love Thee”*

UMH 172

**Sermon**

**Worship God with Tithes and Offerings**

**Offertory Anthem:** Guide Me, Oh Thou Great Jehovah      John Hughes (1873-1932)  
Cwm Rhondda, Welsh hymn tune

**Doxology**

UMH 94

**Receiving Holy Communion**

*Call to Confession*

*Confession*

**Merciful God, we confess that we have not loved you with our whole heart.**

**We have not trusted your promises as we should.**

**Our hearts become crowded with worry and fear.**

**We try to control what belongs in your hands and carry burdens you never asked us to bear.**

**We have not loved our neighbors as ourselves.**

**Too often we turn inward, protecting our own security instead of living in the freedom of your grace.**

**Forgive us, we pray.**

**Free us from anxious striving.**

**Renew our trust in Christ, who is the way, the truth, and the life.**

**By your Spirit, teach us again to walk in your peace.**

**Through Jesus Christ our Lord. Amen.**

*Words of Assurance*

*The Great Thanksgiving*

UMH 15

**Silent Prayer & Pastoral Prayer**

**Passing the Peace of Christ**

**\*Closing Hymn:** *“When We All Get to Heaven”*

UMH 701

**Benediction**

**Postlude**

*\*Please stand if you are able*

~~~~~  
***The flowers on the altar are given by Margaret Slomin to the Glory of God and in memory of loved ones.***

## Opportunities for You This Week

### SUNDAY, May 3<sup>rd</sup>, 2026

|         |                       |
|---------|-----------------------|
| 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, May 4<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 4:00 pm | Social Justice     |
| 6:30    | Gamblers Anonymous |

### TUESDAY, May 5<sup>th</sup>, 2026

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

### WEDNESDAY, May 6<sup>th</sup>, 2026

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

### THURSDAY, May 7<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 5:30 pm | Primary Purpose AA |
| 6:15    | Praise Singers     |
| 7:00    | Choir              |
|         | Gamblers Anonymous |

### FRIDAY, May 8<sup>th</sup>, 2026

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

### SATURDAY, May 9<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 8:30 am | Gamblers Anonymous |
| 5:00    | Youth Group        |

### SUNDAY, May 10<sup>th</sup>, 2026

#### Mother's Day

|         |                       |
|---------|-----------------------|
| 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           |

**In Remembrance of Me** CCLI Song # 25156  
Buryl Red | Ragan Courtney  
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**In Christ Alone** CCLI Song # 3350395  
Keith Getty | Stuart Townend  
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**My Jesus I Love Thee (UMH 172)**  
Music: Adoniram J Gordon  
Lyrics: William R. Fetherstone

**When We All Get to heaven (UMH 701)**  
Music: Emily D. Wilson  
Lyrics: Eliza E. Hewitt

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

**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.

**If you would like to be on the PUMC email distribution,** please go to the church website at [www.pokumc.com](http://www.pokumc.com) and scroll down to **Join Our Mailing List** button.

## Announcements

**Emails from PUMC:** Have you stopped receiving emails from us? Please contact the church office and Karyn can figure out what is going on.

**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.**

**Friendship Circle:** Join us on **May 11 @ 1pm** when Friendship Circle will have Nyhisha Gibbs, Director of Community Engagement at Dutchess Outreach as the speaker. As always, this presentation is open to the congregation.

**PUMC GARDEN GROUP NEEDS YOUR HELP:** Let's get our grounds spiffed up a bit before Mother's Day. We need to plant a few pots, weed a few spots, and mulch. If you are available on this Thursday and/or Friday between 10am-Noon, contact Carla or Curtis Vinson at 845-264-9641. Call or Text.

## Upcoming Special Sundays

- Sunday, May 10<sup>th</sup> – Mother's Day
- Sunday, May 17<sup>th</sup> – A Special Baptism
- Sunday, May 24<sup>th</sup> – Pentecost – Wear Red!
- Sunday, May 31<sup>st</sup> – Children's Day
- Sunday, June 7<sup>th</sup> – Confirmation Sunday
- Sunday, June 21<sup>st</sup> – Father's Day
- Sunday, June 28<sup>th</sup> – Graduation Sunday



Graduate Recognition Sunday will be on June 28<sup>th</sup>. Please fill out and return the form below by June 15<sup>th</sup> if you would like to recognize a high school, college, or trade school graduate.

### Graduate Recognition Information

*(Please print clearly so we can accurately recognize the graduate)*

Name: \_\_\_\_\_

High School, College, or Trade School attended and any degrees or certificates achieved

\_\_\_\_\_

If High School, college and major or job planned

\_\_\_\_\_

If College or Trade School, future plans, employment, higher education

\_\_\_\_\_

Family to be mentioned (identify parents, grandparents, etc. you would like mentioned)

\_\_\_\_\_

\_\_\_\_\_

**Community Nursery School**  
of Poughkeepsie United Methodist Church

invites you to our

# No-Bake Bake Sale

Skip the baking and still make a difference!

No hours of baking  
No shopping for ingredients  
No kitchen to clean up

Your support helps us continue to “bake” our recipe for a successful preschool program

**How to Donate**

Online  
scan the QR code

By Mail  
Make checks payable to:  
**CNS of PUMC**  
send to:  
**Community Nursery School PUMC**  
2381 New Hackensack Rd.  
Poughkeepsie, NY 12603

[www.cnspumc.com](http://www.cnspumc.com)



## Sermon Summary “When the Heart Gets Crowded”

May 3, 2026

**Text:** John 14:1–14

In John 14:1–14, Jesus spoke to his disciples at a time when their hearts were deeply troubled. The night before his crucifixion, confusion and fear filled the room. Jesus had spoken about betrayal, denial, and his coming departure. The disciples sensed that something terrible was approaching, but they did not yet understand its meaning. Into that anxiety, Jesus spoke simple but powerful words: “Do not let your hearts be troubled. Believe in God, believe also in me.”

The sermon begins with a familiar human experience: the feeling of a house that slowly becomes too full. Over time, things accumulate until the space feels crowded and difficult to live in. In much the same way, our lives can become crowded with worries, fears, expectations, and attempts to control the future. When uncertainty grows, we often try to secure ourselves by organizing more, planning more, or adding new spiritual practices, hoping they will calm our anxiety.

Jesus addresses this very human tendency. When fear takes over, we look for security in things we can manage rather than trusting Christ. The disciples themselves are struggling with this. Thomas asks how they can know the way, and Philip asks to see the Father. In response, Jesus reveals something profound: he himself is the way, the truth, and the life. The answer to their troubled hearts is not a strategy or technique. It is a relationship with him.

The gospel clarifies that peace does not come from trying harder or gaining greater control over life. Effort alone can add even more clutter to the soul. Instead, Jesus calls his followers to trust. Willpower cannot force real trust in God. It grows as Christ reshapes our lives.

Even when our trust falters, Christ remains faithful. He walks the path of obedience all the way to the cross and, through the resurrection, reveals the fullness of God’s love and faithfulness.

The sermon concludes with a simple invitation. Just as people sometimes clear clutter from their homes, scripture encourages us to notice what we may hold on to in life that keeps us from deeper trust in Christ. By letting go of what crowds our hearts, we make room for the peace that Christ offers.