

LEADING WORSHIP: Our Pastor, Gregg Gabor

HELPING IN WORSHIP

Acolyte	Xitlaly Barvo
Liturgist	Gloria Soto & Sarah-Grace White
Head Usher	Will Cass
Ushers	Cheryl Cass, Debi McGarvey, Ellis Ticknor, Priscilla Wendover

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am	2	Worship @ 10:00am	91
Sunday School – Adult	Children	YouTube & Zoom	38

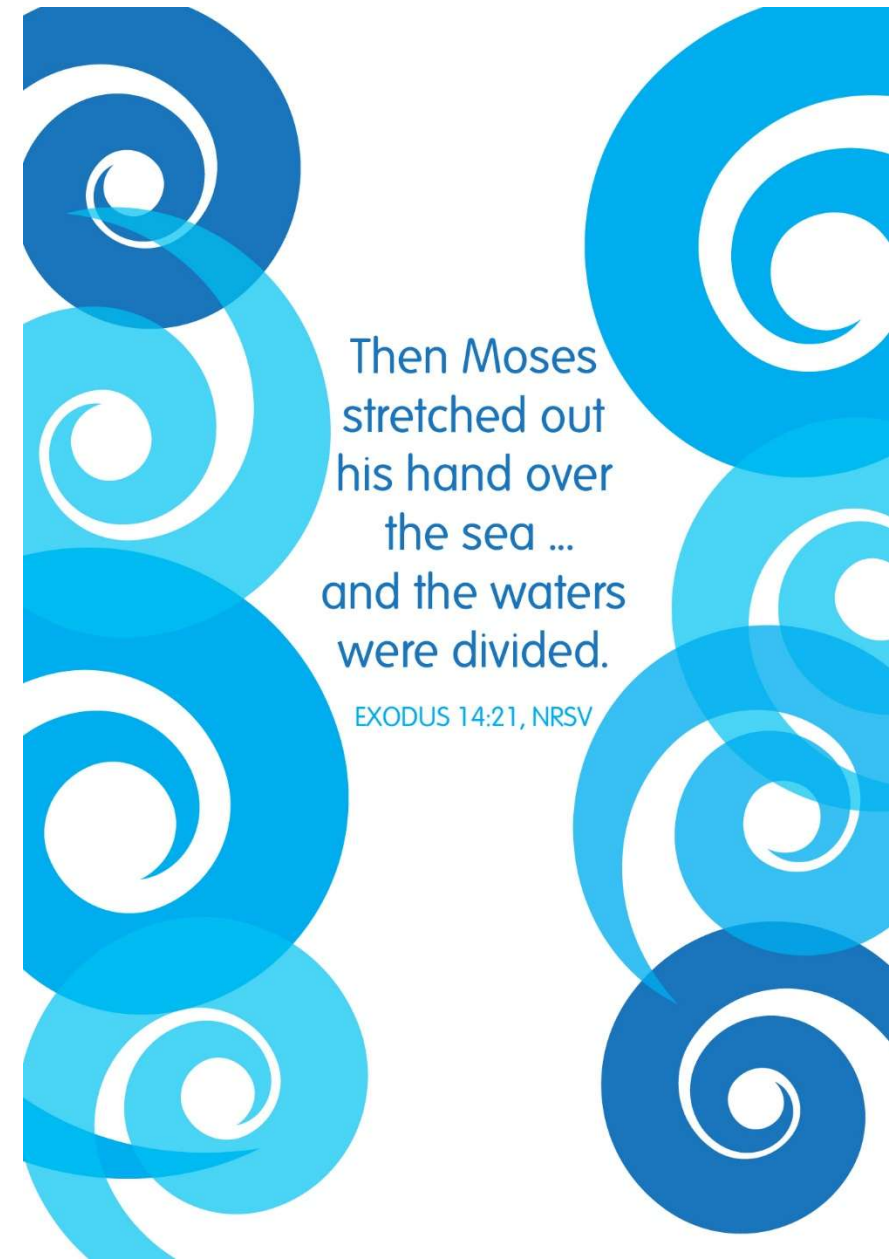
REMEMBER IN OUR PRAYERS

Our members: Steve Allen, Barbara Bates, Cheryl Cass, Ron Cole, Dylan Coughlin, Sue Davis, Sandra DeGuzman, Irene Feller, 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, Michelle Simonis, 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, Harold White, Clifford Zier. All of 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
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Poughkeepsie United Methodist Church
September 13, 2026

Words of Welcome & Life of the Church

Prelude

Call to Worship

Leader: Great is the Lord and greatly to be praised! One generation shall extol
your works to another,

People: We shall declare your mighty acts.

Leader: They will recount the glorious splendor of your majesty,

People: On your wondrous works we will meditate.

Leader: They will proclaim the might of your awesome deeds,

People: We will declare your greatness.

Leader: They shall celebrate the fame of your abundant goodness,

People: We shall sing aloud of your righteousness.

—Based on Psalm 145

Opening Prayer

***Songs of Praise:** *“Majesty”*

UMH 176

“How Majestic is Your Name”

TFWS 2023

Scripture Reading: Exodus 14:19–31

Sermon for the Young & Young at Heart

Hymn of Preparation: *“How Firm a Foundation”*

UMH 529

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: *“Let Heavenly Music Fill This Place”*

Gordon Young (1919-1998)

Doxology

UMH 94

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:** *“Guide Me Thou, O Great Jehovah”*

UMH 127

Benediction

Postlude

**Please stand if you are able*

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***The flowers on the altar are given by Susan T. Davis and the DeGuzman Family  
to the Glory of God and in loving memory of Andrew Davis DeGuzman***

**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 [poughkeepsieumc@gmail.com](mailto:poughkeepsieumc@gmail.com).*

**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.

Opportunities for You This Week

SUNDAY, September 13<sup>th</sup>, 2026

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

MONDAY, August 14<sup>th</sup>, 2026

|         |                      |
|---------|----------------------|
| 1:00 pm | Friendship Circle    |
| 6:30    | Gamblers Anonymous   |
| 7:00    | Ted Talk Watch Party |

TUESDAY, September 15<sup>th</sup>, 2026

|         |                      |
|---------|----------------------|
| 9:00 am | Strength & Balance   |
| 10:00   | Pastor’s Bible Study |
| 1:00 pm | Arts & Crafts Group  |
| 5:30    | Primary Purpose AA   |

WEDNESDAY, September 16<sup>th</sup>, 2026

Journey Deadline

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

THURSDAY, September 17<sup>th</sup>, 2026

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

FRIDAY, September 18<sup>th</sup>, 2026

|         |                    |
|---------|--------------------|
| 9:00 am | Strength & Balance |
| 6:30 pm | CdA Service        |

SATURDAY, September 19<sup>th</sup>, 2026

|          |                       |
|----------|-----------------------|
| 12:00 pm | Arlington Street Fair |
|          | CdA Nations Day       |

SUNDAY, September 20<sup>th</sup>, 2026

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

Majesty (UMH 176)

LYRICS: Jack Hayford  
MUSIC: Jack Hayford

How Majestic is Your Name

CCLI Song # 26007  
Michael W. Smith  
© 1981 Meadowgreen Music Company  
For use solely with the SongSelect® [Terms of Use](#).  
All rights reserved. [www.ccli.com](http://www.ccli.com) CCLI License # 777703

How Firm a Foundation (UMH 529)

LYRICS: Public Domain  
MUSIC: Public Domain

Guide Me, Thou O Great Jehovah (UMH 127)

MUSIC: John Hughes  
LYRICS: William Williams

\* 1 Beu, B.J.; Scifres, Mary. The Abingdon Worship  
Annual 2026 Abingdon Press. Kindle Edition.

Announcements

The deadline for the October Journey is Wednesday, September 16. Please note that because of Karyn’s vacation this is a strict deadline.

Sunday School: Everyone knows that kids love snacks! Angela is asking for donations of various snack foods for the Sunday school. Please no nuts of any kind, coconut, and blue icing. There will be a bin in the Sunday school office for donations.

Strength and Balance will return on Tuesday, September 15: We decided to change to Tuesday mornings so that people who would like to can stay for Pastor’s Book Study @ 10am. Please speak to Kaye Schrock, Geri Hoernes, or the church office if you are interested.

Friendship Circle will meet Monday, September 14. Our guest speaker will be Muriel Horowitz, who will speak about a local organization Reunite Migrant Families. Refreshments will be served. All are welcome to join us.

Our September Fellowship Discovery Luncheon will be on Tuesday, September 22 @ 12PM. Captain Mike Capuccelli of the State Police (retired) will be giving a presentation on “Personal Safety in an Insecure Age” Please let us know (by Thursday, September 17) if you plan to attend by scanning the QR code or as always you can contact the office.



The Arlington Street Fair is Saturday, September 19 on Raymond Ave. Our church will host a table to meet & greet with our neighbors to tell them about our great church and the love God has for everyone. Help is needed from 12-6pm visiting with the community. Please sign up on the Mission bulletin board.

The Mission group is looking for help with our 3rd Saturday meal for HOAM which is also September 19. We need help preparing the meal, cooking it in the oven and delivering it to Cannon Street around 5:30. Since this day is also the Arlington Street Fair, we really need assistance. Both events are important missions so please help so we are able to do both. Sign up on the Mission board outside of fellowship hall.

Altar Flowers: September, October, and November are almost fully available for altar flower donations. Please sign up in the narthex or contact the church office to reserve a date. The cost is \$50.

**HOAM Ministry:** On the third Saturday of every month we provide a meal for the HOAM ministry in the city of Poughkeepsie. We are seeking additional volunteers to help prepare the meal and deliver it to Cannon St around 5:30 pm. Volunteers are also needed to serve the food three nights a week. Preparation is usually Saturday mornings at our church. Please contact Pam (845-240-4564) or Nancy (845-380-4887) if you are willing to help any time.

**Pastor’s Fall Book Study**

**Title:** *“The Prodigal God: Recovering the Heart of the Christian Faith”*  
**Author:** Timothy Keller  
**Amazon Description:**  
“The *New York Times* bestselling author of The Prodigal Prophet uncovers the essential message of Jesus, locked inside his most familiar parable.

*Newsweek* called renowned minister Timothy Keller 'a C.S. Lewis for the twenty-first century' in a feature on his first book, The Reason for God. In that book, he offered a rational explanation of why we should believe in God. Now, in The Prodigal God, Keller takes his trademark intellectual approach to understanding Christianity and uses the parable of the prodigal son to reveal an unexpected message of hope and salvation.

Within that parable Jesus reveals God's prodigal grace toward both the irreligious and the moralistic. This book will challenge both the devout and skeptics to see Christianity in a whole new way.”

Dates: Tuesdays @ 10am, starting September 29 (we will not meet on October 6) through November 17. **If you would like Karyn to order a copy of the book please contact her no later than Monday, September 14 (tomorrow). The cost is \$12.00**

**Looking Into the Future:**

- Tuesday, September 22 – Fellowship Discovery Luncheon @ 12pm
- Saturday, October 17 – Harvest Fest @ 9-3
- Saturday, October 24 – Trunk or Treat
- Thursday, October 28 – Friday, October 29 – Trip to see Joshua
- Tuesday, November 3 – Election Day
- Sunday, November 22 – Church Conference

**Sermon Summary**  
**Title:** *When God Stands Behind*  
**Scripture:** Exodus 14:19–31  
**Date:** September 13, 2026

We often find comfort in the image of God going before us. We imagine God opening doors, clearing the way, and leading us toward a future we can understand. That kind of guidance feels reassuring because it is visible. We can look ahead and believe we know where God is taking us.

But Exodus 14 offers another image of God’s presence.

The Israelites have escaped Egypt, but Pharaoh’s army is pursuing them. In front of them is the sea. Behind them are the chariots of Egypt. They have no boats, no army, and no visible way through. Then the pillar of cloud, which had been leading from the front, moves behind them.

God has not stopped leading. The people simply need something different.

Before they can move forward, they need protection. God stands between Israel and the power determined to drag them back into slavery. The people are looking ahead at the sea, wondering how they will escape. God is looking behind them at the army, preventing the past from overtaking them.

This is often our struggle as well. When we cannot see what God is doing, we assume we have been left exposed and alone. We trust God more easily when the path ahead is clear, but God’s presence is not limited to the road in front of us. Sometimes God is at our back, standing between us and the fears, wounds, habits, and powers that would pull us backward.

Jesus trusted God even when the path before him led through betrayal, suffering, and death. On the cross, it appeared that every hostile power had finally overtaken him. Then came resurrection.

The resurrection revealed that God had not surrendered Jesus to death. Even when God’s presence was hidden, God was faithful.

Because Christ lives, we do not belong to the powers pursuing us. We belong to Christ.

This week, before asking God to show you what comes next, take a moment to look back. Ask, “Where was I kept from being pulled backward?”

The future may still feel uncertain. The storm may still move us. But movement is not abandonment. God goes before us, and God also stands behind us.



## PUMC "Autumn Fest"

**Saturday, October 17 & Sunday, October 18**

Our Faith in action!! Would you like to help us in any way? Please let us know!

**Handmade with Love** - We hope you are using your creativity this summer to make/create items for our "homemade" booth. There is still time!! Quilts, Small pillows, Aprons, Placemats, Knitted or Crocheted items such as hats, scarves, mittens. We welcome your talent!! **Questions?** Please contact **Lynne Deverman 845-594-4995**

**Hostess Gifts** - how about creating new items? such as - Soup Mix in a jar (like those 15 beans), a Lovely Container or Jar with Cookie Mix, Cocoa Mix with fancy spoon in a special container, A Cutting Board with spreading knife & add Crackers/Cheese, A Fun Movie Night snack basket, An Italian Dinner night, Homemade Granola Mixes, Basket of Salsa & Seasoning Salts, Jam & Jelly baskets, Your Favorite Brownie box in a 9 x 9 pan (maybe extra chips & icing) Ice Cream Toppings in basket (hot fudge,, caramel sauce etc) Presentation of Traditional or Watermelon Pickles. All these Items that can be gifts for the Hostess, Birthdays, Thanksgiving or Christmas. Surprise us with your own idea!!  
**Sandy Pullinger 813-928-6734 Betty Harrel 845-462-2141**

**Jewelry Boutique** - Are you making room for new? Necklaces, Earrings, Bracelets -- Please let us enjoy those you don't wear anymore? We even sell small purses, lovely silk scarves, vintage evening gloves, pretty hair clips If you have questions:  
**Carla Vinson 845-264-9641 Elaine Eaton 845-297-6720**

**Bake Shoppe** - great time to review your recipes!! Please bake for us your favorite Cookies, small Loaf Breads (zucchini, banana, fruit, etc), Pies - small & large (apple, pecan, lemon meringue etc) Brownies, Dessert Bars. We do not have requests for Cupcakes or Muffins. Baked items may be dropped off all day Friday 10/16 or Saturday by 9am.  
**Cathy Close 845-240-1542 Kathy Betz 845-527-1662**

### **Delicious Dessert Takeout - Homemade - Please**

Suggestions: Cheesecake, Cakes, Pies: Apple, Pecan, Pumpkin, Lemon Meringue or use a favorite family recipe. Please label all desserts & use disposable packaging  
Drop off: Friday, 10/16 (all day) - Saturday, 10/17 (by 9 am)

**Questions: contact Joan Schmidt (845) 452-9515**

**\*\* for all bake goods -- please label them & note if containing nuts or fruit. Also please use disposable packaging or call and discuss with us your item!**