

LEADING WORSHIP: Our Pastor, Gregg Gabor

HELPING IN WORSHIP

Acolyte	Veruty Conning
Liturgist	Debi McGarvey
Head Usher	Will Cass
Ushers	Cheryl Cass, Priscilla Wendover

OUR FAITHFULNESS LAST SUNDAY

Contemplative Prayer Service @ 8am	2	Worship @ 10:00am	94
Sunday School – Adult	10	Children	12
		YouTube & Zoom	55

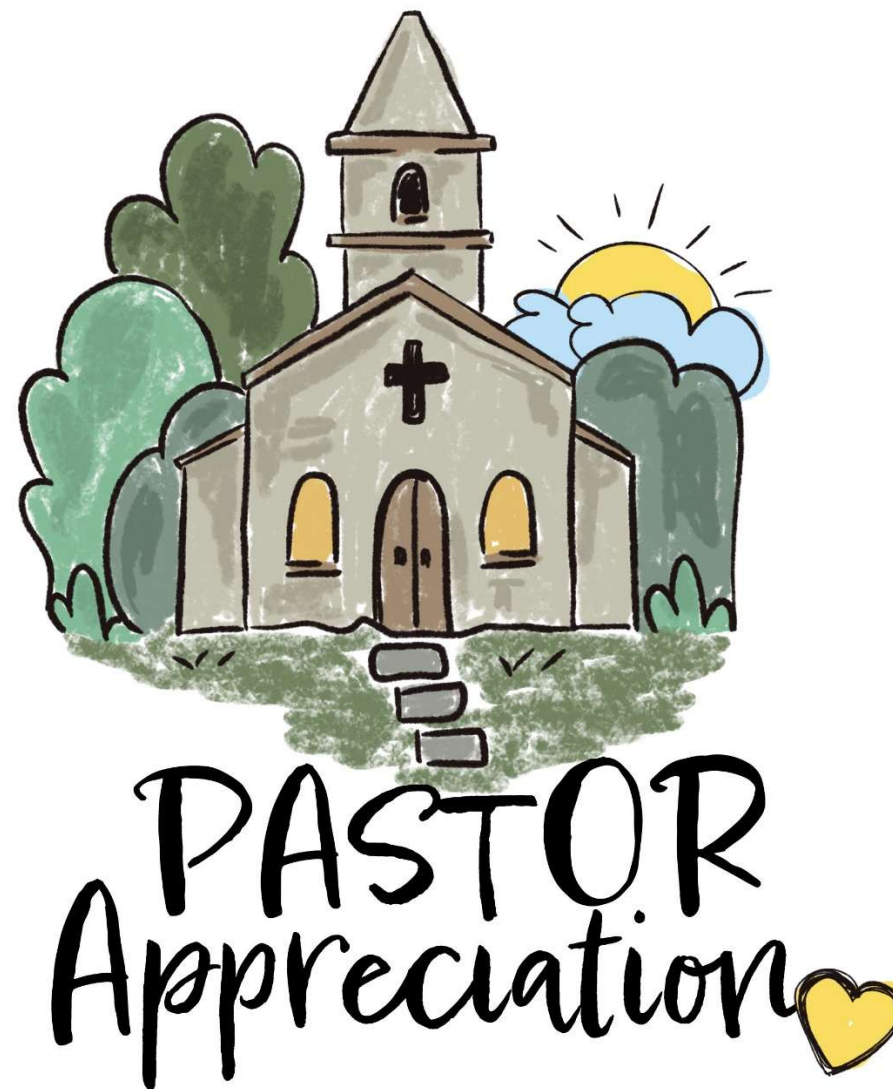
REMEMBER IN OUR PRAYERS

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: 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
October 18, 2026

Words of Welcome & Life of the Church

Prelude

Call to Worship

Leader: God has gathered us from busy lives and many concerns.
People: We come to remember that our lives belong to God.
Leader: Christ meets us with mercy and calls us into a life of faithfulness.
People: We come ready to listen, learn, and grow.
Leader: The Holy Spirit joins us as one people and gives us gifts for the common good.
People: With gratitude and hope, let us worship God.

Opening Prayer

***Songs of Praise:** *“Make Me a Servant”* TFWS 2176
“Shout to the North”

Scripture Reading: Philippians 4:4-9

Pastor Appreciation

***Hymn of Preparation:** *“What a Friend We Have in Jesus”* UMH 526

Sermon

Worship God with Tithes and Offerings

Offertory Anthem: *“From All That Dwell Below The Skies”* Gordon Young
Text: Isaac Watts 1634-1748

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

***Hymn of Preparation:** *“Rejoice, Ye Pure in Heart”* UMH 161

Benediction

Postlude

**Please stand if you are able*

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.*

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 and scroll down to **Join Our Mailing List** button.

Opportunities for You This Week

SUNDAY, October 18th, 2026

Pastor Appreciation Sunday

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

MONDAY, October 19th, 2026

1:00 pm	Antique Study Club
6:30 pm	Gamblers Anonymous

TUESDAY, October 20th, 2026

9:00 am	Strength & Balance
10:00	Pastor’s Bood Study
1:00 pm	Arts & Crafts Group
5:30	Primary Purpose AA
6:30	Pastors Book Study

WEDNESDAY, October 21st, 2026

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

THURSDAY, October 22nd, 2026

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

FRIDAY, October 23rd, 2026

8:30 am	Collate Journey
9:00	Strength & Balance
6:30 pm	CdA Service

SATURDAY, October 24th, 2026

1:00 pm	Trunk or Treat
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SUNDAY, October 25th, 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

Make Me A Servant

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Shout to the North CCLI Song # 1562261

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What a Friend We Have in Jesus (UMH 526)

LYRICS: Joseph M Scriven
MUSIC: Charles C Converse

Rejoice Ye Pure of Heart (UMH 161)

LYRICS: Edward H. Plumptre
MUSIC: Richard Wayne Dirksen

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

Announcements

November 1 is All Saint’s Sunday - This is the day we remember those we have lost in the past year. If you have a person (or people) you would like to honor please contact the church office no later than October 28. Please remember to only include those we have lost since November 2, 2025. Also, if you would like to bring in a photo of your loved one we will be creating a display on the altar.

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.

October’s Fellowship Discovery Luncheon will take place on Tuesday, October 27th @ 12pm. It is a "field trip" to Dutchess Outreach. We will be eating at The Lunch Box and then going on a tour. We will meet at church at noon and carpool. Additional donations may be made to Dutchess Outreach.



The Susan DeKeukelaere Memorial Coat Drive - It’s that time again to go through your closets to find gently used winter coats that you won’t be wearing anymore! PUMC will be a collection point for coats and jackets for men, women and children during the month of October. Just put your clean coats and jackets in the designated bin the coat alcove at the church’s North entrance. Each year THOUSANDS of coats are collected across the county. The need is great! A warm coat can make all the difference during our Hudson Valley winters! Contact Barb Adams with questions (bcadams317@gmail.com)

Rides to Early Voting Available! - Bill & Andra Moskowitz have generously offered free rides to the library on Boardman Road for Early Voting! **Tuesday, October 27 – Thursday, October 29 12:00–2:00 PM** If you or someone you know needs a ride, please call either of these numbers (423) 329-1650 or (423) 329-5764. Many thanks to Bill and Andra for generously helping community members get out and vote!

Dutchess Interfaith Crop Walk – October 18th @ 12 -2pm

The Poughkeepsie UMC Youth are grateful for the opportunity to participate in the CROP Hunger Walk, helping families who are struggling with hunger both in our community and around the world. Please won't you join us in stopping world hunger by walking with us or making a donation? Thank you!

<https://events.crophungerwalk.org/chw/team/poughkeepsie-umc-youth>



Donate or sign up
for your walk today!

To donate via the QR code, please scroll to “**Make a Donation**”, then search for team “**Poughkeepsie UMC Youth**”. Thank you!

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**From Smith Metropolitan A.M.E. Zion:** For 190 years, Smith Metropolitan A.M.E. Zion Church has stood as a place of faith worship, Fellowship, and service to God and Community. It is with great joy and thanksgiving that we invite you, your congregation, family, and friends to join us as we celebrate a truly blessed and historic milestone – Our 190<sup>th</sup> Church Anniversary.

Our anniversary weekend festivities will include:

Friday, November 13<sup>th</sup> – Gospel Night

Saturday, November 14<sup>th</sup> – 190<sup>th</sup> Anniversary Dinner @ Joseph’s Steakhouse – tickets required

Sunday, November 15<sup>th</sup> – 190<sup>th</sup> Anniversary Worship Service

Contact information as well as much more info is posted on the bulletin board outside the woman’s restroom or you can call the PUMC church office.

## FAITH ROUNDTABLE

**Exploring Faith. Asking Questions. Growing Together.**

**What do you believe—and why?**

Have you ever wondered how the Bible came together, what makes United Methodists different, or how centuries-old Christian teachings relate to the world we live in today?

Perhaps you've been part of the church all your life but still have questions. Maybe you're returning after time away, exploring Christianity for the first time, or simply looking for an opportunity to deepen your understanding.

**The Faith Roundtable at Poughkeepsie United Methodist Church is a place for you.**

This adult discussion series explores Scripture, Christian history, Methodist beliefs, grace, prayer, worship, and what it means to live our faith in everyday life.

This isn't a lecture where everyone is expected to agree. It's an opportunity for thoughtful conversation, honest questions, shared discoveries, and even a little fun along the way.

**What to expect:**

- Meaningful discussions in a welcoming atmosphere.
- Biblical, historical, and theological insights.
- Opportunities to explore questions and different perspectives.
- Advance readings to enrich our conversations.
- No tests, no required written homework, and no expectation that you

have all the answers.

**When:** Scheduled Sundays following worship

**Length:** 60 minutes

**Who:** Adults of all ages and levels of faith experience

Whether you're considering church membership, renewing your faith, or simply curious about Christianity, you're welcome at the table. Participation does not require a commitment to confirmation or membership.

**Come with your questions. Bring your experiences. Discover what we can learn together.**

*For more information, speak with the pastor.*

***Please feel free to join us in the Youth Room today at 11:30 AM!***

## News from DCIC: Dutchess County Interfaith Council

### Faith Forum: Partnerships for Strong and Healthy Communities

Northwell Health's Institute for Community Health and Wellness and the Dutchess County Interfaith Council invite you to join us for an evening of conversation, listening and collaboration as we explore how faith communities and healthcare organizations can work together to build stronger, healthier communities.

During this forum, representatives from the Institute for Community Health and Wellness will share examples of successful partnerships with faith communities across the regions Northwell serves. More importantly, we want to hear from you. This gathering is an opportunity for local faith leaders and community members to help us better understand the needs of Dutchess County and identify meaningful ways we can partner to support the health and well-being of our neighbors.

**Date: Thursday, October 22      Time: 7:00 p.m.**

Location: O'Shea Conference Center, Vassar Brothers Medical Center

GPS Address: [9 Livingston Street, Poughkeepsie, NY 12603](#)

Parking & Directions: Please park in Garage A and walk to the main lobby of Building A (the Patient Pavilion) on the north side of Livingston Street. Security or a staff member will direct you to the O'Shea Conference Center.

We hope you will join us as we begin a conversation about how faith, community, and healthcare can come together to help all of us flourish. Kindly RSVP via email to [admin@dutchesscountyinterfaith.org](mailto:admin@dutchesscountyinterfaith.org)

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***You are cordially invited to join us for The 2026 DCIC Annual Gala & Awards
One World. One Family.***

Monday, November 16th - 6pm - Villa Borghese ([70 Widmer Rd, Wappingers Falls](#))

This year we will be recognizing and celebrating these noble award recipients:

Rev. Thomas D'Albro - Interfaith Legacy Award,

Muriel Horowitz - Rabbi Erwin Zimet Humanitarian Award

Taylor Holbrook - Community Spirit Award

Once again, PUMC will have a table at the event. If interested in attending, please let Barb Adams know (bcadams317@gmail.com)



**Poughkeepsie United Methodist Church
Join us for Fun, Games & Trick-or-Treating**

Saturday, October 24 @ 1pm to 3pm

No Scary Costumes Please

**Adults: We can't do this without you!
Please join us by decorating your trunk
and providing the treats.**



**New This Year!
A Hayride and a Pumpkin Patch!**

**FRIENDSHIP CIRCLE'S 2026
ELECTION DAY APPLE PIE BAKE**



**WE NEED YOUR
HELP!!!!**

**APPLE PEELERS, BAKERS,
BOX FOLDERS, CLEAN UP CREW.**

**NOVEMBER 2ND 8:00AM-4:00PM
TUESDAY, NOVEMBER 3RD 8:00AM-???**

**PLEASE SIGN UP ON OUR CHART IN THE
HALLWAY. YOU ARE WELCOME TO HELP FOR
A COUPLE OF HOURS OR ALL DAY. COME
FELLOWSHIP WITH US AND LEARN HOW TO
MAKE AN APPLE PIE START TO FINISH!**

THANKSGIVING BASKETS

Our Church will again be sponsoring the Adopt-a-Family for Thanksgiving Program. We hope to provide a nutritious, traditional meal. We are asking those who can to provide a family of 4 the following items:

Box of instant potatoes
Box of stuffing mix
4 cans of vegetables
1 can of yams
1 can of cranberry sauce
2 envelopes of gravy mix
and
a check for \$20.00 to cover the cost of the turkey, pie and rolls



OR

Donate funds so that the items can be purchased. You can make a check payable to the PUMC and note clearly on the check "Thanksgiving Baskets" or place cash in an envelope marked "Thanksgiving Baskets"; then place it in the offering, mail it to Church, or drop it into the mail slot outside the church office. Please do not leave money in the coat closet. We also would appreciate a donation of a turkey.

Sign-ups for donating a bag of food and money donations can be done in Fellowship Hall during the month of October or call Nancy Marrine on her home number (845-471-6492) or text/call her on her cell (845-380-4887) if you can provide a basket. You can also send an email (NMarrine@aol.com). If you are not shopping and want to contribute a basket please let us know and we can shop for you.

The groceries and checks and turkeys will be brought to Church by Sunday, November 8 and will be placed in the Narthex or the coat rack by Fellowship Hall. The Thanksgiving baskets will be distributed on Friday, November 20 at the Family Partnership Center on North Hamilton St.

We also need helpers in the Church office on October 26, 27, 28, 29, & 30 to take telephone calls for baskets. Additional assistance will be needed to bring the bags of food to the Family Partnership Center and assist in the distribution. For information or to volunteer, call the Church office (452-2933) or Nancy Marrine.



Sermon Summary: "A Non-Anxious Presence"

Philippians 4:4–9

October 18, 2026

Our minds are always scanning for trouble. We replay conversations,

imagine possible outcomes, check for updates, and tell ourselves that constant vigilance is the same as responsibility. Anxiety can alert us to real concerns, but when the inner guard never goes off duty, every sound becomes a threat and every uncertainty feels urgent.

Paul writes to the Philippians from prison, unsure whether he will be released or executed. The church itself is under strain, and two respected leaders are in conflict. When Paul says, "Rejoice in the Lord always," he is not denying pain or danger. Their joy is rooted not in easy circumstances, but in the nearness of Christ.

Paul does not shame anxious people. Instead, he gives them a way to respond. Bring everything to God in prayer. Name the fear honestly. Offer thanksgiving, not because gratitude erases pain, but because fear is never the whole story. Paul then promises that the peace of God will guard our hearts and minds in Christ Jesus.

This peace is not something we manufacture by trying harder to calm down. It is the presence of God meeting us in the middle of what we cannot control. Paul also invites us to train our attention toward whatever is true, honorable, just, pure, pleasing, and worthy of praise. This is not shallow optimism. It is a refusal to let fear become the only voice interpreting our lives.

A non-anxious presence is not a person who never feels anxious. It is a person whose anxiety is no longer the only presence in the room.

This week, when anxiety sounds the alarm, turn it into a three-sentence prayer:

**God, this is what I am afraid of.
This is what I cannot control.
Show me what is true and faithful now.**

We may not know what happens next, but we do not face it alone. The Lord is near, and the peace of God still stands guard.

A FEZZIWIG CHRISTMAS

THE GHOST OF CHRISTMAS PRESENT WONDERS: WOULD YOU JOIN HIM AT FEZZIWIG'S?

We are exploring plans for A Fezziwig Christmas Dinner & Dance on **Saturday, December 12, 2026**.

Inspired by Charles Dickens's *A Christmas Carol*, the evening would include a formal sit-down Christmas dinner, Victorian decorations, seasonal entertainment, and an opportunity to learn *Roger de Coverley*—the English country dance enjoyed at Fezziwig's Christmas celebration.

Victorian or festive attire would be welcome but entirely optional. No dancing experience or partner would be necessary—and watching the dancing would be perfectly acceptable!

Before making our final plans, we would like to know:

- Would you be interested in attending?
- How many people might attend with you?
- Would you be willing to help?
- What kind of assistance could you offer?

Please complete our brief, nonbinding interest survey by **Sunday, October 18th**.

Scan the QR code to
take the survey
gaborhome.com/fezzsur