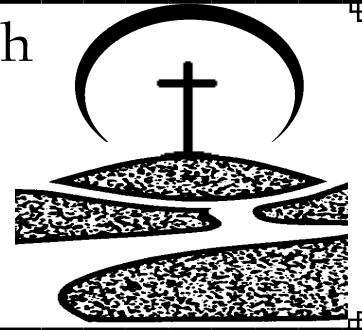


Poughkeepsie United Methodist Church

The

# Journey



February 2009

Greetings in Christ our Lord,



As we move forward into the new year it is often good to see where we have been. The following is an edited version of my report to the December 2008 Charge Conference.

**He bids us build each other up and gather into one...**

This portion of Charles Wesley's hymn "All Praise to Our Redeeming Lord" reminds us that a part of what we do as a church is to build each other up. Yes, we reach out beyond our walls, worship in a variety of ways, and grow disciples, but one of our key tasks is to support, encourage and move forward together. During this year we have asked, "What is God's call for Poughkeepsie UMC?"

In light of the changing economic forecast we have had to tighten our belt and think outside the box. Many ministries of our church have cut their budgets and yet continue to be effective and creative in their specific areas. Knowing that financial difficulties affecting us are even harsher outside our own walls we have continued to reach out to those in need.

Our Finance Building Committee was one group that certainly wrestled with the current economic climate. By September it became evident that this was not going to be a short lived economic downturn. The report of the Finance Building Committee to the Charge Conference outlined the directions we will take

this coming year. The Charge Conference voted to place the Building Project on hold.

The Church Health Team has also asked, "Where is God calling us?" In late winter 2008 a number of church members took the Natural Church Development survey and the results were reported to the congregation in the spring. Our minimum factor, or area needing the most work, was that of "Need Based Evangelism". Throughout the summer and fall the Church Health Team analyzed the results of the report, pulled in resources, interviewed community leaders, and solicited congregational feedback around "Need Based Evangelism". At Charge Conference you affirmed to move forward with their report.

Second Hand Rose, one of our church's most effective outreaches, went through a period of soul searching early in the year. After years of faithfully serving as chairpersons Jim and Diana Kyle found they could no longer continue serving. Second Hand Rose's membership had to evaluate the direction of this ministry and decide whether it should continue to exist. After much prayer and discussion it was decided that this was a ministry they felt called to continue. By God's grace Kathy and Joe Timm, new members to our congregation, decided to take on the leadership of Second Hand Rose. This could only happen because the existing volunteers recommitted themselves to the ministry of Second Hand Rose.

*Continued on next page*

One group that often goes about its work in the life of our congregation without any fanfare is the Hospitality Committee. When Bea Northway and I talked about what the Hospitality group does even I was surprised. Besides making sure that a coffee hour happens weekly they also provide meals for a variety of church and outside events, District meetings, clergy gatherings, lunches for seminars, other church dinners, meals for Vassar Warner Home, and on and on. In addition, the monthly Down Home Dinners and Pasta Suppers are wonderful gathering places for many people. If you have not recently come to one of these Thursday evening meals I invite you to do so. It is not only our "church family" that is served at these meals but also God's greater family. Seniors from the area gather with their friends to enjoy good food and conversation; families with young children come to a safe environment to feed their children and talk with friends; many people with special needs are present and our church family welcomes God's greater family with open arms. In addition, the Healing Prayer Team is present to pray with individuals who would like prayer and more often than not the people who come have no other connection to our church. This is a way we reach out to both body and spirit. I encourage you to thank the Hospitality Committee as well as the Healing Prayer Team for all that they do.

The Missions Commission came on board with a new area organization Mid-Hudson Love In the Name of Christ. Although in its infancy Love INC is an organization that joins churches, social agencies, and governmental programs together to help those in need in a way that keeps them accountable thereby transforming lives and communities. I am glad that our congregation is able to join with others in this time of great need for the poor.

As always, most of what happens in, around and outside our church could not happen if it were not for the superior church staff we have here at Poughkeepsie UMC. Our support staff of Lorraine Lingad, Louise Dalton, Joe Olah, Karyn Milham, and Derrick Rushing make it

possible for all of us to do ministry. Our music/worship staff of Anne Ciraulo and Polly James provide inspiring dynamic to our worship experiences. Our ministry staff, Marcy Conners, and Rev. Marty Morrison, help provide the needed leadership and hands on touch. One significant area of change has been in the Youth Ministry of our church. Under the guidance of the Staff Parish Relations Committee a new direction was plotted and Jeff and Katie Sanchez were brought on as Youth Directors for our church.

Each of these paid staff members deserve all of our thanks for the ministries they are involved in. They do so not merely for the sake of a pay check but because of the calling on their lives. Additionally, I often wonder how I could possibly do ministry without Frances, my wife. She is an asset to the ministry of our congregation and to my life. She provides a dynamic counterpoint to the ministry we are involved in here at PUMC. We are in ministry together. My children Alicia and Justin are no longer as active in the life of the congregation since they are away at school. Yet they are still passionate about knowing what is going on and supporting their mother and me. I cannot tell you the number of times we have forgotten to update them on some person or ministry dynamic here at PUMC and been raked over the coals for that.

As we continue to move into the future that God holds for us, I pray that we would do so with the principles that are hallmarks of our ministry: that we seek the face of God together, that we reflect more of God's character and likeness, and that we move forward together in the name of Jesus into all the world. That is our calling.

In Christ's Service,

Pastor Bob Thompson-Gee



**Please pray this week for our members:** Barbara Bates, Kathy Betz, Joy Beurket, Catherine Carroll, Tyler Carroll, Joan Cassidy, Janet Croushore, Carl Davidson, Margarette Dillinger, Eric Eichenhofer, Pam Harris, Marilyn Hedy, Dana Jones, Daniel Jones, Donna O'Neil, Patricia Riff, Arnette Schmidt, Mary Stoll, Phyllis and Bob Wagner

**Please keep friends of our church in your prayer:** Kelvin Arden, Gail Barnes, Debbie Bozyczko, Shirley Conder, Frank Gannon, Sr., Ruth Hathaway, Debbie Kane, Lynne Malone, Joy and Gerry Matusiewicz, John Miller, Hans Mueller, Fred Murray, Crace Olah, Ray Pascoe, David Polivka, Ron Van Etten, and Judith Weeks



**Bernadette Maria Spranzman**, a member of the church, passed away on December 23. Our thoughts and prayers are with John, Maria, Tiffany, and the rest of the Spranzman family.

**Mary A. Bird** died on December 25. An active member of the church, we send our regrets to all of her family and friends.

Our deepest sympathy to the loved ones of **Audrey Pulst**, who died on December 25. She was a member of the church.

**Earl Allen, Sr.** passed away on December 27. We extend our heartfelt prayers to his family and friends.

Church member **Marion Callo**, passed away on January 17. She was the mother of Sharon Eagan. Our condolences to the entire Eagan family, as well as all who knew her.



### Thursdays in Lent

Ash Wednesday is the start of the season of Lent. It is a season of reflection and introspection. This year during Lent we will be observing the season by setting aside time on our Church calendar to spend it in prayer and reflection. Every Thursday in Lent, starting on February 26 and ending on April 2, we will meet in the church Lounge at 6pm for prayer for an hour. All are invited. Why should you come? This is a great time for us to pray for our world, our nation, our church and ourselves. It is also a good time for us to gather out of our different services, fellowships, meetings, clicks and small groups and simply spend time focusing on God. God asks us to be in prayer as the church. So let us gather and do so. See you at prayer meeting. Pastor Bob



### From the Organ Bench

As we remain in this cold of winter, I am reminded again and again that God is in the warming sun, the flight of birds, and the smallest snowflake. And He is in all of our lives, guiding us and sending his love. Therefore, we sing His praise, even though it may be cold and sometimes bleak!

"Praise the Lord! Praise God in His sanctuary; praise God in His mighty firmament! Let everything that breathes praise the Lord! Praise the Lord" excerpt from Psalm 150

February is Black History Month and the Chancel Choir will be presenting several spirituals. Take some time to look in our Methodist hymnal-it has many spirituals with wonderful messages! Have a favorite? Let me know!

Polly James, organist/choir director



### Cherry Pie Bake February 14

Pies will be available for sale on Saturday Feb 14th from noon to 4:00 PM and on Sunday after both services. Cost is \$10.00.

### BIBLE 101 CLASS

Due to popular demand, Bible 101 will be offered mid-February to mid-March during the Sunday School hour, 9:45 to 10:30 a.m. February 22, March 1, 8 and 15. See Frances Thompson-Gee (FranTGee@aol.com) to sign up or just show up. Room location to be determined. Do you have trouble finding a book of the Bible? Do you have trouble figuring out what's the Old Testament and what's the New Testament? Would you like to know the main themes of the Bible? Or who wrote them? Or why they are there? Many found helpful insights from the fall class. Now it's your turn. NO EXPERIENCE PREFERRED. See ya there!



Please remember to give a donation for you doughnuts and beverage on Sunday. Its necessary to cover our costs which are about \$45.00 per week.



Ash Wednesday Service  
February 25  
7:00 PM



### From the Editor

This is your last chance to get onto out email list for the Journey. If you have not yet given us your email. please send it to the church office at office@pokumc.org. Also, an online version of the Journey is now available at www.pokumc.org. You will notice that the online version has had all personal information removed.



As pastor of Poughkeepsie UMC, one of the areas of ministry that makes me proudest is that of "Second Hand Rose".

Second Hand Rose has a ministry of presence. It is located in the heart of the city of Poughkeepsie and for more years than I can remember has reached out to the residence with a helping hand.

Second Hand Rose is a ministry of provision. You walk into the store and you are greeted by smiling faces that are more than willing to help. It provides gently used clothing items at gentle on the pocket book prices. It is helping to provide for those who cannot afford to pay more.

Second Hand Rose is a ministry of help. After the expenses of rent, heat, light, etc. are met, all of the proceeds from the store are returned to the community. By years end the proceeds often exceed \$40,000. Every dime goes back into the Dutchess County community.

Social workers, pastors, schools, correction officers, hospitals, etc. all know that they can call Second Hand Rose on behalf of their clients and get the help they need. Other second hand store proceeds go to support their organizations. Second Hand Rose stands above all because it supports our community with the tangible love of Christ! All of this indeed makes me proud to be the pastor of a church that sponsors Second Hand Rose!



**HEALING PRAYER  
CORNER  
FEBRUARY 2009**

Healing Prayer will continue after Holy Communion at each service on the

1<sup>st</sup> Sunday of the month.

Healing Prayer is always just a phone call away to set up a time for two people to listen, love and pray with you keeping all things confidential. Call the Church office or Frances Thompson-Gee (462-2468).

Pizza, Praise and Prayer and Thursday evening prayer takes a break during Lent. Please join the "Thursdays in Lent" prayer meetings. Look for information elsewhere in this newsletter.

Healing Prayer will be leading a School of Healing Prayer: Level I Training Saturday mornings February 7, 14, 21, 28 and March 7 and 14 from 8:30 to 12 noon in the Sr. High Youth Room, Number 14 downstairs. The training includes viewing sessions via DVD and group discussion and practice. The cost of the manual is \$30.00. Anyone who feels

called to this ministry is welcome to attend, or, if you feel you might be called but are not sure you are ready to commit yet, or, you want to learn more, you are welcome. Questions? speak with Peg Kilmer or Frances Thompson-Gee.

We would like to introduce ourselves from the Healing Prayer Team. This month's profile is from Debbie Lockard:

*"It was approximately 2 years ago that Frances Thompson-Gee mentioned that she was considering forming a Healing Prayer Team after seeing Fr. Nigel Mumford and the healing prayer ministry that he had. As Frances was speaking I felt such an excitement rise up inside of me. I was willing to suggest I would like to be on the team when Frances went ahead and asked me. I am a firm believer in prayer and in what God can do so that I jumped at the chance—totally feeling the nudge from the Holy Spirit to be God's representative and share in this ministry of healing prayer" –Debbie Lockard*

Take a step of faith and bring your requests to God. He is waiting to minister to you.



**Youth News-February 2009**

It's the kick-off of 2009 and the youth is in full-swing!

Even though we have a lot of fun horsing around, we're looking forward to a year of growth in the lives of our teens most of all. Our prayer for 2009 for the youth is that God would do something new in their hearts – the old is gone, the new has come! We pray that they will discover afresh how great God is, be filled with passion in following Christ and in reaching out to others. We hope to give them opportunity to see their God-given potential and use it to the full!

What have we been up to?

For our first event, "TGIF", we went bowling and filled up four full lanes. It was really great to see some new faces and spend time getting to know the youth. We also had a blast at the

Senior High retreat while challenging the teens to a deep commitment as a disciple of Christ and to share the good news of His grace with others.

You may have noticed already all the ways in which the youth are serving and raising funds for the summer missions trips to Philadelphia and Mexico. We have been selling PUMC sweaters and even pre-ordered subs for Super bowl Sunday (so you can stay glued to the TV!). Many thanks to all of you who have supported us!

Please keep praying for the youth and the leadership team that give freely of their time and their hearts to make this ministry happen.

May God bless you tremendously,

Jeff and Katie Sanchez



# United Methodist Women

United Methodist Women unit shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the worldwide mission of the church. Our meetings are open to all women. Come join us!! For information call Geri Hoernes, president (462-2316).

**Friendship Circle    Wednesday February 18    7:00pm PUMC Lounge**

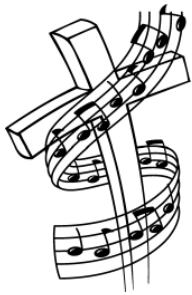
**Program:** Winter is truly here and our program person has perhaps fled this weather! Carla's contacts have gone unanswered, so please watch our Sunday bulletins for program information as well as our collection items for Dutchess Outreach. Anne Christmas, Circle President .

**February "Cherry Pie" Sale (sponsored by Friendship Circle)**

**Saturday, February 14** please call Anne Christmas to sign up to work. For price and pickup details see announcement in this Journey

**Wesley Circle** Since our Wednesday meeting falls on the first day of Lent. We will not meet, so that we may attend the Ash Wednesday service.

Our "**PUMC Prayer Shawl Ministry**" has received a wonderful response and we thank those of you who have offered your creative gift of knitting and crocheting. If you wish to be part of this ministry, please contact Geri Hoernes or Sally Joseph for instructions.



## SERVANTS NEEDED!

The Audio/Visual Ministry at 8:30 Sunday service REALLY needs a few more servants.

If you can point and click, Bob Ciraulo would happily share his spot at the computer with some folks who would be willing to help on a

rotating basis. Serving in this position only requires Sunday morning service attendance.

Back at the sound console, Bob Wilson needs helpers too. If you can follow instructions, you can run this sound console. Bob will teach you the wires and knobs of the job. Serving in this position only requires Sunday morning service attendance.

Perhaps you've seen this request for help before. Perhaps you're even tired of reading about it. Perhaps God is speaking to some of you to re-

spond. The disciples were not great men of faith when Jesus called them. Sometimes he called them more than once before they responded. The important thing is that they made the choice to follow...to grow with the calling. We don't expect highly skilled computer or sound experts... we are issuing the call again and again for willing servants who will grow into the ministry. If Jesus is calling you, maybe you are ready to respond.

As always, VIP welcomes new singers who can stay reasonably on key, as well as instrumentalists with talent to share. Joyful Ringers is also happy to receive new members, who come with experience, or a desire to learn.

Please contact Anne at by email at [bobeep-beep@hotmail.com](mailto:bobeep-beep@hotmail.com) for information about any of these ministries.

Anne Ciraulo  
Worship/Music Leader  
Handbell Director

Hi everybody, it's Timothy,

Boy, has it been cold lately. I mean really cold. When the wind starts blowing outside the church I just bundle down into my blankets even more. I don't know about you but I don't remember when it has ever been so cold. It is nice to have the snow and everything but I sometimes wonder if it will ever get warm again. Pastor Bob reminded me that this is just the cold season of the year and although it has been colder than normal, it will get warm again. Probably sooner than we'd like. He says that is just the way the weather is. The weather changes.

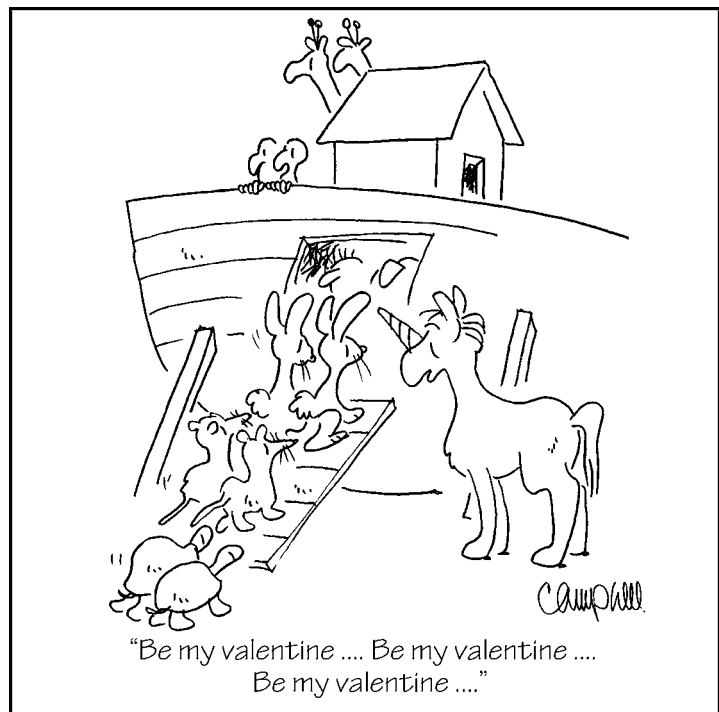
I do sometimes wonder about the weather and why it always keeps changing. Justin, Pastor Bob's son, has gone to college and is studying to be a weatherman and I cannot wait for him to get home so I can ask him why the weather is always changing.

I guess a lot of things in life change. I do watch a lot of my friends in church get older, and people move and new people come. But in the middle of it all God stays the same. If it is cold, God is there, if it is warm God is there. If we are old, God is there, if we are young God is there.

I know it helps me to know that God is always there for me no matter what. But it is still cold; guess I will just have to have another cup of hot chocolate.

And remember God loves you and so do I,

Love,  
Timothy



Now don't worry, we are not having Vacation Bible School in the winter. But, it is never too soon to start planning. VBS will take place on July 13 - 17, 2009. We will need adult and teen volunteers. For many children VBS is one of the highlights of the summer, and the adults frequently have as much fun as the children. Contact Marcy Conners (452-2933) for more information.

# HEARTS in the morning

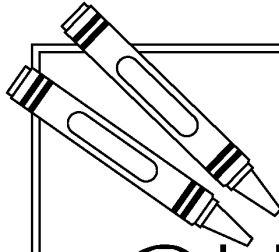
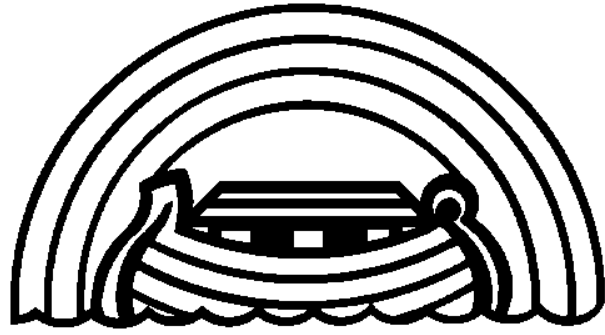
Start your morning with heart. Enjoy this special breakfast with someone you love!

### What you need:

- Your favorite pancake recipe and syrup
- Pan or griddle
- Cooking spray
- Liquid measuring cup
- One 5-inch heart-shaped metal cookie cutter
- Wooden clothespin
- Spatula
- Adult help

### What you do:

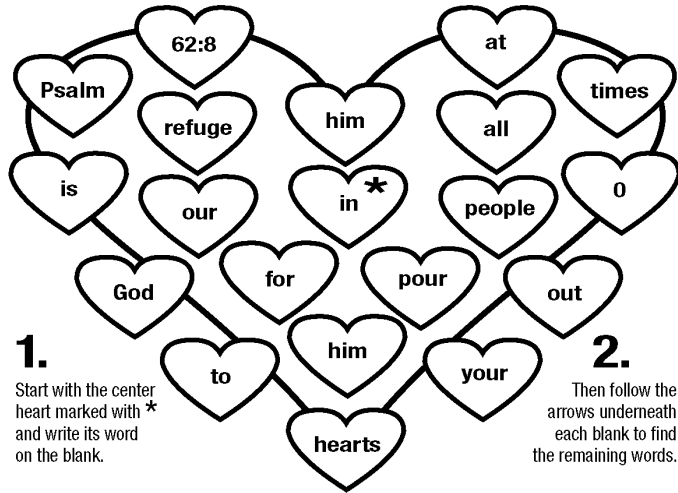
1. With an adult's help, follow your recipe to make your favorite pancakes.
2. Spray cooking spray onto your pan or griddle.
3. Pour pancake batter into a liquid measuring cup. (This helps with pouring individual pancakes.)
4. Place the cookie cutter on the pan or griddle. Then clip the wooden clothespin onto the cookie cutter to act as a handle.
5. Pour batter (about 3-4 Tablespoons) into the cookie cutter.
6. Cook until the top is bubbly and the pancake is dry around the edges.
7. When the heart is ready to flip, use the clothespin to lift and remove the cookie cutter.
8. Turn the pancake with the spatula and cook until golden on both sides. Enjoy with your favorite syrup or fruit.



Just for **KIDS**

## OUR HEARTS

This special Bible verse from the NIV describes what God wants us to do with our hearts.



1.

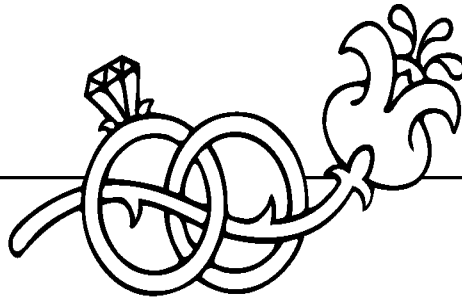
Start with the center heart marked with \* and write its word on the blank.

2.

Then follow the arrows underneath each blank to find the remaining words.

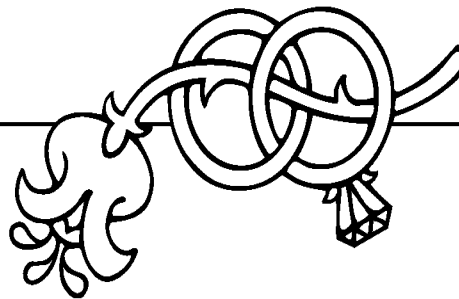
“Trust \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_; \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
 \_\_\_\_\_.”

Answer: “Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.” Psalm 62:8



MARRIAGE RETREAT  
 SATURDAY MARCH 7, 2009  
 Poughkeepsie United Methodist Church  
 8:30 AM - 4:30 PM

Pastor Bob and Frances Thompson-Gee will host a one day Marriage Builders Retreat at our Church on Saturday, March 7, 2009 from 8:30 a.m. to 4:30 p.m. Topics will cover personality, communication, conflict, gender differences, sexual intimacy and spiritual harmony. We have been saddened by the rise of struggling marriages in our community. ALL marriages can use a tune up. Good marriages can become great. Struggling marriages can find hope. Busy marriages can find rest. Worn out marriages can find joy. Young marriages can find wisdom. Want to learn your "love language"? Then join us and find out. Child care can be arranged with advance notice. Bring your own lunch. No fee. Advance registration IS necessary. Fill out the form and return to Pastor Bob or Frances by March 1<sup>st</sup>. Invite your friends from the community! Open to all couples. For more info, FranTGee@aol.com.



**SIGN ME UP FOR THE MARRIAGE BUILDERS RETREAT**

Saturday, March 7, 2009, 8:30 – 4:30, Poughkeepsie United Methodist Church  
 2381 New Hackensack Road, (Route 376 near Vassar Farm)  
 Poughkeepsie, NY 12603, 452-2933  
 (return form to Church Office)

NAMES: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ANNIVERSARY (including year) \_\_\_\_\_

I NEED CHILDCARE: (number/ages of children) \_\_\_\_\_

Poughkeepsie United Methodist Church  
2381 New Hackensack Road  
Poughkeepsie, NY 12603-4260  
(845)452-2933 FAX (845)452-3103

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Poughkeepsie, NY

**FORWARDING SERVICE REQUESTED**

Dated Material

Please Expedite



The Journey Deadline for the **March** Issue is  
**February 11, 2009**

Phone Number: 845-452-2933  
E-mail Address: [office@pokumc.org](mailto:office@pokumc.org)  
Newsletter E-Mail Address: [trinarosem@aol.com](mailto:trinarosem@aol.com)  
Web site Address: [www.pokumc.org](http://www.pokumc.org)

Robert Thompson-Gee, Pastor

Martha Morrison, Pastor of Visitation  
Jeff and Katie Sanchez, Directors of Youth  
Marcy Conners, Director of Children's Ministry

Polly James, Music Director, Organist  
Anne Ciraulo, Worship-Music Leader  
Karyn Millham, Editor, Newsletter