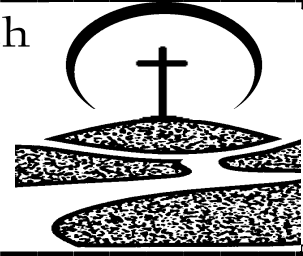


Poughkeepsie United Methodist Church

The Journey



Greetings in the Name of
Jesus,

From
the
Pastor

July/August 2009

The longest day of the year is upon us and in spite of all the rain and cool weather we have had the last few weeks, summer is starting. Summer is often a nostalgic time of year for me. Like Christmas and Thanksgiving, I often think back to summers long ago and their pleasant memories. Of riding bikes all day, swimming in the lake, playing ball and catching fire flies. When I got older I remember summers of working all day and then going to the drive-in with friends, of going out to Friendly's and enjoying not only the ice cream, but the air conditioning and, of course catching fireflies. Summers seemed to go slowly and then suddenly they were over and school or work started in earnest with the cool breezes of fall.

Even though summers are a lot busier than I remember (perhaps that is just part of the nostalgia of looking back and remembering what you want) they are still a time for catching one's breath, of reflecting on the year, of rest and relaxation. I believe that God meant life to be like this. That in the natural pace of

things there are times of busyness and times of rest. In this way we can be prepared to be and do all that God has for us. And we can know that resting and renewing are not the frivolous notions of yesteryear but the way we were intended to live.

I do pray that this summer is a renewing one for you. May this summer be a time to reclaim your friends and family, a time to catch up with yourself, a time to be rejuvenated. If you are looking for ways to help that to happen, the Fellowship Committee has a number of events planned this summer. Do look for them in the church bulletin.

My prayer for us all in these summer months is that we will find that when the summer does end we will be able to know it was a time of refreshing in God's Grace.

And like Timothy says, see you in worship.

In Christ's Service,

Pastor Bob



Please pray for our members: Alan Arnfield, David Arnfield, Barbara Bates, Joy Beurket, Catherine Carroll, Tyler Carroll, Joan Cassidy, Janet Croushore, Margarette Dillinger, Eric Eichenhofer, Pam Harris, Marilyn Heady, Nora Hunt, Dana Jones, Danny Jones, Patti Karcher, Paul Smith, Mary Stoll, Pat Taylor, Phyllis and Bob Wagner.

Please keep friends of our church in your prayers: Kelvin Arden, Gail Barnes, Shirley Corder, Bruce Ferguson, Ruth Hathaway, Rich Koretsky, Lynne Malone, Ruth Moore, Hans Mueller and Diane Platt-Keil, Robert Werth.



On behalf of Rural and Migrant Ministry, I would like to extend a heartfelt "thank you" to all of the wonderful people at Poughkeepsie United Methodist Church who opened your doors to our group and made us feel at home. It is impossible to list everything for which we are thankful, but I will attempt it nonetheless: for all the hard work and effort you put forth to make this event a success, for your professionalism, accommodations, kindness and support of our group. You truly provided out teens with an inspirational weekend they will never forget.

Andres Chamorro, Rural & Migrant Ministry

My heartfelt thanks to all of you who emailed, phoned, sent cards, for the delicious meals, caring thoughts and words, and especially for all the prayers on my behalf before and during my heart-valve surgery recovery. May God grant special blessings to each of you! Fred Kilmer

We want to express our thanks for your many prayers and support for our friend, Lorraine Lingad, during her recent illness and passing. Your expressions of sympathy are greatly appreciated.

Wanda Traver & Faith Krzywicki

Susan Moore would like to thank everyone for their prayers and concerns for her mother, Ruth Moore. Please continue praying for her because she is not doing very well at this time.



Thomas E. Stalter, a lifelong area resident, passed away on June 1. He was a member of the church, as well as an army veteran. Our sympathies to all who knew him.



Journey Youth News July/August

Jeff and I can barely believe that we have completed our first year as youth directors at PUMC! What a blessing! Thank you for making us a part of the family!

June was a very busy month for PUMC youth. We ran the annual Flea Market, which raised \$1,700 for the youth summer mission teams! We sold the many donated items we received from fellow church members, we had vendors, a café and we even ran a car wash. There were many volunteers that joined in and made it an extremely enjoyable and successful event! We were blessed with great weather and people from all over the community streamed in to enjoy it with us.

We also celebrated the end of the school year with our youth by reflecting on the year we've spent together at the End of Year Picnic. We enjoyed the youth band who led us in worship and heard from various youth who shared about their experiences. It blesses our hearts to see youth taking ownership of their faith and relationship with Jesus! Connor Cullen and Tyler Carroll are our two graduating seniors – but lucky for us, they will still be around next year as they are going to Dutchess.

Rent-a-teen was a youth-led initiative to serve neighbors, family and the church by performing household tasks to raise funds for the summer missions. We hope to do it again in the future thanks to the great response we got!

Even though the summer is upon us, our challenge to the youth is to make sure that others know they belong to Jesus – through their choices, their words and their lives – and that their pursuit of a closer relationship with God will not go on “vacation”! We pray that, through the summer missions and other youth events, God will transform lives and continue to fuel the flame of faith.

Upcoming events:

(No Youth Fellowship until Sept)
July 6-11 – M-Fuge
July 17 – TGIF
July 31- August 8 – Mexico Outreach
August 21 – TGIF
September 13 – Kick-off picnic

If you do not receive youth email updates as a parent or youth, please email Katie Sanchez (katie@jlifeusa.org) to be added to the youth mailing.

**POUGHKEEPSIE UNITED METHODIST
CHURCH
REPORT on NY ANNUAL
CONFERENCE
JUN 10-13, 2009**

Participants to this year's NY Annual Conference at Hofstra University in Long Island, NY were Pastor Robert Thompson-Gee, Barbara Tryon and Gerald Eagan.

During the four days of the conference we attended sessions where we listened to reports, petitions, motions and other conference business. Some of us also attended some morning worship and bible study sessions.

On Wednesday, guest speaker, Rev. Kwasi Kena, Director of Evangelism, General Board of Discipleship, gave a very inspiring opening meditation on Guide My Feet questioning what, why, and how we communicate with others. He emphasized that the primary focal point of the church should be Evangelism and Discipleship. All the other ministries of the church should be focused on these two.

The 210th Session of NY Annual Conference opened in the evening by Bishop Jeremiah J. Park. He announced a new NYAC Vision Statement, "The New York Annual Conference through the grace of God embodies a beloved community of hope, building up a healthy Body of Christ, with heart-warmed United Methodist in mission for the transformation of the world." Bishop Park emphasized that we are a beloved community of hope. He stated that Natural Church Development is working and helping to change the culture of the churches. Rethink Church is starting and

he emphasized that the work church needs to be a verb (doing) and not a noun (place). Churches need to turn themselves around by rethinking what they are doing. Bishop Park also invited all new disciples of Jesus Christ within the last 5 years to come to the conference on Saturday next year. He estimated that this would be around 5000 new members.

Bible Study at 8:30am for the three mornings was led by Rev. Safiyah Fosu, Director of Invitational Preaching Services, General Board of Discipleship. She is a gifted and powerful speaker. (See www.umcworship.org)

The Thursday evening session was the Passing of the Mantle Service in the arena led by Rev. George Englehardt. New Candidates (13) for Commissioning and Provisional Membership were presented.

Here is a summary of the report by the NYAC Cabinet. Items that were emphasized;

1) We need more books on discipleship, training leaders, and mentoring others.

2) Affirmed the need for working lay leaders to help their pastors and their church to the glory of Jesus Christ. The UMW should continue to develop a united and supportive fellowship for the benefit of the church and community.

3) Challenges we face: 1) Conflict in churches 2) Engaging in Evangelism 3) Providing the full pastoral compensation package 4) Practicing faithful stewardship; time, gifts and our financial resources. 5) Trying to make turnaround churches.

Continued from previous page
Poughkeepsie UMC's apportionments contributions for years 2008, 2009 and 2010 are:

2008 - \$65,034.00

2009 - \$68,051.00

2010 - \$63,812.00

On Saturday, members to NY Annual Conference brought in 2382 Health Kits for UMCOR.

There were awards handed out to mission teams in total of around \$50,000.

The conference, while challenging at times, was good and very informative.

Respectfully submitted to the people of the Poughkeepsie UMC,
Pastor Robert Thompson-Gee, Barbara Tryon and Gerry Eagan

Mission Opportunity!

When: November 7 - 14, 2009
Where: Hancock County, Mississippi
What: Hurricane Relief Construction
Contact: Rev David Manz at 297-7512. ASAP

Used Books

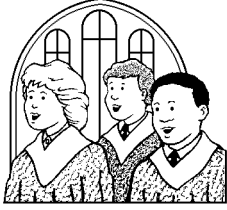
The Christian Mom's Group will be collecting used books to sell at the UMW annual Fall Bazaar. There will be a box set up in Fellowship Hall for this purpose. Thank you for your support

Transportation needed!

Thank you for your continued support and prayers for our summer missions trips. You have made it possible for 35 missionaries to make the journey to Philadelphia and 19 missionaries to Ensenda, Mexico! We are almost ready to go, **but are in dire need of transportation.** Our Philadelphia travel dates are: *depart PUMC July 6th at 9:00am and arrive in Philadelphia @ 2:00pm; and depart Philadelphia July 11th @ 10:30am and arrive at PUMC @ 3:00pm.* Our Mexico travel dates are: *July 31st depart PUMC at 8am for a 11:30am flight out of Newark airport; and pick up team on Aug 8th at Newark airport @ 4:36pm flight arrival.* If you feel a call to serve in this capacity, for Mexico, please contact Jeff Hart at 702-4622(cell), 463-1419(home), jhart5864@gmail.com, or for Philly, Jeff Sanchez at 830-374-7262(cell), 233-4781(home), jeff@jlifeusa.org.

Mexico Applebee Flapjack Breakfast

The Mexico team invites you to an Applebee pancake breakfast on July 25th 8am - 10am at the Applebees on North Road (by Marist). The \$5 ticket for this delicious breakfast can be purchased in Fellowship Hall on Sundays leading up to the event or from any team member. Please contact John Marrine (471-6492) for information. Thank you for your continued support!



FROM THE ORGAN BENCH

Greetings in the name of our Lord and many summer blessings surround you and your love ones! As I write, it is pouring again-I keep remembering that the sun and rainbows are still out there; I just need to close my eyes and revel in the pictures of sun, clouds, and rainbows. I need to remind myself that God is in the rain and the sun. He will always send what is needed to replenish the earth and my soul!

Your Chancel Choir is on "leave" for July and August. It is a time for them to renew and revive. Please help them to do this by offering your talents. Talents are gifts given to us all and we need to return our thanks for those gifts. If you sing or play an instrument-the Lord may be calling you to offer your gift to the congregation and to Him.

Talk with Polly and sign up for a Sunday. What you give will come back to you in so many ways!!! Share with the Lord and us your special gift!!! You will truly be blessed!!

In Christ's Service,
Polly James

Mid-Hudson Love INC

Love INC continues to serve those in need in our community. We're thankful that Poughkeepsie UMC is a partner church. We are still in need of strong bodies to help deliver furniture to those without any approximately once a week. Trucks are most welcome! We are also in need of gas cards and grocery cards for those without transportation to work or food in their fridge. Give those to Pastor Bob. Every little bit gets multiplied many times over. Speak to Frances Thompson-Gee (frantgee@aol.com; 462-2468) or your Church Liaison Pam Terwilliger (p_terwilliger@hotmail.com).

AUCTION

Come one! Come All! to the Mid-Hudson Love INC AUCTION hosted by St. John's Lutheran Church on Wilbur Blvd, SATURDAY, AUGUST 8 beginning at 10:00 a.m. (preview at 8:00 a.m.). Find gourmet dinners, golf greens, your favorite restaurant, quality furniture, art and vintage items to bid on and take home. Silent Auction, too! All that fun and a chance to help other people in need all at the same time! What a win-win for all! Speak to Frances Thompson-Gee or Pam Terwilliger for more information.



United Methodist Women

*** Is there a program that interests you?? You are not obligated to remain for the business meeting. Each meeting begins with the program, followed by refreshments – then a business meeting. (7pm for Friendship Circle, 1 pm for Wesley Circle) Everyone is welcome!*

2009 Fall Bazaar will be on Saturday, October 24 !!!

Carla Vinson created an entirely new theme last year for us, around “apples” and “harvest”. It was so successful – we will do it again!!! However, now it’s summer and time to relax and maybe work on any crafts and projects that would be great for our new theme. It is months away, but the fall sneaks up on us so quickly!! Especially this year!! Below is a list of ideas.

Quilted items All types are popular

Aprons Especially the ones with bibs. Holiday fabrics (fall and Christmas) sell well and fabric that is “unusual” for other times of the year.

Pillows Especially medium-size, well stuffed,

Afghans (knit or crochet) - baby size, lap size or larger

Mitten & Hats With designs so that they are different from store purchased items. Polar fleece is still very popular.

Stuffed Animals Made from unusual material with added embroidery & outfits. Adults will buy these for themselves or as gifts.

For ideas or questions, please call Wanda Traver (471-1344)

Holiday Decorations We will still have our “Holiday Boutique”. All types of items that would be suitable for Fall, Thanksgiving or Christmas. Great sellers are antique or small tree ornaments. Unique Christmas items. When you are cleaning out or down-sizing, please think of us!! Call Gladys Bierce (463-6143) with questions!

Gift bags of all sizes. (the kind that you receive from boutiques or better stores!) Also, please save any lovely items that we could use in our “New to You” room ,i.e. jewelry, note paper, fancy soaps, lovely candles, gifts sets, lovely dishes, vases etc Call Geri Hoernes (462-2316) with questions!

“Thank Banks” - an additional way we give to missions is by collecting our coins over the summer. (That extra change that accumulates!) If you don’t have a “thank box” any jar will do! Every gift is appreciated!

Save this date!

YOU are all invited!

Come to my Birthday Party and Celebrate Life!

Date: Monday, July 27, 2009

Time: 3:00-8:30 PM

Place: PUMC Fellowship Hall

Gift Requested: Donate blood, the gift of life

Your hosts: The New York Blood Center

Reservations: Requested and honored

Walk-ins: Gratefully accepted!

New donors: Especially appreciated!

I'm having a birthday in July and I want to share my celebration of life with my family, friends and neighbors in the community. I'm inviting you all to bring the gift of life to share with others in my honor. The gift of a single blood donation can help to save the lives of three people. My personal goal for this blood drive is 52 pints – one for each year of my life.

Every two seconds, someone needs blood, and one out of three people will need a life-saving blood transfusion in his or her lifetime. To meet local needs, New York Blood Center requires 2,000 blood donations each day. Summertime depletion especially impacts blood inventories, creating a challenge for blood banks and donors in ensuring replenishment of blood resources.

While all are welcome to stop by the party for one of my scrumptious homemade cupcakes, here are some helpful guidelines for those who would like to help celebrate by donating blood.

Eligible donors:

- are 16-75 years of age (16-year-olds may donate with NYBC consent form – available on the NYBC website below. Click on “Donate Blood”, then “Who Can Give Blood.” 17 and over folks should bring ID, such as a driver’s license. 76 and over may donate with a note from your physician)
- weigh at least 110 pounds
- are in general good health
- have not donated blood in the previous 56 days (8 weeks)

Did you know that taking medications doesn't prohibit donating? Donors can be diabetics, those on cholesterol or blood pressure meds...even nursing moms, after the baby is six weeks old, and cancer survivors in complete remission. A quick phone call to NYBC Community Health (Mon-Fri/9 AM-5 PM) at (800) 688-0900 will determine your eligibility to donate.

Donations take 45-60 minutes, including registration and a visit to the canteen. Because I value the gift you are giving, reservations are encouraged and will be honored. Walk-in's are ALWAYS welcome, as well, but making a reservation for your donation will allow you to plan your day more efficiently, and assist the smooth flow of the blood drive. You can even make your appointment online at www.nybloodcenter.org Click on “Schedule an appointment”, or “Locate a blood drive,” at the top of the page. You may need to register if this is your first time using the web site.

Continued from previous page
Please come and share in the celebration of my life by sharing your own gift of life with those in need.

Contact me, Anne Ciraulo, to make a reservation, or for information at:

Phone: (845) 462-5582

Burundi Mission Trip:

The team should be back safe and sound by the time you read this and we already know God used them in a very mighty way. Read the Mosleys blog to learn more or see the blogs posted in the binder in Fellowship Hall.

Bridget Marrine, and Alicia and Justin Thompson-Gee served on this 3 week mission trip. They left for Africa with an outstanding need for funds. They are about two thirds pledged and need to raise approximately \$1500.00. If you feel led by God to contribute to this optional opportunity, please make checks payable to PUMC, put "Burundi" in the memo line, and deliver to the church office. The account will remain open all summer. Thank you to ALL who gave to make the trip possible! Great is your reward in heaven!

Healing Prayer Corner July/August 2009

Healing Prayer is only a prayer away! Team members would be most thankful to pray with you just about any time. Give Frances Thompson-Gee a call (462-2468; frantgee@aol.com) to set a time and place at your convenience. And thanks for giving us opportunities to pray with folks last month! We continue to see answered prayer. God is on the move at PUMC! Join in! Don't be bashful in asking for prayer. God DESIRES to be present to His people.

Healing Prayer continues on the first Sunday of the month at both Communion Services. There is usually a team available for a few minutes after the service in the Nursey School Classroom near the Choir Room or give us a heads up and we'll be there for you. We're always looking for new prayer team members. Speak to us if you think God might be calling you in that direction. And we'd LOVE to share YOUR answers to prayer...either in the Journey or anonymously. Send them to Frances and encourage the faith of others by doing so.

Congratulations to our 2009 confirmands:

Eli Astruc, Kathy Borchert, Matthew Butkiewicz, Ryan Chaky, Rebecca Karen Hammell, Spencer Lloyd Hoernes, Timothy Frances McCoy, and Paul Sevigny

Back from Biloxi!

For the 4th year in a row, PUMC has sponsored a mission team to Biloxi to rebuild homes damaged or destroyed by Hurricane Katrina. This year's nine-member team included 7 veterans and 2 first-timers. We were able to put many talents to work while visiting 4 different job sites through the course of the week of June 1st. Among our chores were sanding drywall, framing doors, grouting, caulking, mudding, installing baseboards, interior painting, exterior painting, installing insulation, installing siding, roofing, making a paver sidewalk, and installing flooring. While there are still many, many people waiting to be back in their homes, the good news is that the city of Biloxi is looking much stronger. The beaches were full all weekend, the casinos appeared much busier than ever before, and the main route through town, Highway 90, was bustling on Friday night.

So how important are the efforts of the mission teams that have gone to the Gulf Coast? Once again this year we were stopped in the airport and thanked by a family who told us they would not be in their home today were it not for the volunteers. This is a comment we hear repeatedly each time we are there, and it is always very humbling. Additionally, we as a church can take pride in the fact that, of all the United Methodist conferences, our New York Conference has been the greatest contributor to rebuilding Biloxi. Thank you to everyone for your prayerful support of our trip and for the people of Biloxi.

Seeds of Strength

As we approach the halfway mark in our Seeds of Strength drive, we are also approaching the halfway mark for our goal of raising \$30,000 for our cash reserve by the end of September. As of June 16th, we have raised \$13,154.16. Watch for a new burst of flowers to appear on the doors of Fellowship Hall very soon! Please do stop by our display board in Fellowship Hall or in the Narthex and read ALL THE WONDERFUL BLESSINGS that many people in our congregation are celebrating! It is so easy for a garden to become neglected in the summer months. Let's make sure our joyful flowers keep blooming strong all summer long as we continue to gratefully celebrate the many blessings that God gives us here at PUMC!

Fall Bible Study

Sad news: at this time I will be unable to lead a Monday night "Old Fashioned Bible Study" in the fall due to my scheduling conflicts. I'll miss it! and all of you and all that we have learned and grown together. If and when I can get it back on the schedule, you'll be the first to know! With gratefulness for God's presence,

Frances Thompson-Gee



Notes on Praise

Thank you to all who participate in Music Ministry in our church! I am grateful for each singer and instrumentalist, for our computer prep and lyric projection team, for our sound board operators, and for those who faithfully set up and reset the stage each Sunday. Thank you again!

Each part of our Music Ministry contributes something of significance, blending gifts and talents together into a synergy that greatly enhances our worship. Much of the time we don't think about the importance of each individual part, but when one part is missing, we certainly feel the loss, and we scramble to cover the lack. Would you join me in offering your appreciation for the faithfulness of our Music Ministry, Projection and Sound servants? It only takes a moment to say thanks, but the investment of that moment yields affirma-

tion that lifts the heart and gives a sense of significance to the gift that each member of our servant team offers.

Even during the summer VIP welcomes new singers, younger or more mature, who can stay reasonably on key, as well as instrumentalists with talent to share. Projection and Sound Ministries always need help too. Young people are welcome! Joyful Ringers will be happy to receive new members, who come with experience, or a desire to learn, in the fall.

Please contact Anne at (845) 462-5582, or by email at bobee-beep@hotmail.com for information about any of the Music, Sound or Projection Ministries that serve at our 8:30 AM Sunday service.

Have a great summer!

Anne Ciraulo
Worship/Music Leader

Important Summer Dates:

July 6-11 - M-Fuge

July 13 - 2nd Hand Rose Giving

July 13-17 - Vacation Bible School

July 13-August 8 - Mexico Mission Trip

August 9 - Sundae Sunday

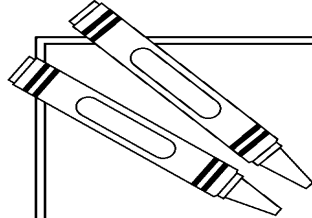
August 10 - 2nd Hand Rose Giving

August 12 - Sept Journey Deadline

Please note that the Tuesday Bible Study at 9:00 am and the Wednesday Prayers and Communion at 7:30 am continue to meet throughout the summer.



Timothy Times
July/August
2009



Just for KIDS

A Miracle Dinner

*Matthew 14:15-21 is a Bible story about a special dinner.
Below is a poem about that story.*

Complete the poem by filling in the blanks with the correct pairs of words.

then	true	late	lunch	rest	began	faces	done
men	you	ate	bunch	quest	ran	spaces	ton

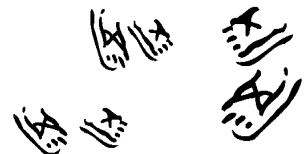
Jesus was tired and went to find _____.
 So away from the crowd he started his _____.
 It came to an end before it _____.
 The crowd followed Jesus; they walked and they _____.
 His boat pulled ashore and he looked at their _____
 five thousand men, plus families filled all open _____.
 And so Jesus spoke and he taught until _____.
 The disciples told him it was time they all _____.
 Jesus said, "Yes, that is certainly _____,
 and feeding this crowd is now up to _____."
 Feeding five thousand! It could not be _____!
 What would they do? They'd need a whole _____!
 But then a young boy came and offered his _____
 five loaves and two fish to feed this big _____.
 Jesus gave thanks and blessed it and _____
 it fed all the women, the children and _____!

Play this game
outdoors with
your friends!

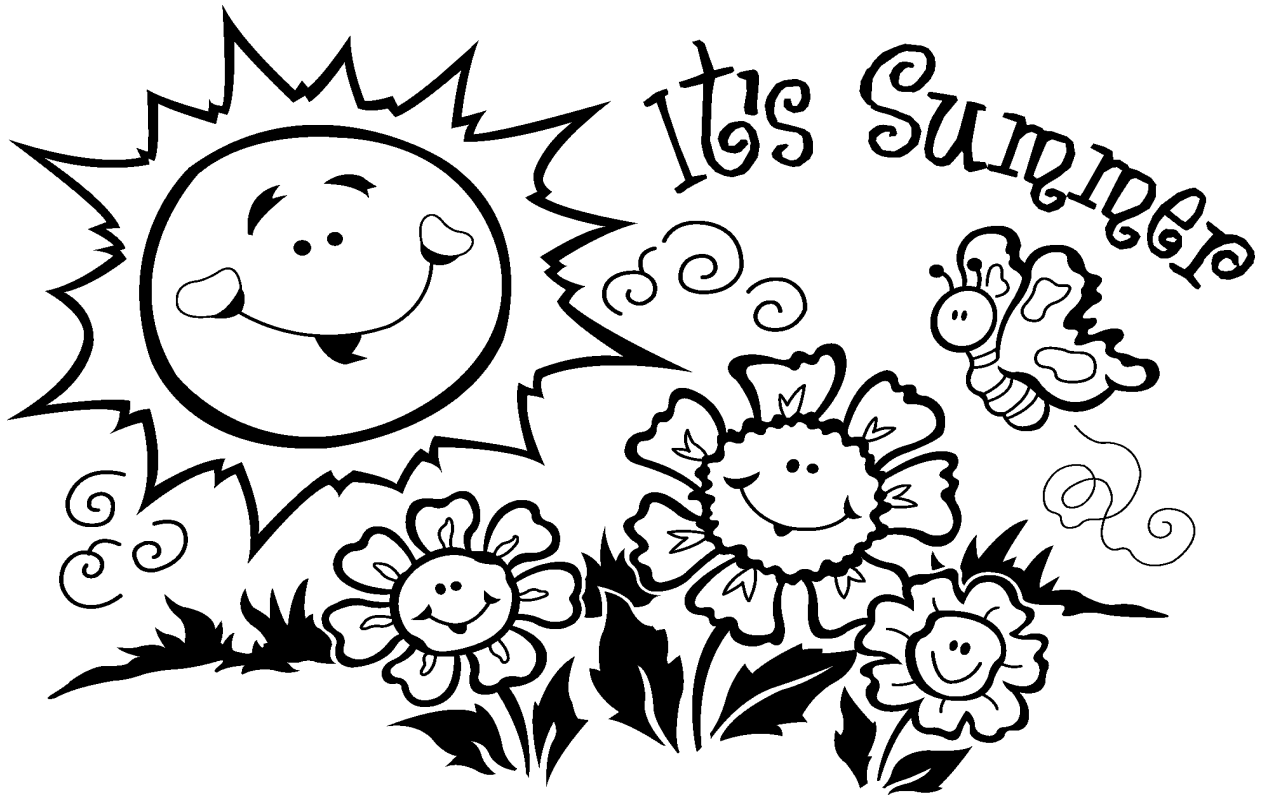
"In Paul's Footsteps"



1. Choose one person to be Paul.
2. Paul stands facing a tree or wall so the other players can't be seen.
3. The other players stand at a distance behind a line.
4. Paul says, "GO!" and the others try to sneak up and tap Paul.
5. As the players are moving toward Paul, Paul turns around and players must "freeze" in place. Anyone who moves must go back to the starting line.
6. Paul faces tree or wall again and the players continue to sneak up.
7. The first to tap Paul without getting caught wins and gets to be the next Paul.



ANSWER: rest/quest, began/ran, faces/spaces, late/ate, true/you, done/ton, lunch/bunch, then/men



Hi Everybody, It's Timothy,

Summer has begun and even though Pastor Bob has suggested a lot of things for me to do over the summer, I am still looking forward to it. Can you believe he thought I should practice my penmanship during summer vacation? I mean he did it in front of all my friends at church and everything. He and I had a little talk later. He asked for forgiveness for embarrassing me in front of all my friends. I mean I know at times I have embarrassed him ,too, but I'm just a kid! Pastor Bob did remind me, after I forgave him, that he is only human. Even grownups and even pastors don't always do things or say things the way they should.

It was easy to forgive pastor Bob because I like him and I know he didn't say it to hurt me. But I have to be honest, sometimes it is to hard to forgive especially when it is someone I don't like or I think they said or did something to hurt me on purpose. Pastor Bob reminded me that we are able to forgive, even when it is hard, because Jesus for-gave us.

I guess that is one thing I will have to practice this summer--forgiving people. Wow, I don't know which will be harder, practicing forgiveness or penmanship. Well, which-ever, I hope you have a good summer too.

See you in Church and remember: God loves you and so do I.

Love, Timothy

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Dated Material

Please Expedite

The Journey Deadline for SeptemberJourney is **August 12, 2009**

Phone Number: 845-452-2933

E-mail Address: office@pokumc.org

Newsletter E-Mail Address: trinarosem@aol.com

Web site Address: 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