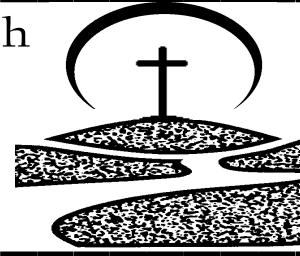


Poughkeepsie United Methodist Church

# The Journey



September 2009



Greetings in the Name of the God Who renews us,

It seems strange to write this article in the midst of vacation. However the church schedule stops for no one; not even me.

One of the things that our family finds renewing is being out in nature. The vacation that we have been on has given us a number of these opportunities. We traveled up to Nova Scotia, Canada. Our first stop was near the Bay of Fundy. This bay is said to experience the highest tides in the world. It is amazing to first "walk on the ocean floor" at low tide and then within thirty minutes see the tide rise 20-50 feet. Ask us about "Tidal Bore Rafting"! While there we also saw a number of American Bald Eagles. We have occasionally seen these magnificent birds in our area when we were intentionally looking for them but imagine our surprise when one flew along side us as we were driving across a bridge and that's just part of the story. From the Fundy area we headed towards the northern part of this Province called Cape Breton. It is from here that they must have gotten the name "Nova Scotia" (New Scotland). The mountain peaks and valleys were just awesome. We were able to hike in this area and from the top of a small mountain we were able to look out over

not only the land below but also the Atlantic Ocean. Amazing views!

I could certainly go on and on about the sights we have seen in these last 10 days but I am afraid I would begin to sound like a travelogue. For both my family and I it has been a time of renewal of family, friends, and spirit. Certainly there were rainy days that made things a little difficult and long hours of driving but the experience of being together and taking in the beauty of God's creation has made it a wonderful time of reconnecting with God.

My hope is that this summer has also been a time of reconnecting for you in your relationship with God. I trust that you have found or rediscovered ways that renew your soul and lead you deeper in your relationship with Jesus. If not I believe there are at least two more weeks left (Labor Day is falling late this year) so I'd encourage you to take this time before the Fall push takes it from you.

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, Paul Smith, Mary Stoll, Phyllis and Bob Wagner.

Please keep friends of our church in your prayers: Kelvin Arden, Gail Barnes, Shirley Corder, Ruth Hathaway, Rich Koretsky, Lynne Malone, Joe Masztales, Hans Mueller and Jean Shultis.

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## Thank You!

To all of the volunteers who put in their time and effort into making "Crocodile Dock" such a fantastic success. Volunteers like yourselves are crucial to having such a success and so I am sending you my gratitude and thanks.

Marcy Conners

Polly James: Thank you for honoring my request to present THE HOLY CITY on Sunday morning on June twenty first. As usual the piano rendition was excellent and Kervin Niver, tenor did an outstanding job as soloist. The congregation couldn't help but give you two a rousing applause. It was beautiful. Thanks again.

Kudos to Barb Adams for the redecorating of the main hall Ladies Room. What a difference!

Sally Joseph

A BIG thank you to Dan Jones for helping with the April and May spring Highway Clean-up projects

Susan Moore would like to thank everyone for their thoughts and prayers while her mother, Ruth, was sick



**Ruth I. Moore**, the mother of Susan Moore, passed away on June 21. Our deepest sympathy to Susan and her family.

We send our thoughts and prayers to the loved ones of **Ashton Stevens Krug**, who died on June 28.



# 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 Wed Sept 16 7:00pm FH Open to Congregation

Program: Fred W. Schaeffer, Attorney at Law, Chair of the Hudson Walkway group and one of the founders. Fred will give a *slide presentation and history of the walkway* which will be *officially opening on October 3<sup>rd</sup>*. Bring a friend, spouse or neighbor!!

Outreach: we are requesting a monetary donation (no shopping to do) so that we may sponsor a migrant woman for the Rural and Migrant Women's Conference Dec. 4-6 in Binghamton, NY. Women from all of NYS will attend. Circle president, Anne Christmas (914-474-3438) Program chair, Carla Vinson (849-1706),

Wesley Circle Wednesday September 23 1:00pm Lounge

Program: **Has God ever "winked" at you??** Perhaps after hearing Gladys Bierce review one of her favorite books **"When God Winks at You" by Squire Rushnell**, you will be willing to share one of your God "winks". A great way to start the Fall. We may get carried away and continue through our refreshment time and brief business meeting. All women are welcome! President, Wanda Traver Program information Gladys Bierce (\*82 463-6341)

## Calendar

**Fall Meeting** Wednesday October 7 7:00 pm

Bazaar Saturday - October 24 Sunday - October 25 (after services)

We look forward to seeing all your wonderful summer creativity. If you have items that need to be picked up or stored, call Sally Joseph (486-8054) or Geri Hoernes (462-2316). Please consider our "needs list" in the Sunday bulletins, beginning October 4. We appreciate our congregational support!

## **Confirmation for 8th graders.**

Confirmation will be starting September 13 during the 9:45 am Sunday School time. Pam Terwilliger will once again be leading with Pastor Bob also involved. If you or your child is in 8th grade and by the first week in September you have not gotten a letter do call the church office so

that we can include you. On the 13th parents are invited to be part of the class so that they can have and understanding of the expectations and material that is part of this class. If you have any questions please speak with Pastor Bob or Pam Terwilliger.

## **Hear God through DISCIPLE Bible Study**

Are you hungry for a deeper Relationship with God? . What better way to build a relationship, than by getting to know someone more?

*But if from there you seek the LORD your God, you will find him if you look for him with all your heart and with all your soul.” Deuteronomy 4:29*

The DISCIPLE Bible Study program may be exactly what you're looking for. Applicable for either the first time or experienced, through this in-depth study of Scripture, DISCIPLE is designed to strengthen your faith and understanding of God. Directed by the Holy Spirit, you will be nourished in God's Word and brought into greater relationship and vitality with God and other Christian Disciples.

***"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."***  
**Matthew 7:7**

Throughout this 34 week experience you will be led into greater understanding of the overarching story of the Bible, written by many, but Authored by One. Jesus said He is the Truth. Through the study of His Word, the Truth is revealed and will set you free. The Word of God, the only real authority we have, reveals the way of God, and His Purpose for YOU. DISCIPLE invites you to bring your experiences and struggles to the Scripture.

Come find out how the Holy Bible is as relevant today, as it was 2000 years ago!

***"Trust in the LORD with all your heart and lean not on your own understanding, in all your ways acknowledge him, and he will make your paths straight."*** Proverbs 3:5-6

**When:** Monday Nights 6:30- 9:00

**Where:** PUMC

**Who:** Adults, no prior experience necessary; Class limited to 12 so sign up now!

**What:** Your Study Bible, DISIPLE Study Manual (**cost \$35**)

**Why:** Because God loves you

This study requires reading large portions of Scripture each week (about a half hour a day) and is based on careful study and preparation. During the course of thirty-four weeks, the group will move through the biblical stories of Creation to the New Jerusalem. The titles of the sessions along with a summary video, theme words; theme verses; and major persons, events, and topics will set the sequence of the biblical story in the minds of the participants. The principal Scripture for each session follows the chronological movement of the biblical story.

***"If you make my word your home, you will indeed be my disciples."***  
**John 8:31**

Contact Brian Lundin 845 849 1807 or [brian.lundin@nielsen.com](mailto:brian.lundin@nielsen.com) for more details.

## September 2009 Calendar

<p>Tues, Sept. 1 9:00 am Bible Study</p>	<p>Sat, Sept 12 8:30 am Men's Breakfast</p>	<p>Tues, Sept. 22 9:00 am Bible Study 7:00 pm SPR</p>
<p>Wed, Sept. 2 7:30 am Prayers</p>	<p>Sun, Sept 13 Sunday School Starts 12:00 pm Youth Picnic</p>	<p>Wed, Sept. 23 7:30 am Prayers 6:00 pm Joyful Ringers 7:00 pm Sandy's Share Grp</p>
<p>Thurs, Sept. 3 3:00 pm Collate Bulletin</p>	<p>Mon, Sept. 14 4:00 pm 2nd HR Giving 7:00 pm Visitation</p>	<p>7:15 pm VIP's</p>
<p>Fri, Sept. 4 11:00 am Bible Study</p>	<p>Tues, Sept. 15 9:00 am Bible Study</p>	<p>Thurs, Sept. 24 3:00 pm Collate Bulletin 7:00 pm Choir</p>
<p>Sat, Sept 5 8:00 am Highway Cleanup 8:30 am Men's Breakfast</p>	<p>Wed, Sept. 16 7:30 am Prayers 6:00 pm Joyful Ringers 7:00 pm Sandy's Share Grp</p>	<p>Fri, Sept. 25 8:00 am Collate Journey 11:00 am Bible Study</p>
<p>Sun, Sept 6</p>	<p>7:00 pm Friendship Crl 7:15 pm VIP's</p>	<p>Sat, Sept 26 8:30 am Men's Breakfast</p>
<p>Mon, Sept. 7 Labor Day-Office Closed</p>	<p>Thurs, Sept. 17 3:00 pm Collate Bulletin 7:00 pm Choir</p>	<p>Sun, Sept. 27 6:00 pm Youth Fellow- ship</p>
<p>Tues, Sept. 8 9:00 am Bible Study 7:00 pm Comm on Edu 7:00 pm Trustees</p>	<p>Fri, Sept. 18 11:00 am Bible Study</p>	<p>Mon, Sept 28 6:30 Bible Study</p>
<p>Wed, Sept. 9 7:30 am Prayers 7:00 pm Sandy's Share Grp</p>	<p>Sat, Sept 19 8:30 am Men's Breakfast</p>	<p>Tues, Sept. 29 9:00 am Bible Study</p>
<p>Thurs, Sept. 10 3:00 pm Collate Bulletin 7:00 pm Choir</p>	<p>Sun, Sept 20 6:00 pm Youth fellowship</p>	<p>Wed, Sept. 30 7:30 am Prayers 6:00 pm Joyful Ringers 7:00 pm Sandy's Share Grp</p>
<p>Fri, Sept. 11 11:00 am Bible Study</p>	<p>Mon, Sept 21 6:30 Bible Study</p>	<p>7:15 pm VIP's</p>



**Youth News**  
**September 2009**

**Youth Mission Teams**  
**we're proud of you!**

Katie and I would like to extend a "Way to Go!" to everyone who participated in the M-Fuge and Mexico mission teams this summer. We had an overwhelming response to mission trips this year with 29 youth going to Philadelphia and 14 going to Ensenada, Mexico! We are extremely proud of each and every one of you who took a chance to step out of your comfort zones and serve. Our prayer for you is that these trips will not become just another momentary experience, but a life-changing experience. You do not need to go anywhere to live and serve like you did over there. Again, we're proud of each and every one of you, and remember to move forward in your faith journey and don't forget to glorify God every step of the way!

For His glory and our joy,  
Jeff and Katie Sanchez

**Welcome Back Youth and Welcome to our new 6<sup>th</sup> graders**

It's that time of year again...back to school! Some of you will be going to a new school, while others may be approaching your last year in your schools. Whatever your case, change is in the air, and with that the PUMC youth group welcomes our new 6<sup>th</sup> graders to the group! We are excited to have you, and we are looking forward to the laughs, the fun, the learning, the spiritual growth, and everything else that you will experience while you are with us. For the next 6 years we will be living life together and learning so much from each other. So, in short, welcome to your new community and family. We are glad you are here.

For His glory and our joy,  
Jeff and Katie Sanchez

**Lake Champion Middle School**  
**Retreat** – Oct. 23-25<sup>th</sup>; Cost is \$115/ per person. Sign up on bulletin board outside of fellowship hall. \$25 deposit due now. Contact Jeff or Katie Sanchez for more details.

**Check the website**  
**([pumcyouthfellowship.org](http://pumcyouthfellowship.org)) and**  
**the Sunday bulletin for the most**  
**current youth announcements**  
**and activities.**

## ***Healing Prayer Corner September 2009***

God continually answers prayers for healing. Trust Him to answer YOUR prayer! And draw you closer to His side in the process.

The Healing Prayer team is ready to pray with you for your need or the need of a friend or relative at any time. Just call or email to arrange: 462-2468 or frances.tgee@gmail.com (note new email address). You can also send a confidential prayer request to healingprayer@pok-umc.org and it will be prayed for and you will receive a response.

Healing Prayer is always available the first Sunday of the month just after Holy Communion at both services. We try to have a team in the front of the church, a team in the back of the church and a team (sometimes just after the service) in a more private setting in the nursery school room (next door to the choir room). Please come! Let God speak to you through this very special time of prayer.

Hear these words from team member, Jan Peters, about her experience:

“It’s meaningful for me to be part of the Healing Prayer Team, because I have experienced healings in my own life and seen them in the lives of other members of my family. Whether the healings were miraculous or from doctors, to whom God had given the skill and knowledge, they were an amazing answer to prayer. In addition to the healings, we were blessed with being able to experience God’s presence and peace in the midst of the situations. This too was an answer to prayer. It is something I would pray each person could experience as they wait for God’s healing. And I do mean wait. Something I have learned is that God works in His time and in His way. Often things seemed to get worse before they got better. Answers didn’t always come when I wanted or in the way I expected, but God is faithful and He did answer.

God tells us in scripture: “I am the Lord your healer.” (Exodus 15:26) I believe it!”

## ***Mission Opportunity***

Friends, we are putting together the fall Haiti team. The trip is planned for Thursday, November 5 through Friday, November 13. The cost is about \$1400. We are working with our clinic and hope to provide a medical component as part of the team. If you have any in-

terest or any questions, please contact Tom or Wendy Vencuss ([tomvencuss@wethersfieldchurch.org](mailto:tomvencuss@wethersfieldchurch.org)) and – pass the word. There will also be teams going down in February, March, May (college age) and July (high school age).

NY/CT District Office

**To All Third Graders  
(and their parents)**

You will receive your Bible on September 20. I need to know which service you will be attending so call the office (452-2933) to let us know.

Highway Clean-Up is scheduled for September 5, 2009 at 8:00 am. Come out and help us beautify the church for fall. Thanks.

**SUNDAY SCHOOL**

Sunday School starts September 14 at 9:45 and 10:45. There will be registration tables set up at the north door and in the Narthex for all children from birth - 12th grade. Please make sure you stop and register your child or if you are in high school stop and register before going to church.

Teachers are always needed and if you are interested please contact Marcy Connors. You do not have to teach every week.

**PUMC Mexico Mission Trip**

For the sixth consecutive year, PUMC sent a mission team to Ensenada, Mexico to administer a Vacation Bible School program for one week and once again, it proved to be a great experience. On August 1st, a team of 19 people (14 youth) returned to the Santuario de Gracia church, a very small church on the outside of Ensenada that we have missioned to in the five prior years. The team started in January to prepare the VBS program which involves a daily message through Bible verses, skits, crafts, and games. During free time we would play baseball or soccer with the older children and have separate crafts and activities for the younger children. We have built a very strong relationship with the Mexican youth and community through the years. It is truly amazing what an impact the short time (1 week) that the team actually spends with the kids can make. Many members on the team do not speak Spanish, but the universal love given through playing, a hug or a handshake shows the kids Christ's love and our commitment to them. We are blessed with a very caring, generous congregation family whose support was felt in so many ways as we prepared and ventured on this trip. We went as a team of 19 people, but knew we had a church family of 300+ behind us. A big **Thank You** to all !

## **Birthday Party Blood Drive Wrap-Up**

### ***Thank you!***

Praise the Lord! We collected 53 pints at our summer blood drive. Lots of veteran donors came to give...and we especially celebrate the 14 new donors who courageously came and offered themselves. Even if you were deferred from giving, thank you for showing up and trying!

To my friends who were deferred by low iron, I'd like to pass along some tips from Blood Center nurses:

- Try taking an iron supplement with Vitamin C for a week before your scheduled donation.
- Eat a steak dinner the night before your donation.
- Offer your dominant hand for the iron check. Your dominant hand has a better vascular system. (Your dominant arm is also usually best for donating, for the same reason.)
- Run your hands under warm water before you visit the interviewing nurse. This will increase your circulation, and often, your iron count.

Let me also lovingly remind you that many medical conditions and medicines do not preclude you from giving blood. A number of our donors discovered, by calling the medical condition help line or checking the list found at [nybloodcenter.org](http://nybloodcenter.org) that they are able to donate.

A huge thank you to Panera Bread, Stop & Shop, Adams, and Mother Earth, who supported our blood drive with canteen goodies and door prize gift cards.

Thanks to the young people who donned the Blood Drop costume in terrific heat, adding fun to our drive. Thanks to all the young people also helped with the registration table and the canteen.

Thanks to anyone who helped in any way to make this a success. Our team effort potentially helped to save the lives of 159 people.

Well done, good and faithful servants!  
Well done!

I won't add that you may now enter into your rest, because I hope you'll continue to donate regularly and keep giving that gift of life that is so precious. Take the initiative and mark your calendars for your next donation date. It was written on the paper handed to you by the Blood Center nurses. There are lots of local opportunities to give blood. Check out [nybloodcenter.org](http://nybloodcenter.org) for locations and to schedule an appointment. And then, keep that appointment, knowing that you may be saving someone's life.

Thank you all for making the celebration of my 52<sup>nd</sup> birthday a truly memorable occasion! I was so blessed by your generosity.

Sincerely,  
Anne Ciraulo



## **Notes on Praise**

September, 2009

Young people, older people,  
people in-between  
High voices, low voices, middle  
voices

Tall people, short people, skinny  
people, stout people  
Each one lifts a voice in praise to  
our Lord.

Instruments played with a bow  
Instruments played with sticks or  
picks

Instruments played with breath  
All offer music in worship to our  
Lord.

Time to rehearse our voices and in-  
struments

Time to share our joys and concerns

Time to celebrate our birthdays

Weekly rehearsal on Wednesdays,  
7:15 to 8:15, in the choir room, start-  
ing September 16.

Voices in Praise

Leading worship at 8:30 AM Sunday  
services year-round

Always welcoming new vocalists  
and instrumentalists

Come join us!

Elementary learners, experienced  
teachers

A team

Delicate sounds blending together

Praising God with bells.

Right and left hands working sepa-  
rately and together

Counting

Following the leader

Laughing and learning together

Wednesdays, 6-7:00 PM, in the  
sanctuary, starting September 16.

Joyful Ringers

Offering handbell selections in both  
Sunday services and special events

Always welcoming new ringers with  
experience or willing to learn

Come join us!

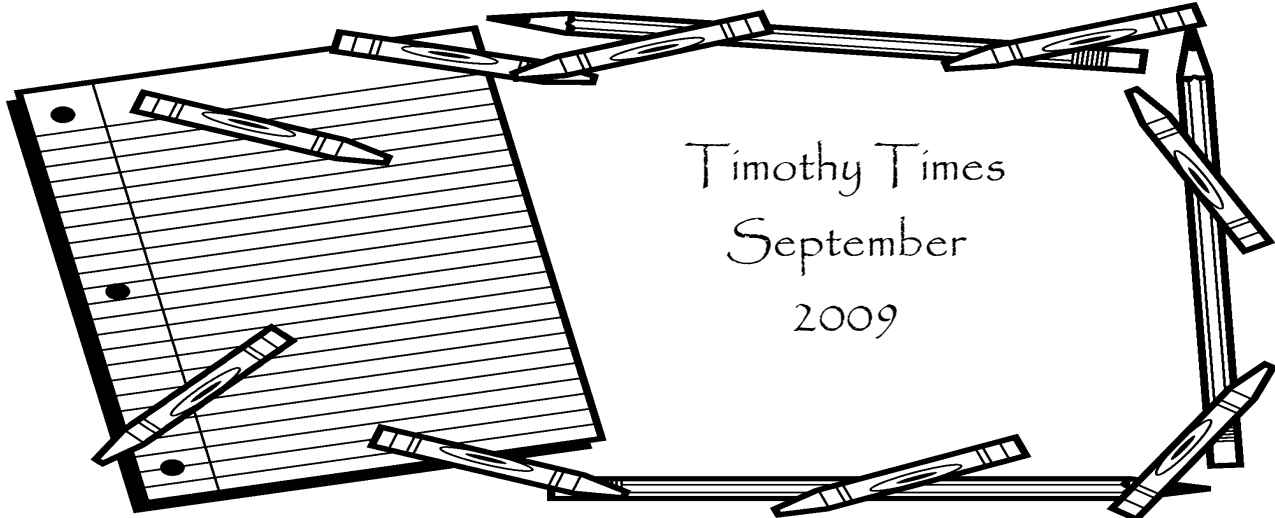
Please contact Anne at (845) 462-  
5582, or by email at [bobeep-  
beep@hotmail.com](mailto:bobeep-beep@hotmail.com) for information  
about any of these ministries.

Praising Him!

Anne Ciraulo

Worship/Music Leader

Handbell Director



Timothy Times  
September  
2009



Sunday School

**Just for KIDS**

## back to school

*It is back to school time! You will continue to learn, grow and change. The Bible tells us that we are like clay and that God is forming us everyday.*

Directions: Copy these squares onto the square grid below.

Isaiah 64:8 E5	 B2	 B3	 D2	The Clay, C1
The Potter," C5	 D4	 D5	You Are B5	 A3
 C4	 E1	 D3	 A4	"We Are B1
 A2	 B1	 B4	 D1	

	1	2	3	4	5
A					
B					
C					
D					
E					

Hi Everybody, It is Timothy,

I miss you all. I have been away for number of Sundays and it feels really strange not to be in Church with you. My family and I have had a good time visiting people. One of the Sundays when we were not in church we had our own worship service in the car. We sang some familiar songs and each read our favorite scripture or Bible Story and talked about why we liked it. Another Sunday we went to a church with some friends. Going to a different church was...different. It was nice seeing how some differences were nice but other differences were not. I guess that is the way it should be when you're doing something different.

No matter how much fun it was going to another church or doing our own service I missed all of you. I hope you missed me too. I know that when you are not in Church I miss you.

Sunday School will be starting soon on the second Sunday in September, and I cannot wait to see my new teacher. Of course I cannot wait to see you too.

But remember God loves you and so do I,  
Love,  
Timothy

## Make Your Own "Clay"

Make one or more of these different types of homemade play dough. (Ask an adult to help.) Think about God and how He loves us, shapes us and molds us. Squeeze, roll and shape the clay into many different and unique shapes.

### Salt Dough

- 3 cups of flour
- 1-1/2 cups salt
- 6 teaspoons cream of tartar
- 3 cups of water
- 3-4 tablespoons oil
- food coloring
- glitter (optional)



Mix the dry ingredients together in a big pan. Add water, oil and food coloring. Whisk until the lumps and food coloring are well mixed. With an adult's help, cook the mixture over medium heat, stirring constantly until the dough thickens and forms into a ball. When the dough cools, knead in the glitter. The dough will keep several weeks in plastic containers or bags.

\* \* \*

### Rubbery Play Dough

- 2 cups baking soda
- 1-1/2 cups water
- 1 cup cornstarch



In a pan, mix the ingredients with a fork until smooth. With an adult's help, boil the mixture over medium heat until thick. Spoon onto a plate or wax paper, and let cool.

\* \* \*

### Oatmeal Clay

- 1 cup rolled oats
- 2/3 cup flour
- 1/2 cup water
- food coloring



Mix all the ingredients in a large bowl. Add more flour if necessary for the dough to form a lump. Knead the dough on a floured surface until it is smooth. Add food coloring to the water before mixing the dough, or divide into balls and add coloring after mixed and kneaded.

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Poughkeepsie United Methodist Church  
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(845)452-2933 FAX (845)452-3103

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**FORWARDING SERVICE REQUESTED**

Dated Material

Please Expedite

The Journey Deadline for October Journey is **September 16, 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