



March 2010



Greetings in the Name of Christ  
Jesus our Lord,

The Lenten Season is now fully upon us. For many of us the origins and practices of Lent have been forgotten, if we ever knew them. The word Lent comes from the word *lencten* which means lengthening. In this case it refers to the lengthening of days as we move into spring.

In the Christian calendar, Lent is a 40-day period of penitence and self-discipline. Lent begins on [Ash](#) Wednesday and ends on Holy Saturday. Sundays falling within this period are not counted as part of Lent.

In medieval times, the rules of fasting were very severe on weekdays: meat, milk products, and eggs were all forbidden, and only one meal a day could be eaten. Additionally, marriages could not be celebrated. All entertainment was forbidden as well. In reaction to this the period just before Lent became a time of great frivolity and entertainment. This period was often known as Marti Gras or Carnival.

It is interesting to note that in our modern world we have kept and greatly expanded the Carnival or Marti Gras season. There

seems to be no impact on Lent at all however. I'd like to make a suggestion. Since we are in the midst of Lent, let us take on those actions and attitudes that will make our celebration of Easter's resurrection even more meaningful.

I am not suggesting that we stop all entertainment. Rather let's "add in" things like reaching out to others who are less fortunate. We could volunteer our time at places like Second Hand Rose, Love INC, Tubman Tutorial or others. Instead of simply fasting from something (although I do think this is a good practice) let's "add in" time for prayer, devotions, and scripture reading. Perhaps Lent could be a time to work on our relationships with estranged family members, co workers or friends. This way we'd extend the spirit of forgiveness and reconciliation that Easter offers. I'd encourage each of us to make this Lenten season different than others by allowing the life of Jesus to move in and through us.

In Christ's Service,

Pastor Bob



## Remember in Prayer

**Please pray this week for our members:** Barbara Bates, Joy Beurket, Catherine Carroll, Tyler Carroll, Blanche Cole, Janet Croushore, Margarette Dillinger, Eric Eichenhofer, Jean Glass, Pam Harris, Dana Jones, Danny Jones and Phyllis and Bob Wagner.

**Please keep friends of our church in your prayers:** Kelvin Arden, Irene Feller, Tim Hart, Hans Mueller, and Diane Platt-Keil . To renew names on the prayer lists, call the Church Office (452-2933) by the third Sunday of each month.



**Dorothy Cummings**, a member of the church, died on January 20. Our condolences to her family and friends.

Ruth Arnfield's sister, **Eleanor Martel**, passed away on February 16. We send our deepest regrets to Ruth and her entire family.



## From the Organ Bench

A

EASTER-didn't we just finish Epiphany? I have just finished "cleaning" out choir

rehearsal folders and found Advent and Christmas music. How does this happen? It's very hard to let go of Christ's birth so quickly, walk through Lent, ponder the Passion of Christ, and THERE it is-Christ's ultimate sacrifice and God's Perfect Gift to his people. Keep His birth close in your heart and rejoice in His resurrection, for without His birth, there would be no Eternal Life. Peace to you and yours during this Easter season from your Chancel Choir and Organist!

## SPECIAL BLESSING

Our composer-in-residence, Gretchen Gould, has written a REQUIEM FOR HAITI. The Chancel Choir will be joined by other choirs for this presentation which will be given on Saturday, May 1st in our own sanctuary. There will also be special music presented by other choirs. A donation of ten dollars is requested and ALL monies will be given for Haitian earthquake relief. Mark your calendars and plan to join us for an evening of music! Watch for further news of this wonderful event!



# United Methodist Women

*\*\* Is there a program that interests you?? Do you want to meet our PUMC members who are speaking?? 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!*

Friendship Circle Wednesday March 17 7:00pm PUMC Lounge

Program: "Wee Bit of Ireland" : music, stories, photos and tea!! So wear your green and prepare to sing!! Our outreach project will be for the Catherine Street Community Center. Needed are: Connect 4 and Trouble games, and art supplies - glitters, magic markers, pipe cleaners and pony beads. For information call Anne Christmas, President (914) 474-3438 .

Wesley Circle Wednesday March 24 1:00pm PUMC Lounge

Program: Because of our unusually snowy winter, if we have to cancel our February program, Gael Morey's China program will be in March. If we have Gael in February, we will enjoy "Monarch Butterflies" (the butterfly is a Christian sign of the resurrection) - a special program from Gladys. .Please join us for an afternoon out. Refreshments and a short business meeting will follow our program. For additional information call Gladys Bierce, Program Chair (463-6143).

Join us for "Spring Luncheon" Wednesday May 12 11:30am

Young Moms, Wesley Circle and UMW had to cancel our December luncheon!! Sooo, we are rescheduling for a spring luncheon. Weather can't be a factor, right?? More details next month, but please save the date!!

*Not a member of these groups?* You do not need to be a member to attend. We would love to have you come

Thank you!! from Barbara Tryon - To the five Friendship Circle women who, after spending the morning baking cherry pies, helped me to collate the Lenten booklets.

"I need to apologize to Andrew Irkiewskij for not including his devotional in the Lenten booklet. I have no idea how I missed it, as I went over them multiple times. I will add it to the booklets as an insert."

Barbara Tryon

## March Calendar

Mon, Mar 1  
7:00 pm Visitation

Tues, Mar 2  
9:00 am Bible Study  
7:00 pm Trustees

Wed, Mar 3  
7:30 am Prayers  
6:00 pm Joyful Ringers  
7:00 Edu Comm  
7:15 pm VIP's

Thurs, Mar 4  
3:00 pm Collate Bulletin  
6:00 Youth Band  
7:00 pm Choir

Fri Mar 5  
11:00 am Bible Study  
7:00 pm TGIF

Sat, Mar 6  
8:00 am Healing Prayer Cl  
8:30 am Men's Breakfast

Sun, Mar 7  
4:00 pm M-Fuge Meeting  
6:00 pm Youth Fellowship

Mon, Mar 8  
4:00 pm 2nd Hand Rose

Tues, Mar 9  
9:00 am Bible Study  
7:00 pm WOW Book Club  
@ Jean Fosters

Wed, Mar 10  
7:30 am Prayers  
12:15 pm Christian Mom's  
6:00 pm Joyful Ringers  
7:15 pm VIP's

Thurs, Mar 11  
3:00 pm Collate Bulletin  
5:00 pm Dinner  
6:00 pm Healing Prayer  
7:00 pm Choir

Fri, Mar 12  
11:00 am Bible Study  
7:00 pm Vida Nueva

Sat, Mar 13  
8:30 am Men's Breakfast

Sun, Mar 14  
1:00 pm Sandy's Share Gr  
6:00 pm Youth Fellowship

Mon, Mar 15

Tues, Mar 16  
9:00 am Bible Study

Wed, Mar 17  
Journey Deadline  
7:30 am Prayers  
6:00 pm Joyful Ringers  
7:00 pm Friendship Circle  
7:15 pm VIP's

Thurs. Mar 18  
3:00 pm Collate Bulletin  
7:00 pm Book Club  
7:00 pm Choir

Fri. Mar 19  
11:00 am Bible Study  
6:00 pm Youth Band

Sat, Mar 20  
8:30 am Men's Breakfast  
9:00 am Healing Prayer Cl  
9:00 pm Vida Nueva

Sun, Mar 21  
4:00 pm Youth Band  
6:00 pm Youth fellowship

Mon, Mar 22  
Tues, Mar 23  
9:00 am Bible Study

Wed, Mar 24  
7:30 am Prayers  
12:15 pm Christian Mom's  
1:00 pm Wesley Circle  
6:00 pm Joyful Ringers  
7:15 pm VIP's

Thurs, Mar 25  
3:00 pm Collate Bulletin  
5:00 pm Dinner  
6:00 pm Healing Prayer  
7:00 pm Choir

Fri, Mar 26  
8:00 am Collate Journey  
9:00 am CNS Dance Show  
11:00 am Bible Study

Sat, Mar 27  
8:00 Highway Cleanuo  
8:30 am Men's Breakfast

Sun, Mar 28  
1:00 pm Sandy's Share Gr  
4:00 pm Youth Band  
6:00 pm Youth Fellowship

Mon, Mar 29

Tues, Mar 30  
9:00 am Bible Study

Wed, Mar 31  
7:30 am Prayers  
6:00 pm Joyful Ringers  
7:15 pm VIP's

## EASTER CROSS OF FLOWERS

On Easter Sunday we will again have the opportunity to contribute fresh (or faux) flowers to a cross constructed by one of the Worship Commission members. In previous years this was a beautiful reminder of the glory of Jesus' resurrection! It also provided a lovely backdrop for family photos. Please bring a few flowers to church on Easter Sunday and place them in the cross. At the beginning of Easter Sunday, the cross will be bare, but by the end of the second service, it will be in full "bloom", reminding us of the new life we have in Jesus Christ.

## MISSED CHURCH ON SUNDAY?

Forgot your bulletin at church? Can't remember when a meeting is? Want to reread the scripture from Sunday or look ahead to next week? Remember our church bulletins are now on line at our church website [www.pokumc.org](http://www.pokumc.org); just click on "Weekly Bulletins" to get both the service and the announcements from Sunday.

Click on "Upcoming Events" where you will find a listing of church events as well as "Education" for the latest in Sunday School offerings at PUMC.

## Employment Opportunity

The New York Annual Conference, with offices in White Plains, NY, is seeking a Treasurer/Director of Administrative Services. The successful applicant's tenure will begin at the 2010 Annual Conference (June 9-12, 2010).

Interested applicants should request an application packet from Rev. Ann Pearson, Director of Connectional Ministries, at [apearson@nyac.com](mailto:apearson@nyac.com) or 914-997-1570, Extn. 230.



Derrick has been a real blessing to us at the Poughkeepsie United Methodist Church. He has been with us over two years and our church has not been this clean for a long time. You can see yourself in the floors. If you find any dirt tell Derrick and he will apologize and clean it up.

Derrick has a great attitude and a pleasant personality. When you see him in the church, tell him thanks for doing a great job. He'll smile and carry on a conversation with you. We are blessed in having Derrick on our staff. Pray for him and thank God for giving him to us.

Derrick thanks for all your efforts. May God bless you as much as you have blessed our church.

SPR Team

Look for the **EASTER FLOWER TREE** in Fellowship Hall. There are ornaments (made by our Sunday School children) on the tree with names of our members who are at home (and rarely get out) or are in a nursing home.

All you need to do is:

1. Look for a name of the shut-in on the back of the ornament.
2. Remove the ornament from the tree, then
3. On Easter Sunday after the 10:45 Worship Service or on Monday, pick up an Easter Flower and deliver it to the person named on the ornament.

Let's make a special effort this Easter to remember those who were at one time very active among us in this church. We can show our appreciation to them by taking some time out of our day to visit with them. May God bless you this Easter.

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**Easter Flower Order Form**  
(Deadline to order is Sunday March 21, 2010)

**Help decorate the altar for Easter!**

**Given**  
**By** \_\_\_\_\_  
\_\_\_\_\_

In Loving memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Phone \_\_\_\_\_ Cost \$10.00





Mid-Hudson Love INC  
Love In the Name of Christ

I have just accepted the position of Church Liaison for PUMC to Mid-Hudson Love In the Name of Christ. To try to

keep you posted on the current needs of Love INC and how you can get involved, should you wish to, I will be writing a monthly column for The Journey.

Mid-Hudson Love In the Name of Christ connects people in need to available resources in the neighborhood. They serve the communities of Poughkeepsie, Wappingers, Pleasant Valley, Fishkill, La-Grange, Hopewell, and Hyde Park.

Ways you can help Love INC:

- Do you have a pick-up truck? Are you willing to donate an hour or two to the Furniture Ministry each month? We can always use your help with pick-up/delivery of furniture to the client's.
- Do you like to talk on the phone? Do you have a few hours to donate to Love INC? We can use your help arranging the deliveries or answering the phones at the Clearinghouse.
- Do you have "gently" used furniture you are willing to donate? We are in

desperate need of good used furniture to fill the needs of the clients. Please give us a call.

- Are you interested in helping with the Furniture Ministry and are willing to do whatever is needed? We can use your help! The Furniture Ministry currently has over 35 client's waiting to receive desperately needed furniture. All we need are the strong backs to make it happen!
- Help keep the shelves stocked at the Personal Care Pantry which provides items to clients they cannot purchase with Food Stamps. Items frequently requested include feminine products, men's toiletries, toilet paper, soap, laundry detergent, paper towels, and toothpaste.
- Pray for Love In the Name of Christ and the many client's they handle on a daily basis.

You may call Love INC directly at 471-0102, e-mail me directly at [nmatzek@verizon.net](mailto:nmatzek@verizon.net) or talk with me.

Nancy Matzek



**Second Annual Cookie Walk!!!**

Saturday, March 27  
10: 00 am - 2:00 pm  
(or until cookies are sold out)  
Poughkeepsie UMC  
8:00 per pound

Proceeds will benefit Mid-Hudson  
Love in the Name of Christ (Love,  
Inc.)

**MISSING!!!**

Have you seen, did you borrow, or do you know where the beige round tablecloths and beige cloth napkins are? They were bought for a WOW tea a couple of years ago and have gone missing. Any info as to their whereabouts would be greatly appreciated. Reward offered! Extra prayers and a storehouse of treasure in heaven. Tell Bea Northway, Marcy Connors or Frances Thompson-Gee of any clues you have. Producing the napkins or tablecloths from your home or belongings will not result in a fine but a great big thank you for keeping them safe!

**COMING UP NEW FOR THIS SUMMER!!**

**Local Youth Mission Camp** will take place August 2-6, 2010. We are quite excited, encouraged, and optimistic about this new outreach and growth opportunity for local service to our community to further the gospel of Jesus Christ.

Plans have only begun, but we are definitely booked for these dates. Adult and parent help will be needed in various areas of planning and execution. Please contact Bob Ciraulo (gospelfool@hotmail.com) to serve or with questions.



**Palm Sunday - March 28**

Services 8:30 am  
10:45 am

**Holy Thursday - April 1**

Service 7:00 pm

**Good Friday - April 2**

Service - 7:00 pm

**Easter - April 4**

Services 8:30 am  
10:45 am



**Don't Forget!!!**

**March 14 is Daylight Savings Time  
Set your clocks ahead one hour.**



## Notes on Praise

The ministry of worship at our 8:30 Sunday service is supported by some very dedicated behind-the-scenes folks. I want to say thank you to Bob Wilson for faithfully being a one-man-show in the sound ministry. He arrives very early Sunday morning to set up the stage, makes us sound good throughout the service, and then cleans up the sound equipment following service. This is a commitment of three plus hours each Sunday. I want to also thank Bob Ciraulo for his faithful weekly commitment to our projection ministry. Though I download and prepare the order and sequences of the songs, he formats each weekly program to make it visually presentable to the congregation, adding timely church life announcements, and even occasionally preparing and running special multimedia enhancements. He comes early each week to get the program up and running, and oversees clean-up. He also loads Pastor Bob's sermons to the website each week. This is a commitment of about two hours per week, in addition to taking a monthly turn or two at projecting the lyrics. Currently, we are very pleased to have Morgan Carroll and Mom, Vicki, and Eric Wright and Dad, Lloyd, also supporting our projection ministry. They take one or two Sundays a month each. They also arrive early, and stay to see that clean-up is complete. Thank you to all of you! These folks, though somewhat

invisible to us, would be greatly missed if they stopped doing their various ministries. They are part of the eyes and ears of our body, helping us to see and hear. I want to recognize these very significant members of our body and thank them for the vital ministries that they support.

Joyful Ringers would like to share a need. We have to polish the bells several times a year, requiring soft polishing cloths. They can only be used for one polishing and then must be thrown away. We are running out! If you have old t-shirts without printing or pictures, would you be willing to donate them as polishing cloths? Please drop them in the church office. Thanks!

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

Great is His faithfulness!

Anne Ciraulo  
Worship/Music Leader  
Handbell Director

## Good Friday Blood Drive at PUMC

Celebrate Life by sharing life!

Date: Good Friday, April 2, 2010  
Time: 10:00 AM-4:00 PM  
Place: PUMC Fellowship Hall  
Gift Requested: Donate blood  
Your hosts: The New York Blood Center  
Reservations: Requested and honored  
Walk-ins: Gratefully accepted!  
New donors: Especially appreciated!

*As Jesus breathed his last, there was a commotion in the Temple. That great veil that had for so long a time stood for the separation that existed between God and men was torn in two from top to bottom. No more sacrifices. No more blood. No more animals to be slaughtered. The work is done. It was a once and for all event. It need never be repeated. –John Stevenson*

*What might have been described as "Bloody Friday" has become known as GOOD FRIDAY, where contrary to all human perception, the redeeming goodness of God, our Creator, has triumphed over all evil - victory which the whole creation will not be able to overlook. --Douglas Graham*

Sharing the gift of life by donating blood is a meaningful way to remember how our Savior gave His life blood for us. And...we can literally save lives! So...please mark your calendars and save this date!

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. The gift of a single blood donation can help to save the lives of three people. This past summer we collected 53 pints of blood and potentially helped almost 160 people. We can do it again!

Let's set a goal of 50 pints; that means we need about 75 donors.

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

*Cont. on next page*

*Good Friday Blood Drive, cont from pg 11*

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. To honor your gift, 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](http://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.

Helpers are needed to organize and host the drive. The Missions Committee has already joined in the fun. If you aren't able to donate, you could celebrate life by helping to sign people up, or making cookies for the snack table, or greeting folks as they arrive. There are so many ways to celebrate life at a blood drive. Please contact Anne Ciraulo to make a reservation to donate, or for further information at: Phone: (845) 462-5582 Email: [bobeepbeep@hotmail.com](mailto:bobeepbeep@hotmail.com)

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### HEALING PRAYER CORNER MARCH 2010

"Praise be to God who has not rejected my prayer or withheld his love from me," says Psalm 66:20. Trust God to hear your prayer. The answer may not always be what you specifically want to hear but God always shows up and surprises us with his goodness. Trust him in prayer. The Healing Prayer Team is available to pray with you about a personal need or on behalf of a friend or family member at any time. Use the season of Lent to reach out your hand to God in prayer.

Opportunities for prayer:

1. Every Holy Communion Sunday during and after both services. There is a team in the back of the sanctuary waiting to pray for you

after Communion and there is a team just down the hall, second room on the left (follow the signs).

2. Every Sunday between services, 9:45 a.m. to 10:30 a.m., you are invited to come to receive prayer in Room 34, upstairs, last room on left. Just drop in.
3. At the Thursday night dinners: this month: March 11 and March 25 in Room 34 upstairs from 6:00 to 7:00 p.m.
4. Just about anytime by calling to set up an appointment for prayer. (The Church Office or Frances Thompson-Gee, 462-2468; [frances.tgee@gmail.com](mailto:frances.tgee@gmail.com)). We'd love for you to call!



**Youth update:**

What an exciting month February has been for the youth! Valentine's chocolate aside, we've had some wonderful times of fun and fellowship.

This month, we enjoyed a fun fundraiser for M-Fuge on Superbowl Sunday. Our parents and youth made sub sandwiches for our church family – saving many from slaving away in the kitchen on such an important occasion! Many thanks to our church family who have continued to show such strong support for our youth as they seek to serve God through missions. We also enjoyed TGIF – a night full of fun as a great place for our youth to invite their friends. We've also jumped in to a great reality series called "Gospel

Journey" at youth fellowship and it is really wonderful to see the youth so excited about discovering more about what our faith in Christ is all about.

The big event this month was Sharpe Retreat. It was such a moving experience to see our youth engaging God in worship. The seminars, music and talks were very touching and practical – based on the need to let God renovate our hearts and our lives so that we fall in love with Him and we show love to others. Some teens gave their lives to the Lord for the first time and it was truly amazing to see our students reach out to each other and support each other. Please continue to pray for the seeds that were planted at the Sharpe Retreat and that lives would forever be changed.

Mar. 5	FRI	TGIF 7-10pm	Contact John Hicks
Mar. 7	SUN	Youth Fellowship 6-8pm	First M-Fuge meeting 4pm-5:30pm All attendees must be present
Mar. 12	FRI	<b>IGNITE</b> Hudson Valley Youth Network <b>7-10pm</b>	Hosted by Oasis youth group, Beacon
Mar. 14	SUN	Youth Fellowship 6-8pm	Youth Service practice
Mar. 21	SUN	Youth Fellowship 6-8pm	
Mar. 27	SAT	Local mission event	Contact Bob Ciraulo
Mar. 28	SUN	Youth Fellowship (Palm Sunday) 6-8pm	

# A PRAYER REMINDER

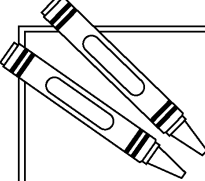
Many times we fold our hands together to pray. Here is a "handy" craft that can help you remember what to include in your prayers.

## What you need:

- 2 sheets of 8½" x 11" construction paper (different colors)
- Pencil
- Scissors
- Crayons
- 1 piece of ribbon, yarn or string about 6-12 inches long
- Glue (white or glue stick)

## What to do:


1. Trace your hand on one sheet of paper.
2. Cut out the traced hand.
3. Tie the ribbon, yarn or string around the pointer (index) finger.
4. Write a message on each finger:  
*(Pointer finger)* God's guidance (pray for help to follow God's ways)  
*(Middle finger)* Leaders in my life (teachers, pastors, etc.)  
*(Ring finger)* Sick and old people  
*(Pinky finger)* Myself  
*(Thumb)* My family
5. Glue the hand onto the other sheet of paper.
6. Start with the ribbon finger and pray for God's help. Then pray for all the people on each finger.



## Just for KIDS

### Remember to Pray

There are many verses in the Bible that talk to us about prayer. Solve the puzzle below to see the lesson Paul teaches about prayer in Philemon 1:4. Think about your own life and your prayers.



Use the alphabet code to fill in the blanks, and then read Paul's message.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
 Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

" \_\_\_\_\_  
 R Z O D Z B H G S Z M P N B

\_\_\_\_\_

T L W Z H R I V N V N Y V I

\_\_\_\_\_

B L F R M N B K I Z B V I H ...."

... Philemon 1:4, NIV

Answer: I always thank my God as I remember you in my prayers. ....





Hi everybody, it's Timothy,

Boy, has it been a strange winter. Hardly any snow to slide in and the weather sometimes so cold and windy you can barely walk in it. Think of poor me! I almost fly in weather like this since there's not much to hold me down.

Sometimes that is true in my life too. My parents tell me that I am always flying from one thing to the next. I leave my legos in the living room, I have my books all over my bed room, and in the kitchen I have coloring books and crayons all over the place. It sometimes gets my parents upset because I am not caring about other people and taking care of my things.

I suppose every kid is like this. We just like to go from one thing to the next and forget about things. Pastor Bob says that sometimes adults, even parents, can go from one thing to the other. He says it is often because we get so busy that we are not thinking about what is important.

I remember that this month is Lent. Sometime in Lent I have given up chocolate, or added in something like helping a neighbor. Pastor Bob says that maybe this time I can take more time to think about what is important in my life. That I can try to think about that and take care of these things and show my caring for other people.

I thought about it and I think that is a good idea. See I already started. I hope you do too.

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

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

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Newburgh, NY

**FORWARDING SERVICE REQUESTED**

Dated Material

Please Expedite

The Deadline for April Journey is **March 17**  
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	Polly James, Music Director, Organist
Jeff and Katie Sanchez, Directors of Youth	Anne Ciraulo, Worship-Music Leader
Marcy Conners, Director of Children's Ministry	Karyn Millham, Editor, Newsletter