



September 2010

Greetings in Christ Jesus our Lord,

I really did mean it!

During our summer sermon series on the life of Joseph I have been asking you to ponder a number of questions.

When Joseph was imprisoned he probably thought that was the end of his story. Yet God worked it out for him to go from prison to palace. I asked you to consider that where you are presently may not be the "end of the story" for you. I asked you to consider being open to more of what God might have in store for your life.

Just a couple of weeks ago I preached about Joseph's seeming to have the perfect life. He had a good job, spouse, kids, security, etc. when suddenly he was confronted with unresolved issues, i.e. his brothers showed up which reminded him what they had done to him. Would he go for revenge or reconciliation? I asked you to think about being willing to open up the unresolved issues we

all have. I encouraged us to be ready for God to bring them up especially when everything is going well.

But the one question I wanted you to get back to me on was this:

While Joseph was enslaved and in prison the only hope he had to hold on to was the promise of his dreams. The dreams God gave him in his youth are probably what helped sustain him through his slavery and unjust imprisonment.

I reminded us all that especially when life seems to swallow us up in its difficulties and monotony that it is God's dreams for our lives that sustain us. They help us to see beyond. They give us hope. They nourish us when our circumstances drain us.

I asked you to consider God's dreams for yourself. I asked you to write them down so you can remember them especially when the times get tough.

Continued on page 2

God's Dream for PUMC

(Although I would like to have your name when you contact me I will not publish it)

I believe starting Bridgebuilders this year was a great way to bridge the gap between other churches in our area. It showed our kids that there IS poverty and great needs in our community, and this should be an event that grows from year to year. **I believe this is God's Dream.**

From a PUMC church member



Please pray for our members: Barbara Bates, Gladys Bierce, Catherine Carroll, Cathy Cimorelli, Blanche Cole, Margarette Dillinger, Eric Eichenhofer, Jean Glass, Gretchen Gould, Emily Griess, Al Hammell, Jr., Pam Harris, Dana Jones, Danny Jones, Doris Snitzler, Pat Taylor Aiden Christopher Travers, Phyllis and Bob Wagner and Yvonne Wells.

Please keep friends of our church in your prayers: Kelvin Arden, Bertha Brown, Don Davis, Judy Ebling, Gerald Everett, Jason Fedish, Irene Feller, Tim Hart, Bob Jarvie, Wayne Kehrl, Dot Neville, Diane Platt-Keil, Judy Pugliese, Morag Richards, Icilene Smith, and Tag Thayer. To renew names on the prayer lists, call the Church Office (452-2933) by the third Sunday of each month.



We would like to send our deepest sympathy to those who lost family members and friends recently.

- Janet Croushore** passed away on August 23
- Virginia Gullery** passed away on August 16
- Mary J. Hayes** passed away on July 1
- Helen B. Morey** passed away on July 23
- Katrina Snow** passed away on June 28
- Ann M. Tomaso** passed away on June 26

Continued from page 1

I also asked....and this is what I am looking for your response on...what you perceived as God's dreams for PUMC. I invited you to write those dreams down and to share them with me by mail, Email, phone, a note, Facebook, or however you wanted. To date I have received only a handful of dreams A big thank you to those who have responded!

I know that God has given you dreams too! I really did mean it! I want to hear what you believe are God's dream for us here at Poughkeepsie United Methodist Church.

I know that as we share those dreams with each other God will use them to encourage, strengthen and help us move forward. Let's talk about and share God's dreams!

In Christ's Service,
Pastor Bob

P.S. A REMINDER: If you missed any of these sermons this summer remember that they are posted online at our church website. Just go to www.pokumc.org and click on sermons (audio) and you can choose to listen to whatever you've missed.



United Methodist Women

Our meetings are open to all women. Come join us!! For information call Geri Hoernes, president (462-2316).

Friendship Circle Wed Sept 15 7:00pm Program: "100 Years of Quilts" Meagan Veeder-Shave, former president of the Quilters Guild will share her work and quilt history. If you have an interest in quilting or quilts, please join us. Outreach: Love Inc. restocking items that were listed in the PUMC mission projects publication. (soap, shampoo, razors, toothbrushes, toothpaste, tissues, dish soap, laundry detergent, sanitary products, etc) Circle president, Anne Christmas (914-474-3438) Program chair, Carla Vinson (849-1706),

Wesley Circle Wednesday September 22 1:00pm Lounge
Program: "Cruising South America and Antarctica" guest presenter Barbara Hesperheide sharing her wonderful trip experiences and pictures. This presentation is open to the congregation men or women. Refreshments and business meeting will follow Barbara's presentation. President, Wanda Traver Program information Gladys Bierce (*82 463-6341)

Bazaar Saturday - October 23 & 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 3. We appreciate our congregational support!

Future Calendar Date

UMW Fall Meeting Friday **November 5 12 noon Luncheon**

Don't Forget!!!

The worship schedule will return to normal on September 5.

8:30 - Contemporary Service - Coffee Hour after the service

10:45 - Traditional Service - Coffee Hour after the service



THANKS to Dan Jones for showing up to help with the Memorial Day weekend Highway Clean-up the next clean-up is scheduled for Labor Day weekend Saturday September 4, 2010 at 8:00 in front of the church building (please wear outside work clothes with long sleeves, long pants and shoes and bring work gloves; safety equipment and collection bags are provided).

My family and I extend our heartfelt thanks for your sincere condolences, your prayers and comforting words upon the death of Katrina. Katrina was so courageous as she dealt with leiomyosarcoma, a rare and aggressive cancer. Katrina's spirit is with us and we miss her dearly. Blessings, Ellie Snow and our family

Adult Sunday School Classes begin Sept 12 at 9:45

A study of the book of Galatians will be lead by Gary Peters. A study book (\$6) written by N.T. Wright, the Bishop of Durham England will be used. The first session will be an introduction to the book Galatians, distribution of the work books and to get to know each other. Please let the office know if you are interested so the books can be ordered.

For all the Outdoors men in the congregation. Brian Lundin I considering running a video class with pastor/adventurer Jimmy Sites as the presenter! His high-powered study gleans dynamic spiritual insights from hunting and fishing---and offers unforgettable personal testimonies. If you're interested speak with Brian or call the church office. If there is enough interest we'll run it.

PUMC's Healing Prayer Team will be teaching a healing prayer class during the adult Sunday school hour. This is a great way to learn about this wonderful ministry. Please see page 11 of this edition of the Journey for more information.

Save The Date!!!

W.O.W. (Women of the Word)
Fall Retreat
Saturday, October 16
PUMC

Details to follow.....



**From the Church Liaison
for
Love In the Name of Christ**

By the time you receive the latest Journey, the heat and humidity of this past summer should be over. It sure has been a HOT one.

A HUGE thank you to all who donated items to the Personal Care Pantry and to the Bedding Ministry! I took a car load out of the church each week and then delivered the items to the churches. PUMC is amazing!!!! As of August 8th, you have donated:

Personal Care Items:

Soap - 23
Combs - 12
Shampoo - 7
Deodorant - 6
Razors - 2
Dish Soap - 6
Shaving Cr- 20
Laundry Detergent - 5
Toothpaste - 4
Toilet Paper - 62
Toothbrush- 56
Tampons - 4
Paper Towels
Sanitary Pads – 2
Tissues - 26
Conditioner-1
Foam Bath - 3
Kleenex -11
Lotion – 5

Perfume - 24
Shower Caps - 7
Soap Dishes-22
Toothbrush Holder – 5
Dental Floss - 3

Bedding Items;

Bath Towels – 10
Blankets – Crib – 5
Mattress pads – 1
Blankets – 1
Hand Towels - 8
Kitchen Towels 4
Sheets -10
Sheet sets—3
Pillow Cases - 14
Table Cloth – 2
Throws - 3

Remember to bring your Loose Change collected during the summer to church on September 12th. I will be in the Narthex before each service collecting it and look forward to seeing you then.

In the meantime, continue to enjoy the lazy, hazy days of summer!!!

Together you ARE making a difference to those less fortunate in the Mid-Hudson region!!!!

Thank You,
Nancy Matzek

Bridge Builders Youth Camp

The Poughkeepsie UMC Youth Group sponsored and hosted an amazing week of mission outreach, service, and spiritual growth on August 2-6, 2010. Eighteen junior and senior high students from Poughkeepsie UMC, Fishkill Nazarene Church, and Community Baptist, and leaders and pastors from Poughkeepsie UMC, Fishkill Nazarene Church, Hopewell Reformed Church, and Living Water Church, along with a very large host of extended support staff, collaborated for this outreach that served twelve Dutchess County organizations. We ministered at four nursing/aging centers, landscaped at four service organizations, supported three outreach ministries, hosted a blood drive, and held a week-long afternoon kids camp for children of low-income families in the city of Poughkeepsie.

The typical daily schedule included overnight camping accommodations

(sleeping on the floors of classrooms), breakfast, group and individual devotion time, ministry time 10:00 AM to 4:00 PM, remote showers (all had a chance to shower at the Hillcrest Homeless Shelter), dinner, worship service with a live worship band, and free time.

The demonstration of God's grace and love was overwhelmingly evident through the superb partnership of multiple churches, the relationships established with leaders of local service and ministry organizations and among camp support staff and participants, the individual and corporate spiritual growth, and the powerful sentiment that this is only the beginning of an ongoing and cooperative move of God in Dutchess County and beyond. We have truly experienced the Body of Christ working as a unified and cohesive team. Plans are already being formulated for Bridge Builders 2011.

Community Nursery School

If you have a preschooler, or know anyone with a preschooler, it's not too late to sign them up for Fall classes at our Community Nursery School. It's a wonderful program, with an all-new emphasis on Emerging Literacy. Our teachers have attended professional training workshops to learn how to make our classrooms rich in materials and activities that will help our students become proficient early readers. The children think it's all fun and games, while developmentally appropriate practices (DAP's) lay the groundwork for kindergarten success and beyond. Check out our new website at www.cnspumc.com or call our director, Diana, at 471-3343 to find out more information.

35th ANNUAL CROP WALK

Dutchess County Interfaith Council 35th ANNUAL CROP WALK will be held on SUNDAY , OCTOBER 17, 2010. The walk begins and ends at Jewish Community Center 110 South Grand Ave. Poughkeepsie, between 10:00 and 2:00. All are welcome to participate in this 10K walk. You can walk alone, with your own group or join the youth. If you would like to walk with the youth, we will meet at the JCC immediately after the 10:45 service on October 17th. All money raised goes to organizations fighting hunger nationally and internationally with 25% staying in Dutchess County. Last year over \$4 million dollars went to United States soup kitchens and food pantries.

Contact Beth Roth at 462-1210 to pick up your Donation Envelope or you can raise funds online at cropwalkonline.org. You can also sign up after both worship services starting on September 19th.



Notes on Praise September, 2010

Our worship team is growing again! Bless God for so many who have gathered to help lead the congregation as we worship our Lord together! VIP is returning to regular rehearsals on Wednesday, September 15, 7:15-8:15 PM in the sanctuary. Instrumentalists and vocalists are always welcome to join us.

I'm praying now for growth in our projection and sound ministry teams. Youth and adults can be trained by our current very supportive helpers, teaching you to execute the necessary tasks with confidence. The Lord has not given us a spirit of fear, but of love, and power, and sound mind. Be bold and courageous! Step forward as a servant of the Lord and we will help you to learn the skills you need to be part of the dynamic ministry of worship through

projection and sound. Rotational schedules allow flexibility of participation.

I'm also praying for handbell ringers – new beginners or experienced players, for Joyful Ringers. Youth or adults may join us. We will happily teach the skills necessary. This group is all about teamwork – what a great way to demonstrate the Body of Christ working together. Rehearsals begin on Wednesday, September 15, 6-7:00 PM, in the sanctuary.

Please contact Anne at (845) 462-5582, or by email at bobeepbeep@hotmail.com for information about any of these ministries.

Bless the Lord, oh my soul! Let all that is within me bless His Holy Name!

Anne Ciraulo
Worship/Music Leader
Handbell Director

FROM THE ORGAN BENCH

"Unto the hills, around do I look up my longing eyes" This from the Psalms which I so love! From our new home we will see the sun set over the Ridge just west of the Wallkill River. What a blessing that will be. Yes, we finally found a new place and hope to be in by September 1st! In the meantime, we are packed and ready to move.

I look forward to returning to PUMC—thank you Joyce Pendell for taking over and to all those who provided "specials"—my sincere thanks.

Chancel Choir will return to its regular place on Sundays, providing their voices in leading us in worship. Rehearsals will begin on Thursday September 9th at 7pm. Anyone who loves to sing and can commit to most Sundays and Thursday rehearsals will be welcomed with joy and love. Speak to any choir member or leave a message with our office secretary.

In closing, I thank the wonderful people of PUMC for all the prayers and condolences on the death of our son, Andrew. "Unto the Hills" has become so important to us! Blessings on all!

In Christ's service, Polly James

SUNDAY SCHOOL NEWS

Sunday School News

Sunday School starts on Sunday, Sept 12. Classes are at 9:45 for children 4 yrs-12th grade and after Children's Moments at the 10:45 service for children 4 yrs—5th grade

VBS Kids

All of the children who participated in our VBS program this year are going to sing for the congregation on Sunday, Sept 12 at both services. Call the church office (452-2933) to tell Marcy Conners if you can sing at both services and if not which one you will be attending. We will meet at 8:15 and 10:30

Using the Web Page

Starting now all Sunday School Happenings will be posted on our church web page. Our web site is www.pokumc.org. Simply click on education. Please check this site regularly to learn what exciting things your children can participate in.

Third Grade Bibles

All 3rd graders will receive bibles on Sept 19. Please call the church office (452-2933) to confirm and which service you will be attending.

LOVE INC Boxes

Don't forget to return the Love Inc boxes that you were given at the end of last year.

Response to the Summer time change

During this summer the Worship Committee tried a time change for the second service.

For July and August we moved the 10:45 am service to 10:15 am. Among the reasons were: to have the second service at an earlier and hopefully cooler time, and to enable first and second service attendees to fellowship during the 45 minutes between services. The four mission trip presentations during this time also helped promote this fellowship time.

Now comes the opportunity to evaluate this change. Below is a form we'd like you to fill out. You can copy and paste it and email it to us if you're reading this on line, or fill it out and mail it, or bring it into the church.

Only as we hear from you can we accurately determine if this was good for our Church.

TIME CHANGE EVALUATION FORM

During the summer the second service was moved from 10:45 am to 10:15 am:

_____ I liked the change.

_____ I attended more often because of it.

_____ I would probably have attended no matter what the time was.

_____ I did not like the change.

_____ I continued to attend in spite of the change.

_____ Because of it I did not attend church.

_____ I kept forgetting the time had changed.

_____ During the year I regularly attend the second service.



YOUTH NEWS:

This summer, our youth group has been bursting with energy! We enjoyed the adventure of our mission trips to Philadelphia with M-Fuge, Ensenada with Mexico Outreach and the launch of Bridge Builders to impact Poughkeepsie for the kingdom of God. It is a powerful thing to see what serving the poor and needy in the name of Jesus does to the hearts and lives of those who serve. I believe our youth and our volunteers were blessed as much, if not more, than they were able to bless others. It is really exciting to see the unity of different churches, youth groups and organizations working together for the same goal of impacting people and bringing glory to God. Thank you to all who were able to be a part of these projects throughout the summer and for supporting us through prayer and your generosity.

We recently enjoyed a pool party to make the most of the warm weather and now that the summer has come and gone, we are looking forward to seeing what God has in store for the new school year! As the youth directors, we pray that we will see...

Growth in the lives and faith of our students

- Students fall in love with God's Word and for Christ to be their foundation as they begin a new school year
- Since we have a large senior class this year, we expectantly hope to see a new generation of leaders empowered to make an impact for Jesus wherever they go

- A community of love, grace and acceptance to be the cornerstone of our youth group

The Holy Spirit has been guiding us in new and exciting ways. God has blessed us for following His call, and we see the evidence of that through Bridge Builders. Also, God has provided adult volunteers to step up and be a part of the youth ministry. We are looking forward to an amazing year ahead!

For His glory and our joy,
Jeff and Katie Sanchez.

Upcoming events:

September 12, Sunday @ 12:30-3pm -
Kick-off picnic!

Anybody who would like to check out the youth ministry and what we're all about is welcome to join us.

September 17, Friday @ 7-9pm - "See You At the Pole" Rally
Hosted by Hudson Valley youth leaders' network at Faith Assembly.

September 19, Sunday @ 6-8pm - Youth Fellowship

September 22, Wednesday @ 6:30-7am -
See You at the Pole... at YOUR SCHOOL

September 26, Sunday @ 6-8pm - Youth Fellowship

Lake Champion Junior High Retreat -
October 22-24

Senior High Retreat - Keep your eyes peeled! Dates TBA



Sunday School Healing Prayer Class

How about taking the plunge and joining an Adult Sunday School Class this Fall? A special class on School of Healing Prayer Level I is just for you. It will take place during Sunday School hour during the fall session led by our very own Healing Prayer Team. You do NOT have to join a healing prayer team at any time to participate. This is a great way to dip your toe in the water and learn more about healing prayer following the excellent work of Francis MacNutt, a highly respected teacher and communicator on healing prayer.

The School of Healing Prayer® is designed to teach individuals, churches, prayer groups and other Christian organizations about healing prayer. Level I prayer training course includes a foundational, balanced and practical approach to a prayer minis-

try. This course offers a scriptural basis for God's gift of healing and prayer for healing, and it teaches us how to effectively minister prayer for healing within a Biblical framework.

Level I Topics:

- Scriptural Foundations for Healing
- Baptism in the Holy Spirit
- Gifts of the Holy Spirit
- History of Healing in the Church
- Becoming a Prayer Minister
- Healing Our Image of God
- Four Types of Healing
- Conducting the Initial Interview
- Praying for Physical Healing
- Developing Prayer Teams
- Introduction to Inner Healing
- Introduction to Deliverance Prayer
- The Healing Power of Forgiveness

We would like to increase our Healing Prayer Ministry by learning together about healing prayer. Will you come?

HEALING PRAYER CORNER September 2010

God answers prayer! We continually see answers to prayer! Keep those testimonies coming!

You may receive prayer for yourself or on behalf of someone on:

- Holy Communion Sundays (first Sunday of the month, both services). There are two teams: one in the back of the sanctuary and one in the nursery school room on the left (follow

signs). The second team stays for a bit after the service. All are confidential.

- Between services from 9:45 to 10:15 a.m. (except Communion Sundays) upstairs in Room 35
- By calling for an appointment through the church office at 452-2933.

You are also invited to join us for the School of Healing Prayer Level I class during Sunday School hour during the fall session. Look for an article about that in this issue of "The Journey".

September 2010 Calendar

Wed, Sept. 1
7:30 am Prayers

Thurs, Sept. 2
3:00 pm Collate Bulletin

Fri, Sept. 3

Sat, Sept 4
8:00 am Highway Cleanup

Sun, Sept 5

Mon, Sept. 6
Labor Day-Office Closed

Tues, Sept. 7
9:00 am Bible Study
7:00 pm Worship

Wed, Sept. 8

Thurs, Sept. 9
3:00 pm Collate Bulletin
7:00 pm Choir

Fri, Sept. 10
11:00 am Bible Study

Sat, Sept 11

Sun, Sept 12
Sunday School Starts
12:30 pm Youth Picnic

Mon, Sept. 13

Tues, Sept. 14
9:00 am Bible Study
7:00 pm Trustees
7:00 pm Program Council
7:00 pm WOW Book Club
@ Jean Fosters

Wed, Sept. 15
7:30 am Prayers
6:00 pm Joyful Ringers
7:00 pm Friendship Circle
7:15 pm VIP's

Thurs, Sept. 16
3:00 pm Collate Bulletin
7:00 pm Choir

Fri, Sept. 17
11:00 am Bible Study

Sat, Sept 18
8:30 am Men's Breakfast

Sun, Sept 19
11:45 pm Single Ladies
Lunch
6:00 pm Youth fellowship

Mon, Sept 20

Tues, Sept. 21
9:00 am Bible Study
7:00 pm Finance Ctte

Wed, Sept. 22
7:30 am Prayers
1:00 pm Wesley Circle
6:00 pm Joyful Ringers
7:15 pm VIP's

Thurs, Sept. 23
3:00 pm Collate Bulletin
7:00 pm Choir

Fri, Sept. 24
8:00 am Collate Journey
11:00 am Bible Study

Sat, Sept 25
8:30 am Men's Breakfast

Sun, Sept. 26
6:00 pm Youth Fellowship

Mon, Sept 27

Tues, Sept. 28
9:00 am Bible Study

Wed, Sept. 29
7:30 am Prayers
6:00 pm Joyful Ringers
7:15 pm VIP's




















Thurs, Sept. 30
3:00 pm Collate Bulletin
7:00 pm Choir



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.

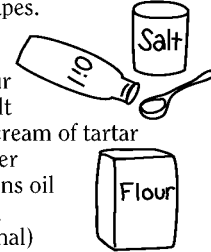
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Make Your Own "Clay"

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



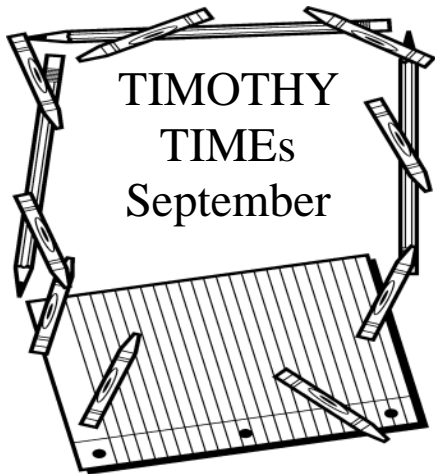
In a pan, mix the ingredients with a fork until smooth. With an adult's help, boil the mixture over medium heat until thick. Spoon onto a plate or wax paper, and let cool.

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.



Sunday School

Hi Everybody, It's Timothy,
Well, summer is just about over and it is time to get back to school.

I am not too sure how I feel about that!
I mean it has been a hot summer and I have enjoyed doing all the fun things you can do in the warm weather. I mean, when I go back to school I won't be able to wake up early and run over to my friends' house and spend time with them. I won't be able to play on the computer. I won't be able to read. I can't swim when I want. I won't be able to do the math puzzles I like to work on.

I was saying this to Pastor Bob and he reminded me that when I go to school I will still be waking up early and be able to be with my friends. The teacher will probably give me new math puzzles. Pastor Bob also said he remembers how I was on the school computer a lot doing all sorts of work.

So I guess going back to school is not too bad an idea. I mean I'll miss not being able to go swimming, but then I guess it'll soon be getting too cold to swim.

The other good thing about it being September is that Sunday School is starting again. Marcy, you know the lady in charge of the children's Sunday School and all the other important things in church, wanted me to remind you that Sunday School starts on September 12. She and all the other teachers and helpers have some great things planned for us.

I'm looking forward to seeing all of you too at Church and Sunday School and remember God loves you, and so do I.

Love,
Timothy

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The Deadline for the **October Journey is September 15**

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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