SEPTEMBER 2026

THE MESSENGER

SUMC NEWSLETTER

SEPTEMBER EVENTS

9/3 Back to School Dinner @ 5 pm
9/3 Weekly choir practice begins @ 7-8:15 pm
9/7 Craft Group @ 2 pm
9/15 Weekly Saugerties Sings begins @ 7-8:30 pm
9/20 Pro Musica @ 3 pm
9/21 Craft Group @ 2 pm
9/22 United Women in Faith @ 5:30 pm
9/24 Weekly Bible study begins @10-11:30 am
9/24 Parish Zoom meeting @ 7 pm
9/29 Finance & Church Council meetings @ 6:30 & 7:00 pm



CHOIR PRACTICE BEGINS

Choir starts on Thursday September 3, at 7-8:15 PM:
This little song was written by someone, some time ago, who offered this message. Come any Thursday, any Sunday. “All God’s children have a place in the choir!”

WORD FROM THE PASTOR

In the Psalms you will occasionally encounter the word SELAH. We haven’t found a definitive for SELAH, but we have a good guess that it was a type of musical pause. Truth be told we could all use a good pause every now and then. With SELAH we can find a pause in our lives as well if we use it as a simple meditation. By following the letters of the word we can **S**top, **E**xhale, **L**ean in, **A**sk God, and **H**ear. Take time to put aside the crazyness of our lives and Stop, focus on your breathing as you inhale and exhale, then lean in physically and prepare yourself to recieve as you ask God what God has for you today. Then finally be still and ready to listen. Take time to practice some SELAH in your life this month!

CRAFT GROUP

The Saugerties UMC Craft Group meets the first and third Monday of each month at 2:00 p.m. The items that we make are sold in November at the Holiday Fair. Everyone is welcome to join us. We have a lot of donated supplies, so just bring your imagination! You don't need any special skills, and new ideas are always welcome. No commitment is necessary, so just come when it works for you. We meet in the Old Kitchen at the Church, so enter on the Post Street side of the Church. Contact Cece, Aleda, Michele, or Diane if you have questions.

HUDSON VALLEY PARISH NEWS

The annual Charge Conference for the Parish is Saturday, November 14 at 1:30. It will be held at the Town of Esopus UMC in Port Ewen. Representatives from all 11 churches in the Parish will attend.

The next Parish worship service with communion will be held on Sunday, September 27 at 2:00 pm at the Town of Esopus UMC in Port Ewen outside under a tent. The Parish has a new logo, and a Facebook page and website for the Parish are being developed.

HYMN REQUESTS

Dear Friends, If you haven't guessed in our two years together: I'm passionate about hymns. Do you have a favorite that you haven't sung in a while? Please let me know- there are so many! And only a few chances to sing together, once a week. Send me an email at clarkphyllise@gmail.com with your request.
- Phyllis Clark

SAUGERTIES SINGS

Our community chorus, Saugerties Sings, meets on Tuesdays in the chapel of our church from 7-8:30 to practice and prepare music we present in different venues throughout the town.

Talk to Phyllis Clark for more information.

UNITED WOMEN IN FAITH

The next meeting of Women United in Faith will be Tuesday, September 22, starting with a meal at 5:30 and a program at 6:30. The meal consists of each person bringing a dish or dessert, which are then shared. The meeting will be in the lounge. The program is entitled "Re-Orienting Ourselves." Participants will be encouraged to make the effort to see things from a new perspective. All women of the church are invited. See Joan Robinson or Diane McDowell if you have any questions.

EMPTYING THE PARISH HOUSE

As you know, Head Start has closed down its Saugerties location. Over the past month they have been moving stuff out of the building – boy was there a lot! I got an email from them a week ago saying that anything that was left was for us – I guess they had heard we were having a rummage sale. So, right now there are some large items that I would like to get moved out, so if you are interested in any of these we can run it like the rummage sale – come and get it and donate whatever money you think is appropriate to the church.

So, here goes – there are 6 particle board shelving units in pretty good shape. This one is 3 parts with the extra dividers. Then, there are these 3 more conventional bookshelves. Then we have a modern desk and 2 floor lamps. And, a horizontal file cabinet and an interesting storage unit And finally, two small coffee/ end tables (one still has stuff on it, but they are alike)

If any of this furniture tickles your fancy, let Nancy Forsythe know and we can arrange to make it available to you.
Thanks!

RECRUITING: TUESDAY CREW

I think most of you are aware of our 'Tuesday Crew". We are the ones who try to keep up with the needs of the church - fix the microwave in the kitchen, clean up the extra stuff in the narthex, move furniture, clean the drains on the roof - that sort of thing - that we could pay someone to do, but which probably saves us quite a bit. We are always looking for new recruits - people who are available on Tuesday mornings (thus the name!) from 9 - 12. Not much skill is required. We would welcome anyone who can come most Tuesdays and help out. If you are interested and want to check it out, come on down to the workshop in the basement next Tuesday and join us!
- Nancy Forsythe













