

Bangor First United Methodist Church
703 Essex Street , Bangor Maine



Cross Talk

DECEMBER, 2023

For Information...

Phone: 207-945-9567

Email:
bangorfirstumc@gmail.com

Website:
www.fumcbangor.org

Facebook:
www.facebook.com/Bangor
First

A Note from our pastor Dr. Steve Smith....



I should probably check with her before I put it in writing, but I'm fairly confident I speak the truth when I claim my sister (Laura) and I pick one hymn as our favorite: "O Come, O Come, Emmanuel." (I will write a retraction on behalf of my sis if this isn't true.)

There are numerous reasons to love this hymn. The beautiful, somewhat haunting melody connects with singers and listeners alike. And of course, the lyrics....well, for me, the lyrics put the song over the top.

Two points to be made about the lyrics. First, the words provide our prayer for us. "*Please, O God made known to us in Jesus, deliver us from this mess.*" Second, the historical nature of the lyrics. Get this: these words were written in Latin in the 9th century. That's right, well over a thousand years ago, the author of this song looked to the face of God for deliverance. And since the song was written, it has been sung as a prayer for those witnessing the difficulties of our world. Through trials and tribulations, epidemics, world wars, natural calamities, man-made disasters, come what may, we-like the author of these words, have been calling on Emmanuel for deliverance.

The dysfunction of our world, whether related to politics, religion, racism, whatever-may cause us to feel as though we are in, as these words from the first verse include "*lonely exile here.*"

The chief reason to love this historic song is found in the chorus: "*Rejoice! Rejoice! Emmanuel shall come to thee, O Israel.*" Notice the chorus doesn't indicate God *might* come, or *should* come. No, the lyric promises God made known to us in Jesus SHALL come.

As we share this historic song during December, I will be thankful for the author who penned it centuries ago. What a gift!

Included in this issue....

| | |
|----------------------|---|
| Upcoming Events | 2 |
| Gratitude | 3 |
| My Friend's Place | 4 |
| Prayer requests/Joys | 5 |
| Birthdays | 6 |
| More Info | 7 |
| Calendar | 8 |

The United Methodist
Church



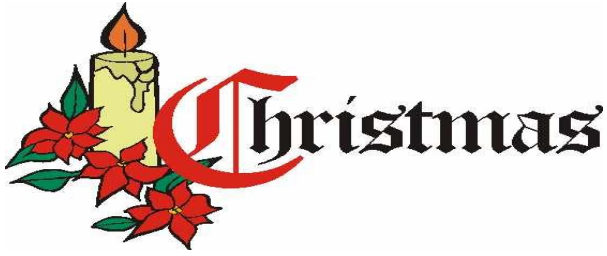
OPEN MINDS

OPEN HEARTS

OPEN DOORS

Peace & Blessings,
Pastor Steve

This 'N That...



Sunday school is going strong.
There is a nursery available each Sunday.



Christmas Eve Services
10:30 am and 9 pm

Poinsettia Memorials



If you would like to honor someone or remember someone through the placement of a poinsettia please fill out the form in the

Sunday bulletin and leave it in the office or give me a call in the office and I can check on your information. The deadline for submission is Wednesday, December 20. The cost is once again \$7.00 and the money raised will go to the Youth Group.

FOOD CUPBOARD NEEDS



Any non-perishable items are gratefully accepted! But peanut butter & soup are always in high demand!

You are welcome to drop off donated food items at the back door of the church on **Thursdays from 10-1:00 or on Sunday mornings.**

Also checks are gladly accepted and can be sent to:

Ecumenical Food Cupboard
PO Box 1106
28 High Street, Bangor, ME 04401



BEAN SUPPER Next Bean Supper is March 23, 2024

Community Meal continues to serve drive up meals each Thursday from 4-6 pm



United Women in Faith

Our next meeting is December 9 at 10 am. Our meeting will begin with a Christmas program of readings and song followed by a quick business meeting. If you are currently not on our email list and would like to be added to the Zoom list please give the office a call at 945-9567 or send an email to: bangorfirstumc@gmail.com



COMMUNITY MEAL

The Community Meal Take Out
Thursdays from 4-6

Drive up and pick up a delicious and nutritious meal!

GRATITUDE ATTITUDE...Comfort and Joy

For many people Christmas is their favorite season of the year. It certainly begins early....if you go into any store even as early as October, Christmas items are already on display along Halloween costumes! I know many people do their shopping for Christmas all year long. I wish I could do that as it would certainly make the season of Christmas less busy. My problem is I would buy something and then tuck it away, forgetting I had it until I happen to pull it out as I was looking for something else!

I think one thing that makes Christmas cozy is the weather. Winter has set in and the cold and snow associated with it tend to encourage us to stay inside, preferably near a crackling fire. Bundled in our winter robe and warm slippers, and tucked snugly under a fluffy warm blanket, we often sip hot chocolate as we binge *Hallmark* movies. That is comfort personified and fills our souls with joy!

Christmas is a truly magical time for children. Their excitement is contagious and many have their lists in hand long before a visit to Santa! Anticipation and joy abound as they check each day on the family Advent calendar. What seasonal surprise or activity awaits behind the little door or inside the little tab? Often it is the first thing that must be done each morning and the infectious enthusiasm they exude often brings joy to the entire household!

Christmas has its commercial side to be sure. The hustle and bustle of the season often leads to financial difficulties in the new year as people overspend to make sure their families have exactly what they most desire. Merchants enjoy the profits they receive which of course in turn pays their employees so that they too can provide their families with Christmas wishes.

Joy abounds as trees are decorated, gifts wrapped, cookies baked and houses adorned with lights. The hustle and bustle of busy shops and streets brings joy to some. Entertaining friends and families also brings joy. Special foods are shared and gifts exchanged. Warm and friendly greetings abound.

While we have comfort and joy here in our homes people in other places in our country and others won't greet their Christmas with comfort or joy. They may have no home to which they can return....because they are homeless or because a bomb has destroyed it. They may sit as a captive of rouge militia or be in the throws of deep depression. There is no warm beverage, no comfy robe, no "Rom-com , feel good, holiday movie. No gifts under a decorated tree. So how will the comfort and joy of Christmas find them?

The answer of course is through us....through our thoughts, our prayers and our actions. The true comfort and joy of Christmas comes from the birth of our savior, Jesus Christ. He lived amongst us, he continually demonstrated love for everyone and worked to bring about peace on earth. The comfort and joy that the birth of our Savior brought should be in our hearts all year long and if it is implanted firmly there, will move us to action....It will remind us of how wonderful it is to have that comfort and joy in our hearts and ensure that we find every possible way to bring that comfort and joy to places far and wide. Happy Christmas!



And **MEMORY JOGGERS**

“Where do I begin to describe how important MY Friend’s Place has been in our lives?”

Greetings,

My Friend’s Place is a small, non-profit dementia day-care program. We are blessed to serve those who have Alzheimer’s or other memory loss issues. We provide a specialized day program where laughter and friendship truly are the “best medicine.” It is a safe, interactive experience where participants can enjoy a non-judgmental environment. Our program provides much needed respite for family members and other care partners. *My friend’s Place* is a much needed, one-of-a kind program in our region.

Our program is unique, since our staff is comprised of many very dedicated volunteers who have a passion for this work and are the backbone of our program. There are only 3 salaried part-time positions responsible for administrative details. Our goal is to keep the program as affordable as possible, so we depend greatly on donations and volunteers.

Each day starts with tea, coffee and snacks, as we sit around a table together for socializing, much like our participants enjoyed before their diagnosis. It is a sad reality: when a person with dementia loses the ability to carry-on routine conversations, they often become socially isolated.

—We need your help!—

Once a year we reach out with this appeal. Our goal this year is to raise \$8,000. All funds received will be used to help provide arts and craft supplies, music events, special snacks, entertainment and administrative costs.

Would you be willing to provide a donation to help support our mission? No donation is too small! There is a donate tab on our website www.Myfriendsplaceprogram.com, or you may make checks payable to *My Friend’s Place*. We thank you for your support!

Blessings,

Lisa Jordan, Director MFP

Prayer Requests and Joys at FUMC

Sue W.
 Charles W.
 David H.
 Family of Juanita R.
 Dottie & sister's family
 Bellavance family
 Lynn D.
 Mary Jane T.
 Suzanne W.
 Wayne G-H.
 David J.
 Amanda Q.
 Andy & Diane M.
 Sue H.
 Tuhan K.
 Carly
 Drayden
 Neighbor of Roz
 Family of Reggie E.
 Dylan W.
 Gary C
 David P's son
 Marie's son



Prayer Requests

Charlotte W.
 Donna & Beckett
 Linda friend of Phyllis
 Nicole
 Lynn D.
 Bill P.
 Carolyn Mc
 Family of Carl R.
 Family of Cindy S. on
 the passing of her dad
 The homeless & hungry
 All those who have lost
 loved ones due to gun
 violence
 The people of Ukraine
 Pray for peace in our
 nation
 The people of Palestine and
 Israel
 The people of Ukraine

JOYS

We are grateful for...

- The love & joy of Christmas
- God given courage & strength to face whatever life sends our way
- For new beginnings
- Health and recovery from illness
- Family & friends
- God's unconditional love
- For all those who help, even when not being asked
- Our pastors, musicians & Sunday school leaders
- Opportunities to learn and grow our faith
- The support of our congregation
- Our pets who give unconditional love
- Food, clothing and a home... the necessities of life!

Into your hands Heavenly Father we entrust these people who are in need of your healing touch, knowledge of your presence, and your comfort.

Sustain them in good days and bad. Help them to feel your loving presence with them during every difficulty, for you are always there ahead of any circumstance.

Watch over all those who are in need. Help them to feel that you are always near them and know that all they need do is look to YOU for comfort and for strength.

In Your loving name we pray. Amen

Don't you know? Haven't you heard? The Lord is the everlasting God, the creator of the ends of the earth. He doesn't grow tired or weary. His understanding is beyond human reach, giving power to the tired and reviving the exhausted. Youths will become tired and weary, young men will certainly stumble; but those who hope in the Lord will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary.

Isaiah 40: 28-30 (Common English Bible)



Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|--|--|---|---|--|--|---|
| <p><i>Happy Birthday to you!</i> God Bless you and keep you the whole year through</p> | | | | | <p>1 Nancy Isaacs Diane Moody</p> | <p>2 Cindy Commeau</p> |
| <p>3</p> | <p>4</p> | <p>5</p> | <p>6 Jaddah Swett</p> | <p>7</p> | <p>8</p> | <p>9 Glenda McNally</p> |
| <p>10 Jeff Fister</p> | <p>11</p> | <p>12 Bill Lagerstrom</p> | <p>13</p> | <p>14</p> | <p>15 David Pelkey Matt Nye</p> | <p>16</p> |
| <p>17</p> | <p>18 Robert Worcester</p> | <p>19</p> | <p>20</p> | <p>21 David Swett Hillson Beal Joe Haskins</p> | <p>22 Jackie Tapley</p> | <p>23</p> |
| <p>24/31 Bill Mason (24) Ane Roberts (24) Sue Edwards (31)</p> | <p>25 Jane Weston</p> | <p>26</p> | <p>27</p> | <p>28 Glenn Mower Michael Downs</p> | <p>29</p> | <p>30</p> |

If you don't find your name on the birthday calendar it is because the office doesn't have the information. If you would like to be included on the Birthday Calendar just let the office know the month and day. (We don't need the year unless you want to share it!)



Grow Your Faith at FUMC:

***Tuesday Bible Study meets at the church at 1:00 & Thursday at 7 via Zoom**

***8:30 Sunday Spirituals (discussion group)**

***On-In person and online Sunday morning worship at 10:30 with Sunday school**

***On line devotionals Monday, Wednesdays and Fridays via email**

***Join one of our women's faith and fellowships groups: United Women of Faith, Piburn Circle**

***Join the Fellowship Choir or come and play a handbell**

***Get involved in mission by helping with our Community Meal on Thursdays... with our Bean Suppers throughout the year...or volunteer at My Friend's Place**

***Visit our library and check out a book for enjoyment, information or to grow your faith.**

***Volunteer to serve on a church committee**

We are a busy church and there are lots of ways to grow! For information about any of our programs contact the office at 945-9567



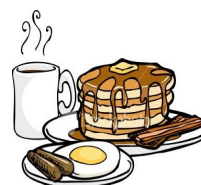
TUESDAYS AT 1:00

Join us for a time of study and fellowship. On Tuesday we meet in the Family Room to discuss the study contents. The current book is :

An Unlikely Advent

THURSDAYS AT 7 pm via Zoom

Next Men's Breakfast



**Saturday, December 2 at 7:15
Dysart's (on Broadway)**



THE WOMEN OF BETHLEHEM

A play...

Sunday, December 24

10:30 am

Newsletter Deadline

Worship Schedule



Merry Christmas

Deadline for information for the January newsletter is December 18.

Information may be submitted in written form, via email, or by phone.

Pathways to God 8:30 via Zoom

Traditional Worship Service: 10:30

On-line and in person



December 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|--|--|---|
| | | | | | 1 Office closed Ryan service at Brookings Smith 10 am | 2 AA at 11:00 Bellavance memorial service 2 pm |
| 3 8:30 Pathways 10:30 Worship | 4 Office open 7:30-10:30 DKG at 4:30 | 5 Office open 7:39-12 Fiber Arts Fellowship 9:30 | 6 Office open 7:30-12 Bells at 6 pm | 7 Office open 7:30-10:30 Community meal 4-6 | 8 Office closed | 9 AA at 11:00 UWF at 10 |
| 10 8:30 Pathways 10:30 Worship | 11 Office Open 7:30-10:30 | 12 Office open 7:30-12 Fiber Arts Fellowship 9:30 | 13 Office open 7:30-12 Bells at 6 pm | 14 Office open 7:30-10:30 Community meal 4-6 Piburn Christmas Sing along at 1pm | 15 Office closed | 16 AA at 11:00 |
| 17 8:30 Pathways 10:30 Worship | 18 Office open 7:30-10:30 | 19 Office open 7:30-12 Fiber Arts Fellowship 9:30 Ad Council at 7 via Zoom | 20 Office open 7:30-12 My Friend's Place event 9-2 Bells at 6 pm | 21 Office open 7:30-10:30 EAAA food distribution, 3pm | 22 Office closed Kitchen in use (afternoon) | 23 AA at 11:00 |
| 24/31 8:30 Pathways 10:30 Worship | 25 Office closed 7:30-10:30 Merry Christmas !! | 26 Office open 7:30-12 | 27 Office open 7:30-12 Bells at 6 pm | 28 Office open 7:30-12 Community meal 4-6 | 29 Office closed | 30 AA at 11:00 |