

Bangor First United Methodist Church
703 Essex Street , Bangor Maine



Cross Talk

February, 2020

For Information...

Phone: 207-945-9567

Email:
bangorfirstumc@gmail.com

Website:
www.fumcbangor.org
(Sermon podcasts available)

Facebook:
www.facebook.com/Bangor
First

Included in this issue....

Upcoming Events	2
Focus on Our Family	2
Coffee fellowship	2
Community meal	3
Gratitude	3
Food cupboard	4
Upcoming Study	4
My Friend's Place	4
Meetings / Events	5
Prayer requests	5
Birthdays	6
Worship assistants	7
Calendar	8



The United
Methodist
Church

OPEN MINDS
OPEN HEARTS
OPEN DOORS

A note from our Pastor....

How about that snow, eh? (Insert groan or applause here.) Likely because of my “other” occupation, a lot of people express their opinions to me on a regular basis when it comes to the subject of weather. With all of the snow lately, I’m hearing strong opinions on each side of the issue; some people love the white stuff, while others clearly despise it. Although I try to prevent myself from being influenced by those who express negative opinions, sometimes it catches up with me a bit. That is why I really appreciate a recent email sent to me by someone who beamed with positivity. His words to me included: *“I’m cool with all of the snow lately; sure, I’m not too thrilled with all the shoveling, but each and every flake is a thing of beauty!”* That email really picked-up my spirits, and reminded me of the influence we can have on others, simply by being positive.

Many verses in scripture encourage us to be positive even in the midst of trying circumstances. I believe this is because the authors of such verses sought to remind us of God’s past, current and future love and faithfulness. I also believe they understood that positive people uplift those who are discouraged. Note the positive, encouraging spirit in these verses:

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things (Philippians 4:8).

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear (Ephesians 4:29).

A joyful heart is good medicine, but a crushed spirit dries up the bones (Proverbs 17:22).

Rejoice in hope, be patient in tribulation, be constant in prayer (Romans 12:12).

As a Christian community, I believe we are called to be positive people. Sure, life is hard at times, and I’m not suggesting we should never be sad or cranky. But it seems to me our goal should be to live lives which influence others in an uplifting way. When we find ourselves in difficult, negative circumstances, our words should reflect the fact that we march to the beat of a different rhythm, that we are God’s children and offer light and encouragement instead of negativity. When we interact with others in such ways, we serve as a witness to God’s love and faithfulness.

It is my hope and prayer that gathering with your church family on Sunday mornings provides you with an uplifting experience, and encourages you to be positive while bringing a bright spirit into your circumstances of everyday living.

I get it; the snow is getting tiresome for many people. But the person who emailed me is right; despite all the shoveling, plowing and the general aggravation snowstorms bring, each flake truly is a thing of beauty. May each of us see beauty in our circumstances each day, and offer words of encouragement. It makes a difference!

This 'N That...



COFFEE FELLOWSHIP GROUPS FOR FEBRUARY

February 2: Mary Ann Harlan, Wayne Griffeth-Hurst, Nancy Hansen, Darlene Shortt

February 9: Lisa & Jadda Swett and Deborah Friedman

February 16: Polly Goding, Gerald & Leitha Karnes

February 23: Mary Smith, Donna Leland, Barbara Warner

Focus on Our Church Family

John Haskell

Think about what the Sunday worship hour would be without any music. It is really difficult to imagine how uninspiring it would be! Our extremely talented Music Director John Haskell assures that the music for our services is always upbeat and uplifting. His music sets the tone for the service and provides feelings of comfort, excitement and joy. There isn't any piece of music John can't handle. It would exhaust you if you sat behind him during the Spirit Weekend concert and watched his fingers zip across the keys. With Roo's booming voice and John's keyboard skills we are hopping in our seats! Thank you John for using your God giving talents to truly inspire us all year long! You are such a blessing to our church! God Bless!

Jim Burkhart

Jim Burkhart has been a fixture in our church for a long time. Always ready to take part in whatever needs to be done, he is a "go to" guy! Jim has served as our church lay leader for several years and has just finished a stint as Chair of finance....a job not coveted by many! He currently serves as Chair of Administrative Council. As a representative to our District Cluster group he helps out with District events such as the Sock & Hot Chocolate give away during the cold months of winter. Jim also serves as a Scout liaison to our Pack 8 Cub Scout group. We are blessed to have Jim as part of our congregation. He is an exceptional example of how we can serve as the hands and feet of Christ. God Bless you Jim for all you do!

KEENAGERS

This special group for the "young at heart" meets throughout the year for lunch, fun, fellowship and learning. A delicious meal is provided at a cost of \$6.00.

The group meets the fourth Monday of the month and always welcomes new participants.

For more information please speak with Sue White.



The Evangelism Committee is accepting donations for Valentine Cards for our young people who are away at college or in the military. Please see Sue White or Nancy Isaacs if you would like to make a contribution speak with Sue White or Nancy Isaacs.

Piburn Circle will feature "The Beekeeper"....Elizabeth Downs as their speaker on February 20th at 1:00 pm

COMMUNITY MEALS FOR FEBRUARY

FEBRUARY MEALS

- February 6:** Chef's Choice
February 13: Chef's Choice
February 20: Chef's Choice
February 27: Chef's Choice

**Meals are subject to change
 due to unforeseen circumstances*



FEBRUARY NEEDS

Desserts are needed for each meal throughout the month.

Desserts can be dropped off in the kitchen on Wednesday or before 2:00 on Thursday.



Friday, February 14th

6pm

Bring a Pot Luck dish to share and join the fun!

GRATITUDE ATTITUDE....LOVE

Love....is a common focus during February. Valentine greeting cards, boxes of chocolates, and beautiful floral bouquets are bought and delivered. Sometimes sparkling diamonds are placed upon a delighted young lady's finger! Many folks pick Valentine's Day as a date for their wedding. Many of us personally experience so much love in our lives...the love of our parents, our grandparents, aunts, uncles, cousins, our children, friends, and if very fortunate the special love of our husband or wife.

Love is often used to describe lots of things. For example, you might say you love your job, or love being at camp, you love listening to music, or watching football, you might say you love lots of gravy on your massed potatoes! You love your children, grandchildren, your pet, your home, your car's heated steering wheel, riding your snowmobile, or cooking for your family and friends. In some places....such as the U.K. love is used as a friendly term of address....."Hello Love." There are so many seemingly informal uses of love all of which mean something slightly different.

There is an unselfish love too. The love that some people have for others that is selfless. The love that is given without expectation of reward, recognition or return. We certainly could not speak of love without adding the Love of God.... That very special love that God has for his children. We are so blessed to be recipients of this never ending love. A love without conditions, or expectations, but is free for our taking.

As you think about the things you love, be grateful for all those who love you and those you love. Be grateful for all the things you love that bring you joy, comfort or relaxation. But be most grateful for the Love of God. A love that will never be unavailable, that is all encompassing, enduring and strong. A love that *will not let you go....ever.* MCS

NEWS FROM.....



And **MEMORY JOGGERS**



My Friend's Place and Memory Joggers

My Friend's Place and Memory Joggers themes for February are Give Me a Hand, March of Penguins, Cowboys, New York, New York, President Lincoln, Valentine's Day, Candy Land, Hershey, Leap Year, Simple Sandwich, Sunshine State, and Polar Bears.

Music entertainment for February will be piano and song with Kay Eames, music with Zella Harmon on her guitar, and a sing along with Nostalgia.

We are looking for volunteers to help with the Tuesday program. If interested, please see or call me at 945-0122. Our hours are Tuesday, Wednesday & Friday from 10:00 am – 2:00 pm

www.myfriendsplaceprogram.com

Blessings,

Dottie England, Director



FOOD CUPBOARD NEEDS FOR THIS MONTH

PASTA & SAUCE

CANNED MEATS

RICE A RONI & HAMBURGER HELPER

SOUP

TOILET PAPER

UPCOMING STUDY OF THE CREEDS

Dr. Jeff Fister will conduct a study of the creeds that have been used in worship in our Methodist traditions over the years.

The study will take place at 9:15 am on Sunday mornings during March (March 1, 8, 15, 22 and 29th.)

January Meetings / Events at Bangor First UMC



Meetings:
Feb. 8 UMW at 9:30
Feb. 11: FLIA Childcare Comm
Feb. 20: Piburn at 1:00
 Evangelism Committee; 2:40
Feb. 25: Ad Council; 7:00
Feb. 4:: Birch Hill group

Events/Services:
Sunday at 8:30 Pathways to God
 group (Bible / book studies)
Christian Education for Children
 10:45
Sunday worship at 10:30
Choir rehearsal Wednesdays at
 7:00 (Sept –June)
Free Community Meal every
Thursday from 4-6
District Training Saturday
 February 1st 10-3

Ongoing Group Meetings
Bible Study Meets again in
 Sept. at 1:00 on Mondays
Food Addicts in Recovery
 meet each Monday at 6:30
Bangor Community Chorus
 rehearses every Tuesday at
 6:00 (Sept-May)
Toymakers meet each Mon-
 day evening at 6:00
Cub Scouts meet on Wednes-
 days at 6:00 (Sept-June)
Delta Kappa Gamma meets
 monthly (Sept–June) on the
 first Monday.
AA Saturdays at 11:00 am

Alex
 Karen C.
 Family of Phyllis G.
 Family of Judi C.
 Sandra B.
 Dorothy & Henry S.
 Peg & David S.
 Philip F.
 Bill P.
 Bob & Jackie L.
 Matthew M.
 Family of Marguerite B.
 Barry P
 Marion G.

Geneva I.
 Mariam G
 Paul S.
 Eliana B.
 Family of Galen C.
 Jean H.
 David H.
 Kathie M.
 Phyllis G.
 Sylvia W.
 The homeless & hungry
 The Bangor Street Pas-
 tors



Prayer Requests

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)



FEBRUARY BIRTHDAYS

Sun Mon Tue Wed Thu Fri Sat

	<p><i>Happy Birthday To you .. God Bless you and keep you the whole year through!</i></p>		1	2	3	4
5	6 Don Gallupe Donna Frost	7	8	9	10	11 Steve Earl
12 Ruth Shepardson	13	14	15 Maggie Cow- perthwaite	16 Stephen Ritz- Perkins	17 Joan Rosie Cindy Sayles	18
19 Rena Anderson	20	21	22	23 Kerry Woodbury Mark Paulette	24	25
26	27 Kara Scheiber Louise Hatch Jan Ashton	28	29	30	31	

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!)

Worship Assistants for FEBRUARY 2020

***If you are unable to cover the date for which you are scheduled please arrange for a substitute or call the person who contacted you or give the office a call.

<u>Readers</u>	
2	Chris Plaisted
9	Glenn Mower
16	Darlene Shortt
23	Bill Lagerstrom

<u>Trustees</u>	
2	Steve Earl
9	Bob Walls
16	Gregg Stewart
23	David Pelkey


<u>Media</u>	
Geoff Dapice	
Wayne Griffeth-Hurst	
<u>Sound</u>	
Jim Burkhart	
Dale Brownie	

Greeters for the 10:30 am Traditional Worship

<u>Sanctuary Door</u>	
2	Downs Family
9	Hillson & Sally Beal
16	Jim & Jane Sinclair
23	Croce Family

<u>Essex Street Door</u>	
2	Nancy Soucy
9	Bob Worcester
16	Charlotte Witham
23	Roz Fisher

<u>Back Door</u>	
2	Rolfe Flood
9	Stephen Ritz-Perkins
16	Gary & Jane Shaffer
23	Sue Croce

	Newsletter Deadline	Worship Schedule
 <p>SEND A BOUQUET OF GOD'S LOVE TO OTHERS</p>	<p>Deadline for information for the March newsletter is February 17.</p> <p>Information may be submitted in written form, via email or by phone.</p>	<p><i>Pathways to God 8:30</i></p> <p><i>Traditional Worship Service: 10:30</i></p> <p><i>Christian Ed for children at 10:45 (2nd-4th Sundays) through September-June ...</i></p> <p><i>Children's Christian Fellowship:</i></p>



Bangor First United Methodist Church Calendar for.... February, 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11:00 AA District Training 10-3
2 8:30 Pathways 9:15 Choir rehearsal 9:30 Worship Committee 10:30 Worship	3 1:00 Bible study 4:00 DKG 6:00: Toymakers 6:00: FAIR 6:00: FLIA	4 9:00 Yoga 10:00: My Friend's Place 5:30: Birch Hill group 6:00 BCC	5 10:00 Memory Joggers 6:00 Scouts 7:00 Choir 2:00 MFP Care-giver support group	6 9:00 Yoga 4:00 Community Meal	7 10:00 My Friend's Place Collier service at 1:00	8 11:00 AA Goss Service at 1:00 at Brookings Smith 9:30 UMW
9 8:30 Pathways 10:30 Worship	10 1:00 Bible study 6:00: Toymakers 6:00: FAIR	11 9:00 Yoga 10:00: My Friend's Place 6:00 FLIA Child-care and Jobs Committee`	12 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	13 9:00 Yoga 1:00 Piburn Evangelism committee 3:00 EAAA food distribution 4:00 C. Meal	14 10:00 My Friend's Place CABIN FEVER RELIEVER AT 6	15 11:00 AA Family Room in use from 1-5
16 8:30 Pathways 10:30 Worship 10:45 Christian Ed	17 Church closed MLK Day 1:00 Bible study 6:00 Toymakers 6:00 FAIR	18 9:00: Yoga 10:00: My Friend's Place	19 10:00 Memory Joggers 6:00 Scouts 7:00 Choir 2:00 MFP Care-giver support	20 9:00: Yoga Community Meal	21 10:00 My Friend's Place	22 AA 11:00
23 8:30 Pathways 10:30 Worship	24 12:00 KEENAGERS 1:00 Bible study 6:00: Toymakers 6:00: FAIR	25 9:00: Yoga 10:00: My Friend's Place 7:00 Ad Council	26 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	27 9:00 Yoga 4:00 Community Meal	27 Office closed Mary away My Friend's Place	