

Bangor First United Methodist Church
703 Essex Street , Bangor Maine



Cross Talk

January, 2018

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(Sermon podcasts available)

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First

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The United
Methodist
Church

OPEN MINDS

OPEN HEARTS

OPEN DOORS

And as for being grateful.....

I recently completed a book study on gratitude led by Pastor Arlene and in the company of some of my fellow Bangor First friends. The basis of our study was a book entitled *Grateful* written by Diana Butler Bass. In her book she talks about the transformative power of giving thanks.

The new year seems a fitting time to look back on all the great things that have happened in our lives in the year just past and be grateful for them, while remembering also those times that have been the most challenging and be grateful for those as well.

Being grateful for the hard times??? This doesn't mean that we express gratitude for violence, abuse, hatred, injustice, pain and suffering, for a needed job lost, etc., but as we face hardships we build resilience and often, in time, find strength in those less than perfect events. It seems that the times in my life which would seem to have called for ingratitude have actually been the times for which I have been most grateful. The hard times have been the times when God has let me know in an even more profound way that he is with me....is watching out for me.....and will see me through. In those times I have developed resilience and found a way in which to be truly grateful!

Join me in taking some time during this year to *notice* the blessings and gifts you receive everyday. Let's begin our day by being thankful for those blessings and gifts that we have received and will receive in the new day. Let's thank God for being with us in good times and in bad. (He's always there... in every moment, even before we realize it sometimes.) Thank Him for those people and circumstances that surround us, that comfort, care for, and lift us up. He has provided those gifts as well!

Poet Maya Angelou put it aptly: "If you must look back, do so forgivingly. If you must look forward, do so prayerfully. However, the wisest thing you can do is be present in the present... gratefully!"

Gratitude is an attitude...I'm working in this new year to show my 'gratitude attitude' every day! Will you join me? It can be infectious and who knows what can happen if we are grateful together?! God Bless!

Mary Cissell Smith, *Cross Talk* Editor

This 'N That...

COFFEE FELLOWSHIP GROUPS 2019

Coffee Fellowship should be set up by 11:30. Groups are also responsible to clean up after, return the kitchen to it's original set up, and take home the dishcloths for laundering. *Please also make sure the dishwasher is off!* **If your team needs to change your day, please switch with another team below you on the list.**

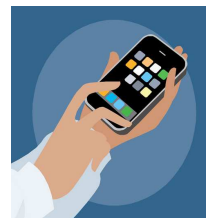
- January 6:** Nancy Isaacs, Jim & Hazel Chick, Page Chaloult
- January 13:** Sue White, Linda Thrush, Linda Folsom, Miriam Lucy
- January 20:** Jim & Jane Sinclair, Charlotte Witham
- January 27:** Jim & Jane Burkhart, Wayne Griffith-Hurst, Mary Ann Harlan
-
- February 3:** Lisa & Jaddah Swett, Deb, Rebekah & Hannah Friedman
- February 10:** Gregg Stewart, Ann Marie Boudreau, Barbara Wais
- February 17:** Bob & Marybeth Allen, Rachel Wilson
- February 24:** Hillson & Sally Beal, Goeff & Deedra Dapice
-
- March 3:** Dale & Julie Brownie, Jeff & Barbara Fister
- March 10:** Linda Morris, Vicki Kolenik, Tammy Mason, Barbara Wing
- March 17:** Clyde & Judy Pelkey, Lorena Fenlason
- March 24:** Mary Smith, Donna Leland, Barbara Warner
- March 31:** Polly Goding, Gerald & Leitha Karnes
-
- April 7:** Skippy Valentine, Deb Sorokin, Morita & Jackie Tapley
- April 14:** Andrew, Rebecca & Sue Croce
- April 21:** Kathy Merrill, Silvia & Patti Wright, Pat Keogh
- April 28:** David & Judy Hastings, Sherry Robinson, Valerie Morris
-
- May: 5:** Kerry & Pat Woodbury, Amy Nye
- May 12:** Dottie England, Peg Johnson, Stacey Whittington
- May 19:** David & Baerbel Pelkey, Nick Prins, David & Peg Swett
- May 26:** Dan & Louise Hatch, Sylvia Moore

Continued on page 3

This 'N That...

Coffee Fellowship, Continued

- June 2:** Bradley & Anne Porter, the Downs Family
- June 9:** Scott & Sue Edwards, Rosemary & Dick Leonard
- June 16:** Marcia Biggane, Roz Fisher, Bob & Marie Walls
- June 23:** Andy & Diane Moody, Jeff & Jill Churchill
- June 30:** The Ritz-Perkins family, Gary & Jane Shaffer



Please be sure to update your changes in phone numbers and address with the office. We want to keep in touch!



United Methodist Women

United Methodist Women
January 12th

9:30 am

The office will be closed ...

On December 25th, 29
31st and January 1

PIBURN CIRCLE

January 17th at 1:00 in the
Fireside Room

We welcome Wayne Griffith-Hurst as our new custodian.
Wayne is already known to our church as our Media tech.

Wayne has been doing a great job keeping things clean and shiny and is hoping to make his work even better by getting some new equipment (like a commercial vacuum) that will be more efficient. If you would like to donate toward this purchase, checks can be sent to the office noting custodial equipment on the memo line.

KEENAGERS

January 28th at noon in
the Family Room

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 \$5.00.

Come join this welcoming, lively fellowship.

My Friend's Place & Memory Joggers

Opens again on January 4



**MONDAYS AT 1:00
IN THE
FIRESIDE ROOM**

**EVERYONE IS
WELCOME!**

COMMUNITY MEALS FOR JANUARY

JANUARY MEALS

January 3: Turkey casserole

January 10: Quiche

January 17: Soup & subs

January 24: BBQ chicken

January 31: Pot Luck

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



JANUARY NEEDS

January 3: Desserts

January 10: Desserts

January 17: Desserts

January 24: Desserts

January 31: Desserts



COFFEE FELLOWSHIP GROUPS FOR JANUARY

January 6: Nancy Isaacs, Jim & Hazel Chick, Page Chaloult

January 13: Sue White, Linda Thrush, Linda Folsom, Miriam Lucy

January 20: Jim & Jane Sinclair, Charlotte Witham

January 27: Jim & Jane Burkhart, Wayne Griffith-Hurst, Mary Harlan



QR code for smart phones that will take you directly to the FUMC electronic donation page.



Socks & Cocoa for the Homeless

We are now collecting **new or gently used socks, mittens, gloves**, (no scarves or hats are needed at this time) and **hot chocolate** for our giveaways on the third Saturday of the month in December, January & February.

You are also welcome to help pass out articles at Grace UMC or at Davenport Park. Workers will meet at 10 to begin the organizing and preparing the sites.



FOOD CUPBOARD NEEDS FOR JANUARY

During the month of January we are asking for donations of the following items for the food cupboard:

- **Pasta**
- **Pasta sauce**
- **Mac & Cheese**
- **Cereal**
- **Toilet paper**

NEWS FROM.....



And **MEMORY JOGGERS**



My Friend's Place and Memory Joggers

My Friend's Place and Memory Joggers themes for January are Hodge Podge, Polar Bears, Snow Days, Famous Mainers, Here Comes Frosty, Penguins, Winter Wonderland, Hot Chocolate, Blue, Dogs of Our Lives, Snowflakes, Snug Socks, and Land of Fire & Ice.

Music entertainment for January will be piano and song with Kay Eames, and Nostalgia.

We are still looking for volunteers...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

If you haven't already, please "Like Us" and "Share Us" on facebook at My Friend's Place/Memory Joggers, Bangor, ME

Blessings,

Dottie England, Director

January Meetings / Events at Bangor First UMC



Meetings:

January 6: Worship Committee

January 12: UMW

January 17: Piburn; 1:00

January 22: Ad Council

January 28: Keenagers; noon

Events/Services:

Sunday at 8:30 Pathways to God group

Christian Education 10:45 (2nd-4th Sundays)

Sunday worship at 10:30

Choir rehearsal Wednesdays at 7:00

Hand bell rehearsal Thursdays at 6:45

Ongoing Group Meetings

Bible Study Mondays at 1pm

Food Addicts in Recovery meet each Monday at 6:30

Bangor Community Chorus rehearses every Tuesday at 6:00 (Sept-May)

Toymakers meet each Monday evening at 6:00

Cub Scouts meet on Wednesdays at 6:00 (Sept-June)

Delta Kappa Gamma meets monthly (Sept-June) on the first Monday.

AA Saturday at 11:00 am

Sandra B.

Peg S.

Neil A.

Page C.

Norm & Marguerite

Bill P.

Dawn R.

Bob & Jackie L.

Silvia W.

Bob W.

David B.

Maxx A.

Family of Kerry W.

Bob W.

Barry P.

Nick L.

Albert & Leona S.

Adam S.

Geneva I.

Marion G.

Eliana B.

Wayne G

Linda T.

The Bangor Area Street Pastors

The homeless & hungry



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)



JANUARY, 2019

Birthdays

Sun Mon Tue Wed Thu Fri Sat

		1	2	3 Makayla Sennett	4	5 Pat Woodbury
6	7 Julie Antworth Michael Harrington	8	9 John Kolenik	10	11	12
13 Linda Folsom Priscilla Soucie	14	15	16 Judith Hastings	17 Daphne Tardif	18	19 Scott Smith Leona Snow
20 Anne Porter	21	22	23 Lorena Fenlason	24 Miles Tardif	25 Dottie Warren Cooper Nye	26
27 Jessie Stanhope Albert Snow	28	29 Phyllis Goss Elizabeth Downs	30	31		
			<i>Happy Birthday</i>	<i>To you ... To Jesus be true</i>		God Bless you and keep you the whole year through!

Worship Assistants for January, 2019

***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>	
6	Joe Haskins
13	Jan Ashton
20	Michael Downs
27	Glenn Mower

<u>Trustees</u>	
6	Gregg Stewart
13	David Pelkey
20	Andrew Croce
27	Marybeth Allen


<u>Media</u>	
Geoff Dapice	
Wayne Griffith-Hurst	
<u>Sound</u>	
Jim Burkhart	

Greeters for the 10:30 am Traditional Worship

<u>Sanctuary Door</u>	
6	Gerald & Leitha Karnes
13	Hillson & Sally Beal
20	Tammy & Bob Worcester
27	Rolfe Flood

<u>Essex Street Door</u>	
6	Pat Keogh
13	Donna Leland
20	Mary Harlan
27	Jan Ashton

<u>Back Door</u>	
6	Sherry Robinson
13	Sue Croce
20	Peggy Johnson
27	Barbara Wing

	<u>Newsletter Deadline</u>	<u>Worship Schedule</u>
 <p style="text-align: center;"><i>365 days ahead to be grateful for all that God provides!</i></p>	<p>Deadline for information for the February newsletter is January 21.</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 June ...</i></p> <p><i>Children's Christian Fellowship: (June -early September.)</i></p>



Bangor First United Methodist Church Calendar for.... **JANUARY, 2019**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Office closed New Year's Day	2 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	3 9:00 Yoga 4:00 Community Meal 6:45 Bells	4 10:00 My Friend's Place	5 11:00 AA
6 8:30 Pathways 10:30 Worship 10:45 Christian Ed Worship Committee	7 1:00 Bible Study 6:00: Toymakers 6:00: FAIR	8 9:00 Yoga 10:00: My Friend's Place 6:00 BCC	9 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	10 9:00 Yoga 4:00 Community Meal 6:45 Bells	11 10:00 My Friend's Place	12 9:30 UMW 11:00 AA
13 8:30 Pathways 10:30 Worship 10:45 Christian Ed	14 1:00 Bible Study 6:00: Toymakers 6:00: FAIR	15 9:00 Yoga 10:00: My Friend's Place	16 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	17 1:00 Piburn 9:00 Yoga 4:00 Community Meal 6:45 Bells	18 10:00 My Friend's Place	19 11:00 AA
20 8:30 Pathways 10:30 Worship 10:45 Christian Ed Missions Committee	21 Church closed <i>Martin Luther King Day</i> 1:00 Bible Study 6:00 Toymakers 6:00 FAIR	22 9:00 Yoga 10:00: My Friend's Place 7:00 Ad Council and Church Conference	23 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	24 9:00 Yoga 4:00 Community Meal 6:45 Bells	25 10:00 My Friend's Place	26 11:00 AA
27 8:30 Pathways 10:30 Worship 10:45 Christian Ed 9:30 Evangelism Committee	28 12:00 Keenagers 1:00 Bible Study 6:00: Toymakers 6:00: FAIR	29 9:00 Yoga 10:00: My Friend's Place	30 10:00 Memory Joggers 6:00 Scouts 7:00 Choir	31 9:00 Yoga 4:00 Community Meal 6:45 Bells		