

Bangor First United Methodist Church
703 Essex Street , Bangor Maine



Cross Talk

MARCH 2025

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First

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

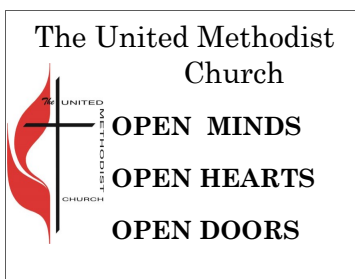
I did something yesterday I haven't done for quite some time. I cracked open a window in my car since it was getting a bit warm...even with the car heater off! As you may recall, temperatures Tuesday were still quite brisk, with highs only around 30. But still, it was warm in my car after being parked in the church parking lot for a number of hours. Yet, there were numerous days back in January and February that featured temperatures around 30, but my car interior was quite cold. What's the difference?

This time of year, the angle of the sun is more direct compared to January and February. Our northern hemisphere is tilting back toward the sun, which means we are receiving more potent energy from the sun. Even though the temps are still below freezing, the interior of our cars (and sunrooms in homes) are getting heated-up nicely despite the brisk temperatures outside.

There are times it feels as though we live in a cold, cruel world. During Lent we work to determine how we may best turn toward the Son. What obstacles need to be removed preventing us from tilting toward the Son for warmth and comfort? How might we reflect the Son's warmth and light into the life of someone experiencing a cold passage? I pray this Lenten season finds us tilting toward, and basking in, the warmth of the Son.

Blessings,

Pastor Steve



This 'N That...



Youth activities TBA

FIBER ARTS FELLOWSHIP Tuesdays 9:30-11:00



Everyone is welcome to come knit, crochet or just fellowship with us on Tuesdays.

We continue to work on the warm prayer shawls, lap robes, and other projects that keep our fingers and needles busy.

We will begin meeting again this September but hope you will join us any Tuesday that you can.

Next Men's Breakfast



Saturday, March 1

7 am, Governor's on Broadway

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**



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

Bean Supper drive up March 29 from 4-6pm



United Women in Faith

Please join us for our next meeting at 10 am on **March 8** at the church and on ZOOM. Call the Church office at 945-9567 or contact Julie Brownie if you want to receive emails or telephone calls about UWF events.



COMMUNITY MEAL

The Community Meal Take Out
Thursdays from 4-6

Drive up and pick up a delicious and nutritious meal!

GRATITUDE ATTITUDE.... Wearing the Green



If you're "wearing the green" on March 17th you may be Irish or you may just love St. Patrick's Day! (And watch out if you're not wearing green as you might get a pinch!)

St. Patrick is a patron saint of Ireland. Born in the late 4th century he was kidnapped at the age of 16 and taken to Ireland as a slave. He spent six bleak years there as a herdsman, during which time he turned to his faith for strength

and comfort. He had a dream one night that a ship was awaiting his escape and upon escaping found passage on that ship to his homeland, Britain. In later years he felt a call to return to the Ireland to help the people there, but ignored the call for a long time because he doubted his abilities and felt his lack of education a hinderance to his ability to help. Once he did muster the courage to return to Ireland his spirit was renewed and he went about baptizing and confirming people in the Christian faith. He was humble to a fault and thankful that he could bring people to God. By the time of his death on March 17, 461, he had established monasteries, churches and schools. One of the symbols of St. Patrick is the shamrock, Ireland's national flower. The three sections of the shamrock represent the Holy Trinity....Father, Son and Holy Spirit.

Today we can study the lives of saints and others who lived long ago and read about the sacrifices they made in the name of Christ, changing for the better, the lives of those around them. Humble and loving, they carried the message of Christ tirelessly. But we don't just have to look to the past to find examples of those who humbly work to bring the message of Christ's love to others. They reside amongst us today. We find them working at the Community meal, or handing out warm socks and mittens in a Bangor park on a cold winter's day. We find them sitting in committee meetings working to bring better bus service and child care to those in the community who need it. We come across them in shelters that take in the homeless and provide warm beds and a hot meal on a daily basis. They are in hospitals and nursing homes, providing comfort to those who are living their last days. We find them providing beautiful, uplifting music that lends so much to a church service, or giving sermons to congregations who need to quell their doubts and uncertainties. These loving, humble folks, although not *officially* Saints, these workers for Christ do similar work....They are the hands and feet of Jesus. And for all of them I am grateful!



And **MEMORY JOGGERS**

Another month has flown by very quickly. Even though the weather has been extremely cold, we've kept warm with good companions, new topics and fun.

This month we've learned about **Snowshoe hares, Snow shoes, Valentines Day, and the combination of chocolate and mint.** I, personally, learned a lot about Snowshoe hares. I had no idea that they can run 25-35 mph and their large, powerful hind legs can propel them to jump up to 10 meters. WOW!

We also discussed the use of snow shoes in the winter weather. Not all of us have used snow shoes at some point in time, but many enjoyed being avid skiers when they were younger and talked about that.

Then, of course, for Valentines Day, we made cards and baskets filled with candies to take home to share with loved ones. We've found that our friends can be VERY creative in their artistic endeavors. Whether making cards, decorations for a particular holiday, or painting with watercolors or acrylics, they do some beautiful work!

Everyone ALWAYS enjoys the games portion of our day the most. We encourage, applaud and laugh with each other during our "competition". Of course, the real goal of the games is to get everyone up and moving, use their hand and eye coordination and have FUN.

After lunch we head back over to the larger room for exercises. This is when we reach, bend and stretch to get our blood flowing and wake up our muscles. On the days when we're together, the time ALWAYS flies by.

Hopefully, we'll have some nicer weather when it's time for next months' report. Take and God bless!

Mary Keller , Volunteer and Newsletter correspondent for MFP

United Women in Faith Offers Financial Assistance

Did you know that First Church's UWF unit offers three types of financial assistance? They are **scholarship assistance to high school seniors** who are continuing their education (This application is due May 15th); **registration fees for Camp Mechwana** programs; and, **assistance for Mission U, UWF programs, and travel expenses for UWF and other church related programs.** More information will be coming about this assistance.

The application forms are located behind the UWF slot in the middle section of the mail container outside of the office.

FELLOWSHIP LIBRARY NEWS



Our library is full of all sorts of interesting things....puzzles, study books, periodicals, books for leisurely reading, books for information and of course Bibles. Check the Fellowship Library hall bulleting board for featured books .Come **CHECK IT OUT!**

Prayer Requests and Joys at FUMC

Family Eva B.
 Sharon R.
 Leslie J-W
 Charles W.
 Baby Adrian Joseph
 Keith W.
 Bill M.
 Family of Pat C.
 Helen W.
 Family of Barbara D.
 Charles W.
 David H.
 Christina W.
 Suzanne W.
 Tuhan K.
 Meghan B.
 Amanda R-P
 Jessie S.
 Donna & Beckett
 Lynn D.
 Marion
 Darlene, Beth's mom



Prayer Requests

Gwen
 Steve P.
 Christi S.
 Page C's relatives
 Suzanne W.
 Amanda H.
 Christine C.
 The homeless & hungry
 Pray for our nation and its leaders
 For the victims of the fires in LA and for those who are bravely fighting them.
 For our pastors and church leaders including our Bishop and District Superintendent
 For our children and youth
 For those who lead us in worship and for those who provide the video links to those watching from home

JOYS

We are grateful for...

- God given courage & strength to face whatever life sends our way
- For crisp winter days and fresh fallen snow
- For the beauty of winter and the promise of spring
- Health and recovery from illness
- Family & friends
- God's unconditional love
- For all those who help, even when not being asked
- Our pastors, musicians and media techs
- 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 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> <i>Happy Birthday to you!</i> God Bless you and keep you the whole year through!</p>						1
2	3	4 Vicki Kolenik	5 Mary Ann Harlan	6	7 Chris Cronan Deborah Towle	8
9	10 Nick Cowperthwaite	11 Morita Tapley	12 Deb Christensen	13 William Christensen	14	15 Christina Clark
16 Peter Haskins	17	18 Sue Croce	19	20 Silvia Wright	21	22
23 /30 23: Liam Murphy 30: Robert Commeau Phoenix Swett	24 /31	25	26	27	28 Sue White Bruce Mahlmann	29

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 1:00pm & at 7pm via Zoom**

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

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

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

Men's Breakfast devotion and fellowship the first Saturday at 7 am

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

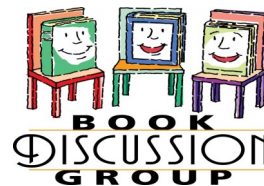
***Join the Fellowship Choir or come and play a handbell**

***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



Groups meet on **Tuesdays** at 1pm at church and at 7:00 pm via Zoom. The Lenten study is *The Final Days: A Lenten Journey Through the Gospels* begins on March 11th.


Reserve the Date....

The University of Maine Singers will present a concert here at Bangor First United Methodist Church on Wednesday, March 19 at 6:30.

GRATITUDE

For what things are you grateful...

God's love? Health? Happiness? Family? Friends?
 Pets? Your home? Your job? Your sight?
 Peace? Contentment? Food? Love? Your education?
 Your talents and abilities? Your faith?
 God's love and guidance? Your church family?
 The cool, crisp air? The beauty all around you?
 Your freedom? Your blessings? And...

	Newsletter Deadline	Worship Schedule
 <p><i>The petals of the shamrock are said by some to represent the Father...Son... and Holy Spirit.</i></p>	<p>Deadline for information for the April newsletter is March 17.</p> <p>Information may be submitted in written form, via email, or by phone.</p>	<p><i>Sundays... Pathways to God 8:30 via Zoom Traditional Worship Service: 10:30 On-line and in person</i></p>

MARCH 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 AA at 11:00 Men's Breakfast 7 am at Governor's on Broadway
2 8:30 Pathways 9:30 Choir 10:30 Worship	3 Office Open 7:30-11:30 My Friend's Place 10-2 DKG 4:30	4 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am	5 Office open 7:30-11:00 Memory Joggers 10- Ash Wednesday service 7:30	6 Office Open 7:30-11:00 Community meal 4-6 Mahjong 12:30	7 Office closed My Friend's Place 10-2	8 AA at 11:00 UWF 10 am
9 8:30 Pathways 9:30 Choir 10:30 Worship	10 Office open 7:30-11:30 My Friend's Place 10-2	11 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am My Friend's Place Board 5pm Lenten study begins	12 Office open 7:30-11:00 Memory Joggers 10-2 Bells	13 Office open 7:30-11:00 Community meal 4-6 Mahjong 12:30	14 Office closed My Friend's Place 10-2	15 AA at 11:00
16 8:30 Pathways 9:30 Choir 10:30 Worship	17 Office open 7:30- 11:30 My Friend's Place 10-2	18 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am	19 Office open 7:30-11:00 Memory Joggers 10-2 UM Singers concert 6:30 pm	20 Office open 7:30-11:00 Community meal 4-6 -Mahjong 12:30 -Piburn 1pm -EAAA food distribution	21 Office closed My Friend's Place 10-2 BSO auditions 9-5	22 AA at 11:00
23 /30 8:30 Pathways 9:30 Choir 10:30 Worship	24 /31 Office open 7:30-11:30 My Friend's Place 10-2	25 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am Ad Council at 7	26 Office open 7:30-11:00 Memory Joggers 10-2 Bells	27 Office open 7:30-11:00 Community meal 4-6 Mahjong 12:30	28 Office closed My Friend's Place 10-2	29 AA at 11:00 Bean Supper 4-6