

Bangor First United Methodist Church  
703 Essex Street , Bangor Maine



# Cross Talk

APRIL, 2026

## For Information...

**Phone:** 207-945-9567

**Email:**  
bangorfirstumc@gmail.com

**Website:**  
www.fumcbangor.org

**Facebook:**  
www.facebook.com/Bangor  
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! Recent temperatures have been brisk, yet it was warm in my car after being parked in the church parking lot for a number of hours.

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.

The world can be a cold, cruel place. 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

The United Methodist  
Church

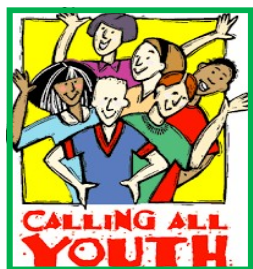


OPEN MINDS

OPEN HEARTS

OPEN DOORS

## This 'N That...



Youth Group meets after church two Sundays a month.

### Next Men's Breakfast



Saturday, April 4

7 am, Dysart's on Broadway



### All Girls Choral Concert

Saturday, April 18

4 pm

(Sponsored by Faith Linking in Action)

### FIBER ARTS FELLOWSHIP

Tuesdays 9:30-11:00



Everyone is welcome to come knit, crochet or do other craft projects 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.

Hope you will join us any Tuesday that you can!

### 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:

**Bangor Food Pantry  
PO Box 1106  
Bangor, ME 04401**



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

**Next Bean Supper** drive up April 25, 2026 from 4-6pm



United  
Women  
in Faith

Please join us for our next meeting at 10 am on **April 11** 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, nutritious meal!

### GRATITUDE ATTITUDE... LIGHT!

We recently turned back the clocks and what a difference the lingering light makes at day's end! This is a time of year to which I look forward as the change in the time and the subsequent lingering daylight seems to suggest that the long winter is past and Spring will soon arrive!

Sunlight is so important to us. It warms the earth and plants begin the process of blooming. The leaves on the trees return and the birds sing merrily from their branches. Farmers and gardeners ready their fields and beds for planting, and Johnny-Jump-Ups, crocus and tulips appear. Creatures that have hibernated during the long winter wake up and begin to forage for food. Deer can be seen in fields and along highways, beautiful to see but cause for extra vigilance when driving as they can dart across the road so quickly. The ground begins to thaw and children and pets seem to locate the muddiest spots, and many puppy paw prints decorate my hardwood floors!

The sunlight effects our lives as well. As we get outside more and enjoy its light and warmth, our bodies begin to replenish some of the Vitamin D lost over the dark days of winter. For those who suffer from Seasonal Affective Disorder, sunlight is a recommended treatment and brings a special blessing. For those with allergies however, the budding trees and new sprouting grasses cause particular discomfort.

There is an old hymn entitled *There is Sunshine in My Soul Today*. Written by Eliza Edmund Hewitt in the mid 1800's it is still sung today. (The Mormon Tabernacle Choir has made several recordings of it.) The words of the hymn speak of the joy of sunshine and the peppy tune is one I often sing to myself when the days are sunny and bright. The words of the first verse and refrain are:

*There is sunshine in my soul today, More glorious and bright. Than glows in any earthly sky, For Jesus is my light. O there's sunshine, blessed sunshine, While the peaceful, happy moments roll; When Jesus shows his smiling face There is sunshine in my soul.*

Eliza goes on to mention music, peace, grace, hope and praise in subsequent verses as bringing sunshine. Eliza trained as a teacher but was not able to complete her career due to a debilitating spinal ailment that kept her homebound for a time and yet, through her difficulties, she was still able to write of sunshine in her life!

When I think of light and sunlight I always think of Easter! Easter brought an end to the suffering of Jesus on the cross and promised us forgiveness of our sins and a guarantee of eternal life. Jesus is the light of the world and our light in days of deepest darkness. If that doesn't bring light to your life there is nothing that will!

So, put on your attitude of gratitude about light. Crop-growing, earth-warming, spirit-lifting sunshine. Thank God for your ability to see the beauty that it creates, to feel its warmth, and benefit from the bounty that it helps produce. Take a minute to just stop and sit in the sunshine. Be quiet...be still and give thanks for everything you have. Let the light warm you, comfort you, take away the things that trouble you in the moment. Ask God for strength, for forgiveness, for courage...whatever you need. Then let the warmth and brightness of the sunlight remind you that he listens, he loves and he provides. You are not alone. You are the recipient of the unconditional love and grace of God. Walk in that light.

*"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

John 8:12





## And **MEMORY JOGGERS**

Another month is flying by, hopefully, to usher in some spring weather. I believe we are ALL ready for some sunshine and warmer temperatures.

I'm going to try something a little different this time. Instead of sharing pictures with our activities, I am going to tell you about one of the themes we had for this month and the kind of information we learned from it. I am sure you know that we have a different topic every week. A couple of our topics in the past have been: Summer Fun, National Chocolate Covered Nuts Day that we celebrated at the end of February, Snowshoe Hares and Corks (you wouldn't believe how many uses they have!)

Our most recent theme has to do with the state of Maine. Maine celebrated it's statehood anniversary on March 15. We became a state 206 years ago! Many of our clients are life-long residents of Maine. We learned the Maine state song which was adopted by the legislature in 1906. We learned some other statistics that I hope you will find interesting:

-Maine is the largest state in New England covering 35,385 square miles.

-It's official nickname is the *Pine Tree State*, but it's also called Vacationland.

-Maine has approximately 17 million acres of forest (89% of its land mass) and two mountain peaks: Sugarloaf and Katahdin.

-There are 2,677 named lakes. The largest lakes are Moosehead and Seago. There are 5,100 rivers and streams. The three major rivers are the Penobscot, Kennebec and St. John. Maine has a 3,500 mile rock bound coast which is longer than California's!

Mary Keller, MFP/MJ correspondent

### **The State of Maine Song**

Grand State of Maine,  
proudly we sing  
To tell your glories to the land,  
To shout your praises till the echoes ring.  
Should fate unkind send us to roam,  
The scent of the fragrant pines, the tang of the salty sea  
Will call us home.

### **CHORUS:**

Oh, Pine Tree State,  
Your woods, fields and hills,  
Your lakes, streams and rock bound coast  
Will ever fill our hearts with thrills,  
And tho' we seek far and wide  
Our search will be in vain,  
To find a fairer spot on earth  
Than Maine! Maine! Maine!

## Prayer Requests and Joys at FUMC

Page C.  
 Don S.  
 Charles W.  
 Family of Terry R-P  
 Stacey W.  
 Darlene, Beth's mom  
 Bill M.  
 Steve E.  
 Helen W.  
 David H.  
 Suzanne W.  
 Tuhan K.  
 Family of Robert J.  
 Family of Sharon R.  
 Donna & Beckett  
 Lynne D.  
 Family of Dale B.  
 Family of Steve A.  
 Family of Madonna  
 Michael  
 Helen P.  
 Dennis & Bernice



### Prayer Requests

Family of George N.

Belle E.

Laura A.

Nancy H.

Mike R.

Linda F.

Donnie B.

Laura A.

Matt M. & family

**Pray for our nation...for love, understanding and peace**

The homeless & hungry

Pray for all those suffering from cancer

For our pastors and church leaders including our Bishop and District Superintendent

For our children and youth

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 the sparkle of new fallen snow
- For the quiet of winter
- 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
- For those who feed the hungry in our community
- 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**

			1	2	3	4 Peter Christensen
5 David Hastings	6	7 Ann Parke Alexander Ansah	8 Trevor Smith	9 David Hallowell	10	11 Coralie Cross
12	13	14	15	16 Joana Abbam	17	18
19	20 Noah Chick Marie Johnson	21	22 Michelle Share	23	24	25
26	27 Zac Cowperthwaite	28 Roz Fisher	29 Melody Murphy Dale Brownie	30 Steve Smith		<i>Happy Birthday to you! Happy Birthday to you! God Bless you and keep you the whole year through!</i>

**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

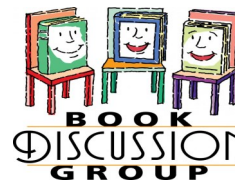
\*Join the Fellowship Choir or come and play a handbell

\*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. A new study begins mid-January.

**Holy Week Services:**



**Maundy Thursday, Corinth Thursday, April 2 at**

**Good Friday, Bangor First Friday, April 3 at**


**Easter Sunday April 5 at 10:30**

**BEAN SUPPERS ARE BACK**

*April 25 ~ FROM 4-6*

***PIES WILL BE NEEDED!***

*Let the office know if you can provide a pie.*

	Newsletter Deadline	Worship Schedule
 <p>The showers come but the rain brings rainbows and flowers!</p>	<p><b>Deadline for information for the May newsletter is April 20</b></p> <p>Information may be submitted in written form, via email, or by phone.</p>	<p><i>Sundays...</i></p> <p><i>Pathways to God 8:30 via Zoom</i></p> <p><i>Traditional Worship Service: 10:30</i></p> <p><i>On-line and in person</i></p>



2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Office open 7:30-11:00 Memory Joggers 10-2	<b>2</b> Office open 7:30-11 Community meal 4-6 Mahjong 12:30 Book study 7	<b>3</b> Office closed My Friend's Place 10-2	<b>4</b> AA at 11:00 Men's breakfast 7 am at Dysart's
<b>5</b> 8:30 Pathways 10:30 Worship	<b>6</b> Office Open 7:30-11:30 My Friend's Place 10-2 DKG 4:30	<b>7</b> Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am Tai Chi 2:30	<b>8</b> Office open 7:30-11:00 Memory Joggers 10-2	<b>9</b> Office open 7:30-11:00 Evangelism committee 10:45 Mahjong 12:30 Community meal 4-6	<b>10</b> Office closed My Friend's Place 10-2	<b>11</b> AA at 11:00 UWF 10 am
<b>12</b> 8:30 Pathways 10:30 Worship	<b>13</b> Office open 7:30-11:30 My Friend's Place 10-2	<b>14</b> Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am Tai Chi 2:30	<b>15</b> Office open 7:30-11:00 Memory Joggers 10-2	<b>16</b> Office open 7:30-11:00 Community meal 4-6 Mahjong 12:30 EAAA Food distribution 3 Piburn 1 pm	<b>17</b> Office closed My Friend's Place 10-2	<b>18</b> AA at 11:00 All Girls Choral Concert 4 pm
<b>19</b> 8:30 Pathways 10:30 Worship	<b>20</b> Office open 7:30-11:30 My Friend's Place 10-2	<b>21</b> Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am Tai Chi 2:30	<b>22</b> Office open 7:30-11:00 Memory Joggers 10-2	<b>23</b> Office open 7:30-11 Community meal 4-6 Mahjong 12:30	<b>24</b> Office closed My Friend's Place 10-2	<b>25</b> AA at 11:00 Bean Supper 4-6
<b>26</b> 10:30 Worship	<b>27</b> Office open 7:30-11:30 My Friend's Place 10-2	<b>28</b> Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am Tai Chi 2:30	<b>29</b> Office open 7:30-11:00 Memory Joggers 10-2	<b>30</b> Office open 7:30-11 Community meal 4-6 Mahjong 12:30		