For Information...

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The United Methodist Church

OPEN MINDS

OPEN HEARTS

OPEN DOORS

Bangor First United Methodist Church
703 Essex Street , Bangor Maine

Cross Talk

AUGUST 2026

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

A young lad asked me recently why the sun is so red as it rises, which caused me to put on my earth-sciences cap. The red color of the sun is caused by "Rayleigh scattering." When the light of the sun enters our atmosphere, it encounters "stuff," like gas molecules, dust and salt particles. These molecules/particles scatter the light in all directions. Shorter wavelengths of light such as blue and green scatter more easily compared to longer wavelengths, such as red and orange. At sunrise (and sunset) the sun's light travels through a thicker layer of the atmosphere compared to midday, which means more blue and green light is scattered, leaving the red and orange as the dominant colors.

Bottom line-what causes beautiful sunrises? Molecules, dust, particulates, "stuff" which some would define as unwanted pollutants. Yet beauty is created by the interacting light.

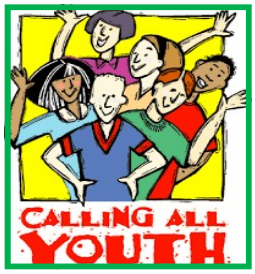
The light of the Son, the light of Christ, interacts with the atmosphere we've created around us, our "stuff" so to speak. Yet as we observe Christ's light interact with our imperfections, beauty abounds. Even us, flawed as we are, are made beautiful as we allow the Son's light to enter in, interacting with heart, mind and soul.

It's a new month, dear friends. Let the light in.

Peace,

Steve

This 'N That...



Youth Group meets after church two Sundays a month.

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.

We will be taking a break from mid-June until September. See you in the fall!

Next Men's Breakfast

Saturday, September 5

7 am, Dysart's on Broadway

Updating Contact information:

If you have changed a phone number, email or home address please let the office know so we can keep our contacts current. Thanks!

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... **August 22, 2026 from 4-6pm**

Pies are needed! Let the office know if you can provide one!

United Women in Faith

Please join us for our next meeting at 10 am on **September 12** 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…Summer is… On the Way Out!

It wasn't too long ago that I was heralding the beginning of summer with its bright sunny days and warm temperatures! I enjoy not having to don coats and boots, or worry about slippery sidewalks, but I also really detest very hot, humid weather. The really hot days keep me inside just as the wintery winds do!

Summer is a time to make schedule changes. To be a bit more leisurely. To abandon usual routines and to relax. We might visit the ocean, or sit by the lake at our camp. We have friends and family visit from "away" hoping to take advantage of the beautiful scenery and weather of this wonderful state! Leisure and relaxation become key words in our summer vocabulary and even the cooks in the family make menu changes that are more likely associated with a grill! We enjoy the longer hours of daylight, and often can be found stargazing on a hot, balmy night. No wonder we feel less than cheerful when the days of summer wane!

But like all good things summer comes to an end and August is the month that begins to signal that change. Little by little we notice daylight hours shorten and a little chill is noticed as we sit on our decks at dusk. Some of the flowers that have bloomed so beautifully begin to get "leggy" and slight color changes begin to appear in the leaves….all foreshadowing what is ahead! In Maine we just get used to having summer and it goes away, bringing not only the beautiful colors of autumn, but also the cooler temperatures which eventually become cold, stormy gales!

Like the change in seasons we have times in our lives marked by change. A new job, a graduation, a wedding, the death of a loved one or close friend. A relocation for work or to be closer to family. Getting older and less mobile, dealing with health issues, losing connections due to disagreements, and all sorts of disappointments bring about change. Change is part of living. We don't have to let change defeat us or bring us down. We just need to find **gratitude and the possibilities** in every situation. Since situations in our lives can have both positives and negatives we can choose to look for these positives with gratitude or bah-humbug our way through the negativity. A new job for example can mean relocation which might seem like a negative but some of the positives in this situation can be the excitement of exploring a new place, making new friends, and finding new things we enjoy doing there.

As you prepare for fall remember the days of summer and the friends and family times you have enjoyed. Gathering the harvest from your summer gardens is a wonderful time as you enjoy and share the fruits of your labor with others. Visiting new places and entertaining family and friends is one of the things you may have enjoyed during the summer, but the onset of winter won't prevent those get-togethers they will just be done in a different way. Every season of the year has something special to offer as does every season of life. Look for the plethora of possibilities in all seasons of your life and be forever grateful!

As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease. . Genesis 8:22

MY FRIEND'S PLACE
An Adult Social Program

And ***MEMORY JOGGERS***

My Friend's Place and Memory Joggers will soon say 'goodbye' to two of their terrific volunteers. Jan and Mary will be leaving the program. Jan has worked with the folks at My Friend's Place as a faithful volunteer for 8 years. Mary hasn't been a volunteer as long, but has really enjoyed her time with the folks at Memory Joggers. She has also served as newsletter correspondent for the groups. Jan will be moving to Florida and Mary to North Carolina and they are wished health and happiness as they begin their new adventures! They will be sorely missed!!!

Volunteers are vital to the operation and the continuation of these important programs that support those dealing with early memory loss and Alzheimer's. The program also provides much needed respite for those who provide the direct daily care of the attendees.

The programing they provide for their participants is engaging, stimulating, active and fun. Laughter can often be heard in the halls as the participants participate in their activities. The programs are based on themes that are familiar and also provide new learning. They paint, exercise, sing, grow veggies, make things, enjoy each others company plus so much more. It is a fantastic program!!!

Because the program is so participatory and because of the needs of the participants, it is important to have enough volunteers. If you choose to join the team, you will find a stimulating environment where as a volunteer you will provide loving care and you will be very involved in the interesting, informative programs too.

All this being said My Friend's Place and Memory Joggers are always looking for new volunteers. This is a great opportunity to spend some time in service to others in a fun and stimulating way. If you would like to consider being a volunteer please give Director Lisa Jordan a call at: 945-0122. She will welcome you to come visit to see the program in action and meet the team of current volunteers. You are sure to find that you will want to join the team as soon as possible!!!

BEAN SUPPER

Saturday, August 22

4-6

Pies will be needed. Let the office know if you can provide a pie or two.

Your life mired down in mud and yuck? God can give you a good cleaning and make you good as new! Just let him know!

Prayer Requests and Joys at FUMC

Polly G.

Family of Terry

Karen R-P & Stephen

Page C.

Family of Sandy P.

Family of Judy P.

Family of Don S.

Charles W.

Stacey W.

Steve E.

Helen W.

David H.

Suzanne W.

Tuhan K.

Bob C.

Donna & Beckett

Lynne D.

Michael

Helen P.

Linda M.

Harrison H.

Belle E.

Prayer Requests

Lorraine aunt of Fran

Mike R.

John C.

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...

- Our wonderful country
- God given courage & strength to face whatever life sends our way
- For the colorful flowers of summer
- For vacations to relax & unwind
- 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
- 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
Happy Birthday to you! Happy Birthday to you! **God Bless you and keep you the whole year**						**1**
2	**3**	**4** Leticia Bawa	**5** Heather Haskins	**6**	**7** Mary Hallowell	**8**
9 Jill Smith Royce John Obidombie Jr. Royce John Obidombie Sr.	**10**	**11** Sandra Wallace	**12**	**13**	**14**	**15** Marcia Biggane Barbara Fister Gideon Artinful-Mensah
16 Geoff Dapice Linda Morris	**17**	**18**	**19**	**20**	**21**	**22** Gerald Karnes
23 **30**	**24** Aurelia Murphy **31**	**25** Lonna Seguin	**26**	**27** Carol Jean Forrest	**28** Polly Goding Leitha Karnes	**29** Kitty Armstrong

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**

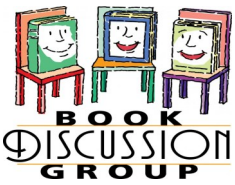
***Join the Fellowship Choir or come and play a handbell**

***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 in the fall.

Mason Jars and Baskets for the All Church Fair

We are asking people to donate mason jars and baskets for our all church fair in November. If you have mason jars to donate please bring them and put them in the box in the narthex.
Bring in any baskets you can donate to the church **in the fall**. Thanks!

There are some great books for end of summer reading in the library.

Come and check it out!

When I Say: "I am A Christian"…. I'm not bragging of success. I am admitting I have failed and I need God to clean up my mess!

From: *Christians* by: Maya Angelou

	Newsletter Deadline	Worship Schedule
Be grateful for summer fun... It's almost done!	**Deadline for information for the September newsletter is August 24** Information may be submitted in written form, via email, or by phone.	*Sundays….* *Pathways to God 8:30 via Zoom* *Traditional Worship Service: 10:30 On-line and in person*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 **AA at 11:00**
2 8:30 Pathways 10:30 Worship	**3** Office Open 7:30-11:30 **My Friend's Place 10-2**	**4** Office open 7:30-11:30	**5** Office open 7:30-11:00 **Memory Joggers 10-2**	**6** Office open 7:30-11:00 **Mahjong 12:30** **Community meal 4-6**	**7** Office closed **My Friend's Place 10-2**	**8** **AA at 11:00**
9 8:30 Pathways 10:30 Worship	**10** Office open 7:30-11:30 **My Friend's Place 10-2**	**11** Office open 7:30-11:30	**12** Office open 7:30-11:00 **Memory Joggers 10-2**	**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 10:30 Worship	**17** Office open 7:30-11:30 **My Friend's Place 10-2**	**18** Office open 7:30-11:30	**19** Office open 7:30-11:00 **Memory Joggers 10-2**	**20** Office open7:30-10:30 **Community meal 4-6** **Mahjong 12:30** **EAAA Food distribution at 3**	**21** Office closed **My Friend's Place 10-2**	**22** AA at 11:00 **Bean Supper 4-6**
23/30 10:30 Worship	**24/31** Office open 7:30-11:30 **My Friend's Place 10-2**	**25** Office open 7:30-11:30	**26** Office open 7:30-11:00 **Memory Joggers 10-2**	27: Office open 7:30-10:30 **Community meal 4-6** **Mahjong 12:30**	**28** Office closed **My Friend's Place 10-2**	**29** **AA at 11:00**