Bangor First United Methodist Church
703 Essex Street , Bangor Maine

Cross Talk

FEBRUARY, 2026

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The United Methodist Church

OPEN MINDS

OPEN HEARTS

OPEN DOORS

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

February Greetings,

The season of Lent arrives this month with Ash Wednesday (2/18.) In case your understanding of Lent is a bit fuzzy, perhaps a description shared during a recent conversation with a 5th grader would be helpful.

Advent season: looking outward
Lenten season: looking inward

This 5th grader caught the essence rather well; after all, generally speaking-Advent is a time of *looking outward* for the arrival of the Savior, Lent is a season of *looking inward* as we identify those areas where we fall short in our discipleship. Since looking inward (spiritual self-examination) is more difficult than looking outward, Lent evokes feelings different than the warm glow of Advent. Lent is a season of trial as we "give things up" to sharpen our spiritual disciplines. Yet, there is joy and celebration to be experienced during Lent, as N.T. Wright reminds us with these words:

"Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing, but because God wants us to know the joy of being cleaned out, ready for all the good things God has in store."

Thankful for journeying through the season of Lent together,

Pastor Steve

This 'N That...

Youth Group meetings 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.

Hope you will join us any Tuesday that you can!

Tai Chi classes begin Tuesday, February 3 at 2:30. Sign up forms & info sheets are in the church office.

Next Men's Breakfast

Saturday, February 7

7 am, Dysart'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:

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 March 28, 2026 from 4-6pm

United Women in Faith

Please join us for our next meeting at 10 am on **February 14** 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... 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 if 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 whom you love. Be grateful for all the things you love that bring you joy, comfort or relaxation. But be most of all be grateful for the unconditional Love of God. A love that will not let you go...***ever***!

See what kind of love the Father has given to us, that we should be called children of God; and so we are.
1 John 3:1a

MY FRIEND'S PLACE
An Adult Social Program

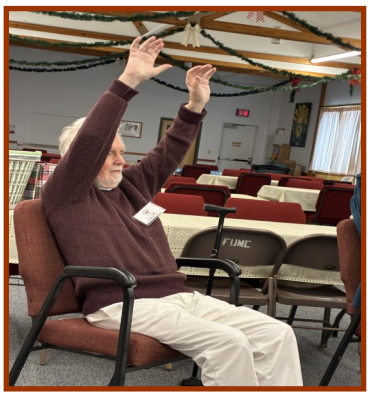
And **MEMORY JOGGERS**

Old Man Winter certainly has been busy this month. We missed one of our opportunities to be together earlier this month due to the weather. Hopefully, February will bring more seasonable temperatures! Below you will find pictures of our favorite pup, Sadie. She loves to come around and give each of us her special attention and she's always willing to share her tricks with us. Exercise time is something we do each session. At one session we threw "snowballs" back and forth to help with our eye / hand coordination. Then it was tossing the snowballs into the basket. Two special things we did this month were playing the drums to *The Lion Sleeps Tonight*! What fun. We also had a chance to help celebrate the birthday of one of our favorite volunteers Peggy Baum with some delicious cupcakes and a cheerful singing of *Happy Birthday to You*!

Mary Keller MFP/MJ Correspondent

Watch out for the snowballs!

Exercise is great for you! Do it often and have fun! We do exercises every session.



Happy Birthday volunteer Peggy!

Sadie loves to share her tricks with us!

The Lion doesn't sleep when we play our drums!

Prayer Requests and Joys at FUMC

Page C.

Gail H.

Don S.

Charles W.

Terry R-P

Amanda H.

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

Lynn D.

Marion G.

Family of Steve A.

Meghan B.

Lynn D.

Helen P.

Family of Mike E.

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** John Arhinful-Mensah	**3** Emily Issacs	**4**	**5**	**6** Don Gallupe Donna Frost	**7**
8	**9**	**10**	**11** Steve Earl	**12**	**13** Barbara Modery Ken Killian	**14**
15 Bruce Young Maggie Cowperthwaite	**16** George Parke Steven Ritz-Perkins	**17**	**18**	**19** Rena Anderson	**20**	**21** Jim Chick
22	**23** Kerry Woodbury	**24** Lois Boateng	**25**	**26**	**27** Kara Scheiber Louise Hatch Jan Ashton	**28**
						Happy Birthday to you! ***Happy Birthday to you!*** **God Bless you and keep you the whole year through!**

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**

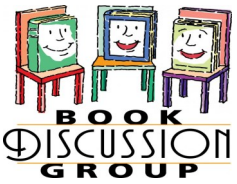
***Join the Fellowship Choir or come and play a handbell**

***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.

Wednesday, February 18 at 7:00 pm

Our church 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 out the bulletin board outside the library for special features!

	Newsletter Deadline	Worship Schedule
We need LOVE everywhere!	**Deadline for information for the March newsletter is February 16.** 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*

2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:30 Pathways 10:30 Worship	**2** Office Open 7:30-11:30 **My Friend's Place 10-2** **DKG 4:30**	**3** Office open 7:30-11:30 **Mahjong 9am** **Fiber Arts 9 am** **Tai Chi 2:30**	**4** Office open 7:30-11:00 **Memory Joggers 10-2**	**5** Office open 7:30-11 **Community meal 4-6** **Mahjong 12:30** **Book study 7 pm**	**6** Office closed **My Friend's Place 10-2**	**7** **AA at 11:00** **Men's breakfast 7 am at Dysart's**
8 8:30 Pathways 10:30 Worship **Youth group**	**9** Office Open 7:30-11:30 **My Friend's Place 10-2**	**10** Office open 7:30-11:30 **Mahjong 9am-Fiber Arts 9 am** **Book Study** **Tai Chi 2:30**	**11** Office open 7:30-11:00 **Memory Joggers 10-2**	**12** Office open 7:30-11:00 **Mahjong 12:30** **Evangelism 10:45** **Community meal 4-6** **Book study 7**	**13** Office closed **My Friend's Place 10-2**	**14** **AA at 11:00** **UWF 10 am**
15 8:30 Pathways 10:30 Worship	**16** **Holiday: Office closed** **My Friend's Place 10-2**	**17** Office open 7:30-11:30 **Mahjong 9am** **Fiber Arts 9 am** **Book Study 1 pm** **Tai Chi 2:30**	**18** Office open 7:30-11:00 **Memory Joggers 10-2** **Ash Wednesday service**	**19** Office open 7:30-11 **Community meal 4-6** **Mahjong 12:30** **Book study 7 pm** **Piburn 1 pm**	**20** Office closed **My Friend's Place 10-2**	**21** **AA at 11:00**
22 8:30 Pathways 10:30 Worship **Youth group**	**23** Office open 7:30-11:30 **My Friend's Place 10-2**	**24** Office open 7:30-11:30 **Mahjong 9am** **Fiber Arts 9 am** **Book Study 1 pm** **Tai Chi 2:30**	**25** Office open 7:30-11:00 **Memory Joggers 10-2**	**26** Office open 7:30-11 **Community meal 4-6** **Mahjong 12:30** **Book study 7 pm**	**27** Office closed **My Friend's Place 10-2**	**28** **AA at 11:00**