For Information...

Phone: 207-945-9567

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www.facebook.com/Bangor First

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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

JANUARY, 2026

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

What do these two words (above) have in common? Even though they are two different words, they contain the exact same letters. Another connection: in order to listen most effectively, you must be silent, right?

In the spirit of *it's never too late to make a New Year's Resolution*, lately I have resolved in 2026 to spend a bit more time being silent so I will be better able to listen for God's voice. Mind you, I've never actually heard an audible voice I can attribute as being Gods, and honestly I don't expect to hear Gods voice in this way in 2026. Yet I understand (and have experienced) that God "speaks" to us in different ways, but too often the distractions and noise I allow into my life fills my ears, not allowing me to "hear" that voice or sense God's leading. At least for me, stopping such noise is a challenge, since I tend to be quite busy. Yet in the past year when I have spent even just a few minutes in silence, I found myself better positioned to "hear" God's voice in different ways.

When I've shared this idea of being silent with some folks, they seem to think I am suggesting we all sit cross-legged on the floor in some sort of trance for hours. That is certainly not what I have in mind. First off, I don't think I can sit cross-legged on the floor anymore, and I surely would struggle raising myself from that position. Second, I'm simply proposing some time each day, even just a few minutes, while offering a simple prayer for God to speak to you, to lead you to be the kind of mother-father-son-daughter-employee-boss-brother-sister-grandparent-friend and follower of Christ God would have you be for that day.

What's the key? In order to LISTEN, we must be SILENT.

Happy New Year!

Pastor Steve

This 'N That...

Youth Group meetings after church on: January 11 & 25

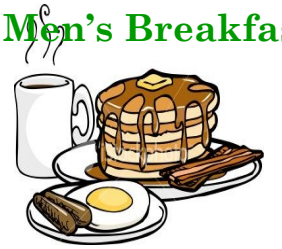
FIBER ARTS FELLOWSHIP
Tuesdays 9:30-11:00

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!

Next Men's Breakfast



Saturday, January 3

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:

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 **January 10** 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... Another Year Begins!

Can you believe how quickly time flies? Another NEW YEAR is here! I can assure that the older you get the faster the years come and go! Are you making resolutions for the New Year? Resolutions are not products of the modern age. In fact, the Babylonians are said to have been the first to make resolutions some 4,000 years ago. Similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C.. For early Christians, the new year became the occasion for thinking about one's past mistakes and resolving to do and be better in the future. John Wesley, the founder of Methodism, around 1740, created a Covenant Renewal Service usually held on New Year's Eve or New Year's Day. These meetings (also known as Watch Night services) included scriptures and hymn singing and became an alternative to the more raucous celebrations normally held.

Today our resolutions are generally of a secular nature: improving our health, improving finances or job skills, furthering our education or improving our grades, spending less time on social media and more time in direct communication with family and friends. But some resolutions also include less egocentric goals like... volunteerism, giving more to charity, being kinder, helping others and studying the Bible and praying more. Whatever your resolutions, just keep working on them. Success rates for keeping resolutions for more than a few months is not very good. About 80%.of those who set resolutions fail to meet them.

As you think about what your resolutions will be perhaps setting a gratitude resolution would be a great start. It seems to be clear that those who wake up each day and begin the day being grateful, often carry that spirit of gratitude with them throughout the day. Being grateful is healthful! It can lower your stress, thus lowering your blood pressure. It can give you a feeling of satisfaction and completion helping you to relax. So...be thankful in every moment, good and bad, be grateful for the positives and trust God to help with everything else! Start by being grateful for those around you everyday, for those who sit beside you in the pew on Sunday, those who make the worship service meaningful for you, those who visit you in your home, give you a call or send you a card. Let's make this year one of reflection and connection in gratitude!

Your Merry Christmas may depend upon what others do for you...but your ***Happy New Year*** depends upon what you do for others.
Author Unknown

MY FRIEND'S PLACE
An Adult Social Program

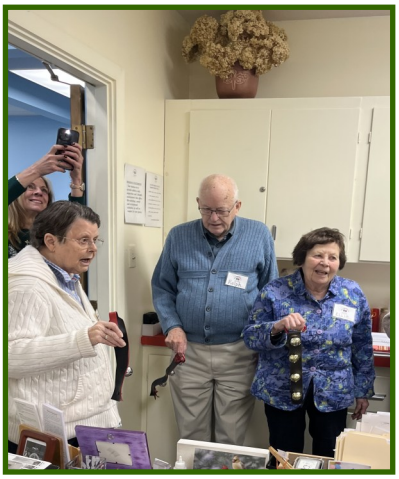
And **MEMORY JOGGERS**

This month has literally flown by. But then, the period between Thanksgiving and Christmas always feels like there's not enough time. We're usually busy decorating, shopping, baking and probably preparing for company to celebrate the birth of our Lord. One of the good things about *My Friends Place and Memory Joggers* is that we can take some time to step back and discuss memories of family traditions, past and present, and make decorations appropriate for the season.

Mary Keller, MFP/MJ Correspondent

We made some gingerbread ornaments to take home to share.

The Church *Faith Fiber Fellowship* group made fidget mats for our clients who like to keep their hands busy!



We went caroling around the building and sang *Jingle Bells* to the staff in their offices!

My Friend's Place is a respite day care adult social program that serves folks who are dealing with Alzheimer's. Memory Joggers is a program for those adults dealing with early memory loss. Both programs are fantastic and always welcome new volunteers. To volunteer call 207-945-0122 and speak with Lisa.

Prayer Requests and Joys at FUMC

Page C.

Deb C.

Don S.

Charles W.

John C.

Terry R-P

Amanda H.

Darlene, Beth's mom

Neil A.

Bill M.

Steve E.

Helen W.

David H.

Suzanne W.

Tuhan K.

Family of Jessie S.

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

Belle E.

Laura A.

Nancy H.

Linda F.

Donnie B.

Christine Y.

Matt M. & family

The homeless & hungry

Pray for our nation

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
Happy Birthday to you! Happy Birthday to you! **God Bless you and keep you the whole year through!**				**1**	**2** Bonnie Randall	**3**
4 John Kolenik	**5** Pat Woodbury Bernice Duky	**6**	**7** Julie Antworth	**8**	**9**	**10**
11	**12**	**13** Linda Folsom Priscilla Soucie	**14** Nancy Soucy	**15**	**16** Judy Hastings	**17**
18 Jackson Roberts	**19** Scott Smith	**20** Helen Willey Anne Porter Aiden Clark	**21**	**22** Tom Christensen	**23** Lorena Fenlason	**24**
25 Heather Roberts Cooper Nye	**26** Rolf Flood	**27** Shay Ostrow	**28**	**29** Elizabeth Downs	**30**	**31**

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**

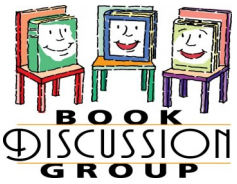
***Join the Fellowship Choir or come and play a handbell**

***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**

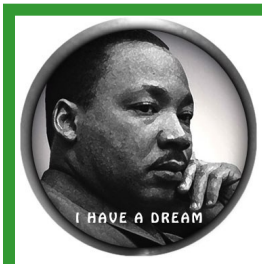
***Visit our library and check out a book for enjoyment, information or to grow your faith.**

***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.



Martin Luther King Service

Sunday, January 18 at 3 pm

Bangor First United Methodist Church

Sponsored by *Faith Linking in Action*

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
Have a Blessed New Year!	**Deadline for information for the February newsletter is January 19.** 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 Office open 7:30-11 Community meal 4-6 Mahjong 12:30 Book study 7 pm	2	3 AA at 11:00 Men's breakfast 7 am at Dysart's
4 8:30 Pathways 10:30 Worship	5 Office Open 7:30-11:30 My Friend's Place 10-2	6 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am	7 Office open 7:30-11:00 Memory Joggers 10-2	8 Office open 7:30-11:00 Mahjong 12:30 Community meal 4-6 Book study 7 pm	9 Office closed My Friend's Place 10-2	10 AA at 11:00 UWF 10 am
11 8:30 Pathways 10:30 Worship Youth group	12 Office open 7:30-11:30 My Friend's Place 10-2	13 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am	14 Office open 7:30-11:00 Memory Joggers 10-2	15 Office open 7:30-11 Community meal 4-6 Mahjong 12:30 Book study 7 pm Piburn 1 pm	16 Office closed My Friend's Place 10-2 Family Room in use 9-2	17 AA at 11:00 Family room in use 9-2
18 8:30 Pathways 10:30 Worship MLK program at 3 pm	19 Holiday: Office closed My Friend's Place 10-2	20 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am	21 Office open 7:30-11:00 Memory Joggers 10-2	22 Office open 7:30-11 Community meal 4-6 Mahjong 12:30 Book study 7 pm	23 Office closed My Friend's Place 10-2	24 AA at 11:00
25 8:30 Pathways 10:30 Worship Youth group	26 Office open 7:30-11:30 My Friend's Place 10-2	27 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am	28 Office closed Memory Joggers 10-2	29 Community meal 4-6 Mahjong 12:30 Book study 7 pm	30 Office closed My Friend's Place 10-2	31 AA at 11:00