For Information...

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bangorfirstumc@gmail.com

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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

JULY 2026

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

We are said to live in a free country but what does having freedom actually mean? Does it give us the right to do anything we please? Of course, we all know that it does not. We do not for example have the right to yell "fire" in a crowded theater when there is no fire. That could set off a panic and many people could be injured or killed.

In comparison to countries that are led by authoritative or dictatorial leaders, we do enjoy many freedoms although all come with expectations. Expectations that are on the one hand personal choice and on the other part of our system of laws. All of the expectations are intended to keep maintain safety while allowing everyone to fully enjoy the rights to which we all have guarantee.

One such freedom is the right to peacefully protest when we feel our freedoms are not being recognized. While we do have this freedom, there are expectations that people and property will be kept safe.

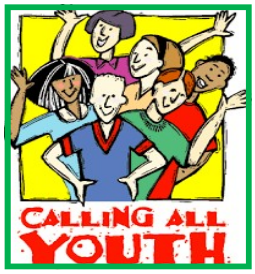
Another freedom allows us to move about at will. Here again when we were dealing with the Covid-19 pandemic, some believed that we were not free because there were certain expectations that were intended to keep people safe. Wearing masks when we couldn't safely social distance was one of those expectations. This simple act of caring is one that kept ourselves, our family, and friends safe.

As we celebrate the Fourth of July this month, be thankful for the country in which you live. Celebrate all of your freedoms and the expectations as well. After all, God wants us to love one another and to do no harm. Let Freedom Ring!

Celebrate Freedom,

Pastor Steve

This 'N That...



Youth Group meets after church two Sundays a month.

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!

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!

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...* July 25, 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... America 250 Years

It's not good to brag but I must say my daughter is the most independent and determined person I know and she has been since her toddler days. Fiercely independent and determined she has always forged ahead and accomplished a lot! She began at age three when on one particular morning she decided that she could drive her dad's car all by herself. When her dad got out of the car to get she and her brother out and into the sitter's home she unbuckled herself and jumped quickly from her seat to the driver's side steering the car straight ahead into the babysitter's shed! Because she was so determined there were several years in which the word ***"no"*** was a constant part of her vocabulary! "Strong and mighty" was her nickname then and it has stuck through all these years!

In our nation's history there have been many determined, independent thinkers who have helped to move our country forward and make it what it is today. Our founding fathers were both determined to become independent from England and to build a strong, new nation. They worked hard! Dressed in their long-sleeved ruffled shirts and heavy wool jackets they toiled on in the blistering heat and humidity of the time, spending hours brainstorming, suggesting, discussing and arguing their points. They were an independent and determined lot and thanks goodness for that! With the Declaration of Independence we declared ourselves free from England and with the writing of the Constitution, rules of law were set forth that although written many years ago, continue to work today. We have a nation that will celebrate it's 250th birthday this July 4 and despite all the difficulties we face, there still are those who are determined to move forward, seeking to make our country an even better and safer place.

Nelson Mandela said that... "to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." In loving and respecting each other we can continue to grow a country where everyone is valued, where we listen to one another, where we cast aside political ideologies and work together for the enhancement and freedom of every person in our nation. This doesn't mean we can't be independent thinkers who are determined in their beliefs, it just calls for us to take time to recall God's ultimate tenant….*Love one Another* and then determinedly do something to show that love to others!

Two hundred fifty years is a long time. We have had great times in our country and we have had awful times. Through the years there have been determined and steadfast folks who have wanted to create a more perfect union. A country were we pull together as one nation under God. Many of these folks have themselves lived lives that demonstrate gratitude for the abundance they enjoyed in our country and want to offer that abundance to everyone. A movement of unity and love still often begins with one person. One person who stands up for the good in our country and who wants to build a common goal of unity of love. An independent, determined person who can make a difference. It takes one person who deeply believes in goodness and kindness and who is willing to step forward to move others in a more productive direction. Are you that independent, determined person? If you are, step forward. We need you to help direct our country into the next 250 years. **Happy July 4th!**

MY FRIEND'S PLACE
An Adult Social Program

And **MEMORY JOGGERS**

Summer has finally arrived and we've been enjoying the beautiful weather and all the fun that comes with it!

First, we planted sunflower seeds in plastic CD cases and waited one week until the roots started to sprout. Then the following week we were able to take them out of the cases and plant them in small containers designed to help the plants grow. We also planted seeds for green beans in our raised beds outside by the patio. We'll tend them until they're ready to harvest and cook them for lunch.

We also talked about a favorite summer activity...fishing. We discussed the different kinds of bait you can use to fish as well as the different kinds of lures. We also talked about the different kinds of fishing you can participate in such as ocean fishing, or fishing in lakes, streams, and creeks. We also talked about the kinds of fish you might find in each place. Fishing can be an enjoyable hobby!

Have a wonderful summer and if you find you have some extra time on your hands and might like to volunteer here at My Friend's Place or Memory Joggers, give our director Lisa a call at 207-945-0122.

Mary Keller,
My Friend's Place/Memory Joggers Correspondent

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My Country, 'tis of thee, sweet land of liberty of thee I sing; land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring!

Our fathers' God to thee, author of liberty, to thee we sing; long may our land be bright with freedom's holy light; protect us by thy might, great God, our King.

From: America: Words by Samuel F. Smith, 1832

Prayer Requests and Joys at FUMC

Karen R-P

Page C.

Family of Don S.

Charles W.

Family of Terry

Family of Keith A.

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.

Prayer Requests

Belle E.

Laura A.

Nancy H.

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** Scott Edwards
5 Sylvia Moore	**6**	**7**	**8**	**9** Ernie Savoy Gary Shaffer	**10**	**11**
12	**13** Skippy Valentine	**14** Linda Thrush	**15**	**16**	**17**	**18**
19 Leslie Johnson-Wright	**20**	**21**	**22** Jon Lander	**23**	**24**	**25**
26 Corky Killian Lisa Swett Connor Downs	**27**	**28**	**29**	**30** Deb Sorokin	**31** Donald Baker	

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

Fourth of July Quotes...

From:** ***Town & Country Magazine.com

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right." — *Peter Marshall*

The essence of America, that which really unites us, is not ethnicity, or nationality or religion. It is an idea, and what an idea it is—that you can come from humble circumstances and do great things." — *Condoleezza Rice*

"My dream is of a place and a time where America will once again be seen as the last best hope of earth." — *Abraham Lincoln*

"I think there are few things more patriotic than taking the time to make your country a better place." — *Michael Moore*

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." – *Abraham Lincoln*

"Where liberty dwells, there is my country." —*Benjamin Franklin*

"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand." —*Harry S. Truman*

	Newsletter Deadline	**Worship Schedule**
Be grateful for summer fun!	**Deadline for information for the August newsletter is July 21** 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 7:30-11:00 **Memory Joggers 10-2**	**2** Office open 7:30-11:00 **Mahjong 12:30** **Community meal 4-6**	**3** Office closed **My Friend's Place 10-2**	**4** **AA at 11:00**
5 8:30 Pathways 10:30 Worship	**6** Office Open 7:30-11:30 **My Friend's Place 10-2**	**7** Office open 7:30-11:30	**8** Office open 7:30-11:00 **Memory Joggers 10-2**	**9** Office open 7:30-11:00 **Mahjong 12:30** **Community meal 4-6**	**10** Office closed **My Friend's Place 10-2**	**11** **AA at 11:00** **Terry Ritz-Perkins memorial service**
12 8:30 Pathways 10:30 Worship	**13** Office open 7:30-11:30 **My Friend's Place 10-2**	**14** Office open 7:30-11:30 **My Friend's Place Board meeting 5:30**	**15** Office open 7:30-11:00 **Memory Joggers 10-2**	**16** Office open 7:30-11:00 **Community meal 4-6** **Mahjong 12:30** **EAAA Food distribution 3**	**17** Office closed **My Friend's Place 10-2**	**18** **AA at 11:00**
19 8:30 Pathways 10:30 Worship	**20** Office open 7:30-11:30 **My Friend's Place 10-2**	**21** Office open 7:30-11:30	**22** Office open 7:30-11:00 **Memory Joggers 10-2**	**23** Office open 7:30-11 **Community meal 4-6** **Mahjong 12:30**	**24** Office closed **My Friend's Place 10-2**	**25** **AA at 11:00** **Bean Supper 4-6**
26 10:30 Worship	**27** Office open 7:30-11:30 **My Friend's Place 10-2**	**28** Office open 7:30-11:30	**29** Office open 7:30-11:00 **Memory Joggers 10-2**	**30** Office open 7:30-11:00 **Community meal 4-6** **Mahjong 12:30**	**31** Office closed **My Friend's Place 10-2**	