

Bangor First United Methodist Church
703 Essex Street , Bangor Maine



Cross Talk

MARCH, 2026

For Information...

Phone: 207-945-9567

Email:
bangorfirstumc@gmail.com

Website:
www.fumcbangor.org

Facebook:
www.facebook.com/Bangor
First

Included in this issue....

| | |
|----------------------|---|
| Upcoming Events | 2 |
| Gratitude | 3 |
| My Friend's Place | 4 |
| Library news | 4 |
| Prayer requests/Joys | 5 |
| Birthdays | 6 |
| More info | 7 |
| Calendar | 8 |

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.

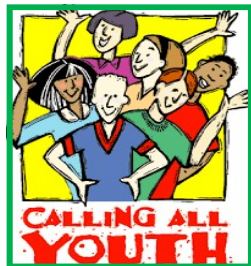
Blessings,
Pastor Steve

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, March 7

7 am, Dysart's on Broadway

THE UNIVERSITY OF MAINE SINGERS



Wednesday, March 18
at 7:30 pm.
Come and enjoy the melodious music!

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 **March 28, 2026** from 4-6pm



United Women in Faith

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

GRATITUDE ATTITUDE... Grateful for SLUSH!



Who would ever be grateful for slush? Children are. I can't tell you how often my slacks were covered in wet slush as students, going inside after recess, stomped passed me only to hit the direct center of a mound of slush slathering everyone around them with wet muck!

As the winter wears on we have more slushy days than snowy ones. Still not warm enough to shed coats, we stomp through the slushy wetness often soaking the inside of our boots. We can't wait to get inside to find our dry socks and cozy slippers. It makes us so grateful for the warmth that is home!

Although we hate to have slushy roads (especially those of us who love a clean, shiny car), there is something optimistically predictable about slush. It foretells of warmer days to come, it reminds us that the walkways and driveways will someday be clear of the cold wetness and ice, and that spring will come...eventually.

In our daily living, we often stomp through the *slush of life!* These days happen when things seem to go completely off the grid and there is messiness and disorder all around us. These days often make us feel harried, grumpy and/or stressed. The days certainly don't lend themselves to a smiling face! Slushy days come to us all and believe it or not they can sometimes help us be grateful. We can be grateful because God is always in front of everything! He knows what's happening with us. He loves us and is there to help.

So, as you tramp through the slushy days of your life remember... you are not alone. Be grateful that God gives you the slushy days to remind you that better, warmer, sunnier, drier days are ahead. He's right there in the slush with you jumping, and stomping in the puddles, spreading slush all over the place helping to clear away all that messiness from your life. In fact, I guessing he would probably make the biggest jumps and stomps of all!



And **MEMORY JOGGERS**

My Friend's Place and Memory Joggers are parts of the adult day center that provides respite care for caregivers of folks who are in the early stages of memory loss or who are dealing with Alzheimer's. The group of fantastic volunteers provide a carefully planned program for their attendees that is tailored to their needs. Physical movement and special projects are always part of each day's program. They have a ton of fun!

This wonderful group always welcomes new volunteers. If you would like to know more about the program or would be interested in volunteering, please contact their director Lisa Jordan at 207-945-0122.



Our Fellowship Library!

You will find something for everyone in our library. There are books to read for enjoyment, for spiritual growth and to learn something new! We also have a great selection of books for children. Julie Brownie heads our library team. She is always ready and willing to answer questions or suggest books based on your interests! Come, check it out in the Fellowship Library!

Celebrating the 90's!

*Please join us following worship on Palm Sunday, March 29, to celebrate those in our congregation who are **ninety years old or older!** We will have cupcakes and ice cream in celebration!*

When you turn 90 1,080 months had passed~

4,696 weeks have gone by~

The sun has risen and set for 32,872 days~

788,924 hours have passed~

And there have been 47,335,428 minutes that have ticked by!

*We will celebrate... **Connie Newhall, Rolfe Flood, Jackie Tapley, Lorraine Preble, Mary Ann Harlan, Don & Margaret Small, Sue White and Don Gallupe(102)***

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.
 Family of Dale B.
 Family of Steve A.
 Family of Madonna
 Lynn D.
 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 Antonia Boateng | 3 | 4 Vicki Kolenik | 5 Mary Harlan Jane LeVie | 6 | 7 Chris Cronan Deborah Towle |
| 8 | 9 | 10 Shannon Wilson Nicholas Cowperthwaite | 11 Morita Tapley | 12 Deb Christensen | 13 William Christensen | 14 |
| 15 Christina Clark | 16 Peter Haskins | 17 | 18 Sue Croce | 19 | 20 Silvia Wright | 21 Jim Chick |
| 22 | 23 Liam Murphy | 24 | 25 | 26 Maxwell Boateng | 27 | 28 Sue White Bruce Mahlmann |
| 29 | 30 Robert Commeau Phoenix Swett | 31 | | | | <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

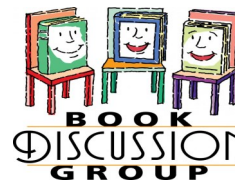
*Join the Fellowship Choir or come and play a handbell

*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:

Palm Sunday

A play: *Crown of Thorns*

Maundy Thursday, Corinth Thursday, April 2 at

Good Friday, Bangor First Friday, April 3 at


Easter Sunday Sunday, April 5 at 10:30

BEAN SUPPERS ARE BACK

MARCH 28 ~ FROM 4-6

PIES WILL BE NEEDED!

Let the office know if you can provide a pie.

| | Newsletter Deadline | Worship Schedule |
|--|---|---|
|  <p>The shamrock's three sections remind us of the trinity: Father, Son, and Holy Spirit.</p> | <p>Deadline for information for the April newsletter is March 16.</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 |
|---|--|---|--|---|--|--|
| 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 | 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 Play rehearsal following worship | 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 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 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 Play rehearsal following worship | 16 Office open 7:30-11:30 My Friend's Place 10-2 | 17 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am | 18 Office open 7:30-11:00 Memory Joggers 10-2 UM Singers Concert 7:30 pm | 19 Office open 7:30-11:00 Community meal 4-6 Mahjong 12:30 Piburn 1 pm | 20 Office closed My Friend's Place 10-2 | 21 AA at 11:00 |
| 22 8:30 Pathways 10:30 Worship Play rehearsal following worship | 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 | 25 Office open 7:30-11:00 Memory Joggers 10-2 | 26 Office open 7:30-11 Community meal 4-6 Mahjong 12:30 | 27 Office closed My Friend's Place 10-2 | 28 AA at 11:00 Bean Supper 4-6 |
| 29 10:30 Worship Palm Sunday: Crown of Thorns play Event following worship: Celebrating the 90's! | 30 Office open 7:30- 11:30 My Friend's Place 10-2 | 31 Office open 7:30-11:30 Mahjong 9am Fiber Arts 9 am | | | | |