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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

NOVEMBER 2024

A Note from our pastor Dr. Steve Smith….

Greetings!

Are you salty? Yes, you are!

I made my annual trip to the hardware store yesterday to pick-up numerous bags of rock salt in preparation of our icy-snowy season ahead of us. Our driveway is slanted; there's a fairly long stretch of deck and driveway for my dear mother to traverse, so I like to make sure there are no slippery spots—thus, the reason for loading-up on rock salt.

From Matthew 5:13 we find a bit about salt: *"You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled underfoot."* I chuckle at the second sentence, because that's exactly why I buy rock salt, to be able to throw it out on the ground to walk on-providing safe passage for folks when treacherous footing is around us.

In these words, salt is understood to be a seasoning, in this case-a Godly seasoning. We are invited to bring God's seasoning, presence, grace, mercy, peace into our world. If we lose our saltiness/seasoning, we are diminished as God's "flavoring" to those in our company.

So back to the question: Are you salty? Hope so! We need more holy seasoning to influence the flavor of the world around us. And, being salt…more specifically, *rock salt* to those around us aids in providing safe passage to folks around us as we navigate those slick spots in life that cause us to slip and slide off the path.

May your Thanksgiving be blessed---pass the salt!

This 'N That...

Next meeting time and placed to be announced soon!

FIBER ARTS FELLOWSHIP
Tuesdays 9:30-11:00

Everyone is welcome to come knit, crochet or just fellowship 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 begin meeting again this September but hope you will join us any Tuesday that you can.

Next Men's Breakfast

Saturday, November 2

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:

Ecumenical Food Cupboard
PO Box1106
28 High Street, Bangor, ME 04401

Community Meal continues to serve drive up meals each Thursday from 4-6 pm

United Women in Faith

Please join us for our next meeting at 10 am on November 9 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…. Sensing the Season

God has given us five senses….taste, smell, hearing, sight and touch. When all of these senses work together, they help us more fully enjoy our lives. As our Thanksgiving celebrations begin, all of these senses come into play, for example we ***smell*** the delicious aroma of roasting turkey and the spiciness of pumpkin pies. Our mouths begin to water and stomachs begin to rumble hours before we actually sit down to the feast!

We ***hear*** the clattering of the pans and the chatter and laughter of those preparing the feast. As the time of the meal nears, we may hear voices full of panic as those preparing the meal rush to have things ready on time. We also hear the delighted squeals of young and old alike as the meal is announced.

We ***see*** the beautiful colors of crisply browned turkey, the fancy decorated edges of the pies, the deep red of the cranberry relish, and the colorful décor at the table. Napkins and cloth table coverings in the browns, golds, yellows, and reds of autumn beautify the table. Candles are aglow, and fall centerpieces adorn the table. All set the mood for the feast to come! Once at the table we feel the soft smoothness of our napkins as we lay them on our laps and join hands around the table as grace is said...feeling the reassuring ***touch*** of our loved-ones hands. Then the warm rolls are passed and we immediately grab one as the basket passes by, slathering it with a huge chunk of creamy butter! Suddenly the room goes quiet and the clinking of forks and knives can be heard as we dig into the feast. As we partake of the warm, delicious food, we note the crispness of the skin on the turkey, the smoothness of the stuffing, mashed potatoes and warm thick gravy, and hear loud crunching as people bite into a crisp stuffed celery stick. The ***taste*** receptors on our tongues heighten the food's taste and our sense of the smell picks up the delicious aromas coming from our plates all adding to the enjoyment of the meal.

As we eat we visit with those who join us at the table speaking of times both past and present. Smiles and laughter abound and a feeling of true thankfulness engulfs us. Then of course there must be pies! Pumpkin, apple, pecan….each sweet and delicious. Topped with soft billowy whipped cream we're not sure if we eat one more thing! After dinner we find the nearest chair to rest before later in the evening enjoying a big turkey sandwich….turkey, stuffing and cranberry sauce between two thick slices of homemade bread! Earlier it had seemed that we didn't have room in our tummies for one more thing!

Hopefully you can recall how your senses come into play during the Thanksgiving meal. What if you were told you would lose one of these senses? Which one would you least like to lose? Hearing, sight, touch, taste or smell? Losing even one of them would lessen the enjoyment of life. However, it is said that when one sense is lost, you compensate for that loss with other senses.

I had a blind child in my class years ago. He compensated with all his remaining senses using each to navigate the classroom...to live his life. He could always tell if I was in the room not only by hearing my voice (somedays when he came in I was not talking), but by the aroma of the perfume I was wearing, or the sound of my pen moving across the paper, and there was always a cheery... "Morning, Mrs. Smith"! Although he couldn't see he could spell even the most difficult words and he read from his huge braille books. He used a special braille typewriter to do his spelling tests, write his stories, and do his math. And he loved music and loved to sing!

Although he was without what I consider the most valuable sense, he had learned to use the remaining ones well. He never felt that he was without something so valuable but so enjoyed being with others and was always smiling, outgoing….amazing! He inspired me in so many ways everyday!

As you sit at your Thanksgiving table this year, be especially grateful for all your senses and the pleasure they bring to your life each day. Be thankful for your family, for the food that nourishes you, and for **all** that you have. *Most of us live in true abundance*….and for that we should be so very grateful. God has promised that we will always have what we need….and *he always keeps his promises*! Give Thanks!

The Lord is my shepherd I shall not want. **Psalm 23:1**
O give thanks to the Lord, for he is good; his steadfast love endures forever. 1 Chronicles 16:34

MY FRIEND'S PLACE
An Adult Social Program

And **MEMORY JOGGERS**

Greetings,

My Friend's Place is a small, non-profit dementia day-care program. We are blessed to serve those who have Alzheimer's or other memory loss issues. We provide a specialized day program where laughter and friendship truly are the "best medicine." It is a safe, interactive experience where participants can enjoy a non-judgmental environment. Our program provides much needed respite for family members and other care partners. *My friend's Place* is a much needed, one-of-a kind program in our region.

Each day starts with tea, coffee and snacks, as we sit around a table together for socializing, much like our participants enjoyed before their diagnosis. It is a sad reality: when a person with dementia loses the ability to carry-on routine conversations, they often become socially isolated. We have wonderful volunteers that work to provide a wonderful experience for those who join us each week. We always welcome new volunteers. If you would like to find out more about our programs please contact me at 945-0122.

Blessings,

Lisa Jordan, Director MFP

FELLOWSHIP LIBRARY NEWS

CHURCH LIBRARY News

Our library is full of all sorts of interesting things….puzzles, study books, periodicals, books for leisurely reading, books for information and of course Bibles. We also have a magnifier you can borrow if you find reading small print challenging. Check the Fellowship Library hall bulleting board for featured books. Books for digging deeper into sermon topics are featured right now.
Come in and **CHECK IT OUT!**

Prayer Requests and Joys at FUMC

Tom C.
Keith W.
Bernice S.
Beverly W.
Helen W.
Barbara W.
Charles W.
David H.
Christina W.
Suzanne W.
Tuhan K.
Morgan W.
Patsy H.
Morgan W.
Darlene (Gregg's mom)
Jessie S.
Lisa S.
Roz
Donna & Beckett
Lynn D.
Carolyn Mc
Marion
Margaret S.
Nancy P.

Prayer Requests

Andrea D.
Steve P.
Christi S.
Page C's relatives
Suzanne W.
Carol & John F.
Pete L.
Judie G.
Lisa & unborn baby
The homeless & hungry
All those who have lost loved ones due to gun violence
Pray for our nation and its leaders
For the people who live in a place of war and hostility
For our pastors and church leaders
For our children and youth

JOYS

We are grateful for...

- God given courage & strength to face whatever life sends our way
- For crisp fall days and colorful leaves
- For cool, crisp days and bountiful harvests
- 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
- 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 always 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** Clyde Pelkey	**2**
3 Judy Pelkey	**4**	**5**	**6**	**7**	**8** Eva Benson	**9**
10 Page Chaloult	**11** Amy Nye Brad Ostrow	**12**	**13** Andy Moody	**14**	**15** Mike Morris	**16** Patricia Wright
17	**18**	**19**	**20** Marybeth Allen	**21** Luke Gervais	**22** Karen Ritz-Perkins	**23**
24	**25**	**26** Morgan Downs	**27** Darlene Shortt	**28**	**29**	**30**

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**

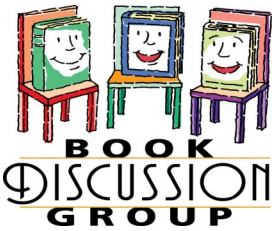
***Join the Fellowship Choir or come and play a handbell**

***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.
New study begins

ALL CHURCH FAIR.... November 2, 9-2

Gift baskets, pies, baked goods, jewelry, jelly and relishes, homemade candy, crafts, Christmas crafts and more!
Lunch will be served.

Spread the word to friends, neighbors...everyone you know!

	Newsletter Deadline	Worship Schedule
	Deadline for information for the December newsletter is November 18. Information may be submitted in written form, via email, or by phone.	*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	2 AA at 11:00 ALL CHURCH FAIR 9-2
3 8:30 Pathways 10:30 Worship	4 Office Open 7:30-11:30 DKG 4:30	5 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am	6 Office open 7:30-10:30 Choir/ Bells	7 Office Open 7:30-10:30 Community meal 4-6 Mahjong 12:30	8 Office closed	9 AA at 11:00 UWF 10 am
10 8:30 Pathways 10:30 Worship	11 Office closed for Veteran's Day 	12 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am	13 Office open 7:30-10:30 Choir/Bells	14 Office open 7:30-10:30 Community meal 4-6 Mahjong 12:30	15 Office closed	16 AA at 11:00
17 8:30 Pathways 10:30 Worship	18 Office open 7:30-11:30	19 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am Ad Council at 7 via Zoom	20 Office open 7:30-10:30 Choir/Bells	21 Office open 7:30-10:30 Piburn 1 pm EAAA food distribution Community meal 4-6 Mahjong	22 Office closed	23 AA at 11:00 Church Conference 10 am
24 8:30 Pathways 10:30 Worship	25 Office open 7:30-11:30	26 Office open 7:30-11:30 Fiber Arts 9 am Mahjong 9am	27 Office open 7:30-10:30 Choir/Bells	28 Office closed 	29 Office closed	30 AA at 11:00