

# St. John's Episcopal Church

"Our mission is to know and to share the love of Jesus Christ"



**November 23, 2025**  
**Christ the King**  
**Worship time - 10:00am**

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## **Rector's Essay**

Church Means "NoThing" and Everything, by Grant Proctor

*Last Sunday, Grant Proctor addressed the congregation during the announcements on behalf of our Stewardship Appeal. Grant is a High School student and an excellent acolyte here at the church. I was so moved by his words that I am giving my regular essay space over to him! May his words be a ministry of grace to you. I know they were to me. - Jarrett Kerbel*

Church is where 'things' are not.

No schoolwork, no football practice, no phones, no girlfriends, and no being popular...

**Scroll down to continue reading this article.**

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## **Commitment Sunday**

Over the past week, you should have received letters in the mail from our [Sr. Warden, Robert Ford](#), and from [Rev. Kerbel](#). We ask that you take a moment to consider your 2026 pledge, complete the pledge card you received and to please bring your pledge cards to Sunday worship on November 23 for our joyful ingathering of financial commitments for 2026!

If you did not receive a letter, please see Lorna, one of our Greeters, to complete a welcome card with your contact information or email your name and home address to the [office](#). You won't want to miss our Advent letter from Rev. Kerbel in December!

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## **Family Night - TONIGHT**

Join us for our first Family Night at St. John's Episcopal Church TONIGHT, November 21st, at 6pm! We'll start the evening with a pizza party and fun activity for families to join together in. Afterwards, kids will head to the chapel for a supervised movie and popcorn; while the adults will convene a conversation in the Undercroft on the best ways to serve families and children as we all grow

into "the full stature of Christ" together. This will be a night of fun and community building for all those who have kids or are kids at heart. Contact person: [Rev. Jarrett Kerbel](#)



# FILL THE TRUCK

IN SUPPORT OF:



As we look forward to the upcoming Thanksgiving holiday where food and family will be at the center of many celebrations, we acknowledge that not everyone will be as fortunate. Help us 'Fill The Truck' and in turn help provide a Thanksgiving meal to those at The Bangor Area Homeless Shelter. Let us make a positive impact on the lives of those facing food insecurity.

**St. John's Episcopal Church**  
225 French St. Bangor, Maine



**SUNDAY, NOVEMBER 23RD**  
**9AM - 1PM**

**SEEKING NON-PERISHABLE THANKSGIVING FOODS:**

- ▶ Stuffing
- ▶ Gravy jars/packages
- ▶ Cranberry sauce
- ▶ Turkey seasoning
- ▶ Canned green beans
- ▶ Fried onions for casseroles
- ▶ Cream of mushroom soup
- ▶ Instant mashed potatoes

## Fill The Truck in Support of Bangor Area Homeless Shelter

As we look forward to the upcoming Thanksgiving holiday where food and family will be at the center of many celebrations, we acknowledge that not everyone will be as fortunate. Let's 'Fill The Truck' and in turn help to provide a holiday meal to those at The Bangor Area Homeless Shelter this Thanksgiving. We will be collecting food donations on Sunday, November 23rd, from 9am-1pm. Seeking non-perishable Thanksgiving foods such as: stuffing, gravy jars/packages, canned green beans, cream of mushroom soup, instant mashed potatoes, etc. Contact person: [Hilary Graebert](#)

## Christmas Basket Project

The Christmas Basket Project aims to provide 16 families from Penquis CAP with enough food for a Christmas turkey dinner and additional supplies for their cupboards. We also purchase a gift for each child in these families.

There are two ways you can support this project:

1. **\*\*Donate Funds for Food\*\***: It costs approximately \$150 to supply food for each family,

totaling \$2,400 for all 16 families. If you would like to contribute, please write a check made out to the Christmas Basket Project and include "Christmas Basket Project" in the memo line.

2. **\*\*Gift Donations\*\***: This Sunday, in the Undercroft, you can select a name from the Christmas Basket tree and purchase a \$30 gift for that child. Please wrap the gift and return it to the church on December 14th.



### St. John's Elevator

You may have noticed that our elevator has been out of order recently. We are working hard to get the issue taken care of as quickly as possible. Please note that we expect the elevator to be out of order for *at least* the next two weeks. We apologize for any inconvenience this creates.



**THANKSGIVING EVE SERVICE**  
**WEDNESDAY NOVEMBER 26, 2025**

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7PM Service

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All are Welcome

Join us for our Thanksgiving Eve service to offer thanks to  
God for the blessings of this life.

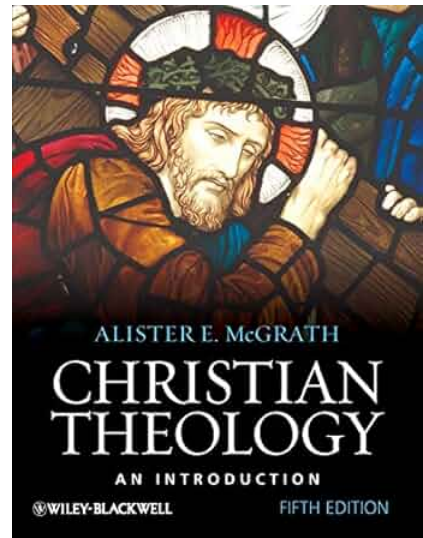
ST. JOHN'S EPISCOPAL CHURCH  
LOCATED AT 225 FRENCH STREET, BANGOR  
947-0156 | [WWW.STJOHNSBANGOR.ORG](http://WWW.STJOHNSBANGOR.ORG)



### **Christian Theology Class**

Our next class will be held on Tuesday, December 2nd, on [Zoom](#) at 6:30pm, covering Chapter Twelve "The Holy Spirit" from the book Christian Theology: An Introduction. Please review the following video prior to the class - <https://www.youtube.com/watch?v=bAsDCxBRKzw>.

If you have any questions or would like more information about joining the class, please contact [Pat S.](#)



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### **Rector's Essay**

#### **Church Means "NoThing" and Everything, by Grant Proctor - continued**

These things are part of our daily lives: outside pressures, expectations (regardless of our ability to meet them), unreachable goals, and useless distractions.

We are overwhelmed constantly with things. Things that only matter on the surface, or only mean something for the blink of an eye.

Church, for me, means nothing or, better put, 'no thing.'

Here, in church we are:

1. Free from distraction and judgment
2. Without pressure to meet a false or pointless goal
3. Loved
4. Safe
5. At Peace

God welcomes all - no strings attached - here where there are no things. Here, where there are no things to distract, we can be still, faithful, and be at home in God's grace. By having 'no things,' church means everything!

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### **Phishing scam alert**

If you receive an email or text from "Rev. Jarrett Kerbel" asking you for a favor and could you please email him back, please don't! Rev. Kerbel will never ask you to purchase gift cards for him and will not email or text you with a vague request of needing a favor. If you aren't sure about a request that you received from St. John's, please call or email the office at 947-0156 or [office@stjohnsbangor.org](mailto:office@stjohnsbangor.org).

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### **Announcements and Prayer Requests**

Please be sure to submit all announcements and prayer requests to [the office](#) by noon on Thursday for them to be included in the weekly announcements and bulletins. Please submit photos / posters as a JPEG. Thank you!

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### **Serving on Sunday November 23rd:**

**Lectors** – Katherine F., Joe F. and Michele V.

**Acolytes** – Eric G., Ruth G., Obi O. and Scott B.

**Chalice Bearers** – Richard W. and Robert F.

**Ushers** – Ken H. and Joe F.

**Counters** – Mary W. and Paul J.

**Serving on Wednesday November 26th at 7:00pm:**

**Lectors** – Cindy L., Chris M. and Mary-Frances B.

**Acolytes** – TBD

**Chalice Bearers** – Patricia S.

**Ushers** – Jim B.

**Serving on Sunday November 30th:**

**Lectors** – Chris M., Cindy L. and David C.

**Acolytes** – Grant P., Edmund H., Cindy L. and Isaac P.

**Chalice Bearers** – Cindy L. and Cassy P.

**Ushers** – Roger G. and Jim B.

**Counters** – Roger G. and Don L.

Thank you to all who volunteer as Lectors, Acolytes, Chalice Bearers and Ushers. If you would like to serve in one of these positions, please let the **office** know.

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***Sunday's  
Readings***

[Jeremiah  
23:1-6](#)

[Colossians  
1:1-20](#)

[Luke 23:33-  
43](#)

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***Sunday  
Worship:***  
[Worship  
Bulletin](#)

[YouTube](#)

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***Morning  
Prayer  
Monday -  
Friday:  
9:00am  
Morning  
Prayer  
[Zoom](#)  
[Facebook](#)***

***Tuesday-  
Friday:***  
in person in  
the Bethlehem  
Chapel

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**What's Happening This Week**

**Friday, November 21st, 6:00pm:** Family Night

**Sunday, November 23rd, 9:00am -1:00pm:** Fill the Truck

**Sunday, November 23rd, 10:00am:** Worship, in-person and [online](#) followed by coffee hour in the Undercroft. Nursery and Sunday School are available during the service.

**Sunday, November 23rd, 7:00pm:** [AA](#) meeting in the Undercroft.

**Tuesday, November 25th, 9:30am:** Dorothy Day Soup Kitchen, help to serve a warm meal to our community at the Salvation Army at 65 S. Park Street in Bangor. If you have any question, contact [Claudia and Jim B.](#)

**Wednesday, November 26th, 5:30pm:** Serving our Neighbors Committee Meeting.

**Wednesday, November 26th, 7:00pm:** Thanksgiving Eve Eucharist.

**Thursday, November 27th: Happy Thanksgiving!**

**Thursday & Friday, November 27th & 28th:** The Parish Office will be closed.

**Sunday, November 30th, 10:00am:** Worship, in-person and [online](#) followed by coffee hour in the Undercroft. Nursery and Sunday School are available during the service.

**Sunday, November 30th, 7:00pm:** [AA](#) meeting in the Undercroft.

**For more information about these and future events, as well as ways to get involved, check out [www.stjohnsbangor.org](http://www.stjohnsbangor.org).**

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**Nursery Care and Children's Chapel**

Children should arrive between 9:45 and 10:00 am in the Undercroft on Sunday mornings for Nursery care, ages 0-3, and for Children's Chapel, ages 4-10.

In **Children's Chapel**, we celebrate the boundless curiosity and wonder of our young ones as we delve into the stories and lessons of the Bible. We aim to cultivate a nurturing and engaging environment that teaches our youngest members the stories of their faith and promotes spiritual growth and a strong sense of community. For inquiries or to register, please contact Mary-Frances Beesorchard at [children@stjohnsbangor.org](mailto:children@stjohnsbangor.org).

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**Evening  
Prayer  
Monday -  
Friday:**  
5:15pm  
live on [Zoom](#)

**Opportunities to pray together:**

**Sunday Morning Eucharist**, at 10:00am in person and on [YouTube](#)

**Thanksgiving Eve Eucharist**, at 7:00pm

**Morning Prayer**, Mon-Fri, 9:00am on [Zoom](#)  
and in person Tuesday - Friday in the Bethlehem Chapel

**Evening Prayer**, Mon-Fri, 5:15pm on [Zoom](#)

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**Volunteering is a wonderful way to give.** Looking for the right Ministry Opportunity for you? Just click the link below for more information.

**OPPORTUNITIES FOR MINISTRY**

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**Parish Prayer List:**

*If you would like to add or reinstate a name or concern for our parish prayer list, please contact the church office or [prayers@stjohnsbangor.org](mailto:prayers@stjohnsbangor.org).*

**For the Sick, Injured, or Distressed, and for those who have requested prayer:** Kent C. and Esther R. **Continued prayers for** – Katie B., Ross M., Claude K., Mikenzy M., MarLynne M., Russell M., Kyra H., Rachel M.T., Persis S., Duane P., Donald K., Jane Z., Steve S., Margaret C., Elena B., Jay B., Susan S., Loretta, David B., Jane P., and Kelly M.

**For our Homebound Members:** Lilly P., Earlene B., and Eileen H.

**For the World:** for Peace and Goodwill among Nations and for peoples in places of violence or oppression, and for the many places in our world where there is danger and desperation. We pray for the people of Jamaica. We continue to pray for the people in Ukraine and the Holy Land, especially for the people in Gaza in this time of great suffering, and for the innocent people of Sudan caught in a brutal civil war. For an end to war and all forms of violence. For all who suffer for conscience's sake. For our enemies and those who wish us harm. For all suffering effects of climate change and of natural disasters. For refugees, immigrants, and those who are displaced.

**For our Nation:** For the healing of divisions and the celebration of diversity; for the recognition that no single viewpoint on any issue, no matter how important, is without human error; and for all who struggle to change our world and its systems of oppression and exploitation.

**For the Leaders of our Country, State and Community:** Donald J. Trump, President; Members of Congress, especially, Susan Collins, Angus King, Chellie Pingree, Jared Golden of Maine; Janet Mills our Governor; and Susan Hawes our Mayor; for those who administer justice in the courts of this land, that they all may serve our nation and the world with wisdom, civility, and compassion.

**For our Military Personnel, especially those of this Parish:** Sarah M., Dillan L., and Joshua M. and we also give Thanksgiving for all veterans and their willingness to lay down their lives for our country.

**With Thanksgiving for the lives of those celebrating birthdays during the coming week** including: Lyla F., Deacon Ann and Esther R.

**For the Departed:** Mary Louise Chin+

**The Altar Flowers are given to the Glory of God and in celebration of Tori's upcoming Sweet 16 by her loving family.**



225 French Street, Bangor, Maine 04401

207-947-0156

<http://www.stjohnsbangor.org>



St. John's Episcopal Church | 225 French Street | Bangor, ME 04401 US

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