

St. John's Episcopal Church

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



Rector's Essay "Pray without ceasing" (1 Thessalonians 5:17)

During Morning Prayer last week God graciously opened up my mind to his ongoing invitation to intimacy with him. While we prayed the beautiful and familiar words from the Book of Common Prayer and heard scripture read, I felt a door swing open under each word beckoning me into God's near presence.

God is so present in each moment, opening up our hearts, minds, souls and bodies to a wholeness and abundance we glimpse only fleetingly in our distraction, narrowness, rigidity and preoccupation. God is present. We are absent.

In God we live and move and have our being. (Acts 17:28) In every moment, God is holding us in being and washing over us with the intimate, loving communication we call prayer. When we pray, we are simply joining into the communication of mutual love that makes up God's internal shared life as Father, Son, and Holy Spirit. We are drawn into a roaring river of pre-existing mutual indwelling, permeability, and coinherence.

Occasionally I will spot a young child at play overflowing with pure, innocent joy. As St. Irenaeus said in the 2nd Century, "The Glory of God is a human person fully alive." When I am blessed to encounter such fullness in the radiant face of a child, I almost always begin to pray quietly in my heart.

To continue reading this essay, scroll down.

2026 Stewardship update

Thank you to everyone who has generously made a pledge in our 2026 campaign. So far, 82 households handed in cards totaling \$246,311 for our 2026 budget. WOW! Thank you so much. If you have not yet made a pledge and would like to, pledge cards can be found in the pews and at the back of the church. You may place them in the collection plate or mail them to the office at 225 French St. Bangor ME 04401. Thank you so much for your continued support of St. John's.



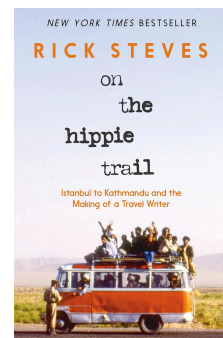
Family Pizza and Fellowship Night

Family Pizza and Fellowship Night on Saturday, March 14th at 4:30 pm. Mary-Frances is preparing five interactive Stations of the Cross for families to discover together. The children will also get to eat pizza and popcorn while watching Encanto in the Bethlehem Chapel.



Women's Book Group

The Women's Book Group will be meeting on March 17th at 2:00pm on [Zoom](#) to discuss "[On the Hippie Trail : Istanbul to Kathmandu and the Making of a Travel Writer](#)" by Rick Steves. This is a New York Times Best Seller - "Stow away with Rick Steves for a glimpse into the unforgettable moments, misadventures, and memories of his 1978 journey on the legendary Hippie Trail". Please contact the [office](#) if you have any questions.



Easter Flower and Music Memorials

Alleluia! Christ is Risen! Praise God and give thanks for the Resurrection of Jesus by making a donation to enhance our Holy Week and Easter Celebrations with beautiful flowers and guest musicians. You may give in memory of a beloved person who has died or in thanksgiving for a spouse, a child, a friend, etc. There is no minimum or set amount; whatever you offer will be received with much gratitude. Whether you choose to make a donation or not, please send your beloveds' name(s) to the Church Office by March 29th for inclusion in the Easter Bulletin. You can find the form on the last page of the bulletin or by clicking [here](#).

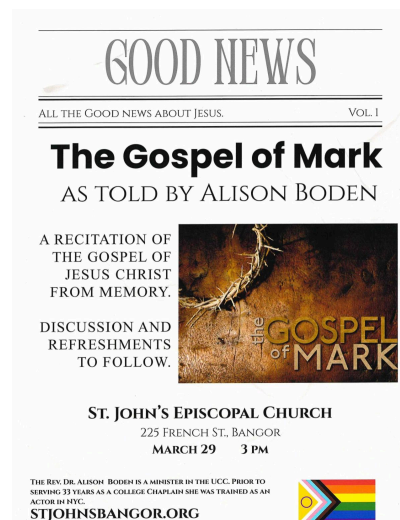
Easter Yard Signs

Easter signs for your front yard will be available to take home on Sunday March 22nd. They're a great way to invite your entire neighborhood to Easter Sunday Services.



The Gospel of Mark told by Alison Boden

Join us on Palm Sunday, March 29th, at 3:00 pm for The Gospel of Mark told by Alison Boden: A Memorized reciting of the whole Gospel with a discussion to follow.



Stations of the Cross

On Wednesday of Holy Week, April 1st, at 6:00pm, we will pray at the Stations of the Cross following the 5:30pm Eucharist. (Great Wednesday will not be held during Holy Week.)

Maundy Thursday

Maundy Thursday, April 2nd at 7:00 pm, join us for the Liturgy of the Day with Hand and Foot Washing and the Stripping of the Altar.

Vigil at the Altar of Repose

On the night before the Crucifixion, Jesus took his disciples to the Garden of Gethsemane to pray with him. We re-enact the vigil in the garden after our Maundy Thursday worship with an all night Vigil in the chapel with reserved sacrament.

Members of the congregation are invited to sit and pray in the Chapel in shifts, following the Maundy Thursday service, through the night until the Good Friday service at noon the next day. You can sign up for one or more one hour shifts. You can sign up with a spouse, a friend, or another family member. In imitation of the disciples you may nap as well.

Various contemplative aids will be available in the chapel: prayer books, devotional reading, prayer beads, poetry etc.

Sign up [here](#).

The Veneration of the Cross

Good Friday, April 3rd, at noon join us for Solemn Collects, Veneration of the Cross and Communion from the Reserved Sacrament.

The 7 Last Words of Jesus Christ composed by Joseph Haydn.

Join us on Good Friday, April 3rd, at 7:00 pm for seven movements of stirring musical reflection on the 7 Last Words of Jesus from the Cross performed by The Dirigo Quartet. As intended by Haydn, 7 brief reflections will be presented between movements.



The Dirigo Quartet

The 7 Last Words of Jesus Christ

composed by
Joseph Haydn

Seven movements of stirring musical reflection on the 7 Last Words of Jesus from the Cross. As intended by Haydn, 7 brief reflections will be presented between movements.

April 3, Good Friday, 7 pm

St. John's Episcopal Church
225 French Street, Bangor

StJohnsbangor.org
Dirigoquartet.com

Morrissey Scholarship

Thanks to a very generous gift made by the Estate of Effie Morrissey, St. John's is excited to be offering \$1,000 scholarships for use towards tuition and fees for continuing education beyond high school. We welcome anyone to apply. The application deadline is Wednesday, April 1st. Applications can be found at the back of the church, on our website, at the back of this week's bulletin or by [clicking here](#).



Coffee Hour Ministry

Hello to our friends at St. John's from Alison and Brian! As St. John's grows, we're graduating from our twosome getting a few snacks out for people immediately following COVID to a Coffee Hour Reserve and we need your help. We hope to find a dozen people willing to do Coffee Hour once every month or six weeks. We can train and help you. No cooking or baking required; just setup and cleanup. Please let us know how/what you are able to do to help via email at StJcoffeecoffeehour@proton.me. Thank you!

Celebration of New Ministry

We invite you to join us on April 19th at 4:00pm when The Rt. Rev. Thomas J. Brown, Tenth Bishop of Maine, comes for the Installation of The Rev. Jarrett Kerbel as the Rector of St. John's Episcopal Church.



Lenten Liturgy Update

During Lent, we will use Rite 1 for 6 Sundays. My approach is to make use of all of the liturgies authorized by the Episcopal Church in the BCP and Enriching Our Worship (EOW). Rite 1 contains some absolutely transcendent poetic language that needs to be sustained in the prayer life of our tradition. Rite 1 is also more penitential which is appropriate for Lent. Now, some folks have valid reasons to dislike Rite 1 and I respect that. Some of the language in the prayer can be heavy handed when it comes to our sinfulness. Please be careful to balance the fact that God created you (referencing Genesis) "good and very good," and that God loves us so much that God gave all for us in love.

On the first Sunday of Lent we offered the Great Litany in Procession to begin the service. The Great Litany was the first liturgical text translated into English by Thomas Cranmer during the Reformation in England. On all other Lenten Sundays, we will begin with the Penitential Rite. There will be no announcements delivered during liturgies in Lent to preserve the solemn nature of the season.

Holy Week will feature two new additions: 1. My wife Alison will recite the Gospel of Mark from memory on the afternoon of Palm Sunday followed by discussion. 2. On Good Friday, the Dirigo Quartet will present Haydn's 7 Last Words of Christ with 7 reflections on the last words by members of the congregation!

On Easter, I will offer an 8 am and a 10 am service. 8 am will have one hymn at the end of the service.

-Jarrett

Great Wednesday

5:30pm – Holy Eucharist in the Church

6:00pm – Dinner in the Undercroft Suggested donation \$5.00.

7:00pm – Bible Study Class in the Bethlehem Chapel on Paul's Letter to the Ephesians.

This class is also available on **Zoom**.

Those attending class at home should have their Bible handy.

Those attending in person will have Bibles available in the chapel.

You can attend one, two or all three sections, it's "A la Carte"!

Reading with the Rector

Book recommendations from the Rector for your Lenten reading:

[*Practice Resurrection: A Conversation on Growing up in Christ*](#) by Eugene Peterson

[The Vision of Ephesians](#) by N.T. Wright

[Jesus and the Disinherited](#) by Howard Thurman

[Being Disciples: Essentials of the Christian Life](#) by Rowan Williams

[An Ocean of Light: Contemplation, Transformation, and Liberation](#) by Martin Laird

Book recommendations from Fr. Kerbel
for your Lenten reading



Bible Discovery Group for Intermediate Aged Children During Lent

During Lent, Mary-Frances will lead a weekly Bible Discovery Group Meeting for children ages 8 to 12 after church in the Rector's office. Using a new set of "GO Bibles" published by Tyndale, Mary-Frances will lead a fun and interactive exploration of the Gospel of Mark. "Biblical Fluency" is a focus of our catechesis for children. This offering will help children feel comfortable opening the Bible, finding books, chapters and verses, reading the Bible while giving them the freedom to ask every question and interpret scripture using their imagination, heart and intellect.



Alpha

If you are interested in Alpha, please see the Rector. We will offering Alpha again.

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, and announcements in Word (not in a PDF).

Rector's Essay continued

I pray to God to protect that child and all children. I pray for God to shield the child's joy and innocence from all threats. I pray for God to be manifest to that child as the great source of all joy and love. My heart wells up with gratitude when I pray, for the child, and for God's generous invitation to participate in such moments of blessing.

St. Paul's recommendation to "Pray unceasingly" felt burdensome to me early in life before I understood that prayer is participation in the eternal movement of God's spirit through all God has made. In each moment, God offers us an unseen - but keenly sensed - revolving door that we may enter or not. Or perhaps, if like me you are a fan of the Narnia books, God offers us a doorway at the back of an old wardrobe that passes through to an enchanted land where Aslan is on the move.

Prayer is participation in the life of God. When we turn our hearts to prayer we dive into an everlasting stream of Spirit that is always ebbing and flowing in and around. Our very being is communion with God as the Orthodox priest and theologian John Zizioulas writes, meaning, in part, that when we turn away from God we turn toward non-being, or nothingness.

In Ephesians 5:8, St. Paul writes, "Once you were darkness, but now in the Lord you are light." Not 'once you were in darkness and now you are in light' Rather, the verbs are 'to be' verbs which regard our essential nature, our being. We are becoming luminous beings, lit from within by a light with its source and end in God.

Unfortunately, the western Christian Church lost track of 'participation' in God's life as a primary gift we receive first from Jesus and then from St. Paul's reflections on Jesus. Individualism, a primary side-effect of the Reformation, banished the invitation to mutuality, coinherence, and indwelling to which God invites us.

Thanks be to God that the Orthodox Churches and the early church fathers, like Gregory of Nyssa, are opening up the full and radical invitation we have been given. Immersed in God's love, we are immersed in God's life. Prayer is the breath of that shared life.

-Jarrett

Serving on Sunday March 15th:

Lectors – Nancy D., Ben O. and Chris M.

Acolytes – Eric G., Obi O. and Ruth G.

Chalice Bearers – Cassy P. and Robert F.

Ushers – Mary W. and Sheila S.

Counters – Paul J. and Don L.

Serving on Sunday March 22:

Lectors – David F., Jaquie W. and Jacqueline C.

Acolytes – Dakota M., Robert F. and Cindy L.

Chalice Bearers – Cindy L. and Nancy D.

Ushers – Jim B. and Joe F.

Counters – Ken H. and Hilary G.

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.

***Sunday's
Readings***

[1 Samuel
16:1-13](#)

[Ephesians
5:8-14](#)

[John 9:1-41](#)

Sunday

What's Happening This Week

Sunday, March 15th, 10:00am: Worship, in-person and [online](#) followed by coffee hour in the Undercroft. Nursery and Sunday School are available during the service.

Sunday, March 15th, 11:30am: Bible Discovery Group with Mary-Frances.

Sunday, March 15th, 12:30pm: Alpha

Sunday, March 15th, 7:00pm: [AA](#) meeting in the Undercroft.

Tuesday, March 17th, 2:00pm: Women's Book Group on [Zoom](#).

Wednesday, March 18th, 5:30pm: Great Wednesday : 5:30pm Eucharist, 6:00pm dinner, 7:00pm class.

Worship:

[Worship Bulletin](#)

[YouTube](#)

Morning

Prayer

Monday -

Friday:

9:00am

Morning

Prayer

[Zoom](#)

[Facebook](#)

Tuesday-

Friday:

in person in
the Bethlehem
Chapel

Evening

Prayer

Monday -

Friday:

5:15pm

live on [Zoom](#)

Thursday, March 19th, 5:30pm: Choir rehearsal

Saturday, March 21st, 9:00am: Serving Our Neighbors Committee Meeting.

Sunday, March 22nd, 10:00am: Worship, in-person and [online](#) followed by coffee hour in the Undercroft. Nursery and Sunday School are available during the service.

Sunday, March 22nd, 11:30am: Bible Discovery Group with Mary-Frances.

Sunday, March 22nd, 12:30pm: Alpha

Sunday, March 22nd, 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.

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.

Opportunities to pray together:

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

Great Wednesday, at 5:30pm in the Church

Morning Prayer, Mon-Fri, 9:00am on Facebook and on [Zoom](#)

and in person Tuesday - Friday in the Bethlehem Chapel

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

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

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.

For the Sick, Injured, or Distressed, and for those who have requested prayer: Robert H., Fred K., Judy H., Finley G., Janet M., Esther R., Scott, Christopher, Marcia & Richard, The Ford Family, John N., Donald H., The Hosmer Family, and Brenda D. **Continued prayers for** –The Miller Family, Earlene B., Mike Z., Ross M., Claude K., MarLynne M., John H., Frank S., Steve S., Kent C., Ann C., Rob, Russell M., Kyra H., Persis S., Donald K., Jane Z., Jasmine P., Andrew, Gwen, Susan J., Elena B., Jay B., Susan S., Gary, Mikenzy M., Loretta, David B., Jane P., Kelly M., D., M., L., and Katie B.

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 continue to pray for the people in Ukraine and for the innocent people in Gaza, Sudan and Iran. For those suffering in other countries in the Middle East. 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. For all members of our military currently in harm's way. We pray for peace. 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:

For the Departed: James Cashman; for our service members killed in the current conflict; for the many victims of gun violence in this country and for all who mourn for them.



St. John's Episcopal Church

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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