

St. John's Episcopal Church
**"Our mission is to know and to
share the love of Jesus Christ"**



Join us for Worship
Holy Week 2026

Palm Sunday, March 29th, 10:00am

The Liturgy of the Palms and Passion Reading

Palm Sunday, March 29th, 3:00pm

The Gospel of Mark, told by Alison Boden. A Memorized reciting of the whole Gospel with a discussion following.

Wednesday of Holy Week, April 1, 6:00pm

Following the 5:30pm Eucharist, we will pray the Stations of the Cross in the church

Maundy Thursday, April 2nd, 7:00pm

Liturgy of the Day with Foot and Hand Washing
Stripping of the Altar

Vigil at the Altar of repose, April 2nd, 8:00pm-11:00am

Vigil Watch in the garden in the Bethlehem Chapel.

Pray with Jesus in Gethsemane.

Good Friday, April 3rd, 12:00pm & 7:00pm

12:00pm - Solemn Collects, Veneration of the Cross, Communion from Reserved Sacrament

7:00pm - Joseph Haydn's *Seven Last Words of Christ*, performed by The Dirigo Quartet with brief homolog.

Easter Day, April 5th, 8:00 & 10:00am

10:00am service with choir and followed by Egg Hunt and visit from the Easter Bunny

Rector's Essay **Lenten Practice #3: Meditation**

Meditation is a form of prayer that is an incredible resource for developing inner-peace and communion with God. There are many different ways to meditate but, in general, the key to contemplation is quieting our minds so that we can receive the love, grace, and guidance God is always pouring out on us.

When I was in high school, I learned meditation as a remedy for panic attacks. A sudden promotion to the 'advanced' academic track caused me massive anxiety attacks and frequent meltdowns. Overwhelmed and dysregulated, unable to cope with the pressure, I sank into depression.

Blessedly, my parents took me to a therapist who taught me how to slow down my racing mind and calm my charging heart; he taught me to meditate. Since the early 80s, meditation has been a consistent spiritual practice in my life, even when I took a short vacation from church attendance during college.

To continue reading this essay, scroll down.



Family Pizza and Fellowship Night

Family Pizza and Fellowship Night on Saturday, March 21st 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.



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 are available to take home. Be sure to grab the metal stand when taking a sign. They're a great way to invite your entire neighborhood to Easter Sunday Services.



Archbishop of Canterbury Installation

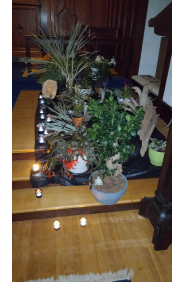
Sarah Mullally, the Bishop of London, will be installed as the 106th Archbishop of Canterbury on March 25, 2026, at Canterbury Cathedral, becoming the first woman to hold this role. This ceremony marks the start of her leadership in the Church of England and Anglican Communion, following the



retirement of Justin Welby. We will host a watch party with tea and scones in the Undercroft at 10:30 am. Please join us for this historic event in the life of the Anglican Communion!

Garden of Repose - Plants needed

Calling all plant owners. Please consider lending St. John's your house plants for our Garden in the Chapel during Holy Week. Plants can be dropped off to the office between 9:00am and 3:00pm during the week of March 29th or brought to the Undercroft on Sunday March 29th. We are in need of them by Maundy Thursday, April 2nd. They will be ready to pick up and take home Easter morning. Thank you for sharing your plants with St. John's.

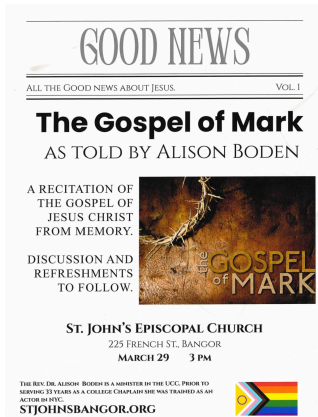


Easter Egg Hunt Candy

Following our 10:00am Easter Sunday Service, we will have an egg hunt for the kids. If you would like to contribute a bag of candy for use in filling the eggs, please bring the candy in on Palm Sunday, March 29th. Candy should be in individual packets, similar to Halloween Candy, to prevent it from scattering on the floor if the plastic egg it's in opens unexpectedly. Nut-free candy is preferred due to peanut and nut allergies. Thank you!

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



Easter Services

We are excited to be offering two Easter Services on Sunday April 5th. There will be an 8:00am and a 10:00am service. The choir will be singing at the 10:00am service. Following the 10:00am service, there will be an egg hunt and a visit from the Easter Bunny.

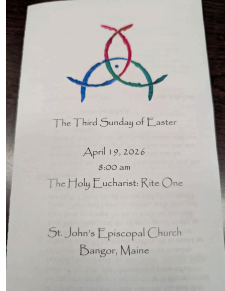
Morrissey Scholarship

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 StJcoffeehour@proton.me. Thank you!



8:00am Rite Service Returns

We are so excited to announce that beginning on **April 19th**, we'll be offering a Rite I service at 8:00am and a Rite II service at 10:00am.

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.



The Rector is Seeking a Focus Group



Over my thirty plus years of ministry I have helped many people make the transition from toxic versions of our faith to the healthy version that the Episcopal Church - at our best - offers. My new project is to go from one-to-one work to offering a group for folks "recovering from religion." Many have been harmed - indeed traumatized - by churches that use excessive guilt, shame, and fear, to control their church members. My long held belief is that the church needs to intentionally work at becoming a trustworthy and safe space where folks can detox from toxic faith and discover that they can have a relationship with God that is joyful, happy and free. What I need are people who can assist me in designing, offering, and leading such a group experience. If you have lived experience with

recovery from toxic faith, all the better.

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"!



Alpha

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

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.



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

If only my clergy at church had taught me meditation! I would have been spared a lot of wasted time seeking resources outside of our tradition. Thanks be to God that my university had an excellent Religion Department where the Professors taught me about the long and deep history of contemplation in the Christian Tradition, from the Desert Fathers and Mothers through Meister Eckhart to John of the Cross, Teresa of Avila, Catherine of Siena, St. Ignatius of Loyola, Thomas Merton and Thomas Keating.

Christian Meditation or Contemplation may use similar methods to Buddhist or Vedic/Yogic traditions with a major key difference. Our contemplation seeks to calm our inner turmoil and agitation so that God's presence will unfold before our inner eye in all of God's plenitude and abundant love. Eastern systems perceive transience and emptiness at the heart of existence, and believe that an enlightened awareness of that reality brings freedom from suffering. Christians perceive the loving presence of God holding all things in light and goodness as the core of reality and believe that an enlightened awareness of God through Jesus frees us to love and suffer for the sake of the good God's way, truth, and life.

During Lent, I recommend Centering Prayer and Breath Counting Meditation as ways to calm the waters of our inner life so we can see God's face reflected in our souls. I am always glad to recommend books on contemplation; my favorite is [Invitation to Love](#) by Thomas Keating.

-Jarrett

Serving on Sunday March 22th:

Lectors – David F., Jacque 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.

Streaming – Jim B.

Serving on Sunday March 29th:

Lectors – Nancy D., Richard W. and Shannon W.

Acolytes – Grant P., Edmund H. and Isaac P.

Chalice Bearers – Jacque W. and Richard W.

Ushers – Ken H. and John H.

Counters – Marsha C. and Rex. B.

Streaming – Jim B.

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

[Ezekiel 37:1-14](#)

[Romans 8:6-11](#)

[John 11:1-45](#)

Sunday 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](#)

What's Happening This Week

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

Saturday, March 21st, 12:00pm: Acolyte Training

Saturday, March 21st, 4:00pm: Family Pizza and Fellowship Night

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.

Tuesday, March 24th, 9:30am: Dorothy Day Soup Kitchen at the Salvation Army. Contact [Claudia and Jim](#) for more information.

Tuesday, March 24th, 10:00am: Episcopal Diocese of Maine's Annual Chrism at Emmanuel Lutheran Episcopal Church in Augusta.

Tuesday, March 24th, 7:00pm: Worship Committee Meeting.

Wednesday, March 25th, 10:30am: Archbishop of Canterbury Installation watch party in the Undercroft.

Wednesday, March 25th, 5:30pm: Great Wednesday : 5:30pm Eucharist, 6:00pm dinner, 7:00pm class.

Thursday, March 26th, 5:30pm: Choir rehearsal

Saturday, March 28th, 9:00am: Vestry Retreat.

Sunday, March 29th, Palm Sunday, 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 29th, 11:30am: Bible Discovery Group with Mary-Frances.

Sunday, March 29th, 12:30pm: Alpha

Sunday, March 29th, 3:00pm: The Gospel of Mark

Sunday, March 29th, 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., Brian M., Fred K., Judy H., Finley G., Janet M., Esther R., Scott, Christopher, and Marcia & Richard. **Continued prayers for** –John N., Donald H., The Hosmer Family, Brenda D., Susan J., Elena B., Jay B., Susan S., Loretta, David B., Jane P., Kelly M., D., M., L., Katie B., The Miller Family, 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., and Jane Z.

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: Earlene B., Rylan B., Nathaniel K. and Elizabeth P.

For the Departed: Ann Lackman Miller and for our service members killed in the current conflict.



St. John's Episcopal Church

225 French Street, Bangor, Maine 04401

207-947-0156



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