

St. John's Episcopal Church

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



*Join Us for Sunday Worship
at 10:00am*

Starting September 13th

And

at 8:00am & 10:00am

Starting September 27th

Rector's Essay **Growth with Integrity**

The word integrity shares a Latin root with “integer” and “integral,” and signifies “wholeness,” “completeness” and “undefiled.” Under the power of God’s grace, our souls are always reaching new levels of integrity, which is to say the wholeness that comes when our contradictions are resolved into a unified character.

Maturation involves growth in self-awareness. As reflection on experience reveals the gifts and flaws, the shadow and light, the sin and the grace, and the tangle of conflicting desires that we all carry in our fragmented souls, we begin to long for simplicity instead. Kierkegaard famously said, “Salvation is to will one thing.” In other words, salvation is deliverance from the welter of contradictory thoughts and impulses that immiserate us.

Scroll down to continue reading.



This Sunday is Rally Sunday!

Get the program year started with fun and fellowship after the 10:00am service on September 13th. We will have a bouncy house, badminton, corn hole, a dunk tank for the Rector, and a food truck. Mary-Frances will have a special gift for families that day too.

Children's Chapel is back on September 13th!

We are so excited for the children (ages 0-10) to return to Sunday School. Children should arrive between 9:45 and 10:00 am in the Undercroft on Sunday mornings for Children's Chapel. In the 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 about the program, please contact [Mary-Frances](#).



Announcements

Starting this Sunday, September 13th, announcements will be made after the Prelude and before the Processional Hymn. If you would like to make an announcement or have the Rector make an announcement for you please let him know by the Friday before Sunday. We are making this move so our worship can be one unbroken focus on God.

Weekday Meditation

Weekday Meditation will be offered starting on Tuesday, September 8th in the chapel at 9:30am, directly after Morning Prayer. 30 minutes of silent contemplative prayer will be offered for anyone who is interested. All are welcome!

Serving Our Neighbors Team has new Leadership

The church is greatly blessed to have Hilary Graeberg and David Conaway stepping up to be Co-Chairs of the Serving Our Neighbors Team. David and Hilary have the vision, energy, skills and leadership ability to guide our vital work of service to our neighbors - our diaconal work - that Jesus gives us in his name. The Serving Our Neighbors Team plans, coordinates, and reviews all of our ministry with our most vulnerable neighbors including both direct service and advocacy.



Memorial Service for Lewis "Lew" Phillips

A memorial service for Lew Phillips will be held at St. Alban's Episcopal Church in Cape Elizabeth on Saturday September 19th at 11:30am. Please see the obituary in the [Bangor Daily News](#) for more details.

CAT Conversation and Ice Cream Cones.

Join the exciting conversation about our Church Assessment Tool (CAT) results after the 10:00am service on September 20th in the Undercroft. The congregation did such a great job responding to the survey, now you get a chance to explore the results and give input that will lead to strategic planning. Activities for children in the chapel. Teenagers invited to participate in the CAT discussion.



Contemplative Evensong

A serene and reflective service of simple songs, silence, scripture, and prayer. Come and refresh your soul in God's loving presence. Following ancient Christian traditions of contemplation and unitive prayer this worship is open to all who seek God, singers, so so singers, and non-singers alike.

SEPT. 20 - 5PM

225 French Street, Bangor

In the small chapel across the lawn.



Contemplative Evensong

September 20th at 5:00pm

Simple, centering music, silence, and prayers in the Chapel. A wonderful way to refresh your soul for the week ahead. Invite friends! For singers and non-singers alike.

ALPHA

Begin Again with God

A space & time to ask every question and explore a relationship with God in a group of fellow seekers.

- Does God exist?
- Does God care about me?
- What is God's will for me?
- How do I pray?

Is this right for me? Try it out at the first, introductory session!

When: Sundays 2 pm
Sept. 27 to Nov. 15 - 8 Sessions

Where: 225 French St.

Who: All WELCOME!
FREE of CHARGE

For more information or to register:

alpha@stjohnsbangor.org



Great Wednesday Returns

Mark your calendar because Great Wednesday returns on Wednesday September 30th. We'll start with a 5:30pm Eucharist and then learn about The Parable of Jesus at 6:00pm while we eat a simple supper. We hope that you'll join us.

Please sign up for Great Wednesday at this link <https://forms.gle/5mFwbVc5KCxGUhaNA> or in the undercroft. We want to know you are coming so we can prepare enough food and plan ahead. We are asking all participants to pitch in by signing up to bring food, set up, or clean up for each session. Team work makes the dream work.



Manna

For 35 years, Manna has provided home cooked dinners for our neighbors, five days a week. At its current location on Center Street, Manna also provides a warming shelter in the winter. Unfortunately, a septic leak in the building resulted in the loss of the kitchen and bathroom. Right now, volunteers and restaurants are bringing in food five days a week to continue this important mission and feed 40 people. But donations are needed to rebuild the kitchen and bathroom. Bill Rae asks for prayers and donations, which can be sent to Manna, PO Box 2763, Bangor ME 04402-2763.

POLL CHAPLAINCY AND PEACEKEEPER TRAINING

BRING A CALM,
WELCOMING, MORALLY
GROUNDED PRESENCE TO
THE POLLS



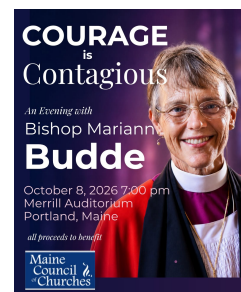
SEPT. 30TH, 5:30 PM
OCTOBER 7TH, 5:30 PM
OCTOBER 9TH, 12 PM

ORGANIZED BY MULTI-FAITH
JUSTICE MAINE

SCAN TO REGISTER

***Courage is Contagious* - An Evening with Bishop Mariann Budde** Hosted by the Maine Council of Churches October 8, 2026, 7:00 pm, at the Merrill Auditorium in Portland

Join the Maine Council of Churches for an inspiring evening with Bishop Mariann Budde (Episcopal Diocese of Washington DC). Known for her courage in speaking truth to power, she will reflect on what is required of us at such a time as this: to learn to be brave, stand for justice, and seek mercy for those in harm's way.



Tickets are \$56 (includes service fee) and can be purchased any time online:

<https://porttix.com/whats-on/maine-council-of-churches-bishop-mariann-budde/>

or in person at the PortTix box office, 400 Congress Street, Portland, Monday-Friday, 11am - 3pm

Proceeds will benefit the Maine Council of Churches, a coalition of denominations that speaks with a prophetic voice calling people to help build a more just, compassionate, and peaceful world.

*****Please let the Rector know if you will be attending and we can work on carpooling*****



Interacting with Wabanaki-Maine History with Wabanaki REACH

**October 24th, 1 pm to 3 pm at the Wilson Center, University of
Maine Orono**

Join with fellow Episcopalians from St. Patrick's in Brewer and St. James in Old Town for this important educational opportunity offered by Wabanaki REACH. A 2-hour interactive experience will engage participants in a story of particular events in the history of 400 years of colonization of Wabanaki people by Europeans in this territory now called the state of Maine. This highly engaging experience requires full participation in order to genuinely increase understanding of colonization and what it means for current descendants and future generations; to reflect on what story we are writing for our grandchildren. We are hoping that at least 10 members of St.

John's will register for this important learning opportunity. The Rector will be attending. Register by emailing the [Rector](#).

Episcopal Maine Public Policy Network - 2026 Election Engagement

Election season is fast approaching, and as Episcopalians, we believe our faith calls us to civic engagement. To encourage prayerful, productive engagement in the election process, we have assembled a roster of events and resources for clergy, lay leaders, and congregations, including poll chaplain/peacemaker training hosted by Multi-Faith Alliance Maine. We hope these resources will be helpful to you as you help to get out the vote on Nov. 3!

<https://myemail.constantcontact.com/Election-Engagement-Issue---September-10--2026.html?soid=1102254033550&aid=nNEcyIaz0Oc>



Rector's Essay

Growth with Integrity - Continued from above

God's love brings inner healing. As God's love draws us in closer and closer to reunion with God, our inner life is also brought into harmony and serenity through our growth in integrity. Under the healing power of God's grace and love, the quicksand of ambiguous values and commitments becomes the firm ground of clear virtues and grounded character that is well formed and ready to respond to the world from a deep place of connection with God's will.

What is true for individuals is also true for institutions. Some dismiss institutions, but I believe in them. As Karl Popper said, "Just as we need a lever to magnify the strength of an individual, so we need institutions to magnify the strength of individuals to accomplish important tasks." Over time, institutions that prioritize self-reflection and discernment become self-aware. They begin to understand their gifts, their weaknesses, their character, their character flaws, their virtues and their vices.

One thing that always rubs me the wrong way is an institution pretending to be something it is not. A church pretending to be a social club, or pretending it does not really believe what it says it believes, is a prime example for me. This lack of clarity and ambiguity looks to me like a lack of integrity.

One of my favorite authors on business management taught me the importance of identifying the core and aspirational values of any organization. Core values are observable in the manifest actions and organizational style of an entity. Aspirational values are the desired values that pull the organization toward greater integrity in the future.

At my Philadelphia church, one core value was "Learning leads to God." I often wonder what the core values are at St. Johns and the aspirational values. What I do know, is that by identifying core and aspirational values we will collaborate with God on the path of grace that leads to greater integrity, and greater clarity in God's service.

-Jarrett

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).

Serving on Sunday September 13th at 10:00am:

Lectors – Ben O., Ruthie G. and Katharine F.

Acolytes - David C., Robert F. and Gavin F.

Chalice Bearers - Robert F. and David C.

Ushers – Katharine F. and Mary W.

Counters – Mary W. and Ken H.

Serving on Sunday September 20th at 10:00am:

Lectors – Nancy D., Ann H. and TBD

Acolytes - Grant P., Isaac P. and Evelyn S.

Chalice Bearers - Grant P. and Jacquie W.

Ushers – Andy H. and Patty H.

Counters – Don L. 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***

[Genesis](#)
[50:15-21](#)

[Romans 14:1-](#)
[12](#)

[Matthew](#)
[18:21-35](#)

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

[YouTube](#)

***Morning
Prayer***

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

***Tuesday-
Thursday:***
in person in
the Bethlehem

What's Happening This Week

Saturday, September 12th, 12:00pm: Second Saturday. If you are interested in helping out at Second Saturday, please contact [David C.](#)

Sunday, September 13th, 10:00am: Rite II Eucharist, in-person and on [YouTube](#), followed by **Rally Sunday** in the Courtyard. Sunday School is available during the service.

Sunday, September 13th, 7:00pm: [AA](#) meeting in the Undercroft.

Tuesday, September 15th, 2:00pm: Women's Book Group on [Zoom](#).

Thursday, September 17th, 5:30pm: Choir rehearsal

Saturday, September 19th, 11:30am: Memorial Service for Lew Phillips at St. Alban's Episcopal Church.

Sunday, September 20th, 10:00am: Rite II Eucharist, in-person and on [YouTube](#), followed by **CAT Conversation and Ice Cream** in the Undercroft. Sunday School is available during the service.

Sunday, September 20th, 5:00pm: Contemplative Evensong

Sunday, September 20th, 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.

Children's Chapel

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

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.

*****Children's Chapel will resume on September 13th*****

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

Opportunities to pray together:

Sunday Morning Eucharist

10:00am in person and on [YouTube](#)

Morning Prayer

Mon-Fri, 9:00am on Facebook and on [Zoom](#)
and in person Tuesday - Thursday in the Bethlehem Chapel

Weekday Meditation

Tuesday - Thursday, 9:30am, 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: Esther R., Veronica R., Ed C., Buddy B., Lilly J., and Layla L.

Continued prayers for – Kent C., Ann C., Earlene B., Donald K., Jane Z., Mannone, Susan J., Elena B., Jay B., Susan S., Mikenzy, Patrick, R & L., Loretta, David B., Jane P., Henry L., Kelly M., D., M., L., Robin S., Katie B., Ross M., MarLynne M., and Russell M.

For our Homebound Members: Bonnie A., Kathy C., Ginny F., Carolyn L., Evelyn L., Roberta D., Carolyn S., Esther R., Gary S., Deborah T., Lee W., Donna W., Lura W., 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 people in the Middle East and Sudan. 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.

With Thanksgiving for the lives of those celebrating birthdays during the coming week including: Jim B., Fran C., Colin G., Bruce M., Patricia M., Chiamaka M., Phil U. and Doreen W.

For the Departed: Valerie Buckner and for our service members killed in the current conflict.

**The altar flowers are given to the Glory of God
and in loving memory of James Lufkin by Cindy Lufkin.**



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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