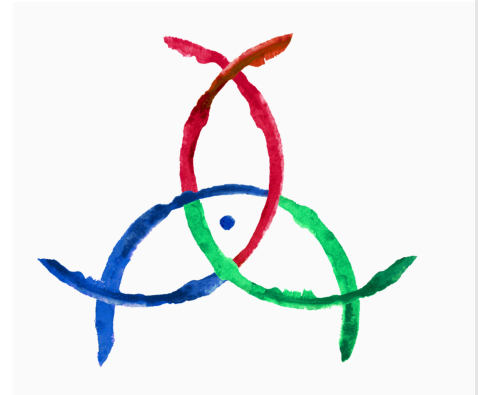


St. John's Episcopal Church
**"Our mission is to know and to
share the love of Jesus Christ"**



Join Us for Sunday Worship
at 10:00am
Starting September 13th
And
at 8:00am & 10:00am
Starting September 27th

Rector's Essay
The Grace Rule of Welcome

One common obstacle in growing congregations is the anxiety and awkwardness that some feel when introducing themselves to unfamiliar people. Many fear that they may insult a long time member by presuming that the person is a newcomer. Some fear an awkward encounter in general.

Here is a simple solution offered by a vestry member at St. Johns: The Grace Rule of Welcome. Under the Rule of Grace we all agree that it is perfectly wonderful, good and acceptable to introduce yourself to anyone at church at any time with the expectation that you will be received with grace and kindness. Even if the person you greet has been a member for 200 years it is ok to say, "I am not sure we have met yet, my name is Jarrett Kerbel."

A vestry member taught me this rule. She said that at a former church they had "Forgiveness Sunday," which gave everyone permission to make introductions without fear. Another vestry member suggested renaming this fine practice as "Grace." I am extending it from one Sunday a month to every Sunday.

Scroll down to continue reading.

Introducing Mark Sorensen

We are so excited to introduce you to our new Organist, Mark Sorensen. Mark grew up in Madison, CT and has been involved in music since joining the children's choir in kindergarten. He sang with the Trinity Boys' Choir in New Haven, CT (an auditioned group based out of Trinity Episcopal Church near Yale University) in fifth and sixth grade, where he gained an interest in the pipe organ. Through high school he took organ lessons



from Yale graduate students and interned over the summers with the organ building company Austin Organs, Inc. In 2016 he graduated from Lebanon Valley College in Annville, PA with a B.S. in Music Education and a B.A. in Music Performance, studying organ under the direction of Dr. Shelley Moorman-Stahlman. He served as Organist and Choir Director at Annville United Methodist Church for 11 years before moving to Holden, ME with his wife Anna in 2025. Both Mark and Anna are multi-instrumentalists and performed with the Ellsworth Concert Band this past summer. Mark looks forward to serving St. John's Episcopal Church as their new organist.

Labor in the Pulpits for Labor Day Sunday Guest Speaker

Sarah Nichols, a lifelong Bangor resident, serves as a UniServ Director for the Maine Education Association (MEA), advocating for educators across Somerset County through collective bargaining, organizing, and grievance representation. Before joining the MEA, she served on the Bangor City Council from 2015 to 2021, including a term as the youngest mayor in the city's history. When she is not working, she spends her time baking, hiking, and listening to vinyl records.

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!



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](#).

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 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.



**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.

Stjohnsbangor.org

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.

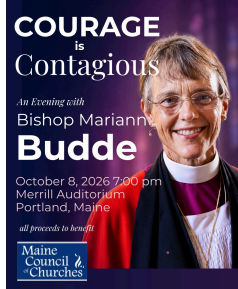
Please sign up for Great Wednesday at this link <https://forms.gle/5mFwbVc5KCxGUhaNA> or in the undercroft. We want to know you are coming so we can prepare enough food and plan ahead. We are asking all participants to pitch in by signing up to bring food, set up, or clean up for each session. Team work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



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://portix.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](#).



Rector's Essay **The Grace Rule of Welcome - Continued from above**

Grace is simply offering an open heart to people we meet. Through Jesus, God has assured us that God will turn toward humanity with an open heart no matter our failures or limitations. Having received bountiful grace, we offer grace to each other by responding to anyone we meet with enthusiasm, as if we are meeting an angel sent by God.

Just this past Saturday before a very large wedding at our church, I was out and about greeting people. One of the most common questions before a wedding for visitors is, "Where is the restroom?" Now, I could respond to this question gruffly or impatiently. After all, I am a priest, blah, blah, blah. But, no, I see this interaction as an opportunity for grace! I smile, I direct the person gently and with humor, and sometimes I show them the way. All awkwardness and embarrassment evaporates under the power of grace.

We are so blessed at St. John's that so many of our members seek out newcomers and welcome them with generous, open hearts! Keep it up in the spirit of grace! Welcome folks and introduce yourself with a simple, "I am not sure if we have met yet, my name is Jane Doe." Before church, during the passing of the Peace, directly after the dismissal, and after church at coffee are all good times to have your head on a swivel for newcomers. In fact, you can join me out front as I welcome people on Sunday mornings. I would love to have a welcome partner out on the sidewalk!

-Jarrett

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 6th at 9:00am:

Lectors – Brandon, M. and Katherine F.

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

Chalice Bearers - Nancy D. and Richard W.

Ushers – Jeff P and Zach W.

Counters – Roger G. and Jim B.

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

Lectors – Ben O., Richard W. 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.

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 33:7-11](#)

[Romans 13:8-14](#)

[Matthew 18:15-20](#)

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

***Morning
Prayer***

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

What's Happening This Week

Sunday, September 6th, 9:00am*: Rite II Eucharist, in-person and on [YouTube](#), followed by Lemonade on the Lawn. *FINAL 9:00am SERVICE OF THE SUMMER*

Sunday, September 6th, 7:00pm: [AA](#) meeting in the Undercroft.

Monday, September 7th: The Parish Office will be closed in observance of Labor Day.

Tuesday, September 8th, 7:00am: Men's Breakfast at the Coach House Restaurant on Wilson Street in Brewer. For more information contact Jim B.

Thursday, September 10th, 5:30pm: Choir rehearsal

Thursday, September 10th, 6:30pm: Invitation to Love Retreat on [Zoom](#).

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.

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

Tuesday-
Friday:
in person in
the Bethlehem
Chapel

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

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*****

Opportunities to pray together:

Sunday Morning Eucharist

9:00am in person and on [YouTube](#)

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: Kent C. and Ann C. **Continued prayers for** – 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., Esther R., Russell M., Jane M., Kurt K., Earlene B., Donald K., and Jane Z.

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: Dakota M.

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



St. John's Episcopal Church
225 French Street, Bangor, Maine 04401
207-947-0156
<http://www.stjohnsbangor.org>



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