St. John's Episcopal Church

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

Rector's Essay
The Stewardship of Attention

During elementary school, I spent my summers at Girl Scout camp. Because my mother was a Girl Scout leader and effectively a single-mother due to my father's travel schedule, I got to join my sisters at Camp Agnes DeWitt in the Sourland Mountains on the hot hazy days of New Jersey summers.

Mrs. Williams was a counselor at camp. She had deeply tanned skin that was cragged like the bark of an old oak tree and she wore her silver hair back in a tight bun. An amateur botanist, her job was to teach us all about nature. No one - before or since - has kindled such wonder and joy in the natural world as her.

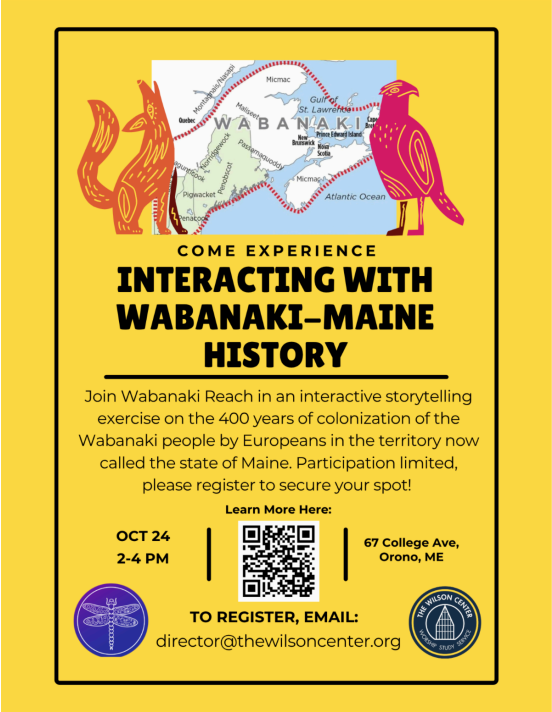
Scroll down to continue reading.

What does a ¾ time Rector look like?

As we adjust our staffing to advance our missional goals, many are asking what this looks like in practice. The Rector will be present at the church Tuesday, Wednesday, and Thursday, as well as every Sunday and the occasional Saturday as needed. When extra hours are needed for a funeral or wedding, the Rector will take flex time by coming in for a half day on Thursdays. As always, the Rector will be available 24/7 for pastoral emergencies via his cell phone which is easily obtained in the directory or from Vanessa in the church office or at the bottom of all emails he sends. We will discontinue the 8 am service starting in November to conserve time the Rector needs. Sundays are very active at St. John's and a slightly later start will help with what is often a long day. What will the rector do with his extra time you may ask? He is enrolling in a course to become a certified Ignatian Spiritual Director through Boston College. His hope is to become fully qualified to offer spiritual direction to our members, at no cost, and to our neighbors, on a sliding scale. Jarrett sees this a form of evangelism and a way to help folks grow deeper in faith no matter their starting point.

Interacting with Wabanaki-Maine History with Wabanaki REACH
October 24th, 2 pm to 4 pm at the Wilson Center, University of Maine Orono

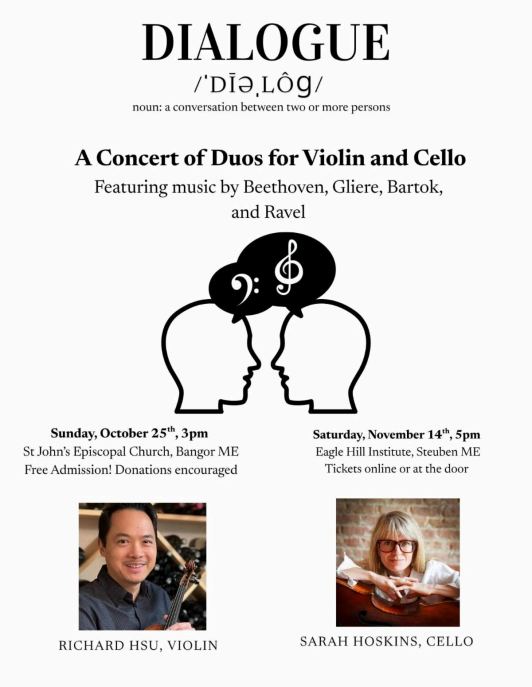
Join with fellow Episcopalians from St. Patrick's in Brewer and St. James in Old Town for this important educational opportunity offered by Wabanaki REACH. A 2-hour interactive experience will engage participants in a story of particular events in the history of 400 years of colonization of Wabanaki 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 at **jarrett.kerbel@stjohnsbangor.org.**



Dialogue - A Concert of Duos for Violin and Cello

A concert featuring music by Beethoven, Gliere, Bartok, and Ravel performed by Richard Hsu on violin and Sarah Hoskins on cello. Sunday October 25th at 3:00 pm, admission is free, donations are encouraged. St. John's is proud to be hosting this concert and invites everyone in the Congregation to attend.

(Fun fact, Richard Hsu has been teaching violin at St. John's for many years.)



All Saints and All Souls

Observance of All Saints and All Souls coming up on Sunday, November 1st. Please feel free to bring pictures of beloved people in your life who are now among the Communion of Saints. You can also feel free to bring pictures of people who you can consider Saints. You may bring pictures the Sunday before November 1st, drop them off at the office the week before Nov. 1st, or bring them on Sunday, November 1st. If you bring them on Sunday November 1 please arrive early enough so the pictures can be brought to the altar.

All Saints Day, November 1, is a great day for a Baptism

We have an adult Baptism scheduled for November 1! All adults seeking Baptism and all families who want their child baptized are invited to reach out to the Rector to join the November 1 Rite of Initiation or to schedule a future date.



Mini Pumpkin Breads for Solidarity Harvest

Join with other local congregations in baking pumpkin Bread for Food AND Medicine's Solidarity Harvest. This year Food AND Medicine is putting together 1675 boxes of local Maine food, each box makes an entire thanksgiving dinner for a Maine family facing hardship. You can learn more about Solidarity Harvest at Foodandmedicine.org.

This year we must all use the same recipe:

Pumpkin Bread

Makes 7 mini loaves

1 (15oz) can pumpkin
3 cups sugar
1 cup water
1 cup vegetable oil
4 eggs
3 ⅓ cups flour
1 tsp baking powder
½ tsp nutmeg
2 tsp cinnamon
¾ tsp ground cloves
1 tsp salt



Mix ingredients together with a mixer and pour into sprayed mini loaf tin.

(Mini loaf tins are 6" x 3" or smaller. Please deliver in pan or wrap well in saran wrap.)

Bake at 350 for 35-40 minutes or until toothpick comes out clean.

(We use half white sugar and half brown sugar)

Loaves may be delivered to the church. We will store in the freezer until delivery. Your last day to deliver loaves is **Sunday November 8th**. We will deliver loaves to Solidarity Harvest that week when they start packing the boxes.

Questions? Please email Emma at emma.perry@maine.edu

Staff working together to minimize energy costs

Many thanks to Dakota and Vanessa for working together to install new thermostats in the church offices and to coordinate a new system of regulating the heat across the facility! Our goal is to lower our energy costs!

A Second Salvation Army Meal Team

For many years, St. John's has had a dedicated team of volunteers cooking and serving meals at the **Salvation Army**. We now have the capacity to help a second day each month, and we're looking for volunteers to join us! Our new team will serve on the second Monday of each month, beginning November 9th, from 9:30am-1:00pm at 65 S Park Street in Bangor. As churches have gradually stepped back from volunteering at the Salvation Army, we'd like to help fill some of those gaps and ensure this important ministry continues. If you're interested in cooking, serving, or simply lending a hand, we'd love to have you join us! Please contact **Robert F** or **David C**.

Dawnland

Join us as St. James', St. John's, St. Patrick's and The Wilson Center collaborate to present the award-winning documentary *Dawnland* on Sunday, November 15, at 1:30 pm. The Wilson Center is located at 67 College Avenue, Orono.

Dawnland documents key moments of the Maine Wabanaki-State Child Welfare Truth & Reconciliation Commission (TRC). Readers may recall that St. James' parishioner Matt Dunlap was one of the five people to serve on this historic commission. *Dawnland* goes behind-the-scenes as this historic body deals with difficult truths, questions the meaning of reconciliation, and charts a new course for state and tribal relations. The film won a national Emmy® Award for Outstanding Research in 2019 and made the American Library Association's list of 2020 Notable Videos for Adults.

St. John's is excited to be collaborating with St. James', St. Patrick's, and The Wilson Center for the second month in a row. We hope this collaboration will become a norm for our work educating the community about the Wabanaki and advocating with them for their inherent sovereignty.

The film will be followed by a response panel and an opportunity for attendees to ask questions of people who were directly involved in the TRC. Beverages will be served.

Contemplative Evensong

Join us on November 15th at 5:00pm for 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.

Choral Evensong

St. John's Episcopal is pleased to invite you to our first Choral Evensong of the 2026-2027 season on Sunday, November 22nd, at 5:00 pm. This will be a particularly special presentation, as this weekend hosts the commemorations of Thomas Tallis, John Merbecke, and William Byrd, three giants of English sacred music, as well as St. Cecilia, the patron saint of music, and the author C.S. Lewis. The music team at St. John's has crafted an Evensong service that has each of these venerable artists represented in our music and readings. Please join us for this celebration of English music and literature!

Our Voice, Our Vote

Click this link to download a non-partisan voter empowerment guide.
https://mainecouncilofchurches.org/2026/09/our-voice-our-vote-2026/

There are a few printed copies in the Undercroft and on the table behind the back pews.



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



Fresh Start

Holiday Raffle

Fresh Start residents are eager to begin again, and sober living with others on the same journey is a critical key to their success. Most residents find employment quickly, but there is often a gap between move-in (often straight out of rehab) and income. Fresh Start does charge rent, but is flexible. All 30+ prizes have been donated by recovery-friendly businesses and individuals, and all proceeds will go directly to assist those residents struggling to make rent. Tickets are ten dollars. Please buy as many as you can from Alison Barkley aka Coffee Commandant or at the Fresh Start office - cash only, please. The more you purchase the better chance you have to win! You can purchase tickets any time up to November 27. There will be drawings every weekday in December, and Fresh Start will personally notify winners after each drawing.

Holiday Meals

Break bread with members of Fresh Start on November 26th (Thanksgiving Day) and December 25th (Christmas Day). Fresh Start residents and staff cook and gather for holiday meals each year at their large sober living residence at 89 Ohio Street in Bangor. They are grateful for St. John's ministry and invite us to join them! Meals will be served at 2:00pm. Please bring a friend, a spouse, a partner, or all of the above! The purpose of our attendance is fellowship and ministry of presence. Please contact Alison Barkley or William Somes with questions and to RSVP.

Rector's Essay

In her little botany hut, Mrs. Williams had all sorts of woodland flora and fauna for us to explore. Every day, she would place an item in her mystery box and invite brave children to stick a hand into the black box to

guess what was in it. It could be a prickly walnut seed casing, it could be the skin shed by a snake, it could be a deer antler or a crayfish shell.

Once a week, she would lead us on a hike. My favorite was the wet walk down the red-shale mountain stream that bisected the camp. In each pool of water, Mrs. Williams would point out all of the living things to be found. She taught us to be still, observant, patient, and curious. She taught us how to pay close attention, and, in essence, taught us to see in a new way.

Hearing and seeing, i.e. paying attention, are gifts that we cultivate through practice, and gifts that we discipline through the virtues taught by Mrs. Williams. Many voices and visions compete for our attention - more so now than ever before, in fact. So we must teach ourselves and our children the stewardship of attention.

We can take a page from Mrs. Williams and create time and space to practice looking and seeing in fresh ways. Ideally, prayer time and worship are such places. The attention we give at church with eyes, ears, heart and spirit trains us to see God in our lives, to see God's goodness in the world, and to know what is worthwhile for our attention and what is not.

The church has a lot to offer all who are struggling with fragmented attention and the unprecedented proliferation of poisonous subjects competing for our attention. What if those boys at Cornell had been taught to attend to women as bearers of the image of God, to seek and serve Christ in them? My hope is that such training in attention would have restrained their vile and viscous impulses and guided at least one of them to rescue that young woman from danger. It worries me greatly, that this generation of young men have had their attention so warped by the pornography industry - both crass and subtle - that they have seemingly lost all the blessings that come with true interpersonal intimacy as intended by God.

-Jarrett

Announcements during the Sunday Service

This fall, the 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.

Printed 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 email weekly announcements and printed bulletins. Please submit photos / posters as a JPEG, and announcements in Word (not in a PDF).

Serving on Sunday October 25th:

Acolytes - Grant P., Isaac P. and Evelyn S.
Chalice Bearers - Cassy P. and Grant P.
Counters – Hilary G. and Don L.
Lectors – Ruth G., Hilary G. and Katharine F.
Ushers – Katharine F. and Mary W.

Serving on Sunday November 1st:

Acolytes - TBD
Chalice Bearers - Jacquie W. and Nancy D.
Counters – Jim B. and Roger G.
Lectors – David F., Brandon M. and Hilary G.
Ushers – Zach W. and Roger 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

Leviticus 19:1-2, 15-18

1 Thessalonians 2:1-8

Matthew 22:34-46

Sunday Worship:
Worship Bulletin

YouTube

Morning Prayer

Monday - Friday:
9:00am Morning Prayer
Zoom
Facebook

Tuesday-Thursday:
in person in the Bethlehem Chapel

Evening Prayer
Monday - Friday:
5:15pm live on Zoom

What's Happening This Week

Saturday, October 24th, 2:00pm: Interacting with Wabanaki-Maine History at the Wilson Center at UMO

Sunday, October 25th, 8:00am: Rite II Eucharist spoken service, in person, followed by Coffee Hour in the Undercroft.

Sunday, October 25th, 10:00am: Rite II Eucharist with choir, in-person and on YouTube, followed by Coffee hour in the Undercroft. Sunday School is available during the service.

Sunday, October 25th, 3:00pm: A Concert of Duos for Violin and Cello.

Sunday, October 25th, 7:00pm: AA meeting in the Undercroft.

Tuesday, October 27th, 9:30am: Dorothy Day Soup Kitchen at the Salvation Army. For more information contact Claudia.

Wednesday, October 28th, 5:30pm: Great Wednesday with 5:30pm Eucharist and 6:00pm Bible Study **(also available on Zoom)** and dinner.

Thursday, October 29th, 5:30pm: Choir rehearsal

Sunday, November 1st, 2:00am: Daylight Savings Time Ends, turn your clock back one hour.

Sunday, November 1st, 10:00am: Rite II Eucharist with choir, in-person and on YouTube, followed by Coffee hour in the Undercroft. Sunday School is available during the service.

Sunday, November 1st, 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.

Opportunities to pray together:

Sunday Morning Eucharist
8:00am in person (final 8:00am service is October 25th)
10:00am in person and on YouTube
Great Wednesday Eucharist
5:30pm in person on Wednesdays
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: Frank B., Kimberley M., Marsha, Laurel, Ann, Debby, and Kenny B. **Continued prayers for** – Donna W., Mark M., Amber, David, Bonny, Shawn, Robin S., Katie B., Ross M., MarLynne M., Russell M., Mary, Shirley G., Bruce N., Kent C., Ann C., Earlene B., Donald K., Jane Z., Veronica Y., Buddy B., Susan J., Elena B., Jay B., Susan S., Loretta, David B., Jane P., Henry L., Kelly M., D., M., and L.

For our Homebound Members: Bonnie A., Kathy C., Ginny F., Carolyn L., Evelyn L., Roberta D., Carolyn S., 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: Spencer S., 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: Paul J., Matthew P. and Jim W.

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

St. John's Episcopal Church
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http://www.stjohnsbangor.org

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