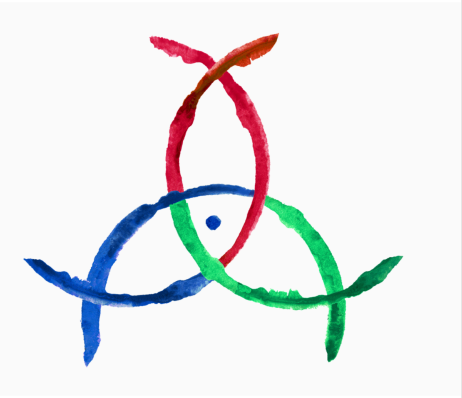
St. John's Episcopal Church

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



Dinner and Auction Fundraising Event

Please join us for a fun evening at our Dinner & Auction Fundraising Event on November 14th. The event will be in the Undercroft and will begin at 5:30 pm. We will have hors d'oeuvres as well as a fine three-course dinner with plenty of time for mingling and plotting your auction bidding strategy before dinner. The silent auction and live auctions will award prizes including weekend stays at lake houses at Phillips Lake and Moosehead Lake, a guided hiking trip tailored to winning bidders' tastes, chainsaw lessons, a beautifully crafted quilt and a wonderful afghan, restaurant dinners, concert and theater tickets and much more. The funds raised will help our church ministries, and the organizing committee aims to have a relaxing, and amusing event with excellent food and guests from our congregation and our larger Bangor area community. You can reserve seats now by emailing dinner-auction@stjohnsbangor.org and purchase the tickets, which cost $30 per person, online at https://onrealm.org/stjohnsbangor/PublicRegistrations/Event?linkString=MWE5MjkwNTktM2MzOC00NGE5LTliYTMtYjRmMDAwZGVmMmRm, at the office or on Sundays. Speak with The Rector if you need reduced price tickets.



Rector's Essay
Stewardship of our Souls: Turn, Turn, Turn

At the last Great Wednesday we had a lively and sometimes hilarious exploration of the Parable of the Wise and Foolish Bridesmaids. If you recall, this parable contrasts five bridesmaids who brought enough oil and so are prepared with the Groom comes (i.e. Jesus), and those bridesmaids who are unprepared due to lack of oil. The parable frustrates faithful Christian readers who are adamant that those with oil should share with those without oil. After all, sharing is caring.

Following a wise teacher, I asked the simple question, “What if this oil represents something we cannot share?” In other words, what if this oil represents the spiritual resources we have cultivated over a lifetime, a deposit of grace that we cannot simply transfer to another who has not prepared themselves. As frustrating as it is, we cannot do spiritual growth for another person. Our inner life with God is something for us to expand in an intimate one to one relationship.

Scroll down to continue reading.

A Message from Fr. Kerbel

On Tuesday, October 27th a "Flash News" email was sent with a message from the Rector. If you missed it, you can find it **here**.

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. If you bring them on Sunday November 1 please arrive early enough so the pictures can be brought to the altar before the service begins.

Calling all kids

Arrgh, let's keep the fun of Halloween going one more day. Kids are invited to wear your Halloween Costumes to Church on Sunday. We'll even have some candy for you after the service at Coffee Hour.

New Member Needs a Ride to Church

The Rector met with a new member for coffee and discovered that she is very eager to get to church but she does not have a driver's license. She lives at 501 Union Street in Bangor and would love to attend our 10 am service. If you are willing to offer a ride to her or be on a list of potential drivers please contact the rector: jarrett.kerbel@stjohnsbangor.org

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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

Family Council

St. John's is in the hiring phase for a new Children, Youth and Family Minister. As we look to the next chapter of Children's Chapel and Youth Formation, a 'Family Council' is being established to help chart the path forward to where we want our children/family programming to grow in a year, three years, and beyond. We're ideally looking for 5-6 parishioners who would be willing to meet once a month either in person after church or via zoom at a convenient date/time for the group. If you are interested in joining the Family Council, speak to Rev. Kerbel or Hilary Graebert.

SJEC Young Adult Group - Chick Hill Hike & Lunch

For our more physically-inclined members, we've planned a hike up Chick Hill followed by a late lunch on November 8th directly after the 10:00am service at St. John's. It may be cold and breezy, so dress accordingly!

There's no need to RSVP for this. Simply show up at the Chick Hill parking lot at **Fire Rd. 31, Clifton, ME** at 12:30pm on November 8th. If you want to carpool, please email **William** or **Shannon**.

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**.

America at War in the 21st Century

On Veterans Day, November 11th at 3:00 p.m., St. John's Episcopal Church at 225 French Street in Bangor, Maine, will remember our country's wars in Afghanistan and Iraq. The program will include poetry, music for cello and piano by Marisa Solomon and Patricia Stowell, and reflections from speakers including Rabbi Bill Siemers of Congregation Beth Israel and wartime Deputy Ambassador to Iraq Robert Ford. A reception will follow.

Dawnland

Join us as St. James', St. John's, St. Patrick's Episcopal Churches 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!



Make an Advent Wreath for Home

Lighting Advent Candles at the dinner table is a lovely Christian practice! The four candles help us countdown to Christmas and focus our prayer for the coming of the Light! On November 29th, the first Sunday of Advent we will host Advent Wreath Making during coffee hour. We will supply a variety of evergreen cuttings and the oasis ring-forms which come with candle holders. Please feel free to bring other adornments to share like pine

cones, winter berries, ribbon etc. The ring-forms cost $25 each so please use this link to sign up and reserve one for your family https://forms.gle/9qj7aqMyoa62v3EH9. We will have 25 rings, so sign up soon.

SJE Young Adult Book Group:

SJE's Young Adult Book Group meets twice per month. Meeting days and times are based on the availability of participants. Our modus operandi for this group is building spiritual community through free expression and authentic conversations on theological topics.

We recently finished *The Sparrow* by Mary Doria Russell, which richly explored themes of meaning-making, discernment, and the problems of evil and suffering in the world. We also laughed a lot … (not ALL conversations are entirely serious).

Thank you to the ***eight*** folks who submitted a response to our poll for the next book! This is a great size for having focused and open conversations. I'm happy to share that *Go Tell it on the Mountain* by James Baldwin was *unanimously* selected by the group to read next. You can purchase a copy online or **download the free e-book here**.

The reading assignment for the first session is to read through Part I.

We need your help to set meeting dates and times. Please fill out the availability form below by Wednesday, Oct. 28th so we can collectively set our meeting schedule for November and December. Our goal is to finish this book in 2 months / four meetings.

Book Group Availability Form

Please note*: If you did not fill out the poll but still wish to participate, it is not too late to do so. Simply fill out the availability form above to RSVP.*

Women's Book Group

The Women's Book Group will meet next on November 17th from 11 a.m. - 1 p.m. by **ZOOM**. Please note the time change for this month. We do read a variety of books, as you can see for the November book title.

Quench: Beat Fatigue, Drop Weight, and Heal Your Body Through the New Science of Optimum Hydration by Dana Cohen, 2021. If you are interested in joining the group in November, please call the parish office. (207-947-0156)

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

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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 continued

We grow spiritually by turning to God. How many times a day do you turn your soul toward God? Perhaps you pray once a day before bedtime. Excellent start. Can you add another time in the morning or at midday? The more we turn our souls to God - who is always waiting and welcoming us with love, patience and kindness - the more we develop our inner reservoir of spiritual resources; gifts of the Holy Spirit, cardinal virtues, ears to hear God's voice, eyes to see God at work, creativity, flexibility, courage, serenity, etc. Our with-God life becomes more lively, active and accessible.

We relate to our souls as stewards of a gift that God has given us. A soul is simply the imprint of God within us, the image of God we are given, the light of Christ within us, our unbreakable connection with God through the Holy Spirit. Our soul is our place of inner communion, permanent permeability to God. We are called to steward our souls on God's grace so that our souls flourish, unfold, blossom, become fruitful under the care of God's loving kindness.

During stewardship season, give some thought to how you are stewarding your soul and how you want to steward your soul. Are the roots of your soul well connected to the stream of living water which is our God through prayer, meditation, study of the Bible, worship, exposure to all that is beautiful, noble and good? Or, is your soul turned toward the poisonous water our culture provides?

God gives us a million moments every day to turn toward God. This is God's merciful posture toward us. Taking those opportunities is how we steward our souls.

-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 November 1st:

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

Serving on Sunday November 8th:
Acolytes - Eric G., Obi O. and Ruth G.
Chalice Bearers - Grant P. and Richard W.
Counters – Ken H. and Paul J.
Lectors – Katherine F., Richards W. and Chris M.
Ushers – Katharine F. and Scott K.

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

Revelation 7:9-17

1 John 3:1-3

Matthew 5:1-12

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

What's Happening This Week

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, 11:30am: Vestry Meeting

Sunday, November 1st, 7:00pm: **AA** meeting in the Undercroft.

Tuesday, November 3rd: Election Day.

Wednesday, November 4th, 5:30pm: Great Wednesday with 5:30pm Eucharist and 6:00pm Bible Study **(also available on Zoom)** and dinner. Final meeting of this session.

Thursday, November 5th, 5:30pm: Choir rehearsal

Saturday, November 7th, 9:00am: 207th Convention of the Diocese of Maine in Portland

Sunday, November 8th, 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 8th, 12:30pm: Young Adult Hike and Lunch at Chick Hill.

Sunday, November 8th, 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
10:00am in person and on YouTube
Great Wednesday Eucharist

live on **Zoom**

5:30pm in person on Wednesdays (last meeting on November 4th)

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**.*

In Thanksgiving for the Baptism of Thomas Samuel Moring.

For the Sick, Injured, or Distressed, and for those who have requested prayer: Frank B., Kimberley M., Marsha, Laurel, and Ann. **Continued prayers for** – Debby, Kenny B., Jane P., Henry L., Kelly M., D., M., L., 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, and David B.

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.

For the Departed: Bradford Wellman, Carolyn Leick, Asia Stevens and for our service members killed in the current conflict.

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