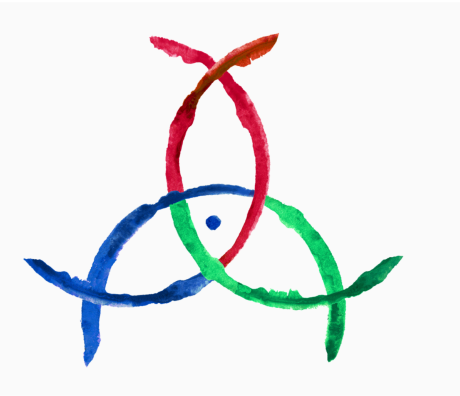
St. John's Episcopal Church

"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, one ton of wood pellets for pellet stove 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 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 Relationship with Jesus: What a Friend we Have!

Our God is not an abstract, theoretical God. Our God comes to us in Jesus, a relatable friend with a friendly face who has done everything to prove his loving friendship. As Jesus says in the Gospel of John:

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." (John 15:15)

Throughout the Gospel Jesus tells us that he is our ever-persistent, always available, abundantly loving, and faithful friend. We simply need to turn to him and he will be there as our Good Shepherd, the one who leaves the 99 secure sheep to find the one lost sheep.

When my spiritual director led me through the Ignatian Spiritual Exercises, he taught me to turn to Jesus as my friend in my prayers and meditation. Jesus, like a friend, has nothing but good will toward me and will only ever offer me the truth I need to hear and the encouragement I need to grow.

Scroll down to continue reading.

Last Call for Pumpkin Breads

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

Episcopal 101 This Sunday, November 8th

The Rector will offer his Episcopal 101 class after worship this Sunday, November 8th, at 11:30 am in the chapel. Also called "Welcome to the Episcopal Church" this is a brief introduction to the beliefs and practices of the Episcopal Church. Please bring all of your questions! The format is casual and dialogue is encouraged. No sign up necessary. Grab your coffee after church and come to the chapel. This is also a great way to meet other newcomers!

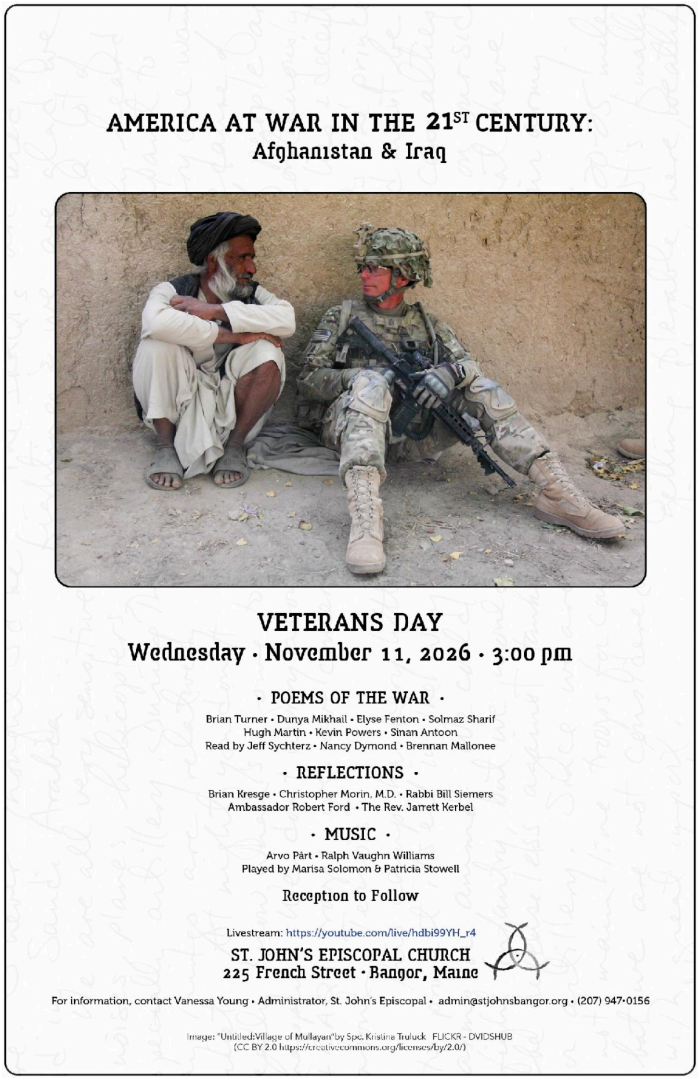
SJEC Young Adult Group - Chick Hill Hike & Lunch

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

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.

This service will also be available on **YouTube**.

Christmas Baskets

St. John's is organizing a special Christmas project to provide turkey dinners, groceries, and toys for needy families through Penquis Cap. This initiative is entirely funded by donations from St. John's parishioners, and we are reaching out for your support to help cover the costs of food and gifts.

This year, we aim to assist around 12 families, benefiting approximately 20 children in total. Each basket of food costs about $170, so helping these 12 families will cost $2,040. If you would like to contribute, please give a check to the church and include "Christmas Basket Project" in the memo line.

We are also welcoming donations to help needy families pay for heating oil. Please direct heating oil gifts to the Rector's Discretionary account. Now, more than ever, many families need assistance during the Christmas season. Thank you for making a positive impact on their lives.

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.

Vestry and Delegate Nominations are Open

The Vestry is seeking nominees for four open Vestry positions for three year terms that begin in 2027. If you would like to nominate someone or self-nominate please submit names to the Rector, Wardens or any Vestry member. A Nominations Committee of the Vestry will receive all nominees and create a slate that will be presented to the Annual Meeting for a vote. We are also seeking four members to serve as delegates to our Annual Diocesan Convention. All nominees must be regular in attendance, Baptized Christians, and pledging members of the congregation.

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.

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 by our next meeting on November 15th. If you would like more information, please email **William**.

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.

Burial of Dorothy Irene Benedict (US Navy, Ret.)

Navy Veteran Dorothy "Dottie" Benedict will be buried in Mt. Hope Cemetery on November 19th at 10:30 am in their scattering garden. Dorothy was a member of St. John's who died in 2019. For unknown reasons her ashes were left unclaimed at the church and have resided in the church ever since. As she has no traceable family, the Rector has taken on the responsibility of giving her a decent Christian Burial. If you would like to join the Rector for the burial please feel free to come. If you would like to help defray the expanse of the burial ($500) please make a donation to the Rector's Discretionary Fund.



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.

Crucifix Donated to the Sanctuary

A beautiful hand carved crucifix was donated to the church for our sanctuary. The Rector placed it in a traditional location on the pillar behind the pulpit. In this position, Jesus can keep an eye on the preacher and remind him or her to only preach Christ Crucified and Risen (1 Cor. 1:23). Display of a crucifix - while distinctly counter-cultural - is an important reminder of the cost of sin and the full degree of Jesus' love for us. In the crucifix we see how hostility to and rejection of God mutilates our God-given humanity and thwarts God's desire to dwell with us in communion. We also see how Jesus confronted all that opposes God at great cost so he could defeat it and set us free to follow God faithfully. Some Episcopalian shy away from



Crucifixes. In part, this comes from ingrained anti-Catholicism and in part, from a squeamish avoidance of the true cost of sin. Because of Jesus' love for us, we are set free to look squarely at our lives and the world as it is knowing that Jesus has cut off evil and the roots.

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)

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

Turning to my friend Jesus is a sustaining practice in my prayer life. For example, I say to Jesus my friend, “I have a really hard, challenging conversation today. I am anxious. Help me with that. Guide me. How do I say what I need to say effectively in your gracious spirit?” Just turning and asking, in my experience, is enough to invite the spiritual intervention of Jesus. Almost always, I feel more calm, more centered, more free after I consult with Jesus. I am reminded that he will give me the words and the spirit I need when I need them.

As a brief aside, I want to note that Jesus is often a better friend to our souls than we are. Many of us - me included - have a harsh critical voice inside always ready to punish any perceived mistake or flaw. In short, we are not very good friends to ourselves. Personally, I carry a harsh voice that is always ready to call me

pathetic and stupid. Only a few years ago I realized that I could counter that voice by choosing to be a good friend to myself.

To be stewards of the gift of our relationship with Jesus, the only thing required is to respond to the gift of friendship with friendship in return. In other words, stay in touch, share with vulnerability and sincerity, consult and inquire, open up your heart, risk loving in return. Jesus will always show us his friendship by responding to us with grace and truth. We can count on his love and his clarity. In fact we must, if we are to grow toward 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 November 8th:
Acolytes - Eric G., Obi O. & Ruth G.
Chalice Bearers - Grant P. & Richard W.
Counters – Ken H. & Paul J.
Lectors – Katherine F., Richards W. & Chris M.
Ushers – Katharine F. & Scott K.

Serving on Sunday November 15th:
Acolytes - Grant P, Isaac P. and Gavin F.
Chalice Bearers - Cassy P. and Robert F.
Counters – Marsha C. and Don L.
Lectors – Jacquie W., Brandon M. & Chris M.
Ushers – Ken H. and John 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

Wisdom of Solomon 6:17-20

1 Thessalonians 4:13-18

Matthew 25:1-13

Sunday Worship:

What's Happening This Week

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, 11:30am: Episcopal 101 in the Chapel

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

Sunday, November 8th, 7:00pm: **AA** meeting in the Undercroft.

Monday, November 9th, 9:30am-1:00pm: Serving at the Salvation Army at 65 S. Park Street in Bangor.

Tuesday, November 10th, 7:00am: Men's Breakfast at the Coach House Restaurant in Brewer. FMI contact **Jim B**.

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**

Wednesday, November 11th: The Parish Office will be closed in observance of Veterans' Day.

Wednesday, November 11th, 3:00pm: America at War in the 21st Century.

Thursday, November 12th, 5:30pm: Choir rehearsal

Saturday, November 14th, 12:00pm: Second Saturday Community Meal in the Undercroft. FMI on getting involved, contact **David C**.

Saturday, November 14th, 5:30pm: Dinner and Auction

Sunday, November 15th, 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 15th, 5:00pm: Contemplative Evensong

Sunday, November 15th, 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
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: Nancy M., Sean C., Frank B., Kimberley M., and Marsha. **Continued prayers for** – Laurel, Ann, Elena B., Jay B., Susan S., Loretta, David B., 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., Kent C., Ann C., Earlene B., Donald K., Jane Z., Veronica Y., Buddy B., and Susan J.

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: Nancy M.

For the Departed: Patricia Brown, Bradford Wellman, Carolyn Leick and 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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