



The Church on the Cape Newsletter



Pastor's Letter

Dear family and friends of Church on the Cape,

I don't know about you but one thing I tend to do well is giving and one thing I tend not to do well is receiving. Giving seems to be much more natural than receiving. I'm not quite sure why, but being on the receiving end makes me a bit uncomfortable. Maybe it's because I was raised to be strong, independent, and self-sufficient. Maybe I simply don't want to be on the receiving end, which tends to make me humble, somewhat powerless even vulnerable. Maybe I rather want to be on the other end, feeling generous and strong. Maybe I am too proud to admit that I lack something in my life and I cannot provide it myself.

As I think of November with All Saints Day and Thanksgiving, I remember those people who influenced my perspective on being in the receiving end. Over the years I have witnessed the pillars of the churches I served who have been the givers and providers, strong and powerful, became ill and declining. They were the ones that people could always turn to when the church faced problems. They were the leaders of the church that had been through both good times and bad, up times and down times. Throughout the years they provided selfless services and their church family relied upon them as children rely upon their mother and father.

But when the pendulum of life swung to move them from the giving end to the receiving end, they also moved from generous givers to gracious receivers. We as a church family also know this, because we journeyed with them. And more importantly they let us. They let us hold their hands. They let us give them a hug. They let us pray for them. They let us provide care for them. By being gracious receivers,

November 2020

they gave us the opportunity to return their love and they strengthened our sense of community as a church family. It made us affirm that God brought us together in this body of Christ for a time like this. Even though it's only been a year and half, it certainly was a great privilege and blessing for me as a pastor to journey with some of the saints we remember this year. They taught me a great lesson of faith and life, and I give thanks to God for them. The lesson was that it's okay to be on the receiving end. They seem to give us permission that it's okay to be the powerless and vulnerable one. It's okay to admit that we are weak, we lack something in our lives, and we need others to fill what we lack, because that's how God touches us, through people. That's how God loves us, through people. What we as a church family did for the saints was passing the love of God for them, which once we received from them. We received freely and we give freely.

The pendulum of life swings back and forth, from strength to weakness, from pride to vulnerability, from powerful to powerless, from the giving end to the receiving end. No one can always be powerful, strong and giving. No one will be always weak and powerless, vulnerable and receiving. If the pendulum of life swings to the giving end, we are to give thanks to God and be a generous giver. If the pendulum of life swings to the receiving end, we are to be a gracious receiver and give thanks to God. The bottom line is that God loves both generous givers and gracious receivers when what we give and receive is the result of God's love.

As we celebrate the lives of the saints and the joy of Thanksgiving, may God continue to bless you to be generous givers and gracious receivers!

In gratitude,
Ho-Soon



November Lectionary Readings

November 1:

22nd Sunday after Pentecost

Revelation 7:9-17
Psalm 34:1-10, 22
1 John 3:1-3
Matthew 5:1-12

November 8:

23rd Sunday after Pentecost

Joshua 24:1-3a, 14-25
Psalm 78:1-7
1 Thessalonians 4:13-18
Matthew 25:1-13

November 15:

24th Sunday after Pentecost

Judges 4:1-7
Psalm 123
1 Thessalonians 5:1-11
Matthew 25:14-30

November 22:

25th Sunday after Pentecost

Ezekiel 34:11-16, 20-24
Psalm 100
Ephesians 1:15-23
Matthew 25:31-46

November 26:

Thanksgiving Day

Deuteronomy 8:7-18
Psalm 65
2 Corinthians 9:6-15
Luke 17:11-19

November 29:

First Sunday of Advent

Isaiah 64: 1-9
Psalm 80 1-7, 17-19
1 Corinthians 1:3-9
Mark 13: 24-37

Special Events

ALL SAINTS SUNDAY

Sunday, November 1

On All Saints Sunday we will recognize and honor those who have passed away since November 2019. Please sign up and send a picture of your loved one to the office. It will be projected when s/he is honored during the service.

STEWARDSHIP SUNDAY

Sunday, November 8

The annual Stewardship letter has been mailed. Please return your Pledge Card 2021 to the Church on the Cape in the envelope provided no later than Friday, November 6th, for dedication on Stewardship Sunday. Your continued support is appreciated! Thank you!

IN-SANCTUARY WORSHIP SERVICE BEGINS

Beginning November 8th there will be in-sanctuary worship service. Each Sunday between 10-12 seats will be available for the congregation to attend the service. Please contact the church office to register and receive the guidelines.

ANNUAL CHURCH CONFERENCE

Thursday, November 12

**6 PM: SPRC meeting with the District
Superintendent**

**7 PM: Annual Church Conference
Both meetings to be held via Zoom***

SOCKS 2020

Our annual sock drive is underway! Each year we partner with Grace Street Ministry in Portland to donate as many socks as possible to support the homeless. Please mail your donation, pay online or contact the [church office](#) for assistance.

ADULT BOOK STUDY

Monday, November 9 & 23 at 7 PM

There will be a two-session book study on "Being Mortal—Illness, Medicine and What Matters in the End" by Atul Gawande, M.D. "Gawande, a

practicing surgeon addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified." Contact the church office to sign up.

LAITY SUNDAY 2020:

"Always be joyful. Always keep on praying. No matter happens, always be thankful, for this is God's will for you who belong to Christ Jesus."

1 Thessalonians 5: 16-18 (Living Bible)

With praise and gratitude, thanks are expressed for this morning's (October 25th) service of Worship at Church on the Cape, led by the Laity, encouraged by Pastor Ho-Soon's leadership. Each voice spoken, each song sung, and each note played resounded to God's glory. The enthusiasm for worship leapt through the computer finding us wherever we found ourselves on this beautiful Sunday morning.

Within this congregation I have found a place filled with joy, sincere prayer, love for each other and love of God.

Sincerely sent from a
grateful member.

HABITAT NEWS ALERT

We are happy to announce that we have begun the search for a family for the Mills Road home. This will be a three-bedroom home to be built in early spring. The search process has changed due to the persistence of Covid 19. The first step is to view the presentation which is now virtual. Please refer to our website, habitatyorkcounty.org, or visit us on Facebook for complete step by step

Special Dates

- All Saints' Day — November 1, 2020
- **Daylight-Saving Time Ends — November 1, 2020**
- Veterans Day — November 11, 2020
- Bible Sunday — November 15, 2020
- National Bible Week — November 15-22, 2020
- Christ the King Sunday — November 22, 2020
- Thanksgiving Day — November 26, 2020
- First Sunday of Advent — November 29, 2020

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instructions. The application period is scheduled to close on November 13th.

A family has been selected for the Saco home and we hope to get that home framed so work can continue during the winter months.

A Construction Manager has joined our staff, so having John Roberts on board will be a great help as we hope to build 3 homes in 2021.

I will keep the church family updated on progress when the Mills Road build gets started and when a family is selected. The site work is done and ready for the foundation to be poured. We hope to be able to get volunteers together in the spring, and to involve Church On The Cape in various fun ways!

Meantime stay safe, help your friends, and neighbors and be kind to each other.

Beth Doty



Courtesy Photo

A Note from the Finance Committee

For those who would like an update on their 2020 offerings through the month of October. Please contact:

Adrien Baracco
1(857) 998-9471
abaracco@roadrunner.com

or

Jim Lennon
1(207) 502-7278

jimlennonchurchonthecapeumc@gmail.com

SOCKS 2020

In this year of Covid, the need for socks for the homeless is greater than ever. We are again privileged to partner with Grace Street Ministry to supply warm wooly socks to those on the streets of Portland.

We have already purchased thousands of socks. Now, **we need you to help pay for these socks!** Please mail your monetary donation to the church, drop it by the office, or leave it in the secure mailbox by the door nearest the Cargo Shop.

Exciting news: The Outreach Committee has offered to match all individual donations...**This is huge!** That means this year your donation will go twice as far!

We have all witnessed the enthusiasm and generosity of this congregation. We know what we can do when we all work together to accomplish something important to us. We have the responsibility and the privilege of bringing comfort and joy to a community who so desperately needs that.

Church on the Cape - Let's do our thing!

Beverly Bangs

Church Finances and Stewardship

Submitted by Diane Hutchins, Finance Chair

The Church on the Cape and parsonage currently cost over \$276,000 to operate on an annual basis. So, is it worth it?

That is a question I contemplated once I joined the finance committee and started to see what is involved in paying for the numerous operating expenses of a church and parsonage. Do the benefits justify the cost? I guess it depends on how you perceive value. Logically, maybe \$276,000 could be better utilized if it went directly to various charities.

Emotionally, I can't imagine Cape Porpoise without our community church. It has been a foundation of my faith and part of my family for many generations. We have a strong outreach program and help numerous local non-profits both financially and by volunteering. Critically thinking using only logic or emotion is far too extreme. I retract my previous questions. I only asked them to get your attention to keep reading.

Stewardship Sunday is November 8, 2020. Most of you will be receiving a stewardship letter in the mail this week. As we enter the season of stewardship, I pray we will feel blessed and thankful for our church; its leaders, volunteers, family and friends. I would like to thank Wendy Emmons for taking the time to write the letter and share her inspiration with you. If you do not receive a letter in the mail and would like

one, please contact Sue in the church office at (207) 967-5787. There will also be extra pledge cards on the church porch next to the mailbox.

I know many of you have wondered how the church is doing financially since the pandemic. The short answer is that we are operating within our budget. Every time we have a finance committee meeting, I expect to hear doom and gloom. Instead, Jim Lennon and David Sandtorv report that we are not that far off from where we should be for the year. Last year, we received \$197,076 through September, 2019. This year, we have received \$218,952 through September, 2020. Of which, \$24,500 was acquired through the payment protection grant program. That said, we are very close to where we need to be for the year. Thankfully, additional pledges, anonymous donations and the grant we received, have provided us with a stable year in an unstable economy.

Forecasting next year will be challenging because the historical numbers we typically use for budgeting have completely changed. During our last finance committee meeting, we estimated a potential shortfall of up to \$60,000 for 2021. This is mainly because we do not know when things will return to normal for our cargo shop, church fairs and plate collections. We expect some of our costs to be reduced, such as utilities, if we continue to have virtual meetings. While important, it is a small percent of the overall budget.

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How Can You help?

- Please consider making a generous pledge for 2021.
- Please respond as soon as possible. It will assist us in preparing the 2021 budget to present to church council in a timely manner.
- Please reach out to those we have not seen in a while. Now would be a great time to re-connect and share the news about our on-line services and numerous outreach activities.
- Please do not give in to fear. Give joyfully, as you are able.

New Ways to Give Introduction

Introducing new ways to give and support our church ministries! The finance and communications committees worked together to implement a new online giving tool to make giving accessible and secure.

- By envelope – mail in or deliver to the church
- Online – use the secure form on our website to make a one-time or recurring gift to multiple ministries and outreach
- Download the app – give from your smart phone or iPad using an app just like the church directory
- Text to give option – allows you to text your gift

Full instructions for all the new options are available on our website:

<https://www.churchonthecape.org/giving> along with a brief training video. We will also be hosting live training for our members in November via Zoom. Dates and times to be announced.

Fun with Fire Fighter Mike Kelly

On Thursday, October 16th, Mike Kelly made arrangements to bring the Goose Rocks Fire Department ladder truck to the church for the 'fearless four,' as Roy Bruton fondly refers to Henry and Olivia, and Jacksen and Isla, to learn about fire, and explore firefighting equipment.

Mike has been a volunteer fire fighter for the Goose Rocks Fire Department since 2013. He wanted to offer the children a chance to see each other and to do something fun during Covid.

It certainly was a wonderful afternoon. Mike talked about the three things needed for a fire, the reasons for putting holes in roofs when a building is on fire, the purpose of a ladder truck, and more. He showed the children all the equipment on the ladder truck and the children had a chance to handle some of the equipment. The best part of the day was being able to climb aboard the fire truck.

Many thanks to Mike Kelly for arranging this experience. It was truly a highlight of the fall season for everyone.



Article and photos by Carol Nason



Thank you, Mr. Kelly, for a wonderful day! You are the best!

Henry, Olivia, Isla and Jacksen

Benjamin Thomas Link turned one on October 22. He was baptized last January 26!



Benjamin is the proud grandson of Tom and Shirley Bradbury.

Photos from Benjamin's Zoom Birthday Party

HISTORY HAPPENINGS
from your
History and Records Committee

We are always pleased to share our activities with you because the church's history belongs to all of us! The Homecoming Sunday was very special and we are grateful to the Lord as well as to all of you who helped us! We are also excited to tell you that Kyle Emmons has become a member of the committee.

Our most recent and continuing activity of two of our officers is the Local Church Historian's School. This is a 12-week on-line course given by the General Commission on Archive and History and the New England Conference. Our historian, Ann Nelson, and treasurer, David Sandtorv formed a study team and have been meeting each week to undertake the assigned project.

Here is a list of what has been accomplished: 1. taken a walk around the outside of the church building to "observe what story it tells to the community"; and have also walked through the interior and "noted historic treasures." 2. gathered the membership books (8), listed them by year, and stored them in the fire-proof filing cabinet in the History Room. (Thank you, Sue Cayford and Pastor Ho-Soon.) 3. have identified and labeled several notebooks and files and found a place to store them. Note: In January of this year the committee used archival boxes for storing blueprints. They are identified and are stored in the trunk in the History Room.

We extend our thanks to all of you for your support in our endeavors.

May God's peace be yours,

Your History and Records Committee

Beryl Samia, Chairperson; Ann Nelson, Historian; Stedman Seavey, Secretary; David Sandtorv, Treasurer; Lillian Bartlett, Marge Smith, and Kyle Emmons, Members-at-Large

Submitted by Ann Nelson

A singular focus

When we try to focus on too many things at once, sometimes we end up doing nothing well. During a visit to their house (see Luke 10:38-42), Jesus tells Martha that only one thing is needed and that Mary has chosen rightly. Surely Jesus doesn't mean that quiet devotion is needed while serving others is not. But when we let ourselves get "worried and distracted by many things," we may lose sight of the one crucial thing: love.

St. Francis is credited with the following quote: "God came to my house and asked for charity. And I fell on my knees and cried, 'Beloved, what may I give?' 'Just love,' God said. 'Just love.'"

And in Galatians 5:6 (NRSV), St. Paul writes, "For in Christ Jesus ... the only thing that counts is faith working through love." Amid all the worthy pursuits that fill your days, remember to choose rightly — by choosing love.

Source: Newsletternewsletter

CLYNKÉ

Submitted by Diane Hutchins

For those of you who may not be familiar with **CLYNKÉ**, it is a program designed to help people turn their returnable bottles and cans into cash, either for themselves or for one of their favorite partner organizations. In January, 2019, The Church on the Cape (COTC) became a partner organization, giving us the ability to raise extra money throughout the year for outreach.

Since the program started in 2019 the COTC has raised **\$718** through the, “CLYNK To Give” redemption program. To all of you who have participated – thank you so much! **Please keep up the great work!**

You can track our progress throughout the year by going to the following website:
<https://www.clynk.com/fundraising/community-cash-partners/>

1. Scroll down to “Find a partner”.
2. Enter **Church on the Cape** in the search field.
3. Click submit.

The website will show you the positive environmental impact and the total amount raised to date.

For those of you who would like to help, **CLYNKÉ** bags are now available 24 hours a day outside the church on the covered porch by the mailbox. Please feel free to take a bag, fill it with returnable bottles and cans, and drop it off at any Hannaford/CLYNK location.

The Kennebunk drop-off is inside the store. If it is more convenient for you, the Wells and Biddeford locations have drop-off containers outside in the Hannaford parking lot.



Outdoor **CLYNKÉ** Drop-Off Center, Biddeford

A special thank you to my family for helping with my first **CLYNK**, “tag a hundred bags” working party. It was a fun and productive way to spend a rainy afternoon!



Erik Johnson with Janet Seavey Crandall

For my next working party, I am wondering if there will still be leaves on the trees...or will there be snow? I guess that depends on how long it takes all of us (*and you*) to fill up 100 bags!

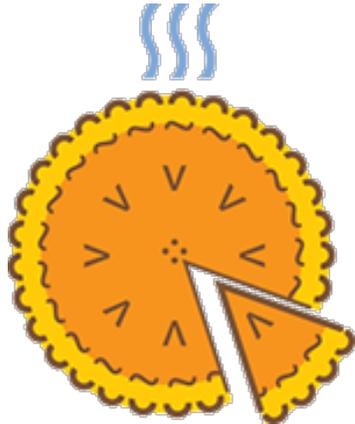


Janet with Patty, Diane and Maurice Hutchins

For additional program information or questions, please contact Diane Hutchins at dianeanderik@yahoo.com or (207) 808-3136.

Thanksgiving Day

“Time to Thank, Time to Share”



Thanksgiving is a time to share. A roasted turkey stuffed with care, potatoes, yams and buttered rolls are passed around in festive bowls. But first we thank our God above and share with others his great love. The dish served last is always best — a slice of pie for every guest.

—MaryAnn Sundby

Thanksgiving Beatitudes

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

—Author unknown



Calling All Veterans!

The annual Veteran's Day luncheon will look a little different this year. Alisson's Restaurant will once again be donating their chowder.

The Education Committee will be delivering lunch to the homes of the Veterans on Veteran's Day, November 11th. The menu will include a few other goodies as well. To receive your special Veteran's Day luncheon please call the church by Monday, November 9th.

Any questions please call Carol Nason at 502 – 7299.

Short Reads

- Fight truth decay; study the Bible daily.
—Anonymous
- Never give the devil a ride. He will always want to drive.
—Bumper sticker
- There are two ways of spreading light: to be the candle or the mirror that reflects it.
— Edith Wharton
- “God loves each of us as if there were only one of us.”
—St. Augustine

Pray and Paddle

We had beautiful weather for kayaking to explore the area changing into early fall. We planned to have four sessions but ended up canceling one due to a storm. A group of 4-6 people enjoyed a time of reflection and contemplation while paddling, and of sharing their reflection while resting in an island. We practiced bringing wholeness to our minds, hearts, bodies and souls. The questions we contemplated include:

- Choose an object you see while paddling and try to be in union with it and listen to what it says. This practice led us to a conversation of being in union with God and listening to what God says to us.
- What do you see and what do you not see but know they are there? This practice led us to a conversation of recognizing the mystery beyond the tangible world perceived by our senses.
- Bring to mind someone with uncomplicated love and practice sending out and receiving that love. Reflect on what happens in your heart and soul.
- Send out your love to everyone that comes to your mind. Reflect on what happens in your heart and soul.
- Pray for those who cannot give anything back to you. Reflect on what happens in your heart and soul.

There were many moments that we experienced God's presence including the moment I fell into the water and the women gathered around to rescue, which was full of grace. There was at one point that we all were heading back with no conversations but quiet paddling and I felt such sense of togetherness in the presence of God. It was a moment of worship and communion.

We are grateful for Nancy and her friends that allowed us to use their kayaks and other equipment, especially Nancy for her willingness to navigate the trips and lead us to different places to explore. Pray and Paddle will come back in spring.



Our fearless leader Nancy

More Pray and Paddle Photos



A great white heron welcomed us.



Exploring Turbats Creek



Donna Rooney



Paddlers around Tony's Pea Pod

The Church on the Cape A United Methodist Church

We of The Church on the Cape represent various religious and cultural backgrounds and life styles. We are young, old, and middle aged, single, married, widowed, divorced, parents, grandparents, and members of extended families. Above all, we are people who take risk, make mistakes, confess, repent and try again.

At the center of our community is Jesus the Christ whose life, death, and resurrection are the reasons we are together. The life and hope in this community have more to do with Christ's faithfulness to us than ours to Christ.

Whether you are searching for a faith community, or just passing through; we want you to feel at home. Whoever you are, whatever your history, your scars, your gifts; you are among persons like yourself.

Join us from wherever you call home. If you like what you see here, we post our sermons and worship music via our website, www.churchonthecape.org.

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