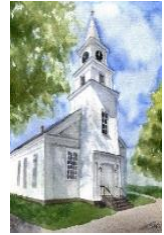




The Church on the Cape Newsletter



Pastor's Letter

October 2021

Dear family and friends of Church on the Cape,

Every time we go to Bon Appetit, I get amazed. First of all, I get amazed by the level of poverty I witness in the guests. It's hard to believe that the kind of hunger and poverty exists a few miles away. I also get amazed by the amount of food donated by the various community organizations and retailers—meats, vegetables, loaves of bread, desserts. It is the generosity of the community members that makes this program possible. And I get amazed by the hard works of the volunteers willing to give up their time and energy. And I get amazed by the thoughtful and considerate ways to serve the guests knowing their limitations and weaknesses. I learned that they cook anything hard to chew such as fried chicken in some kind of sauce until the pieces are tender because many guests cannot chew tough food.

When we stop and think, we don't need to do all these. We don't need to drive up there and give up our time. We don't need to lift heavy pans, wash dirty pots, and mop the floor. But we were willing to do it because it matters to us. It matters that we serve our neighbors in need. It matters because we know whom we serve. As Jesus says, "whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

When we seek our spiritual growth, we are deeply connected with God and know what God wants us to do. When we are united with the Spirit of Jesus, we understand what Jesus is calling us for. That's why a desire to serve

our neighbors in need comes from a place deeper than charity or altruism. It comes from our love of God and the willingness to fulfill Jesus' calling to reveal God's compassion. In that sense what we do is a reflection of what we believe and whom we follow. As a result, what we do feeds our soul and moves us closer to God. That's why spiritual growth and outreach walk hand in hand. This month's service at Bon Appetit was a great example. While we were working together, we experienced the joy of the Kingdom of God. We felt closer to God, and it increased our desire to serve God's people again.

When we get closer to God, we can see God's vision which always includes serving God's people in need, our neighbors near and far. That's why we never stop working for the mission and ministry of Christ to end poverty, violence, and oppression. That's why Church on the Cape never stops planting the seeds of hope and water them with faith trusting that they will come to fruition in God's time. Just as the psalmist says, "Those who sow with tears will reap with songs of joy." (Psalm 126:5)

Our church is blessed to have such people as you who continue to put your trust in God, to have your desires to serve on behalf of Jesus, and to sow the seeds of hope. Because of your ceaseless efforts and prayers, we will continue to be a beacon in our community and the world.

In peace,
Ho-Soon

Bon Appetit

On September 15th the volunteers from Church on the Cape worked together to prepare and package the meal for the guests at Bon Appetit. It was not only a meaningful time to serve for this important feeding program but also a pleasant time of fellowship. A big thanks to all! Church on the Cape serves on the third Wednesday each month. If you are interested in volunteering, contact Kathy Johnson.



Diane Hutchins brought the food donation from Goose Rocks General Store. Thanks to Betsy and Stedman!



Armit Pak, Nancy Viehmann, Ho-Soon Han, Kathy Johnson, Faye Kerr, and David Sandtorv



David Sandtorv washing pots and pans with no end



Armit, Nancy and Faye are packaging the desserts

MISSION IS EVERYWHERE

The word "mission" often implies traveling to another country to teach and work. The work done in foreign missions is important, of course, but we can't all make the trip. What we can do, however, is be faithful servants where we live. Mission is about putting the face and name of Jesus in front of those who don't know him. We can do that in many ways — any place and any day.

Source; Newsletternewsletter

September Lectionary Readings

October 3:

19th Sunday after Pentecost

Job 1:1; 2:1-10

Psalm 26 or Psalm 25

Hebrews 1:1-4; 2:5-12

Mark 10:2-16

October 10:

20th Sunday after Pentecost

Job 23:1-9, 16-17

Psalm 22:1-15

Hebrews 4:12-16

Mark 10:17-31

October 17:

21st Sunday after Pentecost

Job 38:1-7 (34-41)

Psalm 104:1-9, 24, 35c

Hebrews 5:1-10

Mark 10:35-45

October 24:

22nd Sunday after Pentecost

Job 42:1-6, 10-17

Psalm 34:1-8 (19-22)

Hebrews 7:23-28

Mark 10:46-52

October 31:

23rd Sunday after Pentecost

Ruth 1:1-18

Psalm 146

Hebrews 9:11-14

Mark 12:28-34

Special News and Dates

ADULT BOOK STUDY Join us for a 5-week book study on "Looking for God in Messy Places: A Book about Hope" by Jake Owensby. This in-person study will began on Monday, September 27, at 4 PM. Please register on the sign-up sheet outside Bartlett Hall or call the church office.

PRAY AND PADDLE The next Pray and Paddle is scheduled for Tuesday, October 5, at 10:00

AM. Join us for a mindful and contemplative kayak journey launching from Nancy Viehmann's house in Cape Porpoise. During this hour and a half paddling, we will pray, practice mindfulness, enjoy the beauty, and connect deeply with God. Equipment will be provided, but you are welcome to bring your own. Contact the church office to sign up.

ZOOM SUNDAY SCHOOL Zoom Sunday School resumes in October. It will be held the 1st and 3rd Sunday of each month from 6:00 – 6:30 PM. To participate, click on the link found on the church website, churchonthecape.org. This is designed for the 5 to 10-year-olds. Questions? Contact Carol Nason.

COFFEE HOUR VOLUNTEERS NEEDED

Volunteers are still needed to prepare the refreshments and host the fellowship time after service. A sign-up sheet is provided for your convenience on the table outside Bartlett Hall. Thank You!

PARISH NOTES FAREWELL GATHERING CHANGE OF DATE - SUNDAY, OCTOBER 24

Plans have changed and the Nelsons will not be departing until Saturday, October 30. As a result, the date of their farewell gathering has been changed. Please join us for a special coffee hour after service on Sunday, October 24, to bid farewell to Ann and John Nelson.

AUTUMN NATURE WALK

There will be a nature walk on Saturday, October 30th at 10 a.m. at Wells Reserve at Laudholm. Come join us for time to enjoy the nature walk and fellowship. We will meet at the parking lot.

ANNUAL CHURCH CONFERENCE

Church Conference will be held on Wednesday, November 3rd at 7 p.m. on Zoom. SPRC will meet with the District Superintendent at 6 p.m. The members of the church are invited to join the annual celebration of the ministries. If you would like to attend, please contact the office for Zoom link.

Greetings from the Spencer Family - "The Coin Protected Me"

Dear Church on the Cape,

I hope you are all well! Henry wanted me to send you a note.



A few weeks ago, he dove into a shallow pool and hit his tooth on the bottom of the pool. Half his tooth broke off. We all prayed and thanked God that it was only his tooth and something worse didn't happen.

Today, Henry went in to see if he needed to get a root canal. Again, God saved him from that pain. They were able to create a composite that looks like his real tooth.

He took this coin with him and held it while he got Novocain and treatment. He says it got him through the procedure. And he asked that I share this with you to say thank you.

"Thank you for giving me this coin. It protected me when I got my tooth fixed. Love Henry"



Thank you again,
Kelly

Editor notes: As many of you already know, the Spencer family moved to Connecticut in mid-April. We miss them all! Carol



**What
A
Gift!**

Grace strikes us when we are in great pain and restlessness. It strikes us when we walk through the dark valley of a meaningless and empty life. It strikes us when our disgust for our own being, our indifference, our weakness, our hostility, and our lack of direction and composure have become intolerable to us.

It strikes us when, year after year, the longed-for perfection of life does not appear, when the old compulsions reign within us as they have for decades, when despair destroys all joy and courage. Sometimes at that moment a wave of light breaks into our darkness, and it is as though a voice were saying: "You are accepted."

—Paul Tillich

Paddle and Pray

It was a truly spectacular morning on Saturday, September 4th, the type of day you want to freeze in your memory and bring back in mid-January. The sun was out, the temperature was in the mid 70's, and there wasn't a cloud in the sky. Seven women gathered at Nancy Viehmann's house to kayak out to Goat Island. Each paddler developed a rhythm that worked for them and as they paddled Ho-Soon asked each to consider the following, "of what can you be certain?" Later as the group gathered on Goat Island each had a chance to share their thoughts. There was time to explore the island and some climbed to the top of the light house to further enjoy God's amazing beauty. Upon returning back to shore, some swam, others soaked up the sun, and all agreed it was a highlight of the summer. Thank you, Nancy, for sharing your kayaks, your shoreline, your time, and your deep love of the ocean.

Article by Carol Nason, and photos this page and next thanks to Julie Chase



Paddlers: Nancy Viehmann, Carol Nason, Montress Kenniston, Margaret Myatt, Julie Chase, Armit Pak, and Ho-Soon Han

More photos on the following page.

PADDLING TO GOAT ISLAND



Island Tour - Pure Delight!

It was a beautiful, late summer Saturday in Maine, a perfect day for Nancy Viehmann to lead the families on a tour of the island. Kinley Kading, and her mom Amy, and Isla and Jackson Phillips with their parents, Heidi and Chris, explored the sea creatures along the coastline of Cape Porpoise.

Jackson could readily and easily identify each creature that swam by; he was a walking talking encyclopedia. Nancy decided he could easily be her assistant. We saw a huge variety of hermit crabs, parts of lobsters, shrimp, and many other types of sea life. It was a perfect day to embrace the beauty of God. Thank you, Nancy, for this magical and memorable day. Only one regret – we didn't get caught by the rising tide and have to swim back to shore! (That was part of the adventure in the last island tour with the Phillips family!)

Article and photos by Carol Nason



Island Tour continued



Paddling

If you've ever paddled a kayak, you know how easy they are to tip. Thankfully, kayakers are just as easy to turn back upright.

As long as we're traveling light, it takes only a quick twist of the paddle to right us. That paddle twist might also take the form of a quick but heartfelt prayer: "Jesus, set me straight again!" Or it might mean some extra time set aside for quiet meditation with God.



Likewise, don't get worried if your spiritual discipline fails now and then. Just let Jesus help you get upright once more, and keep paddling!

—adapted from Carlos Wilton, in *Homiletics*

Congratulations Shirley and Tom

Tom and I are feeling abundantly blessed. Thank you all for your prayers - Our daughter Stacey delivered Sophie Katherine September 9th, 11lbs 13 oz.

We stayed with Benjamin who was slightly confused about the new baby, but very enamored with his gift! “

With a full heart, Shirley and Tom



Birthday Celebrations

Celebrating some of September birthdays at the Tuesday lunch gathering. These lunch gatherings will continue each Tuesday at noon. Bring your lunch and join the fun.

Photo: Ho - Soon Han, Luverne Preble, Lillian Bartlett

Article and photo by Carol Nason



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 virtual, Hymn Sing, and Sunday Worship Service on our website, www.churchonthecape.org.

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