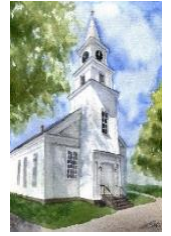




The Church on the Cape Newsletter



March 2020

Pastor's Letter

Dear family and friends of Church on the Cape;
This is my first winter in Maine and I came to love it even though I heard that this is only a mild winter. One thing I truly appreciate about the winter in Maine is sunny days. After a few days of clouds, snow or rain, there's always a sunny day which changes everything. Beautiful sunrise and sunset, warm and bright sun all day, blue skies and crisp air... There is something about a sunny day in Maine that completely removes the dark grey heaviness not only from the air but also from our body, mind, and heart.

Ever since I recognized how much I love a sunny day, I learned to orient my mind and heart to it. When it is cloudy, snowy, even icy, I look forward to a sunny day and get excited in anticipation. Then cloudy days are not that difficult to get through. I remind myself that those days have their own blessings. And when a sunny day comes, I enjoy it fully as if the day is longer than other days by intentionally recognizing often how beautiful, warm, and clear it is. And when it is expected to have another cycle of cloudy days, I pay attention to my heart. I mindfully fill it with gratitude for the sunny days I had. And I embrace the cloudy days with grace. Then I become grateful for both sunny and cloudy days.

Life is like the weather. It brings us a constant flow of changes. We have sunny days and cloudy days. Sometimes sunny days are extended, other

times cloudy days are prolonged. And we do not have control over these changes, which makes us feel powerless but humble at the same time. When facing these changes, especially stormy days with the loss of a loved one, illness, changes in job and relationships, etc. it is challenging and never easy to stay through the storm. The only possible way we can stay through the storm is by orienting our mind, heart, and soul to the sunny days of healing and wholeness in Christ who loves us to death and constantly co-creates with us a new heart transformed by his love.

In our Lenten journey in March, we will reflect on how we can stay through the storm together. There will be many opportunities to orient our hearts, minds, and souls to the cross of Jesus and his journey to Jerusalem. I trust that you have been through many storms in life and I hope you will share your wisdom with others. And I believe you walked through many Lenten seasons and I pray that you will share your experiences with others and continue to make yours and others more meaningful. And I truly pray that our journey through Lent will eventually lead us to the sunny day of Christ's resurrection on Easter.

May your Lenten journey be richly and deeply blessed by Jesus Christ who walks with you.

In peace,
Ho-Soon



March Lectionary Readings

March 1:

First Sunday in Lent

Genesis 2:15-17; 3:1-7, Psalm 32,
Romans 5:12-19, Matthew 4:1-11

March 8:

Second Sunday in Lent

Genesis 12:1-4a, Psalm 121
Romans 4:1-5, 13-17,
John 3:1-17 or Matthew 17:1-9

March 15:

Third Sunday in Lent

Exodus 17:1-7, Psalm 95
Romans 5:1-11, John 4:5-42

March 22:

Fourth Sunday in Lent

1 Samuel 16:1-13, Psalm 23
Ephesians 5:8-14, John 9:1-41

March 29:

Fifth Sunday in Lent

Ezekiel 37:1-14, Psalm 130
Romans 8:6-11, John 11:1-45



March 1

Stay through the Storm 1

"Locating the Anchor"

Mark 4:35-41

March 8

Stay through the Storm 2

"It's about Saving"

John 3:1-17

March 15

Stay through the Storm 3

"A Dialogue at the Well"

John 4:5-42

March 23

Stay through the Storm 4

"Vision from Above"

John 9:1-41

March 30

Stay through the Storm 5

"Taste of Easter"

John 11:1-45

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Special Events

NEW MEMBERS CLASS

Sundays, March 1, 8 & 15

There will be three sessions of New Members Class after worship service. If you are interested in joining Church on the Cape, please sign up. If you have any questions, contact Jim Hathorne (207-985-5665 or jhathorne@aol.com), class coordinator.

LENTEN PRAYER AND MEDITATION

**Tuesdays, March 3, 10, 17, 24 & 31
at 4 p.m. at Church on the Cape**

We will explore the different traditions of prayer and meditation, such as Examen, Lectio Divina, mindfulness, self-compassion, etc. as part of Lenten spiritual formation. **All are welcome.**

HISTORY AND RECORDS COMMITTEE

March 8 after Church Service

Local church history description to be given for the new Membership Class. We will prepare pages that highlight certain eras in the life of the church.

CARE GIVING GATHERING

March 11 at 1:30 p.m.

Monthly Care Givers Gathering gives a time of support and fellowship, rest and recharging for the caregivers. If you are currently a care giver for your loved one or had an experience in the past, you're invited to join the gathering. The next gathering will be on Wednesday, March 11 at 1:30 p.m.

WOMEN'S RETREAT EMBRACING WHOLENESS

Saturday, March 14, 9 a.m.-2 p.m.

As part of our Lenten journey, all women are invited for a time of prayer, writing, art, music, bodywork and fellowship. Lunch will be provided. Please sign up. If you have any questions, ask the planning team members--Wendy Emmons, Julie Chase, Annie Hidell, Nancy Chamberlin and Rebecca Roberts.

NEW ENGLAND CONFERENCE SUNDAY, MARCH 22, 2-4 P.M. ST. JOHN'S UMC, DOVER, NH

The New England Delegation to the 2020 General Conference and the Open Spirit Task Force (OSTF) are planning to give presentations in each district in advance of the 2020 New England Annual Conference session. Facilitators from the OSTF and delegation will share the options that will be presented at the Annual Conference in June 2020. This is an open invitation and anyone is welcome to attend.

PIHCINTO REFUGE CHORUS OF PORTLAND CONCERT

Join us for a delightful afternoon concert to help restart refugee youthful lives at Church on the Cape, Saturday March 28th at 3:00 p.m.



As of July 1, 2020, the New England Conference will have seven districts rather than the current nine. Church on the Cape will belong to "Many Waters District" along with the churches in southern/western half of Maine. Rev. Karen Munson will continue to be the District Superintendent. A Transition Team has been created to implement the reduction from 9 to 7 districts. The team will share information about the implementation process as it moves forward.

BEHIND THE SCENES



Every Sunday, Diane Hutchins changes the thermostats in the church building to schedule the heat in the rooms for the meetings, Bible Studies, and special events. We greatly appreciate her effort to help us stay comfortable.



Louis Gerald “Jerry” Samia

January 31, 2020

Joan Cotran

February 8, 2020

GROUP GATHERINGS REVIEW

Ten groups gathered at various times for dinner/afternoon tea events. Altogether 70 people participated in the events. The size of the groups was anywhere between 5 and 12. It was a time of fellowship and getting to know each other, and of the discussion on the hopes and concerns for Church on the Cape.

The topics brought up for discussion by the participants were varied depending on the groups, some discussed mainly one or two topics, and others discussed multiple topics. Some of the topics were—aging congregation, lack of children and youth presence, need for children/youth related programs, hands-on mission programs, addressing social justice, future of the United Methodist Church and Church on the Cape related to the current issue of General Conference 2020, diverse theological perspectives on inclusiveness within the congregation, how to bring the unity to the congregation etc.

The gatherings were filled with heartfelt conversations and genuine sharing and listening. We will continue to create opportunities to address these concerns and continue the conversations. A big thanks to those who participated and a deep gratitude to those who hosted the event!

An Act of Respect and Love

January 2020, as noted by Pastor Ho-Soon, was a most difficult month for us. We lost Brian Dumas, Harriett Eaton, Jerry Samia, and Jim Docherty – our soul friends forever. May they rest in peace and everlasting joy with our Lord.



In the photo above, Rich Parsons, who anonymously collected and posted their obituaries at an earlier date, was discovered and asked to pose at the Bulletin Board on the way to Bartlett Hall to thank him for his act of kindness.

End-of-Life Planning

Bill Hidell, who organized and led the session, began by noting that each of us will at some time face passing away, and by planning for it, one can provide: 1. caring for your final wishes, 2. relieving loved ones of decision burdens during a most difficult time, while 3. providing dignity and peacefulness to your passing.

In a short period of time, it is impossible to outline and discuss all of the appropriate logistics for end-of-life planning, but a review of some of the major issues shown next, will enable one to assess the many subjects and documents needed.

Some of these end-of-life considerations are: Family Communication, Maine Medical and Legal Documents, Insurance, Financial, Business Arrangements, Personal Property, and Funeral Planning. Under these headings are many related items.

There are books and internet resources for help. One example is at hospicegiving.org. After opening the website, click: *Resources* in the heading menu, then *Prepare + Organize*, and then Documents.

Funeral planning was covered with the kind help of Doug Bibber from Bibber Memorial Chapel who answered many questions. In a pamphlet provided, it is noted that: "Your funeral director is the source of specific knowledge of regional customs and laws regarding funeral practices. He or she can assist you with any questions and will help develop your preferences into specific plans."

As the session carried on, it became increasingly clear that planning ahead for one's passing will make a very substantial contribution toward achieving a good end-of-life experience for you and your loved ones.

It will take considerable time and effort, but it is best to take the time now when you have it to express your desires in a plan that will give you peace of mind, and relieve your family and friends from having to guess how to reflect your wishes, and for them to have relevant information for making good decisions.

We are most grateful to Bill, Doug, and Church on the Cape for bringing this essential topic to us along with the importance of doing it now, and the peace of mind that follows.



A MESSAGE FROM THE WELCOMING MINISTRY

Purpose and Mission

**To welcome everyone in the spirit of Christ
with special attention given to guests.**

On February 16, the Welcoming Ministry celebrated 6 years of service to Church the Cape by hosting the coffee hour with a celebratory cake. It was organized in its present form under the leadership of Ann Nelson and was called the "Welcoming Hostess Ministry." The mission was to be available to greet, assist and welcome all those who entered the church; members are also available to serve for occasional events such as weddings and funerals.

Most recently, men and youth were welcomed to the committee, and the name was changed to "Welcoming Ministry." Ann has stepped down as chairperson and Sandy Day has stepped into the position. We welcome new members throughout the year who feel the call of God on their hearts to participate in the ministry. It is a wonderful way to be of service to those who attend regularly and to guests. For more information please contact Sandy Day or any member of the committee.

The theme scripture of our ministry:

(Jesus said) "I was a stranger and you welcomed me... Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Matthew 25: 35, 40



Front row: Joyce Young, Sandy Day, Graceanne Barbour, Marjorie Smith. Second row: Pastor Ho-Soon, Cecily McNair, Larry McNair, Ann Nelson, John Nelson, Ruthie Clark, Linda Lyon. Missing from the picture: Steve and Pinkie Russell, Jane Smith, Robin Bibber, Lu Preble, Heather Chisholm, Emma Hutchins, Karen Holt-Steitz, Janet Wade, Paula Webb. **Article by Sandy Day**

Henry Spencer's Aquatron to Serve Those in Need at the YMCA

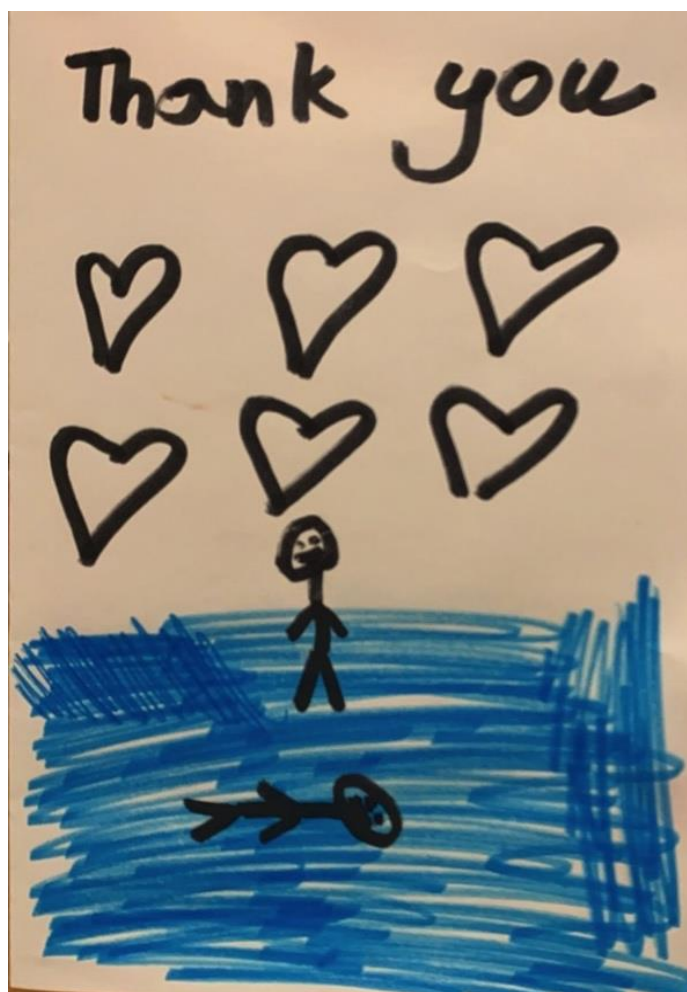


Henry is shown jumping into the pool to start his laps totaling one mile in the swim for Church on the Cape donations to the YMCA that totaled \$600.

He writes in his letter to us: **“Dear Church on the Cape. Thank you for donating money to the YMCA. It will be put to a good use. I’m very thankful. You are great people. Love, Henry Spencer”**

It is wonderful and inspiring to have Henry, and his family, as part of our church family who cares so much for others.

Henry's Thank You Card



**ROBIN BIBBER PRESENTS HENRY WITH
\$600 FROM CHURCH ON THE CAPE
DONATIONS FOR THE YMCA**



*Wishing Valerie Jane Barnett,
granddaughter of
Ann and Jeff Hand,
a lifetime of health, joy, and love.*

Valarie was born on February 6, and her parents are Alex and Laura (Hand) Barnett. All are doing well.



Spencer Family Hosts Coffee Hour after February 23rd Worship Service



McClelland Music Foundation Presents:



Pihcinto Refugee Chorus of Portland

This UN-recognized chorus helps restart young lives through the warmth, companionship and harmony that Pihcintu provides to these girls from around the world.

Saturday, March 28, 2020 at 3 p.m.
3 Langsford Rd., Cape Porpoise (Kennebunkport)

\$15 donation at the door - proceeds go to support the chorus

The Pihcinto Refugee Chorus of Portland

Please Help to Restart the Lives of these Talented Youths

The McClelland Community Music Foundation is proud to present the Pihcinto Refugee Chorus of Portland in concert at The Church on the Cape in Cape Porpoise (Kennebunkport), Saturday, March 28th at 3 p.m.

The Pihcinto Multicultural Chorus has been recognized by the United Nations Refugee Agency as an organization that helps restart young lives. War-torn villages, bloodshed, refugee camps, famine, and political turmoil were devastating realities for many of these young singers before being embraced by the warmth, companionship and harmony that Pihcintu provides.



The UN chose the song “Somewhere there’s a place for me” – written for the chorus by founder Con Fullam – as the 2019 World Children’s Day theme. You’ll hear it sung by an 11-year-old former refugee from Namibia.

Pihcinto is a Passamaquoddy word which means: “When she sings, her voice carries far.”

Join us for this very special concert on Saturday, March 28th at 3 p.m. at The Church on the Cape in Cape Porpoise, which is located at 3 Langsford Road, Kennebunkport. Suggested donation at the door – \$15. The proceeds of this concert go to support the work of the chorus and is presented by the Keith McClelland Community Music Foundation, which is an outreach of The Church on the Cape in Cape Porpoise.

Contact William Lord for more information: wlord123@gmail.com

January Financial Report

January 1 - January 31, 2020

Income to Operating Budget: \$18,267.35

Disbursements from Budget: \$31,730.17

Net: (\$13,462.82)

The Finance Committee will be providing our church family with a monthly up-to-date picture of our operating budget, income and expenditures. We feel that it is important to share this information on a regular basis.

Although I have mentioned this before, I will repeat it here since some may not have heard it. It is common for our expenditures during the first several months of the year to exceed our income.

There are several factors at play here. We can save money by paying certain insurance premiums in full, rather than by installments. We usually use more heating oil and propane (parsonage heating) during the first three months. Expenditures like these plus the extra burden on all of us taking care of Christmas bills as well as it being tax time all can impact our cash flow. The good news is that as we progress through the year, it always seems to balance out.

We constantly see God's Hand in the financial health of our church. We are blessed to have such a generous and faithful church family.

**From you Finance Committee,
Doug Coleman, Chairman.**

“Walking for Fun”

As spring buds and temperatures rise, it's fun to get outside and walk. Walking is great for both body and mind. “To solve a problem, walk around,” advised St. Jerome. Naturalist Henry David Thoreau agreed, saying, “The moment my legs begin to move, my thoughts begin to flow.” Indeed, walking has been linked to improved creativity and reduced anxiety.

Some Bible versions translate Ephesians 5:8 “Live as children of light,” while others use “walk”: “You were once darkness, but now you are light in the Lord. Walk as children of light” (NKJV). What a great rendering! Living is something we often do passively and without much thought, while walking is an intentional, active pursuit; we must choose when, where and how we do it.

Now that we're children of light — newly alive springtime people, Easter people! — Jesus urges us to not just live the faith but to walk it. When our faith becomes active, new thoughts flow, anxiety decreases and we make strides in our relationship with Jesus.

Heidi Mann

INDULGE FOR LENT?

Rather than sacrificing something for Lent — especially something easy and spiritually insignificant, such as chocolate — Patty Kirk, in *Guideposts* magazine, suggests finding new ways to indulge in God's presence. Surely one can do this by having extra devotions or attending Lenten worship services. But Kirk offers these ideas:

- Spend time outdoors, sensing God's magnificence.
- Spend time with others, extending generosity and compassion. Remember Jesus' promise that when you care for others, you care for him (Matthew 25:31-46).
- Pray for the “little things,” coming before God in childlike trust and feeling peace.
- Watch attentively for God's answers to prayer, and receive them as reminders of his presence.
- Turn anxiety into prayer. As you frame concerns as prayers and entrust them to God, you “sacrifice” the tendency to wallow in worry. Source: Newsletternewsletter

HISTORY HAPPENINGS

“Remember the Past, Celebrate the Present, Inspire the Future”

Your History and Records Committee is pleased to give this update regarding our current planning:

1. March 8: Local church history description to be given for the new Membership Class: We will prepare pages that highlight certain eras in the life of the church and each committee member will have a portion of the history to describe. These will be presented as the group proceeds on their “tour.” We will also use the history pamphlet written by Tom Bradbury which each participant will receive. A visit to the new History and Records Room/Gallery will be included. We are very excited about this new opportunity to serve.

2. May 17: Commemoration of United Methodist Heritage Sunday - this will include a remembrance of John Wesley’s life changing spiritual experience of May 24, 1738, and the 25th Anniversary of “The Hanging of the Buoys” in the front entryway of the church, on September 24, 1995. We are planning to recall the meaning that those events had at the time, what they can mean for us today, and what we can anticipate in the future. “The concept of gathering the buoys of local lobstermen and displaying them in the front entryway was introduced in 1994 by the pastor, the Reverend Sherwood Treadwell, to recognize the role of the village church in the life of the community.” (from 150th Anniversary Pictorial Directory, 1997)

Our hope is to include the lobstermen and families who are currently represented by a buoy, as well as more recent lobstermen. We will also honor those who are deceased. Stedman Seavey is leading the research, and we hope you will forward any pictures or recollections you wish to share to him at (C-207-590-1597 or stedseavey@yahoo.com.)



“We acknowledge the vital role played by our fishermen past and present. They perpetuate a commitment to the sea which has been at the heart of this community’s life for generations. Church on the Cape is proud to serve as a beacon for seafarers and as a place of spiritual nurture for pilgrims of all walks of life.” (Reprinted from Church on the Cape Newsletter, October, 1995; author unknown)

3. September 20: Homecoming Sunday-Please plan to “come home” if you have been “away,” and worship again with your church family. You are always invited to bring your family and friends! We will be recognizing those who have been members 20 years or

more.

Our next meeting of the History and Records Committee is on Tuesday, March 3 at 10:00 at the church. Anyone who is interested in the church’s history is most welcome!

I am honored to submit this article on behalf of our Chairperson, Beryl Samia, and the other members of the committee: Lillian Bartlett, David Sandtorv, Stedman Seavey, and Marge Smith.

Sincerely yours in Christ, Ann P. Nelson, Church Historian; (praiseandprayer@aol.com, 502-7184)

SHROVE TUESDAY POTLUCK A FUN NIGHT WAS HAD BY ALL!!



We prayed, we ate, we shared and we LAUGHED a lot. Fifty members came together on February 25th to share a wonderful evening together. Traditionally, Shrove Tuesday is the day before Ash Wednesday when ALL of the food in the house is eaten, because we then start our fasting for the Lenten season. Well, we certainly ate a huge variety of WONDERFUL food, lovingly prepared by our congregation without a single duplicate. WOW! The night was completed by a creative and mysterious slide-show of adored photos from the past. I'm going to admit that my favorite was Maurice Hutchins' photo. Ask him about it.

Stay tuned, we will be having more family gatherings. Love you all!

Wendy Emmons



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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