



# The Church on the Cape Newsletter



## Pastor's Letter

November 2019

Dear family and friends of Church on the Cape;

This is my first fall in Maine and I have to say the foliage was glorious. I've never seen some of the colors in my life. They certainly revealed the beauty of God's creation. Among all the leaves, one of the leaves that often caught my eyes were not from the tall trees but from the small plants by the roadside. They have long stems and narrow leaves hanging down both sides of the stem. I have seen the plant many times for years, but never realized they change colors. When the leaves are green, they are not something we would describe as beautiful or special. They are one of the greens. But when they change from green to dark orange, they certainly stand out. They caught my eyes and stole my heart. Every time I see them, I remember God's beauty and give thanks to God.

The small bush by the roadside reminds me that it doesn't have to be a grandiose thing to be considered as God's blessing. As a matter of fact, God revealed God's presence through "something small" like the quiet flame in the burning bush or still small voice after wind, earthquake and fire. Jesus also paid attention to the little children and the people with a "small" status in his culture and society. He often used the small and ordinary objects like mustard seeds, grains of wheat, birds and flowers to teach the great lessons. Some of the greatest meanings can be found in the smallest things around us. That's when we realize that even the smallest things are also created by God's goodness and carry God's glory and beauty.

After a glorious October, I found November in New England can be a difficult month to adjust. As the cold weather begins and daylight savings ends, days become shorter, darker and colder. The natural order of God's creation invites us to reflect on letting go of one season and embracing another. Although our culture may resist the invitation and throws the Holiday festivity early in November telling us to fill our life with excitement, which often creates more anxiety than joy, those who are wise would take the nature's invitation and adjust to the rhythm of a new season. While our eyes adjust to the colors of brown and green (maybe white?) and our bodies adjust to longer nights and colder air, our hearts and souls also adjust to seek for God's presence and blessings in different places. It may be over a small thing that never stood out before like the plant by the roadside or brief moment of sensing God's love like when we see our breath as we step outside.

November is a month for us to remember God's blessings in our lives and give thanks to God. It is a good month to reflect on God's blessings we received this year beginning with the smallest gifts. This will fill our hearts with gratitude. Then we can move from a heart filled with gratitude to a heart filled with the great anticipation for the coming of the Messiah, the greatest King in the smallest form as a baby.

May your days in November be filled with God's blessings and your thanks-giving!

In gratitude,  
Ho-Soon



## November Lectionary Readings

### November 3:

*Twenty-first Sunday After Pentecost*

**All Saints Sunday**

**Holy Communion**

Habbakuk 1:1-4, 2:1-4

Psalms 119:137-144 (UMH 840)

2 Thessalonians 1:1-4, 11-12

Luke 19:1-10

### November 10:

*Twenty-second Sunday After Pentecost*

Haggai 1:15b-2:9

Psalms 145:1-5, 17-21 (UMH 857)

2 Thessalonians 2:1-5, 13-17

Luke 20:27-38

### November 17:

*Twenty-third Sunday After Pentecost*

Isaiah 65:17-25

Isaiah 12 or Psalm 118 (UMH 839)

2 Thessalonians 3:6-13

Luke 21:5-19

### November 24:

*Christ the King/Reign of Christ*

Jeremiah 23:1-6

Luke 1:68-69 (UMH 208)

Colossians 1:11-20

Luke 23:33-43



**Nov. 3:** Romans 8:18-28 "Joyfully Together, 1—Life on God's Terms"

**Nov. 10:** Ephesians 4:1-16 "Joyfully Together, 2—Truth and Love"

**Nov. 17:** 1 Corinthians 12:12-26 "Joyfully Together, 3—Living as Christ's Body"

**Nov. 24:** Romans 14:1-12 "Joyfully Together, 4—Being Accountable to God"

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## Special Dates

- All Saints' Day, November 1, 2019
- Daylight-Saving Time ends, November 3, 2019
- Veterans Day, November 11, 2019
- Thanksgiving Day, November 28, 2019

**New England Brass Band Concert**

**Saturday, November 2 at 3 pm**

**Pastor's Retreat**

Ho-Soon will be away **from November 5<sup>th</sup> to 8<sup>th</sup>** for a retreat in preparation of Advent and Christmas seasons. Please hold her in your prayers, and contact Sandy Day for an on-call pastor if you need pastoral care.

**Tri-State District Bishop's Day**

Bishop Sudarshana Devadhar is making his annual visits to Tri-State District. This visit is an opportunity for clergy and laity to engage in open dialogue with the bishop. If you are interested in attending, let Ho-Soon know.

**Wednesday, November 13,  
at 6:00 PM to 9:00 PM**

First United Methodist Church of Portsmouth  
129 Miller Avenue, Portsmouth, NH

**Harvest Potluck**

**Friday, November 15, 5:00pm**

**Christmas Fair**

**Saturday, December 7<sup>th</sup>, 8:30am – 1:00pm**

**CHURCH ON THE CAPE**  
**3 Langsford Road, Cape Porpoise**



**CHRISTMAS FAIR**  
**SATURDAY, DECEMBER 7th**  
**8:30 a.m. - 1:00 p.m.**

**\*Hot Cider**

**\*Crafts**

**\*Jewelry**

**\*Bake Shop, Cookie Sale**

**\*Knitted Items**

**\*Christmas Items**

**And so much more...**

**Our “Cargo Shop” will also be open.**

**Come and enjoy this wonderful annual event.**

**Bring family and friends.**

**All are welcome!**



# Congratulations!

Jim Lennon notes that as of October 23<sup>rd</sup>, Sock Ministry contributions for the Grace Street Ministry total **\$3,756**. The Church on the Cape is not only the "socks church," but also a "most caring church." Beverly Bangs does an outstanding job of representing this important church outreach program, eloquently describes the needs of sock recipients, and produces this wonderful response from our congregation. Thanks Beverly and contributors for looking after others.



## THANKSGIVING DAY

We have been the recipients of the choicest bounties of heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth and power as no other nation has grown.

But we have forgotten God. We have forgotten the gracious hand which preserved us in peace and multiplied and enriched and strengthened us, and we have vainly imagined, in the deceitfulness of our hearts, that all these blessings were produced by some superior wisdom and virtue of our own.

Intoxicated with unbroken success we have become too self-sufficient to feel the necessity of redeeming and preserving grace, too proud to pray to the God that made us.

It has seemed to me fit and proper that God should be solemnly, reverently and gratefully acknowledged, as with one heart and one voice, by the whole of the American people. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November as a day of Thanksgiving and praise to our beneficent Father who dwelleth in the heavens.

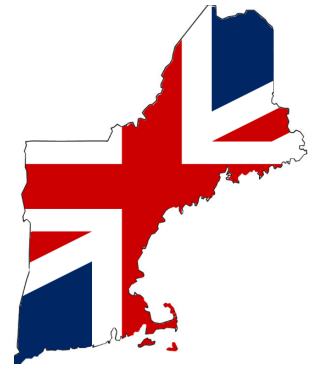
Abraham Lincoln

1863 proclamations of a National Day of Fasting and a National Day of Thanksgiving



# The New England Brass Band Returns to Kennebunkport!

Stephen Bulla, Music Director  
Former Chief Arranger of the  
President's U.S. Marine Band



Enjoy this 30-piece  
musical ensemble  
performing band music  
in the  
British Tradition

South Congregational Church  
Temple Street - Kennebunkport  
Saturday, November 2nd, 3 p.m.

Sponsored by  
The Keith McClelland Music Foundation at  
The Church on the Cape  
in Cape Porpoise  
and  
The Music Committee at  
South Congregational Church  
in Kennebunkport  
Suggested donation - \$15  
Children & Students are our guests

## Nancy Viehmann takes the Sunday School Children on an Island Walk

Saturday, October 19<sup>th</sup> was a beautiful morning. Low tide was at 9:18 am – perfect for a walking tour to the islands. Nancy and the Phillips family were ready. They looked at the trails the slowly moving snails made in the sand, investigated different types of seaweed, collected (and then left) a variety of clam and mussel shells, and made their way back to the house before they needed to call for a boat.

There was so much to look at that the group lingered, making the trip back an exciting adventure involving some serious wading! Jackson said it best at the end of the morning: “this was so much fun!” Many thanks to Nancy for sharing this piece of paradise with all of us. The island walk ties in with the books that the Sunday School children are reading in October.



Article and photos by Carol Nason

## **HARVEST POTLUCK** **Friday, November 15th at 5:00 p.m.**

*Come enjoy a night of fellowship and delicious food. Bring your favorite family dish to share and the story behind it. Don't drive at night? Call the church at 207-967-5787 and we'll arrange and provide transportation!*

*Article by Wendy Emmons*



## Celebrating the Baptisms of the Phillips Family

On October 13<sup>th</sup>, Chris Phillips and the two children of Heidi and Chris Phillips, Isla and Jacksen, were baptized. Isla and Jacksen Brought Up the Light, and the Phillips family brought a cake to celebrate with the church family. Grandparents, Ruth and Leon Lovejoy (seen in the cake photo) shared in the joy, along with other members of the family. It was a beautiful ceremony, and although all three were already welcomed into the church, on this day the Church on the Cape family received them 'officially'.



Article and Photos by Carol Nason



## **A Day of Historical Reflection**

Forty people gathered for a potluck and reflection of the congregation's history on Sunday, October 20th. This event was facilitated by Evelyn Johnson Moore, a former conference consultant. The timeframe was divided into 5 periods from 1966 to the present.

### **Reflection questions were:**

- What were the strengths of the congregation during this time?
- What brought and kept people coming?
- How were differences (such as perceptions, opinions, theological stances, ideas) handled during this time?
- Were there major conflicts that the congregation wrestled with during this time period? What were they?

### **How were they resolved?**

- What major changes occurred at this time? How did they affect the congregation?
- Are there programs, committees or positions that have historically gone smoothly or been problematic?
- What key events in the life of the town, area, state, country, and the world had an impact on the congregation during this decade?

### **It was a meaningful event with a great fellowship. The participants shared the learning from the reflection as follows.**

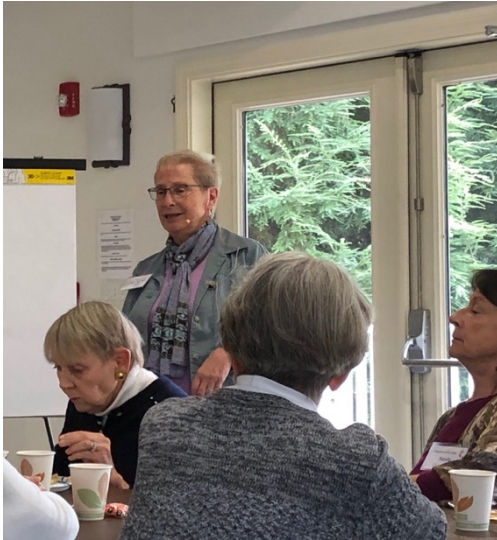
- Church on the Cape has been to a rock bottom in its history yet the congregation has been resilient.
- Within the past 53 years of history that we reflected on, the church was in crisis only for four years. It would have been helpful if we had an interim pastor when transitioning from a long pastorate.
- The members are strongly committed to the church. "We are in!"
- Joy is the nature of the church
- We are a community church.
- The church has been a family to the members.

**There will be a handout with a summary of the answers available in the office.**

**Article by Pastor Ho-Soon**

Please see photos on the following page

## Historical Reflection Photos by Bill Lord



### All Saints' Day

In the first days and years of Christianity, all Christians were often called saints (see 1 Corinthians 1:2, NRSV). As time went on, certain Christians who lived holy and sanctified lives became special examples of truly living “above the crowd” in their dedication and service on God’s behalf. As other Christians recognized these very pious souls, the Roman Catholic Church began to cherish them as true saints, commendable as examples to be remembered and appreciated. It was and is still the Pope who, after a thorough examination of the life of the holy person under consideration, can officially designate the person as a saint.

Protestants, following the New Testament, may still consider all Christians as saints. Yet those very unique Christians who have exhibited great commitment to Christ in special ways are often hailed as being saintly, especially after death. Phillips Brooks, for example, an Episcopal priest in Boston, was honored for his godliness with a statue placed in front of Boston’s Trinity Church. The sculpture depicts Christ resting his hand upon Brooks.

On All Saints’ Day, all Christians should remember those like Brooks who have faithfully passed the torch of faith and service to Christ’s followers.

Source: Newsletternewsletter



## The Church on the Cape, Fall Cleanup, Thank You



A hearty thanks to all who joined in The Church on the Cape, October 5, fall clean-up. It was a beautiful day to clean and polish our beautiful church, enjoy fellowship with other helpers, and share in the joy of contributing to the support of our church.

Windows were washed, decks cleaned and stained, bushes trimmed among other chores. And after all was done, the church sparkled. This occasion also provides an opportunity to thank Ivan, our custodian, who does so well in helping to keep the church in good form.

We are so appreciative of having a beautiful church for worship and fellowship, and the fantastic workers for keeping the church building and grounds in good shape.





## Adult Book Study on "Falling Upward" by Richard Rohr

The Book Study has generated many insightful questions and meaningful answers about spirituality for the two halves of life. Learning happened not only from the reading but also from the discussion and sharing the wisdom of life. It certainly is enriching our journey in faith.



Article and Photo by Pastor Ho-Soon



## Honoring Our Veterans

Veterans Day has its roots in what was called Armistice Day, the day when a peace agreement was signed with Germany ending World War I. Armistice Day was established with a proclamation by President Woodrow Wilson which reads in part: "Armistice Day will be filled with solemn pride in heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations." On June 1, 1954, Armistice Day was renamed Veterans Day to honor all U.S. veterans.

On Veterans Day this year, let us remember and honor those men and women who gave of themselves, and let us continue to pray for our men and women currently serving in the military.

Source: Newsletternewsletter

## Sunday School Enjoys Tony Viehmann's Books

Ho–Soon introduces the children, Jacksen, Isla, Henry, and Olivia, to *Mr. Gull Meets Lady Lobster*, written and illustrated by Tony Viehmann. It is a charming story of how the gull and the lobster became friends, despite many obvious differences between the two.

Later in Sunday School the children listened to the entire story, and talked about being friends with people who are different from them. Each Sunday in October the group listened to one of Tony's marvelous stories. His lovely wife, Nancy shared one of Tony's stories with the children.

The following bio is taken from one of Tony's books: "Tony Viehmann is a retired teacher and counselor who lives in Cape Porpoise with his wife Nancy. He loves the sea and is a keen observer of animal behavior, especially marine mammals and shorebirds. Having worked with children during his entire professional life, Tony enjoys writing stories that stretch imaginations while sending messages of kindness."



## World Communion Sunday

Ho – Soon offers a basket filled with breads from around the world. Each person receiving communion selects a piece of bread that speaks to their heart: chapita from Africa, baguette from Europe, naan from Asia, pita from the Middle East, or tortilla from Mexico.

World communion Sunday reminds us of the hunger, the violence, the suffering, the homelessness, the fear, and more, that many people in this country, and around the world, live with daily.



Article and Photos by Carol Nason

## Message from The Trustees

As a Nation we are all too aware of the senseless violence from active shooter situations we have witnessed. While we can think that it could not happen here, it is ok until it is not. The Trustees to be proactive have been actively working on addressing our safety through implementing some initial measures.

These include awareness by our ushers who are the first encounter upon entry to the sanctuary, and we monitor the Narthex entry during the worship service. We recently have been securing the rear door from the parking lot and the side door by the Cargo Shop. These doors are locked just after 10:00 AM when our service begins, and the side door is unlocked at the end of the service.

Soon we will be installing security monitoring cameras focused on the points of access to the church that will be monitored during worship. The Trustees will be coming before the church family soon to discuss these and other measures.

Blessings

Bob Metcalf, Chair





## York County Update

Habitat is enjoying a flurry of activity in York County!

We have two builds in progress (Springvale and Limerick) and renovation of a Habitat home in Limerick is about to begin. The Lathrop family will be moved into their Springvale home in early November, and will spend the holidays in their new home. One of the Limerick families could (hopefully) be in their new home by years end, the other late winter. All of that activity should be done by the time the next project unfolds.

I am very excited to share news that our spring project will be here in our neighborhood! Thanks to a very generous donation of land in Cape Porpoise, we are planning to build one home and hopefully two on Mills Road, beginning in early spring. Water and sewer had to be installed before road paving and some inside demolition of the existing home has been started. We hope to get foundations poured in March/April.

Fundraising activities will undoubtedly be happening in the spring, and it is my hope that we can organize some COTC volunteer workdays!

Please stay tuned!  
Beth Doty



## Open Spirit Task Force

In June, the 2019 Annual Conference approved creation of the Open Spirit Task Force (OSTF), the purpose of which is "to examine whether and how United Methodists of New England might align with, create, or form a new church body in the Methodist tradition (independently or in collaboration with others)." 35 Members created working teams for the following areas:

- Communications
- Finance
- Legal/Ethics/Structure
- Options/Organization
- Theology/Spirituality.

The OSTF has created a website to offer information on its work and membership. Visit <https://ostfne.org> to learn more.

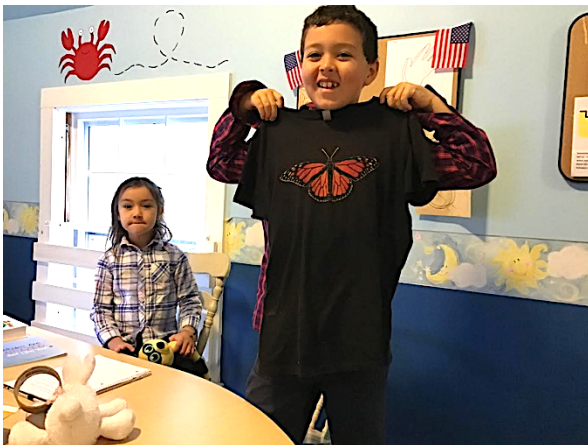
Submitted by Pastor Ho-Soon



## **"Tiger" with Nancy Viehmann**

Henry and Olivia enjoy the story of Tony Viehmann's "Tiger" read by Nancy. "This is a true story about an injured monarch butterfly, who took up residence with Tony, Nancy, and their dog Rosa for 18 days." Ruthie Clark who along with Bob hosted the session notes: "This morning COTC had 'wings' with this beautifully illustrated and read story.

And, Henry had the pleasure of wearing Mike Kelly's fireman hat. Mike along with Jean Moulton, aside from serving as community fire fighters, served as ushers and instructors for safely exiting various sections of the church in case of a fire.



**Sunday School photos and input by Ruthie Clark**



## Walking For Fun

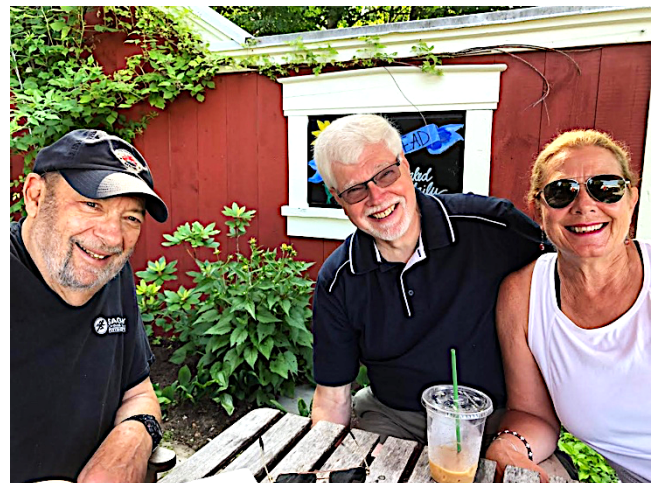
This is an invitation to join Walking For Fun twice a month for a walk, conversation and coffee ☕️. We meet the second and forth Saturday of the month @ 8:30 am. Often walking from Colony Beach to one of the coffee shops and back although we enjoy different locations convenient for all. This month we enjoyed a walk along the Mousam River, on the Bridle Trail, in Kennebunk and were graced by seeing several water birds 🦅 and breathtaking foliage.

All walking abilities are welcome. This is not meant to be a sprint or marathon and individuals can walk whatever distance and pace they are comfortable with. There will always be someone to walk with. So if you're interested in getting some exercise and having fun think about joining us some Saturday. All are welcome.

In another addition of the newsletter, members will share what Walking For Fun has meant to them over the years.

Please contact Judy Metcalf if you have any questions and/or send me your email address and I'll add you to our Walking For Fun email to let you know on Friday evening where we'll be walking on Saturday morning.

Blessings,  
Judy Metcalf





## Family Baptism Celebration



Baby Kinley was baptized On Sunday, September 8 at Church on the Cape. As many of you know, Kinley was born prematurely on December 8, 2018, at 2 lbs. 4 oz. It was a blessing for the congregation to witness her growth and be part of her baptism. She was surrounded by her proud parents Amy and Kelly along with her extended family.

In Peace, Ho-Soon





## **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](http://www.churchonthecape.org).

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