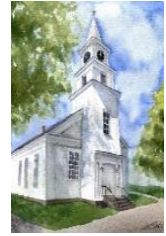




# The Church on the Cape Newsletter



April 2020

## *Pastor's Letter*

Dear family and friends of Church on the Cape, As pandemic is coming close to us with the growing numbers, it is natural that we feel less secure and safe for the abnormality and uncertainty. However, I have witnessed something interesting. Although people are concerned, I have seen more people turning their concerns into something positive and constructive. They are making differences in their lives and the world with their wisdom and insights. It's amazing how many emails and text messages with some inspirational quotes and sayings I get daily. And I'm sure you do too. By this I recognize the goodness of human hearts to help and support one another during this difficult time. And I truly believe that goodness comes from the image of God we hold in us.

Here at Church on the Cape you can witness the goodness of human hearts as well. The members of Ministry of Caring and other volunteers continue to meet the needs of the church family. They support others by making themselves available for shopping, errands, rides and making and delivering food etc. Their phone calls and cards keep us all connected and nurtured. This internal connection is what makes us resilient and recognize the love of God in our church family.

Outreach Team has been busy with email conversations to discuss how we can effectively support those who suffer in our community especially affected by pandemic. I learned that our community has a strong collaborative network for reaching out to people in need. Church on the Cape is an integral part of that network and faithfully fulfilling our parts with the heart of compassion and mercy. This external connection is what makes us who we are as the hands and hearts of Christ called to be the light of the world.

Communications team faced the challenge of finding the ways we can virtually worship together and did a tremendous amount of work of exploring the options, researching the equipment, practice runs, modifying and remodifying the process etc. We have extremely talented people willing to help and be flexible with the same goal and purpose of serving the congregation in mind. They understand worship is one of the major connections of holding us together as a church family and try to make the worship experience meaningful as much as possible.

We also have many others who contribute to the ministry of the church by continuing to fulfill their regular commitments behind the scene even if it requires them to come to church exposing themselves to the risk. Their love of God and commitment to the church is what carries our church during this unusual time. I am also aware of your fervent prayers for the church family and others in the world. Prayers are what make us feel connected in the Spirit of God and what help us stay strong and hopeful.

Over and over again, I realize that the worst thing that happens in our midst can bring the best out of us when we are mindful of the goodness of human hearts. As we journey toward Holy Week and Easter, we are reminded that the worst thing, the sacrificial death of Jesus, brought us the best, new life that leads us into eternity. We are humbled by the fact that God gave us God's best. That's why we also give our best to God by serving God and God's people.

Please continue to stay well and healthy. May the presence of the Risen Lord be with you until we meet again.

In peace,  
Ho-Soon

## APRIL LECTIONARY READINGS



### April 5:

*Sixth Sunday in Lent*

*Liturgy of the Palms*

Psalm 118:1-2, 19-29

Matthew 21:1-11

*Liturgy of the Passion*

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Matthew 26:14 - 27:66 or

Matthew 27:11-54

### April 12:

*Easter Day*

Acts 10:34-43 or Jeremiah 31:1-6

Psalm 118:1-2, 14-24

Colossians 3:1-4 or Acts 10:34-43

John 20:1-18 or Matthew 28:1-10

### April 19:

*Second Sunday of Easter*

Acts 2:14a, 22-32

Psalm 16

1 Peter 1:3-9

John 20:19-31

### April 26:

*Third Sunday of Easter*

Acts 2:14a, 36-41

Psalm 116:1-4, 12-19

1 Peter 1:17-23

Luke 24:13-35

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## EASTER FLOWERS

We will again be offering Easter plants to beautify our sanctuary this Easter. Whether there is a service in the building, or it is live streamed, we would still like to decorate the sanctuary to honor our Lord. **If you would like to participate, the cost is \$13.00 per plant and the deadline to order is Sunday, April 5.** Please make your check payable to Church on the Cape and mail it to PO Box 2740, Kennebunkport, ME 04046 for arrival no later than April 6. Include a note indicating if the plant is in "Honor of", "Celebration of" or "Memory of" and let us know if you'd like to pick the plant up after service or leave it for delivery to a shut in. If you have any questions, please call the office at 967-5787. Thank you!

## HOLY WEEK SERVICES

We will continue to offer worship services online during Holy Week. Let's join together online as we observe Maundy Thursday and Good Friday leading up to our Easter Sunday celebration.

## FROM THE FINANCE COMMITTEE

*Most of us are trying hard to heed the plea of the medial experts to stay at home. Our daily routines have been turned upside down and we have all been impacted in varying and significant ways. The one thing that hasn't changed is the continuous flow of bills that need to be paid. With regular church services cancelled for an indefinite period of time, we no longer have the opportunity to give our tithes and offerings as usual.*

*I have been asked by several in our church about how they can continue to give their regular offering during this time. Simply, you can mail offerings directly to the church at P.O. Box 2740, Kennebunkport, Me. 04046. IMPORTANT: if you use the mail, please put "ATT: Financial Secretary" in the lower left corner of the mailing envelope. You can also give by using PayPal. We will be providing you with other electronic ways of giving, shortly, as it appears we will continue to be impacted for months rather than weeks.*

*On behalf of the Finance Committee, thank you for your faithful and continued support.*

*Doug Coleman, Finance Chair*

## Church Family Matters

Thank you all for sharing your inspirational message with the congregation! Please continue to share what you are doing to stay close to God and be grounded in the love of Christ in these unusual days.

--It can be as simple as sending an email with your greeting to say "Hello" to our beloved Church on the Cape family to pass on your good wishes.

--It can be a short message with a picture of something at home or elsewhere or with a short video clip of the beach you walked or sunrise you saw.

--It can be a brief reflection on "What scripture you remember when things are hard" or "What you say to yourself when things are hard"

Please email at [webmaster@churchonthecape.org](mailto:webmaster@churchonthecape.org). In this time that we miss seeing and feeling close to one another, I hope this will keep us connected and inspire us with the wisdom that God's goodness is still with us.

**Susan and Adam working together to make the virtual worship possible**



## **When Things Are Hard...(from Women's Retreat)**

I say to God "This is happening for a reason - Guide and direct my life as you see fit."

Elaine Triplett

I say to myself "This won't last forever. Endure. I will rise up with wings as an eagle."

Nancy Chamberlin

I say to myself "I am worthy. I am enough. I deserve to be loved. I deserve to be happy. I am a beloved child of God." Ann Hand

I say to myself "Trust True Love. Everything is God in action. All is well. WAIT FOR IT. What message does True Love have for me? I surrender to Love." Norene (Nonie)

I begin with simply saying thank you to God for being there. I say, "Thank you God. Thank you that you know me, my past and where I am exactly right now. You LOVE me. I remember your love. You give me courage this moment. Thank you for courage." Nancy Frazier

I say to myself "Someone else has done this before." Julie Chase

I say to myself "It will be alright." "I love you, God." Ho-Soon Han



## **BERYL AND JANE ARE MAKING FACE MASKS TO HELP MEDICAL PERSONNEL STAY SAFE**

Dear Friends:

In this time of unrest in our lives, I found it interesting that the Dress-A -Girl organization asked us to consider making masks for the local hospitals. Some of us have been connected to this organization through making dresses for girls in third world countries. Our Southern Maine Director, Jackie Dewey, distributes the masks to the facilities that are in need.

Rather than wasting time doing nothing, I decided to take that challenge and asked Jane Lovejoy to consider doing them also. Thus far, the two of us have made over 40 masks and we are still working on them.

Joanne's Fabrics in Newington, NH put together mask "kits" that they will bring to your car. I just picked some up this morning. If anyone is interested in joining Jane and me in this project, please contact me and I will do what I can to get you the materials to get started at 207-646-3788.

These are simple to make and you have a feeling of being helpful to those who are in need of them. People helping people.

God Bless and stay well.

Beryl Samia

## **BARBARA FULLER IS ALSO MAKING FACE MASKS TO HELP OTHERS STAY SAFE**

"I'm trying to construct a minimum of ten per day. The availability of elastic may slow me down but I'll come up with "plan B" as necessity is the mother of invention!! We must all do our part."



***“THE CHURCH ON THE CAPE HAS NEVER HESITATED  
TO HELP IN THE WAKE OF MAJOR DISASTERS.”***

*What a time in history this is for all of us. A time like no other in my lifetime. For many of us social distancing is an inconvenience. Not an easy time, but certainly not a true hardship. We are safe and snug in our cozy homes, able to connect virtually or by phone to those we love. There are people in our community, however, for whom this time is a serious hardship. Loss of jobs and income create instability in the basics of life: housing, food and healthcare. The local Rotary Clubs, along with the General Assistance Offices of Kennebunk, Kennebunkport and Arundel have teamed up with Community Outreach Services to address the challenges faced by members of our local community. Community Outreach Services has long been the “go to” organization for assistance in our community and they are increasing their capabilities during this time. They will be offering assistance with food, fuel and other specific needs.*

*But they need our help. The Church on the Cape has never hesitated to help in the wake of major disasters. This time the need is in our backyard. There are two ways members can help. First and foremost is monetarily. Members are encouraged to send checks to COTC with COS indicated in the memo line. Then one check will be sent to Community Outreach Services from our church. It would be wonderful to have a check sent to COS by Easter. A beautiful way to celebrate the love and joy of our risen savior and his gifts to us. Additionally, our Outreach committee will be adding to amount raised from members. Food Drive and Food Pantry items are also needed. These can be dropped off at the rear of the parking lot at St. Martha’s Church on Rt.1 in Kennebunk. The hours for drop off are 12-4 Monday through Friday.*

*For those in need, the Food Pantry will have curbside pick-up Monday-Friday from 2-4. Food and specific need requests can be made to your town’s General Assistance office. Friday Food Pantry distribution is at St. Martha’s from 9-10 AM or until the food is gone. Food will be delivered to cars, so people may stay in their cars.*

*On behalf of the Outreach committee, I thank you for your support of our community. We will get through this time, but only if we band together.*

*Blessings to you all. Be well-*

*Robin Bibber*

## WOMEN'S RETREAT, EMBRACING WHOLENESS

There were 13 of COTC "sisters" who gathered that Saturday. The theme was Embracing Wholeness. COVID-19 had just started to seriously roll into our lives, and the hunger to "embrace wholeness" was palpable.

Ho-Soon started and ended our short five hours together with two uplifting video praise songs and her words of reflection, both setting the mood perfectly.

Julie Chase led a session on journaling through. What great ideas she had for us! I believe all of us enjoyed sharing some pieces of our soul that we wrote down in our journals. One quote was "learn how to create more open space in my mind...." Something perhaps we all could contemplate.



Each of us had a gift bag put together by Rebecca Roberts with a colored gel pen and a wire-cross bookmark for our journals, mints, angel cards, candle and a tea bag with an inspirational message.

Annie Hidell challenged us to be creative by depicting our "gifts" with drawing our hands, then supplied papers for covering our journals. We enjoyed our time with crayons, pencils and markers!





After a delicious lunch prepared by Wendy Emmons, she led us into a session about how to have healthier bodies and minds. We learned about positive energy and were led into a time of meditation.

Between sessions, Nancy Chamberlin led the group in the ancient concept of unity, the circle dance. Later we all experienced the quiet simpleness of "mirroring."



We each walked away full of gratefulness, and yes, embracing wholeness.  
Thanks be to God!



Pastor Ho-Soon, Wendy Emmons, Nancy Frazier, Nancy Chamberlin, Nonie Freeman, Lynn Watson, Janet Crandall, Elaine Triplett, Judy Cadieux, Ann Nelson, Ann Hand, Annie Hidell, Judy Tripp

**Article by Nancy Chamberlin**



## *Thanking Beryl Samia for Her Service to Senior Moments*

Beryl arrived at Church on the Cape as the new organist and choir director in 2003; in 2004 she inherited a side gig from the late Keith McClelland: "The Senior Moments", a group of twelve or so singers in various ranges, that originated in the living room of one of its members. Beryl arranged for the group to meet in the choir space at COTC and they rapidly doubled in number drawing participants from local Episcopal, Presbyterian, Lutheran, Congregational, and United Methodist church choirs as well as including some secular singers. Beryl challenged the group with her selection of material leading them in weekly rehearsals from September through May. She whipped the Senior Moments into a shape which resulted in the production of two concerts a year, one at Christmas and another in late spring. From that modest sing-along gathering years ago, the group has evolved into a tuneful source of fun and inspiration not only for its members but also for the community at large.

Following the death of her husband, Beryl decided that it was time for her to retire from leading Senior Moments. On March 3, 2020 she spoke to the group and received much well-deserved affirmation and appreciation. She was the Accompanist/Director for 15 years and will be greatly missed. In addition to her strong faith and other special qualities, Beryl will be remembered for being very direct in her recruitment of members. One member recalls Beryl saying, "...she didn't have anything else to do and the chorus needed an alto."

Thank you, dear Beryl, for your many years of dedicated and outstanding service!

Beryl's successor as director is Wendy Hagarty who substituted during her absence. The new accompanist is Nancy Chamberlain. We warmly welcome you both!

Written by Harriett Mill and Ann Nelson

### **Beryl Leading Senior Moments' Concert at Church on the Cape**





## SUNDAY SCHOOL EXPLORES THE STORY OF THE PRODIGAL SON

Diane and Ross Connelly reenacted the story of the Prodigal Son with the Sunday School children, complete with the pig, the two sons, and the father. The children learned what the word prodigal means - spending money and resources recklessly, and wastefully, and talked about forgiveness and family.



We are blessed to have so many dedicated Sunday School volunteers, and blessed to have these four beautiful children, Olivia and Henry Spencer and Isla and Jacksen Phillips, in the Sunday School program. If you would like to teach Sunday School, or want to know more about the program, contact Carol at [cgnason3@gmail.com](mailto:cgnason3@gmail.com), or call her cell phone at 518 – 369 – 5846.

## CHURCH FEBRUARY FINANCIAL REPORT

Following is the February Financial Report:

**February 1 - February 29, 2020**

**Income to Operating Budget: \$30,554.75**

**Disbursements from Budget: \$27,034.30**

**Net: \$3,520.45**

By the time this report is released, we will have finished the first quarter of the year. The information we put together for that period will begin to give us a tiny look at trends in both income and expenditures against our budget.

*At the time of this writing, we can all agree that we are in uncharted and challenging times, both personally and as a country. The best thing we can do is keep in touch with one another, pray for one another and for our country and look to God for strength and leading.*

From your Finance Committee  
Doug Coleman, Chairman

## HISTORY'S DARKEST DAY AND BRIGHTEST DAY

A professor once asked a young man studying for the ministry what the cross of Christ meant to him. The student said, "Well, the cruel death of God's Son, Jesus, was the most soul-shocking event imaginable. What could have been more heartless and eviler than the crucifixion of Christ, the most holy person who ever lived? That had to be the darkest day in human history.

"On the other hand, one has to consider what happened on the Sunday after his death on Friday. It is quite clear from eye-witness accounts that he arose from the dead and was recognized by his friends as the one they had called Lord. The Resurrection was such a soul-stirring and momentous event that the first Easter Sunday had to be the brightest and most joyous day in the history of the world."

When he had finished, the professor said to him, "That is an excellent interpretation of the meaning of the cross. It was indeed a dark and hideous day when Christ was crucified. Yet that cross took on the symbol of salvation and hope when God raised Christ from the dead. Yes, Christians could say it was the brightest day in history."

### *Short Reads*

Easter is the great proclamation and promise of God that nothing can overcome God's love, not even the murder of the Son of God.

On this glorious Easter Day, let us offer God our highest accolades for raising Christ from his grave and making him our eternal Lord.

Source: Newsletternewsletter

# TAKE CARE AND DO NOT WORRY

Life can sometimes be very difficult. We can have many issues and troubles that cause us to worry. Perhaps someone is having trouble getting employment, or may have recently lost a job. It can be a struggle to purchase the essential things they need, like food and clothing. Sometimes it is the events going on in the world that make people concerned, or even afraid of what tomorrow might bring. These types of issues cause people to worry and become anxious about the future. Worry just wears you down, and God is there to protect you once you have done what you can to protect yourself.

Jesus taught his disciples about how to handle such things. The key was first to put their trust in God. If they put their trust in God, there wasn't anything in life that should cause them to be worried. Jesus tells them, "do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes" (vv. 22-23). His disciples needed the perspective that other things were more important than food and clothing.

To help them understand this, he told them to consider some basic lessons from nature itself. They could look at birds and flowers and learn not to worry. Jesus uses the lesson of the ravens. They don't plant any seeds or harvest any plants. They don't have a barn in which to store food. Yet God provides for them. Jesus reminds his disciples they are a lot more valuable to God than the ravens. He also told them to consider the lilies. They do not do any type of labor. Yet they are clothed better than even King Solomon was in his fancy, royal clothing. He reminds them that God will do the same for them.

Jesus tells them: "Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?" (vv. 25- 26). There was no point in worrying about their lives and what the future was going to hold. They cannot make their life

any longer by doing that. Their focus needed to be on the things of God. If they put their trust in God above all things, then everything else will take care of itself.

Jesus reminds them they are people of faith. Because of this, he tells them, "do not set your heart on what you will eat or drink; do not worry about it. For the pagan [those who don't believe in God] world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well" (vv. 29-31). God is their heavenly Father. He is a loving Father, and because of that, they just needed to put their trust in him. If they do that and seek after his kingdom, then all the little things in life will be handled. A father knows very well what his children need, and God will take care of his children.

We, too, need to listen to the words of Jesus. We need to let God be our treasure and focus in life. Jesus says, "For where your treasure is, there your heart will be also" (v. 34). If God is first on our list, then we don't seek after treasures and material things in the world. There is no need to worry about anything in our lives. Let us put our trust in our heavenly Father, and he will care for us.

## POINTS TO CONSIDER

In what is often called the "Sermon on the Mount," Jesus taught the same lesson to his disciples. This is recorded in Matthew 6:25-34.

The apostle Paul writes in his letter to the Philippians similar thoughts. He said to them, "Do not be anxious [worried] about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians. 4:6-7).

Peter writes in his first epistle: "Cast all your anxiety on him [God] because he cares for you" (1 Peter 5:7).

Source: Newsletternewsletter



## Admiring the Devotion and Example of Children

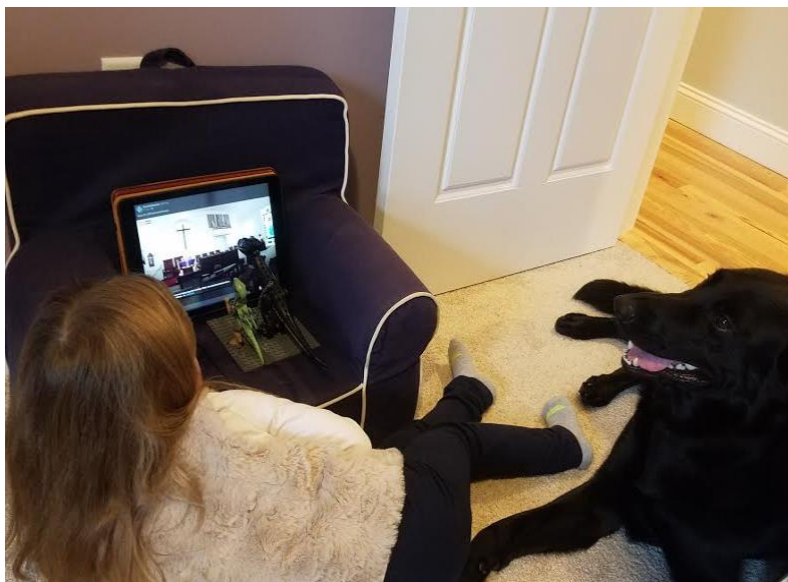
*Isaiah 11 prophesies hope for the world: wisdom, understanding, righteousness, justice, faithfulness, peace. In the words “a little child will lead them” (v. 6), Christians hear a foretelling of God’s coming to earth as the child Jesus. Today, children — Jesus’ examples of fitness for God’s kingdom (Mark 10:14) — often lead in showing love.*

*At age 11, avid baker Michael Platt opened a pastry shop in Maryland to benefit homeless people; for desserts sold, he gives an equal number to shelter residents. Eric Schubert, 18, of New Jersey, uses his genealogy research skills to help strangers — more than 1,000 so far — find long-lost family. In Pennsylvania, Neijae Graham-Henries became a certified barber at age 7 to give free haircuts to kids who couldn’t afford them. (Stories shared on GoodNewsNetwork.org.)*

*May these children inspire us to use our passions and skills for good, in the name of the Christ-child, who grew up and taught us to serve others in love.*

Source: Newsletternewsletter

*Henry, Olivia, Isla (Jade too, Jacksen unavailable for photo) enjoyed Ho-Soon’s Children’s message on Sunday. May all of us follow their shining example of devotion and faithfulness.*



**We are so blessed to have them and their families as members of our church family!**

## HISTORY HAPPENINGS

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

Your History and Records Committee is pleased to give this update on our planning and activities:



1. **Sunday, March 8:** the Committee gave the description of our local church history for the first membership class of the year.

The group was greeted in the Parlor of Peace and were led in sharing by **Pastor Ho-Soon Han**. Chairperson, **Beryl Samia**, welcomed the class and read the “Theme” statement, continuing to set the tone. Historian, **Ann Nelson**, described the paintings in the parlor and gave the story of the 2 collections of embroidered signatures. She also pointed out the print of Salmon’s “**Head of Christ**” which hung on the wall of the sanctuary prior to the current cross.

Secretary, **Stedman Seavey**, gave a presentation of the history of Cape Porpoise and the first church. He continued with how the **faith was nurtured by the Methodists** beginning in the early 1800’s to the present. We then gave a brief tour beginning in the **foyer** with an introduction to the **buoy collection**; and continuing into the **sanctuary** where interest was expressed about the **stained-glass windows**. Then, upstairs, a **historical display** of books and documents laid out and the group visited the **History and Records Room and Gallery** and the **Children’s Sunday School Room**. This was the first time we had made such a presentation; we are glad to report that it was well received.

2. **Sunday, May 17: Heritage Sunday**-a service of worship commemorating the **25th Anniversary of the Hanging of the Buoys** in the church entryway. Current lobstermen and the one lobsterwoman and their families will be invited to participate and their buoys will be hung with the others. Those who are deceased will also receive recognition. **Chip Howarth** has made the Shaker peg hangers. Thank you, Chip!

3. **Architectural blueprints** of the additions to the church in the 1990’s have been documented and are now stored in archival boxes. They may be found in the wooden trunk in the History and Records Room. All of the committee members participated in this project with a special “thank you” extended to **John Nelson** who lent his expertise to make the boxes the correct length.

**Note: Please see p. 12 of the March Newsletter for more information.**

This article is submitted on behalf of our Chairperson, Beryl Samia, and 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)



### **Editor's Note:**

This newsletter has a lot of spirit, heart, and love. Your editor is extremely grateful for everyone that contributed to making it the best it can be.

Thank You!

## **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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