



The Church on the Cape Newsletter



Pastor's Letter

Dear family and friends of Church on the Cape,

January was a difficult month for us as a church family. We began the new year with a heartfelt loss of Brian, Harriett, and Jim. And many people experienced and are still experiencing some significant medical conditions. We have closely walked with them and their families through prayers and providing support. And the loss of the two fishermen, one in particular from Cape Porpoise, made us aware that we are part of a bigger community, and when one hurts in the community the rest are in pain as well because we are all connected.

As I visited the members and their families at the hospitals, I found one common thread from all of them. While they are dealing with illness themselves, or of their family member, they still minister to others. When David Emery was at the hospital he was sharing his faith and wisdom with his roommate who was having the treatment for a heart attack. After a long and anxious day at MGH waiting for Jerry's MRI to be done, Beryl asked, "How's Isabel doing?" As we went to the cafeteria for lunch while Ray was undergoing the surgery, Maria said grace that includes the prayer for everyone who works at the hospital for their wellbeing. Those were the moments that I felt the love and compassion still vividly existing in their hearts while experiencing their own pain. And those were the moments that I witnessed the power of their faith.

As you know we have an Adult Book Study on "Book of Joy." In it, Dalai Lama says "Pain is inevitable, but suffering is optional." Pain is something we experience as human beings

living in the world of imperfection. By turning our hearts from focusing on our own pain into the pain of others, our hearts are filled with love and compassion. This is a natural process for those with deep faith and love.

When we are able to do it, our pain doesn't turn into suffering. However, when we are focusing on our own pain and attach ourselves to the pain by resisting, resenting or worrying etc., that's when pain turns into suffering which will generate a lot more negative impact not only on us but also on our loved ones.

We have so many people that reveal the great examples of faith and life among us. Every time I encounter such an example, I deeply bow in my heart before God and the person. It's because they let me see the glimpse of Jesus on the cross who said, in extreme pain yet being filled with love and compassion, "Forgive them for they do not know what they are doing (Luke 23:34)."

I am grateful for you being a source of strong support with your fervent prayers and thoughtful concerns for the families in pain. We are a stronger church family because we don't turn pain into suffering. Rather we share the pain that the load may become lighter for all. Thank you.

May God continue to send the power of healing and wholeness upon all who are in need and may our prayers be answered in God's time and in God's way.

In peace,
Ho-Soon



February Lectionary Readings

February 2:

Fourth Sunday after the Epiphany

Micah 6:1-8

Psalms 15

1 Corinthians 1:18-31

Matthew 5:1-12

February 9:

Fifth Sunday after the Epiphany

Isaiah 58:1-9a (9b-12)

Psalms 112:1-9 (10)

1 Corinthians 2:1-12 (13-16)

Matthew 5:13-20

February 16:

Sixth Sunday after the Epiphany

Deuteronomy 30:15-20

Psalms 119:1-8

1 Corinthians 3:1-9

Matthew 5:21-37

February 23:

Transfiguration Sunday

Exodus 24:12-18

Psalms 2 or Psalm 99

2 Peter 1:16-21

Matthew 17:1-9



Sermons in February

Feb. 2

Prescription from Jesus 1—Eye Drops for Blessing

Matthew 5:1-12

Feb. 9

Prescription from Jesus 2—Nutritional Therapy

Matthew 5:13-20

Feb. 16

Prescription from Jesus 3—X Rays of a Soul

Matthew 5:21-37

Feb. 23

Prescription from Jesus 4—Daily Exercise

Matthew 17:1-9

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Special Dates and Events

Adult Book Study, February 3, and 17, and March 2, at 2:00 p.m., or 6:30 p.m.

End of Life Planning 1, February 4 at 2:00 p.m.

Valentine's Day, February 14, 2020

Presidents Day, February 17, 2020

Transfiguration of Our Lord, Feb. 23, 2020

Shrove Tuesday Potluck, February 25, 5:30 pm

Ash Wednesday, February 26, 2020

Leap Day, February 29, 2020

END OF LIFE PLANNING 1

**Tuesday, February 4, at 2:00 p.m.
with Bill Hidell.**

**Topics:
Funeral Planning, Taxes, Q & A**

**Please sign up on the table outside
Bartlett Hall**

SHROVE TUESDAY POTLUCK

Mark your calendar to start the Lenten season on Tuesday, February 25, at 5:30 p.m. We will be celebrating Shrove Tuesday with a potluck. Please bring a photo from your past (childhood, high school, wedding, etc.) for a fun "show and tell". There will be a sign-up sheet on the table outside Bartlett Hall. See you there!

Ash Wednesday Ecumenical Service

This year Church on the Cape will participate in the Ecumenical service on Ash Wednesday, February 26, at 7 p.m. at Christ Church. Come join other Christians in the community for the day that begins our Lenten journey.

New Members Class

There will be three sessions of a New Members Class on Sundays, March 1, 8 & 15th 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), jhathorne@aol.com) who will coordinate the class.

TIME TO LET GO OF CHRISTMAS DECORATIONS

Setting up and putting things away for Christmas season is a big task behind the scene. Thanks to Jean Moulton and "her crew" for doing this task so quietly and efficiently!



A Proposed Plan for the Future of the UMC

As you may have heard from the media on January 2nd, there was a proposed agreement for the separation of The United Methodist Church developed and unanimously agreed by the Mediation Team consisting of 16 diverse (conservatives, centralists, and progressives) members.

Please know that this is a **proposed** agreement that the Mediation Team offers to the delegates of the 2020 General Conference as one of many plans on the future of the United Methodist Church. It will require a vote.

I wanted to suggest you read the following documents that come directly from the source:

[Proposed Agreement "Protocol of Reconciliation and Grace Through Separation"](#)

[The FAQ about the Mediation Team and the developmental process of the proposed agreement](#)

[A news release from the Council of the Bishops of the UMC, based on which the news coverage in the national media](#)

On Sunday, March 22, 2-4 p.m. there will be an information session in our district to discuss the proposed plans on the future of the United Methodist Church that will be voted at General Conference 2020 (Location TBD). More information will be available soon.

We are living in such a time that any controversial issue can create discomfort in our hearts and provoke reactions loaded with emotions. It certainly requires us to be mindful of our speech and action that they may come from a place of love and truth, rather than from a place of fear and hate. Please continue to pray for God's guidance for the future of the United Methodist Church.

In peace,
Pastor Ho-Soon



**Dear Members and Friends of
Church on the Cape:**

I would like to express my most heartfelt thanks for the incredible staff Christmas gift that I received this past holiday season. I was truly astonished, humbled, and most grateful for your generosity. I cannot say enough how much I appreciate your friendship, love and support, not just at Christmas, but all year through. I will be sure to prayerfully use your kind and generous gift for a special purpose.

I pray and know that God will bless you all abundantly in return, because His word says, *"...for the measure you give will be the measure you get back."* (Luke 6:38)

**Gratefully,
Sue Cayford**



**Brian Dumas
January 7, 2020**

**Harriett Eaton
January 26, 2020**

**Jim Docherty
January 27, 2020**

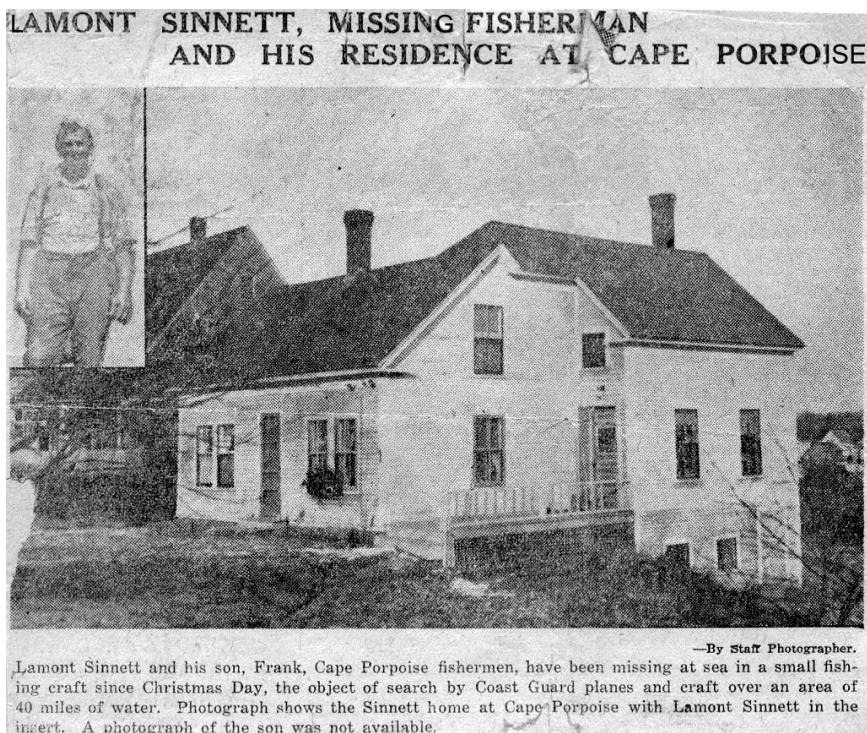
Christmas at Sea

By Tom Bradbury

At the December 29 Sunday Service, we were treated to a beautifully written and narrated story in the early life of the fishing village known as Cape Porpoise. This suspense-filled story, written by Tom Bradbury, and superbly narrated by our Norene Freeman and good friend Joe Foster, tells the traumatic and true experience of missing Cape Porpoise fishermen, Lamont and Frank Sinnett, at sea for days including Christmas Day in the midst of a severe storm.

In the story's introduction, Tom noted that throughout history, The Church on the Cape has always been at the heart of the Cape Porpoise community, and its steeple guided fishermen into the harbor, and this sanctuary in their spiritual life. Tom, Norene, and Joe are shown in the photos that immediately follow:

You can enjoy "Christmas at Sea," which is surely worth watching for the first time, or again, by clicking on the YouTube link that follows: https://youtu.be/61u_LzUczmM



Bottom photo caption: "Lamont Sinnett and his son, Frank, Cape Porpoise fishermen, have been missing at sea in a small fishing craft since Christmas Day, the object of search by Coast Guard planes and craft over an area of 40 miles of water. Photograph shows the Sinnett home at Cape Porpoise with Lamont Sinnett in the insert. A photograph of the son was not available."

Additional photos are on the following page.

More Christmas at Sea Photos



Mont Sinnett
1930's

Silk Etherington

The left photo shows Mont Sinnett and a friend in a small fishing craft in the 1930's. And in the photo below, a large group of Cape Porpoise fishermen including Frank Sinnett (in the middle) gathered after the rescue of Frank and Lamont Sinnett.

Also interesting in the lower photo are the surnames of several fishermen whose surnames continue to grace the membership of our wonderful church and community.

We are indeed blessed by those who have gone before us and left us with such a wonderful heritage, church family, and church.



Frank Bradbury

Donald Huff

Allan Goodwin

Edgar Huff

Wilbur
Emmons

James McQuain

Harry "Silk"
Etherington

Lyman Huff

Frank Sinnett

Forrest
Hutchins

Gardiner
Jennison

George Nunan

Wilbur
Bradbury

Cape Porpoise men at the pier, posing with Frank Sinnett shortly after he and his father had been rescued. 1933

Photos provided by Tom Bradbury

ASK THE CHILDREN

Carol Nason conducted the December 29th “Children’s Time” and asked what babies need. Diane Connelly’s grandchildren, Alex and Grace Connelly, noted a number of needs including love. Carol concluded: “When babies are filled with love, they have lots of love to give.”



Inspiring Light



Carol and Brian Nason on their way to church looked up just as the sun lit the top of our church steeple. They were inspired.

Carol notes: God said, “let there be light” and there was light. Genesis 1:3

Photo by Brian Nason



Benjamin Thomas Link was born October 22, 2019 to parents Stacey Elizabeth (Bradbury) Link and Brian Fredrick Link. The family resides in Somerville, MA and were married at Church on the Cape in 2015.

Stacey is the youngest daughter of Thomas and Shirley Bradbury of Cape Porpoise. Brian is the son of Doral Kay and the late Fredrick Link of Mullica Hill, NJ.



May the Holy Spirit bless you Benjamin on this glorious day, and may your life be filled with Love, Happiness, and Peace.

HISTORY HAPPENINGS

from your History and Records
Committee

“REMEMBER THE PAST, CELEBRATE
THE PRESENT, INSPIRE THE FUTURE”
2019-2020 Theme

Here is a list that we would like to share
with you:

1. January 12-Beryl and Ann met to plan the first meeting.
2. January 21-The first meeting of the year was held.
(Members present were Lillian Bartlett, Ann Nelson, and Stedman Seavey. Beryl, Marge Smith, and David Sandtorv were unable to attend.)
3. We joined in prayer and the Lord's Prayer
4. Discussion: the suggested theme and decision to use the one presented above for a second year.
5. Discussion: the two services that we offer during the year:
 - A. Heritage Sunday-May
 - B. Homecoming Sunday-September
Dates to be announced
6. Decision: that the celebration in May would be the 25th Anniversary of the “Hanging of the Buoys” in the foyer: the meaning that the event had then and what it can mean for us today. This will include remembrance of the deceased. Stedman will do research. The September service will be planned later.
7. Discussion: We have been asked to share the history with a membership class in March; Decision: we will start planning for that soon.

8. Discussion: making a connection with NE Conference Historical Society; Ann will do research.

We adjourned to meet again on February 11 at 10:00. Anyone interested in the church's history is most welcome.

Submitted on behalf of Beryl Samia and the Committee
by Ann Nelson, Church Historian

THANKSGIVING 2019 OFFERINGS

The Finance Committee reports that thanksgiving 2019 offerings totaled \$1,169.00. The Church Council at its October, 2019 meeting, as in past years, joyfully voted this amount to be distributed to local food and fuel assistance.

Our greater Cape Porpoise community is blessed by these gifts from Church on the Cape. A complete report from the Finance Committee listing 2019 income and expenses will be found in the 2019 Annual Report later this month.

ADULT BOOK STUDY

Three session studies remain on *The Book of Joy – Lasting Happiness in a Changing World*. The sessions cover the Dalai Lama and Archbishop Desmond Tutu paths to joy and sharing of wisdom in the face of decades of exile (for the Dalai Lama, from his homeland of Tibet), or violence and racism (as Tutu experienced in South Africa). **Session dates are: February 3 and 17, and March 2 at 2:00 p.m., or 6:30 p.m. It is not too late to sign up.**

Caregiver Gathering

There will be a gathering of the caregivers on Wednesday, February 12, from 1:30 – 2:30 p.m. If you are currently providing care for your loved one, or did in the past, you are invited to come for a conversation and fellowship. If you need someone to stay with your loved one while you attend this gathering, let Ho-Soon know, so an arrangement can be made.

AQUATHON FUNDRAISER

Henry Spencer, a member of the YMCA swim team, will be swimming laps to raise money for the YMCA of Southern Maine's Financial Assistance Program. The money raised goes to make sure that everybody has access to the YMCA regardless of their ability to pay. If you would like to support this program, you can make a donation to Church on the Cape, noting that it is to support the YMCA. Please make your donation no later than **Sunday, February 2**. Outreach will oversee the donations and write one check to the YMCA to give to Henry.

Article by Carol Nason

GROUP DINNERS

SPRC invites all members of the congregation to participate in small group dinners with Pastor Ho-Soon. There is still time to sign up and many dates and times to select from. The sign-up sheet is on the table outside Bartlett Hall.

FEBRUARY BIRTHDAYS

February 5	Rev. Gwen Purushotham
February 8	Jacksen Phillips
February 10	Bobby MacIver & Kaitlyn Schoener
February 11	Gary Schoener
February 12	Elissa Boulrier
February 20	Diane Connelly
February 24	Linda Brock
February 25	Barbara Fuller
February 28	Jim Boselli

Love is stronger than Hate

On January 19th, Ho-Soon's message for children was an important reminder that love is stronger than hate. If someone turns away in hate or anger, take a step closer in love to that person. In Sunday School this message was continued, **focusing** on the love of Martin Luther King. The children designed hearts, symbols of love, to give away.

Photo left to right:
Henry Spencer, Isla Phillips, Jacksen Phillips, Olivia Spencer



Article and photo by Carol Nason

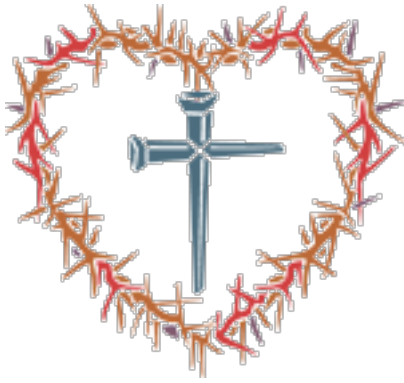


We're so used to hearing the Bible's "love chapter," 1 Corinthians 13, at weddings and other occasions that we may not really hear its meaning anymore. It can help to listen to something familiar said in different words. What new understandings of love does this paraphrase from *The Message Bible* reveal to you?

"Love never gives up. Love cares more for others than for self. Love doesn't want what it doesn't have. Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always 'me first,' doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never looks back, but keeps going to the end. Love never dies" (1 Corinthians 13:4-8a, MSG).

Source: Newsletternewsletter

Our Lenten focus



Lent, the church-year season that begins on Ash Wednesday, is a time of penitence and spiritual renewal. Some people give up a luxury or vice during Lent as a form of self-denial; others undertake a project that benefits others.

The point isn't to denigrate ourselves or to see how much we can do without. Instead, Lent helps us reflect on Jesus' death. As Timothy Keller writes in *The Reason for God*: "The Christian Gospel is that I am so flawed that Jesus had to die for me, yet I am so loved and valued that Jesus was glad to die for me. This leads to deep humility and deep confidence at the same time. It undermines both swaggering and sniveling. I cannot feel superior to anyone, and yet I have nothing to prove to anyone. I do not think more of myself nor less of myself. Instead, I think of myself less."

The significance of Lent

Lent is the fourth season of the Christian year. Its length is the 40 days preceding Easter Day, not counting Sundays. This means Lent always begins on a Wednesday, known as Ash Wednesday.

Lent commemorates Jesus' fast and temptation in the wilderness of Judea Province, which, according to the Gospel, lasted 40 days. Just as Jesus confronted his temptations during these 40 days, Lent helps Christians focus on our most basic need, a sinners forgiveness.

The only way our Lord's forgiving power can become effective in our lives is by our taking the initiative to confront our sins, confess them and repent of them.

In short, Lent is a season of penitence.

Some Christians fast during Lent. This denial of bodily comforts can help encourage self-reflection about the need for Jesus' forgiveness.

Valentine



*My heart overflows with love,
Fashioned in our courtship
Planted in our marriage
Blossoming in our children.*

*A love that has been
Pruned by life's realities and
Strengthened by its triumphs.*

*A love that has grown because the
Responsibility and freedom
To give and to receive
Have been shared.*

*A love that continues to seek its Source
In the sunshine of
God's Love -*

*For it is there that we find
Our reason for being and
Our reason for loving!*

-Peggy Ferrell

Articles this page: Newsletternewsletter

A NOTE FROM
“CHRISMON CORNER”
Commemorating Christ’s Birthday in
Special Decorations

Every **Christmas Season**, including the one we have recently experienced, has many symbols and colors that express the holiness, beauty, and majesty of **Jesus Christ**. It would certainly be a challenge to name them all!

Among the earliest of many “symbols” used at Christmas is from ancient times in Germany. The **evergreen tree** was used to remind the believers of **ever-lasting life** in heaven when this life on earth is over. The tree is brought into the home and is decorated.

The first lights on trees were candles that were lit on **Christmas Eve**. Although artificial trees are used in some homes and most indoor public places in recent times, the tree does remind us of real evergreen.

Our Church on the Cape had three trees erected in the building in 2019: the lovely **Sanctuary Tree** with tiny white lights and white decorations; the **Giving Tree** decorated with tags that gave parishioners an opportunity to purchase gifts for children; and the **Chrismon Tree** shown in the picture taken by Carol Nason.



The word “**Chrismon**” combines the words **Christ** and **monogram** and means “**symbols of Christ**.” They are always made of **white** and **gold** to remind the observer of **Christ’s majesty and purity**; they were first made in **1957** by **Frances Kipps Spencer** of Ascension Lutheran Church in Danville, Virginia. Our church’s **Chrismons** were given to me in 2017 by the

needlepoint artist, the late **Reverend Nancy Townley**. I gave them to the church and they were used on the **Sanctuary Tree**.

After the 2019 **Giving Tree** mission/outreach project was completed, the **Chrismon Tree** was erected. In 2018 and 2019, my husband and I put up the little tree with its small lights, placed the 15 needlepoint **Chrismons**, and used little gold balls to fill in the branches. This is another way to observe our **Savior’s birthday**, and you are invited to prayerfully experience the **Chrismon Tree** in “**Chrismon Corner**” every year!

With love in the **spirit of Jesus** and always your friend,

Ann Nelson

A GREETING FROM ANN NELSON

I am writing this note to reach out to all of the members and friends of Church on the Cape to thank you for your loving support of the Welcoming Ministry through the years.

I recently “stepped down” from the coordinator position I had held since the group was organized. This had been planned for about 2 years because the group needed to be sustained with new leadership. (The group was known as Welcoming Hostesses until last August when we welcomed men and youth!)

Sandy Day was originally the coordinator for Occasional Services and we worked as a team for 5 years. I am happy to tell you that she became the Chairperson of the Welcoming Ministry on January 1, 2020. She will guide the Ministry into a new era of service. Please welcome her!

Please call upon your Welcoming Ministry members whenever one of us can help you!

WELCOMING MINISTRY MEMBERS:

Graceanne Barbour, Robin Bibber, Heather Chisholm, Ruthie Clark, Sandy Day, Emma Hutchins, Debbie Lord (Emerita), Linda Lyon, Cecily McNair, Larry McNair, Ann Nelson, John Nelson, Luverne Preble, Margaret “Pinkie” Russell, Steve Russell, Jane Smith, Marge Smith, Janet Wade, Paula Webb, and Joyce Young

May God bless all of you and those you love,
I remain your friend and sister-in-Christ,

ANN

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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