



The Church on the Cape Newsletter



Pastor's Letter

Dear family and friends of Church on the Cape, As a congregation, we have embraced many changes during the past year. Pastoral transition alone is a big change that required us to journey through the unknown trusting that God brought us together with mission and purpose. Change in pastoral leadership tends to shift the church's overall functioning and requires constant adjustments and flexibility. And I am grateful for the leaders willing to pace with me as I was learning about the system and the dynamics of the church. Building a relationship with a new pastor is not always easy and I am grateful for your welcoming spirit and openness. I think we have effectively laid a small foundation for our relationship, which will grow with time.

The unexpected changes that came with COVID-19 impacted greatly on the life of our congregation. We all acknowledged how important the church is in our lives and not having in-person worship services and fellowship events have been disheartening. However, it also gave us an opportunity to recognize the strength and dedication of the congregation. Even under the abnormal circumstances, we have been able to carry on our mission and ministries uninterrupted. The leaders have worked hard to find the new and innovative ways of being a church and doing ministries—ever improving virtual worship, Outreach ministries for our neighbors with new needs, delivering food and flowers to the members, preparing for the altar on Sundays, caring hearts and thoughtfulness with cards and social distancing visits, the list goes on. The crisis has only proven to us that we are resilient and nothing can separate us from God, from Christ's beloved church and from one another.

July 2020

Even with the number of changes and challenges we had to deal with, as I look back, overall it has been a wonderful year. And I anticipate another fruitful and effective year together. I am also mindful that we are still walking in a time of transition and change in many aspects. We will continue to witness things shifting, and it will take a while for us to feel settled and get comfortable with each other. This is still a time of the unknown and I agree with Tod Bolsinger about what we can do in this time of the unknown.

"The primary way to prepare for the unknown is to attend to the quality of our relationships, to how well we know and trust one another." Relational Congruence is "the ability to cultivate strong, healthy, caring relationships; maintaining healthy boundaries; and communicating clear expectations, all while staying focused on the mission." The church must be "bound together" through the uncomfortable process of change. (Tod Bolsinger "Canoeing the Mountains")

I hope that we will continue to get to know and trust one another. Since our intention and purpose are the same—working together to build the Kingdom of God through the mission and ministry of Jesus Christ for the glory of God, I believe that our relationship will only go closer and deeper to God and to one another. And I pray that our journey will be blessed by God and by our relationship with one another.

I hope you have a blessed, healthy, and safe summer!

In peace,
Ho-Soon



July Lectionary Readings

July 5:

Fifth Sunday after Pentecost
 Genesis 24:34-38, 42-49, 58-67
 Psalm 45:10-17
 Romans 7:15-25a
 Matthew 11:16-19, 25-30

July 12:

Sixth Sunday after Pentecost
 Genesis 25:19-34
 Psalm 119:105-112
 Romans 8:1-11
 Matthew 13:1-9, 18-23

July 19:

Seventh Sunday after Pentecost
 Genesis 28:10-19a
 Psalm 139:1-12, 23-24
 Romans 8:12-25
 Matthew 13:24-30, 36-43

July 26:

Eighth Sunday after Pentecost
 Genesis 29:15-28
 Psalm 105:1-11, 45b
 Romans 8:26-39
 Matthew 13:31-33,

Special Events

WEEKLY "PICNIC THURSDAY"

Pack your picnic basket because you are invited to a weekly "Picnic Thursday" at Church on the Cape. We'll gather on the lawn every Thursday at noon throughout the summer. Bring your own lunch,

blanket and/or beach chair and join in the fellowship and fun. There is space for 15 picnickers each week. To reserve your spot, please call or text Wendy Emmons at 207-710-3069.

SUMMER OFFICE HOURS

Starting this week the office will be closed on Fridays for the summer. Office hours will be Tuesday, Wednesday and Thursday from 9 a.m.-2 p.m. If you need to come to the church, please plan accordingly. Thank you!

ENCOUNTERING GOD'S PRESENCE

You are invited to send in a photo of "Where I feel God's presence." Email it to churchonthecapeumc@gmail.com. Please include one sentence about your photo. It will be displayed on the website.

KNITTING GROUP

The knitting group resumed meeting this week on Wednesday mornings at 10:30 a.m. outside at St. Ann's, weather permitting. For more information, or if you are interested in participating, please contact Joan Lennon.

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INSPIRING MUSIC AT CHURCH ON THE CAPE

In the coming months, whether heard in the Sanctuary or in your home, every effort is being made to provide uplifting, inspiring music at Church on the Cape.

On Father's Day Sunday, 6/21, we will hear a beautiful duet by Liz Phillips and Susie Goodwin, in addition to learning a new congregational song, "10,000 Reasons", led by Wendy Emmons and Susie.

On June 28, we will be privileged to welcome back our celebrity organist Mark Thallander!

Rachael Barter, a wonderful flautist who has been our guest before, will be playing, as well as joining Liz and Susie on Leonard Cohen's "Hallelujah" on July 12th.

On August 9, there will be a quintet (Yes, 5 singers! Liz, Susie, Wendy, Bruce Donath and Rich Parsons) leading us in the new congregational song "Is He Worthy?"

During other Sunday worship services you will hear vocal solos by Liz, Susie, Nonie Freeman and Doug Bibber, and of course, many piano and organ duets by Nancy Chamberlin and Janice Stover.

So stay tuned . . . or be there . . . as we continue to raise up Jesus with our worship and to give Him the honor and praise that He is worthy of.

Jan Stover

Helping Others to Avoid Covid-19

Early in the crisis, several of our members began making face masks for others including Barbara Fuller and Beryl Samia with her dressmaking group.

Later on, one of our innovative and anonymous church members found access to thousands of face masks (over 6,000), and made them available to our Outreach Committee. In turn the masks were distributed, as noted by Robin Bibber, to local First Responders, Southern Maine Health Care, the Cancer Care Center, and vulnerable parishioners. Stupendous.

Some of these masks are still available for those in need by contacting Jane Smith.

The photo below shows the evolution of the plain blue or white face masks to fashion models that have become common as displayed by Larry and Cecily McNair. Cecily writes: Fun at Two Lights! Many thanks to Janell, John Nelson's daughter-in-law, for our cute masks.



A Prayer for the Fourth



Loving God, we thank you — the true Father of our country — for the blessings of this land and the gifts of cultures around the world. Prompt us to strive for justice for all, at home and abroad. Remind us, in the words of the hymn, that “this is our Father's world” and that your goodness prevails. Amid tragedies and conflicts, guard us against despair. Help us focus on the kindness evident daily: from generous neighbors to conscientious public servants (because most are). On Independence Day and every day, “O let [us] ne'er forget that though the wrong seems oft so strong, God is the Ruler yet.”
Amen.

—Sandy Hyland



CONGRATULATIONS 2020 GRADUATES!

High School

Silas Preble Woodman, Kennebunk High School; Kennebunk, ME; Diploma

Grandson of Luverne Preble

Kelly Small, Kennebunk High School; Kennebunk, ME; Diploma

Granddaughter of Lois Small

Charles Michael Spinney, Kennebunk High School; Kennebunk, ME; Diploma

Grandson of Joan and Jim Lennon

Jacqueline Tripp, Plymouth North High School; Plymouth, MA; Diploma

Granddaughter of Judy Tripp

Caroline Tripp, Plymouth North High School; Plymouth, MA; Diploma

Granddaughter of Judy Tripp

Benjamin Daniel Yost, Bayside High School; Palm Bay, FL; Diploma

Grandson of Gail Browning

College & University

Spencer Alvord, Heavy Equipment Colleges of America

Certificate of Heavy Equipment Operations Level I and Level II

Grandson of Rich and Debbie Parsons

Justin S. Bartlett, Indiana University School of Music, Bloomington, IN

Dr. of Music/Piano degree

Grandson of Lillian Bartlett

Caroline Chisholm, UMass Amherst; Amherst, MA. B.S. in Public Health

Granddaughter of Heather Chisholm

Kevin Gould, Endicott College: Beverly, MA
MBA Degree

Grandson of Beryl Samia

Bethany Gould, Great Bay Community College; Portsmouth, NH

Associates Degree in Early Childhood Education

Granddaughter of Beryl Samia

Teddy Lee, University of Connecticut; Storrs, CT. Chemical Engineering Degree

Son of Ho-Soon Han

Michael Sullivan, University of California, Berkeley; Berkeley, CA

Computer Science Major

Grandson of Debby Pearse

By Carol Nason

*“For I know the PLANS
I have for you”*

declares the Lord

*“plans to PROSPER you
and not to harm you,*

plans to give you

HOPE and a

FUTURE.”

Jeremiah 29: 11

Steeple Beacon

For OVER 100 years a wooden church steeple has been a coming home beacon for seafarers.

Cape Porpoise was named in 1614. The English first settled there in the 1620's. The first church was built in 1727, and was destroyed by fire in 1763. The current building was constructed in 1857.

Steeple added 1902. The church bell first rang on November 19, 1902.

What is a beacon but a guide to home, to peace, to refuge from storms, to the safety of unity. Man prays in storms and at home...if he returns...He wants peace. Peace that only comes from Truth and Unity.

In the service men are bonded by rules, discipline, loyalty, pain, and laughter. When I left the Navy I did not know the world was not like this. I trusted too much "they say."

We all need beacons. Alas, the road to the Truth is jammed with roadblocks. Roadblocks of pleasure, possessions, insecurity, and symbols of false wealth. It takes Fortitude with Love to keep one's eyes on the right beacon to emerge with humility and "inner" peace...finally.

Church is meant to bring us into Unity in Spirit for the Love of Jesus and others. There is no room for division. We are all one under the Steeple Beacon. Live in harmony without labels. The bell rings on every hour. Hear it. Feel it.

Churches with real spirit like ours have no time for semantics. Another example is a Gospel church in the south and feeling it. It is the Spirit of Love, Following the Word, Deepening one's Faith, that makes churches become mega churches for mega hungry hearts. Here pews do not glare silently at one another. Instead they are filled with a family in Christ.

Look up at the Steeple at noon and see the brightness. And at night when the moon reflects the sun. Where the galaxies are infinite.

At the top of the steeple is one Cross.

There is one door.

All are welcome.

Beacons....

By Chris Bent

A Church on the Cape Treasure Welcomes You to the Reverend Sherwood Treadwell Meditation Garden - Its Beginnings, Adoration of Pastor Treadwell, Garden Beautification, and Design Plaque

Reverend Sherwood Treadwell's Meditation Garden

For those who might not be aware of this beautiful, meditation opportunity on the South side of the church near the Bartlett Hall balcony, please see:

- the article below written by Nancy Libby with additional details by Elaine Triplett,
- the congregation's love of Reverend Treadwell,
- gardeners Beth Doty and Jean Moulton's beatification of the Meditation Garden with photos of new plantings, and a Thank You to them,
- and a photo of the Meditation Garden's design plaque in Bartlett Hall.

Introduction by Nancy Libby

Gray clouds departed as bright sun shone upon our beloved Pastor Emeritus, the Reverend Sherwood A. Treadwell, and a large gathering at the dedication of the Treadwell Meditation Garden on Sunday, October 27, 2008.

Twelve years ago, while lunching with architect Harvey Wells, Sherwood planted the seeds for his dream of a special meditation garden on the church grounds. It was by no coincidence that he had brought a carefully detailed sketch of the layout for Harvey's perusal.

Subsequently, Harvey drew up the plans for the garden, then tucked them away until "the time was right." Several times over the years,

Harvey unrolled the plans, but was still convinced it was not yet time to proceed.

Some years later, Harvey was immersed in designing the beautiful new wing on the church (Bartlett Hall). At this time, he carefully set aside a small parcel of land, with the meditation garden in mind.

When the new wing was completed in 2007, a group of men from the church, spearheaded by Bob McLaughlin and David Emery, began in earnest to bring Sherwood's dream to fruition...the time was right!!

It is fitting indeed, that this special place honor Pastor Emeritus Treadwell, a man who has dedicated his life to the Glory of God; a true shepherd, he has brought humor, hope, compassion and love to his flock, far and near.

A small secluded, peaceful place, the Treadwell Meditation Garden is a welcome to all, to sit, to quietly refresh their spirits, to find strength in meditation.

As the lovely hymn by C. Austin Miles tells us:

*"I come to the garden alone, while the
dew is still on the roses.*

*And the voice I hear, falling in my ear,
the Son of God discloses.*

*And He walks with me, and he talks with
me, and He tells me I am His own; And
the joy we share as we tarry there,
none other has ever known."*

*Do come and tarry there; you may come
alone, but you will never leave alone.*

Additional Details by

Elaine Triplett

Hi Jean (Moulton), I called David Emery and Pastor Ruth just to see if my memory was correct. Bob (McLaughlin) says that he can't remember who found the drawings that Sherwood and Harvey Wells drew up. Bob was head of the trustees - it was 2005. Sherwood had forgotten about the plan, so Bob (McLaughlin) and David decided to take Sherwood out to lunch at Jackie O's down at Perkins Cove in Ogunquit. He was excited to go to lunch, even in his wheelchair. When the boys brought out the drawings and told Sherwood they wanted to do the Meditation Garden in his honor, he was so moved he cried.

So, they knew they had to get started immediately and Ruth (Merriam) asked anyone who wanted to donate money to do so. Tony Daggett had a bobcat, Tony donated his time and all the mulch. Bob and David did all the landscaping and ordered the benches (from Genest) and got the St. Francis of Assisi center stone (from the Monument Co. in Biddeford). Pastor Ruth donated the statue of St. Francis. St. Francis was Sherwood's hero.

Bob went up to O'Donnell's and got hemlock trees (25 percent off, free delivery and they put them in). Bob and David took care of the mulching with the help of Tony Daggett for 2 or 3 years (maybe more - we can't remember). Donna Rooney planted bulbs etc. - then I believe you (Jean Moulton) took over. They were extremely thankful for Jean Moulton and Donna Rooney.

The Meditation Garden is now a budgeted item for the church, but donations are always welcomed

Adoration

As the nights get darker, we are reminded continually of the dazzling brightness of Sherwood Treadwell's life. In dedicating this issue of the newsletter to his memory, I offer this tribute to Sherwood from my sister, Debbie Guilmartin. Ruth Merriam

What a lion of a man! He was bold, achingly sensitive, perceptive, quick-witted, and incredibly strong. We came to the church after his days of greatness, but Sherwood in his last years gave more than most ministers at the heights of their careers. He had a prophetic sense of social justice. He taught a class on death which proved useful years later. He preached a sermon on fatherhood, a homiletic masterpiece - tender, insightful, and funny.

He loved nature; the garden, the driftwood, the birches, the ocean...Sherwood had a Celtic soul. The beauty and pain of Ireland pierced through his spirit and dwelled there.

Ever a man of contrasts, Sherwood also relished the golden grandeur of Jerusalem. He enjoyed good food, (especially ice cream), and his favorite drink, Moxie. He loved surprising us with sudden bursts of divine inspiration and earthy humor.

You, Nancy, gave him unswerving devotion. Your self-sacrificing service enhanced the beauty of the home you kept for him. Seasons were celebrated. Life was celebrated in so many aspects. The Treadwell Wing bears his name as does the beautiful stained-glass window, as does the Meditation Garden. The existence of the church itself is a monument to his memory. Who can forget him? In awe and appreciation,

Debbie Guilmartin

Source: Early Church on the Cape newsletter

Meditation Garden

Beautification

For years, Beth Doty and Jean Moulton have served as caretakers for the Garden, which is located on the East side of the church adjacent to the Bartlett Hall balcony. Jean writes: we did a great deal of work on the garden last fall. We had some shrubs replaced that had become overgrown, transplanted some perennials, and planted over 300 bulbs for the coming Spring.

Morning has Broken and Spring has Sprung at Church on the Cape's Meditation Garden. I feel very blessed to have the privilege to plant and maintain this garden with three-season plantings. It is a place for meditation, peace, and reflection for all families of the Church on the Cape.

Blessing to all,
Jean Moulton

Recent Photos of the Meditation Garden



Thank You!

Thank you, Beth and Jean, for your dedication and untiring support for this beautiful garden.

The Treadwell Medication Garden Design Plaque shown below is displayed in Bartlett Hall. It was created by Carol Olson and Jean Moulton with the help of the Trustees
 “They did it in remembrance of my husband Al Moulton – Jean Moulton”

Meditation Garden
 Designed by Sherwood Treadwell



LORD.
 MAKE ME AN
 INSTRUMENT
 OF THY
 PEACE



3 Spruce or Fir Trees
 Father, Son & Holy Spirit



2- 3 Granite Benches
 Symbol of the firm foundation upon which our faith stands
2 Dwarf Flame (Fire Bushes) Holy Spirit & Church



3 Viburnum
 Holy Spirit - Jesus, Mary & Joseph
4 PJM Rhododendrons
 4 Evangelists - Matthew, Mark, Luke & John



12 Canadian Hemlocks
 12 Tribes of Israel

Planted and Dedicated Fall 2008

Thanks to Jim Lennon for suggesting this article, contributions by Nancy Libby, Elaine Triplett, Debbie Guilmartin, Jean Moulton, and Carol Nason for help with this article.

Finance Committee Report, January through May, 2020

Once again, we continue to see the faithful generosity and giving of our church family and friends. We are still in a period of challenging and uncertain times and the impact of this pandemic on our personal and country's economy is yet to be fully realized. Summer has arrived and it is likely to be several months before we will be able to know how our income from the Cargo Shop and the various fairs through December will be impacted. It is yet to be determined if the Cargo Shop will be fully operational, or if the fairs will take place. These sources of revenue are significant to our operating budget.

We will shortly begin the second half of the year. Each quarter going forward will be important with respect to how we finish the year from a fiscal standpoint. Recall that I've reported we normally experience a gap between income and expenditures during the first half of the year. It is typically from the last part of the third quarter and the fourth quarter that the gap is closed.

Again, thank you for your faithful giving.

Numbers January through May, 2020

INCOME TO BUDGET:	\$111,402
EXPENDITURES FROM BUDGET:	\$128,590
NET:	(\$17,188)

Doug Coleman, Chairman

Reopening Team

Reopening Team had the first meeting on June 9th, will meet every other week; and the goal of this team is to examine all aspects of safety measures of COVID-19, and come up with a reopening plan for in-person worship service for our congregation.

The members are:

Susan Baracco, Ron Cadieux, Julie Chase, Wendy Emmons, Diane Hutchins, Mike Kelly, Fran Liataud (Facilitator), Bob Metcalf, Jean Moulton, Carol Nason & Ho-Soon Han. Please share your thoughts, ideas and concerns with the members of the team and hold the task of the team in your prayers.

Caring for Our Church and Others

Even while we cannot gather at the church, beautiful flowers are placed and tended by Joan Lennon.



Our Youngest Gardeners are Hard at Work

I hope you had a chance to watch the Children's Sunday service on June 14th. It was a delightful combination of video messages by the children (thank you Isla, Jacksen, Olivia, Henry and moms – Heidi and Kelly), beautiful music (thank you Jan Stover, Nancy Chamberlin, Wendy Emmons, and Susie Goodwin), readings by Sunday School teachers (thank you Diane Connelly, and Betsy and Stedman Seavey), an inspirational message by Ho-Soon, and a perfect technology team who put it all together – thank you Susan Baracco and Michael Kelly.

The Garden was the focus of the service. We looked at the responsibilities of a gardener, what it takes for plants to grow (we had a wonderful discussion by our children on this!), and the important role we play in being gardeners of our youngest 'plants'- our beautiful children. Our children are also gardeners, as you can see by this collection of photos. Many thanks to the parents for sending in these pictures.



Olivia and Henry



Isla and Jacksen



Kinley Kading



Adriana Geraldi

Article by Carol Nason

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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