



The Church on the Cape Newsletter

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Aug - Sept, 2008 Newsletter

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Prayer Chain

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Joe Fairfield 967-8862
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Pastor's Letter by Rev. Ruth Merriam



This morning had a distinct taste of Fall - of October, in fact. The air was crisp, not only crisp but chilly. The sky was that deep blue which belongs to autumn. And despite the date on the calendar, I knew that summer was over. Admittedly, I sighed, as I thought of all the added meetings, the Charge Conference reports that will (soon) be due, and the accompanying stress that goes with the start of a new year. I thought of all the students who - as anxious as they are to be reunited with friends, are really not yet ready for an onslaught of assignments. I thought of all the returning teachers..... 'Summer, Summer, where didst thou go?' But then, mid-thought, I went to the computer and received a timely and much-appreciated e-mail from one of you. (I'm revising it slightly.)

"A lecturer, when explaining stress management to an audience, raised a glass of water and asked: 'How heavy is this glass of water?' People called out their responses.

And then he replied "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute,

that's not a problem. If I hold it for an hour, my right arm is going to ache, and if I have to hold it for a day - forget it! In each case, the glass of water stays the same weight, but the longer I hold it, the heavier it becomes.

So too, with stress. If we carry the weight of stress all the time, it's going to become increasingly heavy. As with the glass of water, what's required is to put it down for a while, and to rest before lifting it again. So - remember to put stress down from time to time. Relax. Pick it up later, after you've rested. Life is too short not to enjoy."

I thought of how easily this message relates to prayer - and the gift that God gives us, in allowing us to let go - of the accompanying stress which goes with carrying the weight of burdens. There ARE ways to take breaks. God gives us friends & laughter, and crossword puzzles and sports to play and/or watch and engrossing books - all year long.

The key is to allow ourselves to take the 'time off'; to let ourselves hear the words of Jesus: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." (Matthew 11:28) Rest is essential, and may God give us the grace to find the ways to enjoy it.

Summer is over! And let the Fall begin!

Dr. Neil Warren in Conversation with Mark Thallander



(August 24, 2008) The sermon at our 10 a.m. service provided a remarkable insight into the tragedy that struck organist Mark Thallander in 2003.

Questioned by Dr. Neil Warren, Mark told the story of losing control of his car on the Maine Turnpike on a rainy night. It flipped over into the on-coming traffic near the Wells exit.

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The Mark Thallander Story (continued) by William Lord

Awakening, he heard the voice of a woman who encouraged him to hold his hand against his severely injured shoulder to prevent further loss of blood. Neil asked if this 'Good Samaritan' had saved Mark's life and he responded, "Yes, but I was never able to find her to say 'thank you' nor did the paramedics see anyone at the accident site when they arrived." Mark's left arm was amputated shortly after arriving at the Maine Medical Center in Portland.

Two days after the surgery, he was fitted with a morphine drip. Mark kept pressing the button to prevent post-surgical pain but didn't realize that the drip was malfunctioning. This led to a severe overdose which nearly claimed his life.

Here was this superb musician, having played the organ for 18 years at the Crystal Cathedral, facing the strong possibility that his musical career was over. Who had ever heard of a one-armed organist?

Mark reflected: "God really cared for me. It is when we are in our deepest pain that we have our most intimate relationship with Him."

Several months after the surgery, Mark began planning his new life. "I thought I'd go into computer-assisted graphic design. Gary De Vault, my friend who nursed me back to health, said 'Absolutely not! God has given you the gift of music and that is exactly what you'll do.'" In spite of Gary's verbal intervention, Mark thought he would never be able to play the organ again. However, when he awoke the next morning he had rearranged in his mind *O for a Thousand Tongues to Sing* for right hand and two feet. "I couldn't wait to get to an organ to try it out," he said. The rest is now history.

Through Dr. Warren's questioning, Mark concluded that all of us will likely face tragedy in our life and those Good Fridays can, with faith, become Easters. Dr. Warren expressed the congregation's appreciation to Mark for sharing his uplifting story. Mark serves as an inspiration to all of us as we travel life's unpredictable road.

Summer Choral and Organ Festival Fills Hearts and Sanctuary to Overflowing



(August 24, 2008) A 50-voice chorus led by internationally renowned conductor Eric Dale Knapp filled our souls and hearts with wondrous music as the Church on the Cape presented its annual summer concert. Eric had just returned from Beijing where he had conducted the concluding concert of the Cultural Olympiad which preceded the Olympics.

The large chorus consisted of choirs from five Maine churches: Christ Church-Kennebunk, Court Street Baptist Church-Auburn, First Congregational Church-Kennebunkport, Ogunquit Baptist Church, and the Church on the Cape.

Organist Mark Thallander amazed those present with his inspired performance. His life story, as reported above, serves as an example to all of us – tragic circumstances can be overcome with a determined spirit and faith in God.

The concert benefited the Mark Thallander Foundation, a non-profit organization dedicated to enable individuals to experience growth in faith and community through the gift of music. We were all uplifted!

Our own Music Director, Beryl Samia, performed a solo organ work arranged by Mark Thallander. The audience exploded in appreciative applause.

What a way to end our summer! A CD of the performance will soon be available in the office.

Women's Fellowship Fall Calendar from Alice Bruton

September 20 - Retreat at the Conservation Trust Building

9 a.m. to 3 p.m. featuring Cynthia Fantasia
Subject: Unrealistic Expectations

October 5 - Harvest Lunch served in Carl G. Bartlett Friendship Hall immediately following the worship service.

The congregation and extended family are invited to a luncheon put on by the Women's Fellowship. Come and enjoy good food and fellowship. There is no charge but a free-will offering basket will be available.

We will deliver meals to and visit with our members and friends who are shut-in.

October 27 - Monthly Gathering of the Women's Fellowship at 7 p.m. at the church.

All women are invited to attend this first regular monthly meeting. The program will be "Sharing our Life Stories." This is an opportunity for us to share with each other how and where we grew up, our lives as homemakers and mothers and grandmothers, and our more public careers, and how we came to be here today as Christian believers.

Prayer Shawl Display and Blessing

Some of our women have been participating in the making of prayer shawls to be given to anyone who may be in need of comfort and caring. We will have a display of some of the completed shawls and participate in blessing one before it is given away.

November 21 - Monthly Gathering of the Women's Fellowship at 7 p.m. at the church

We will bring items for the "Community Comfort Program." This is a new outreach in mission by our women. Please start accumulating your gently used or new warm winter clothing to be given to families in need of a little extra warmth this winter. Some appropriate things would be sweaters, fleece jackets and pullovers, robes, slippers, shawls, throws, warm vests, new socks, etc. Outerwear in excellent condition would be appropriate. We will sort and box these items at our November meeting.

December 8 - Christmas Gathering and Party

The time and location will be announced shortly. This will be a pot luck dinner at a member's home - a time for fun and fellowship.

At this meeting the Women's Fellowship will present Honorary Membership and Appreciation gifts to those women who have given so much of their time and talent to the Church on the Cape and women's groups. If you know of a woman who should be included but is no longer an active member of the church, please let Sue Stedman in the church office know who she is.



From the Board of Trustees, a reminder: When you leave the building please be sure that the lights are out, the windows and interior doors are closed and the exterior doors are locked.

Two Other Mega-Weekend Events by Pastor Ruth

.American Girl Tea Party—Another Smashing Success

On Saturday, August 23rd, girls, mothers, and grandmothers came to the Church on the Cape to enjoy a lovely tea party. Katie Stedman was the official hostess - playing the role of 'Molly' - 1944. Complete with bobby socks, saddle shoes, and wire-rimmed glasses, she walked right out of the pages of the time. The adults, Sue Stedman, Heather Chisholm, Kerri Lovejoy, Cathy Eccleston, Lou Ann Falls, and Pastor Ruth Merriam were dressed either in period costume or else were decked out in red, white, and blue.

The young people on hand were also key to the success of the event. Amy Stedman, who worked 'off stage', Katie and Emma Eccleston, Caroline Chisholm, Joy Falls, and Rory Guilmartin, all deserve kudos for being such wonderful help.

The attention to detail was phenomenal. Seamstress Judy Rose 'made the day' by donating three handsewn outfits that were given away in the final drawing. And that wasn't all! Other gifts that were won included "Molly" paperdolls, American Girl doll books, etc.

It was a glorious afternoon. One of the mothers commented, "We have been to American Girl functions in Chicago, in New York City!, wherever we can find them...and the Tea Parties at the Church on the Cape surpass them all." A huge thank you to everyone who was a part of it!

Swing Band Concert Drives Away the Blues

It was a hot, muggy night, but despite that fact, Chris Humphrey, his wife Jennifer, and a 15-member band made their way up the stairs of Atlantic Hall. Whether people 'took to the dance floor' or 'danced' in place, it was a night to remember! Could that band play! And did Jennifer (and Chris!) sing!

On behalf of Bill Hidell, the Outreach Committee, and everyone at the Church on the Cape, thank you, Big Band. Because of your efforts, more than \$500.00 was sent to help the people of Myanmar. The need for relief is still so great, and the victims of the cyclone cannot be forgotten. God bless you all!

News From Our Sunday School by Sue Stedman

With great anticipation we await "Rally Day" on September 14th. This day starts the new year in our Sunday School. It will be a time for games, treats and fellowship for all the children. It is a day not to be missed!

We look forward to starting the new year with the wonderful curriculum we have chosen. The first unit is "Friendship" and will be perfect to kick-off the new school year. The next unit is "Follow the Star", which will extend through the Christmas season. During the Easter season we will study "Easter – Peter's Story", and the final unit will be "Anger Management."

We have some exciting new developments in our Sunday School. Because of the generosity of Carol Olson, the children now have a library in their classrooms. They will be able to borrow a book at the end of their class, enjoy it for the week, and return it the following week. What a wonderful opportunity for our children. THANK YOU CAROL!!!!!!!!!!!!

We will now have a computer station upstairs for the children to use during their classes. This will be an appreciated resource for the children as they research stories and ideas.

The children will be holding their annual fundraising car wash on Saturday, September 13th from 9:00 a.m. – 12:00 noon at the Cape Porpoise Fire Station (across from Bradbury's.) This year we will be raising money to purchase "compact fluorescent" light bulbs for the members of our church. The children will be kicking-off a "saving electricity" awareness to everyone in our church family. Come out and support our children!!!

Just So You Know...

Our sympathy to....

Rich and Debbie Parsons on the loss of Rich's brother
Karissa Sharkey on the loss of her grandfather

Continued prayers are requested for...

Eleanor Seavy who is recovering from a broken hip at
Kennebunk Nursing Center
Harley Chamberlain
Louise Nelson
Lois Stein
Bob Stirling who is at York Hospital
Pam Lee who is recovering from cancer related surgery
Dave Ferris who is being treated for Lyme disease
Sherwood Treadwell who is recovering from cancer related surgery

Jean Moulton who is recovering from surgery
Ellen Doubleday who is recovering from illness
Judith Black as she recovers from cancer related illness
Elliot Foster
Jim Anderson, interim pastor at First Congregational Church
as he recovers from surgery

Congratulations to...

Joan & Jim Lennon on their 42nd wedding anniversary
Joan Lennon who celebrated her birthday in July
Adam Baracco who turned 13 on July 2nd
Ruth's mother who turned 96 on July 17th
Mimi & Nathan Mills on their 12th wedding anniversary

Please keep us informed of events in your life.

Music Notes by Beryl Samia

This is a timely newsletter, giving me the opportunity to thank the church family for all the support given this past weekend. Whether you were involved in one of the four events held or participated by attending one or all of the programs, it was a weekend to remember. The Chris Humphrey Swing Band at Atlantic Hall, the American Girl Doll Tea, the Sunday Morning Worship Service with Mark Thallander, Eric Knapp, Neil Warren and our own Senior Choir and then the glorious Festival of Chorus and Organ in the evening.

I have often said that all the preparation that goes into programs like these is useless unless there is an audience to enjoy them. You all supplied that audience, and I know you were rewarded for being there.

We are obviously a fellowship of people who work together to further His Kingdom here on earth.

Personally, this was a highlight in my life. I'm grateful that Bill Lord invited Mark to come for a concert, and I'm grateful that Mark asked me to play one of his glorious arrangements. He is surely multi-talented.

The fall season is upon us and we will go back to one service on Sunday mornings. I want to thank my organ student, Janeth Filgate, for playing at the early service all summer. This has been great experience for her and she has handled it well. I am very grateful to her for taking this on.

Before the next newsletter comes out the choir will be preparing the Christmas music. If any among you would like to join us, please just come along on a Thursday night at 7:00 pm. There's always room for more singers.

In His Service...Beryl Samia

Marybelle's Basket is located in the area between the Carl Bartlett Fellowship Hall and the interior Cargo Shop door. Let's try to fill it up for the babies and toddlers at Southern Maine Medical Center. Cooler weather is coming and we want to help ensure that all the new babies and sick toddlers at the hospital have something warm and cozy to go home in. Some young families do not have a sweater or blanket or hat to put on their new baby when they leave the hospital. Likewise, the children on Pediatrics sometimes are in need of something warm to wear. Items should be new, but gently used is ok too. Handmade is nice and a lovely way to show our Christian love but "store-bought" works just as well. Let's get busy and fill the basket. This is an all-church mission outreach.

“A Moment in Time”



An audience, estimated at more than 200, extended out onto the sidewalk for our Summer Music Festival!

Prayer Shawl Ministry

The Prayer Shawl Ministry continues to meet on Wednesday mornings at 10 a.m. at the church for approximately an hour. There are several people who come each week and several people who come once in a while and several people who are knitting at home.

You are welcome to participate in the way most convenient for you. We do ask that you bring your work to the meeting once in a while for

the blessings prayed over the shawls.

Upon completion Pastor Ruth blesses the shawls and they are given away to anyone who is in need of comfort and love.

If you know of anyone you think would be helped by having a shawl please give their name to Pastor Ruth or Debbi Lord, Debbi Parsons or any member of the Ministry of Caring.

From the Financial Secretary: On behalf of the Finance Committee thanks are extended to all of our church family for the strong, faithful support of our church budget. The Church Fair, with all receipts designated to the budget, was a huge success. As more and more summer visitors have come to call The Church on the Cape their "church home while away from home," plate offerings reflect their generosity and commitment to what happens throughout the year in this wonderful Christian place. Please contact me for any information regarding your pledge, perhaps an update, or any question regarding church finances.

Sincerely in His service, Jim Lennon Phone: 967-0408. E-Mail: mickeybeagle@gwi.net

A Note from the Editors:

We've updated our newsletter and would welcome your comments.

This new version will contain more stories and pictures of the events in our church.

We will email it to you as a PDF file* as soon as we've finished the content. You can view it on your computer or print it out at home. We will still send you a copy of it through the mail, though we're hopeful that for some of you an email version will be sufficient. This will reduce our paper and bulk mailing costs and deliver the newsletter to you in a more timely fashion.

So after examining the new look, please email the church office (office@churchonthecape.org) with your comments, suggestions and a note as to whether or not you are willing to be taken off the post office mailing list and only receive the newsletter through the Internet. You can certainly continue to receive both versions of the publication if you wish.

We're looking forward to your input...

The Newsletter Team
Sue Stedman and Bill Lord

*A PDF file is a graphic view of the newsletter. If you don't have the PDF Reader, you can get it for free by going to: <http://www.adobe.com/products/acrobat/readstep2.html>