



# The Church on the Cape Newsletter



## Pastor Sammie's Thoughts

### Some Thoughts on "Extravagance"

How do you react to the words "extravagance" and "extravagant"? Do they signify something positive or something negative to you? We often use these terms in a negative way, don't we? "That was certainly extravagant," we think, when a person spends an outrageous amount on something trivial or just plain silly. But sometimes, we mean them in a positive sense. If someone does something for us that involves an overwhelming gift of time or energy, or material resources, we recognize the extravagance that motivated this action as a sign of genuine, heartfelt goodwill beyond normal expectation.

In the reading from the Old Testament this last Sunday, we heard that when Moses asked the Israelites to bring offerings for the building of the sanctuary, the people kept on bringing offerings day after day, so that they had far more than enough to do the work. Their extravagant giving was a response to God's extravagant gift of a new life in freedom and the promise of a land of their own.

All too often, we think of giving solely in terms of response to a need. That is certainly part of our motivation, but it's important to understand that giving in the context of our Christian faith is more than that. It's ultimately about relationships. The Israelites in the desert

November 2022

were in a covenant relationship with God, a kind of partnership in which God pledged to be with them and protect them, and they pledged their obedience as God's own people. God's extravagant gifts established a relationship that motivated an extravagant response. Understood in this way, giving is not a burden that we bear or a sacrifice that we make but rather a joyful response to God in thanksgiving. When we give in this spirit, we express our gratitude for life itself, for the Word that gives meaning and purpose to our lives, and for the fellowship of the church in which our spirits are nourished to serve the world. It is one way in which we hold up our end of the relationships that define our lives—our relationship to God that we have in Jesus Christ, our relationships of love to each other, our relationship to our neighborhood, and ultimately our relationship to the world at large.

And so, in a real sense, our giving is about ourselves, about who we understand ourselves to be, and how we want to live our lives. The Bible is clear that God created human beings to be in a relationship with one another. If we truly value these relationships, and if we truly believe that God's own gifts to us are, in fact, a sign of extravagant love, then our response to that love will also be extravagant. Many of you are already extravagant givers. Many of you have returned your stewardship pledge cards, and we want to thank you. If you have not yet returned your pledge card, please consider doing so.

Pastor Sammie

## NOVEMBER LECTIONARY READINGS



November 6

- Haggai 1:15b-2:9
- Psalm 145:1-5, 17-21
- 2 Thessalonians 2:1-5, 13-17
- Luke 20:27-38

November 13

- Isaiah 12
- Isaiah 65:17-25
- 2 Thessalonians 3:6-13
- Luke 21:5-19
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November 20

- Jeremiah 23:1-6
- Colossians 1:11-20
- Luke 1:68-79
- Luke 23:33-43

November 27 -First Sunday of Advent

- Isaiah 2:1-5
- Psalm 122
- Romans 13:11-14
- Matthew 24:36-44
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## CHURCH NEWS ITEMS

### ALL SAINTS SUNDAY

November 6 is All Saints Sunday. If you have a loved who has died during 2022, please call the office so that person's name might be listed in the Bulletin.

### NOMINATING COMMITTEE

The Nominating Committee will meet after worship on November 6. If you are willing to be on a leadership team, please speak with the pastor.

### ANNUAL CHURCH CHARGE CONFERENCE

November 13 is the annual church charge conference. We will convene as church conference extending the vote to all members of the church who are present at the meeting. The order of business will include the election of officers from the slate that the nomination committee presents and/or nomination from the floor. The budget for 2023 will be presented and voted on. Retired pastors, please send your reports to the office.

### CARGO SHOP NEEDS GOOD STUFF

The Cargo Shop is always in need of good items! Please drop your items off during Cargo Shop hours (Tuesdays & Thursdays 2-4 and Saturdays 10-12). Call the office if you have any questions about donations. 207-967-5787.

### FROM THE TRUSTEES

When parking in the lot near Bradbury's Market, please park between the signs when attending a church event.

### COFFEE HOUR SIGN UPS

Please stop by the table on the right as you walk into Bartlett Hall. The Sign-up Sheet is now ready for November, December, and January. **We need volunteers!** Thank you!

## WELCOME HOME

The October 23 Homecoming/Stewardship Sunday Worship Service was Spiritual and Spectacular. Committee Reports were given, new members were added, and a gumbo party was held afterward. If you missed it, please be sure to go to the church website at [churchonthecape.org](http://churchonthecape.org), then click on "worship" and "recent worship services." It is truly a treat not to miss.



### Reception Of New Members



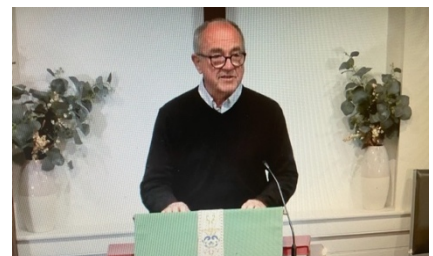
In the foreground, Kathy Berger, Chair of Evangelism Outreach, and Pastor Sammie conduct the Reception Into The Congregation, along with, from left to right, new members Virginia (Ginny) Hamman, Robert (Bob) Picone, and Fay Kerr. Also joining in abstention is Jon Bangs. It is wonderful to have new members joining our church family.

### Other Activities

Committee Reports were given to help keep members informed of church matters.

### Photos

Shown next are photos in no particular order that are screenshots (lower clarity) and lovely photos provided by the kindness of Annie Hidell. Please do not miss Pastor Sammie in chef gumbo attire.









# Three WAYS to GIVE at

## CHURCH ON THE CAPE

For Our Church  
Families

**Website**  
[www.churchonthecape.org](http://www.churchonthecape.org)

**Mailing:**  
[PO Box 2740](#)  
[Kennebunkport, Maine](#)  
[04046](#)



Come to our 10 AM Sunday worship service and deposit your offering, and/or, your 2023 pledge card on the offering plate, or stop by and drop them off at the church office



Visit online at  
[www.churchonthecape.org](http://www.churchonthecape.org)  
to use our giving website directly.



Mail your offering, and/or, your 2023  
pledge card directly to our church  
office at:

Church on the Cape  
PO Box 2740  
Kennebunkport, Maine 04046

## Reflections from Arlene

(Rev. Arlene Tully was installed on October 23, 2022 as District Superintendent of the Many Waters District of the New England Annual Conference of the United Methodist Church.)

*For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse people, made in the likeness of God. From the same mouth comes a blessing and a curse. My brothers and sisters, this ought not to be so. (James 3:7-10)*

Dear Sisters and Brothers in Christ,

I don't know about you, but I'm looking forward to election day, just so I don't have to listen to any more of those nasty political ads. The increasing mean spiritedness and divisiveness plaguing our country are on full display as candidates from both sides of the aisle lob personal attacks and manipulate the facts about one another, using their words as a weapon.

The author of the Epistle of James noted that words have great potential both to bless and to curse. They can heal and they can hurt; they can build up and they can tear down. One of my friends likes to say that words are like nitroglycerin. Nitroglycerin is made into pills to treat certain heart conditions. It's also the active ingredient in dynamite. Words are like nitroglycerin – they can heal hearts or they can blow up bridges.

Because our words have such great potential – both for good and for harm – we're called to speak with care, forethought, and integrity. When British preacher Alan Redpath's church was going through a stressful and contentious time, a group he was working with came up with an idea. They devised a simple formula that they agreed to use whenever they were going to talk about someone else or discuss any sensitive subject. It was five questions to ask themselves before speaking, based on the mnemonic THINK:

- T – Is it true?
- H – Is it helpful?
- I – Is it inspiring?
- N – Is it necessary?
- K – Is it kind?

Redpath said, "If what I am about to say does not pass those tests, I will keep my mouth shut!" Like the folks at Redpath's church, before we speak we should all T.H.I.N.K.

Our words can hurt or they can bless, but it's impossible for them to do both at the same time. So – especially as election season nastiness ramps up – let's be intentional about finding ways to use our words to bless others – to use our words positively. Let's look for people we can bless this week with our words – people we can praise, thank, comfort, or encourage.

And if we are tempted to use our words in a negative way, let's be sure to T.H.I.N.K. first – to question the necessity and consider the impact of our words before they leave our mouths. And let's allow the words of the psalmist be our prayer: Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer. Amen.

Grace and Peace.

# Camp Mechuwana Scavenger Hunt Update

Submitted by Diane Hutchins

Many of us have a favorite place, and that is our heaven on earth. For me, that place is Camp Mechuwana, a United Methodist Church Camp located in Winthrop, Maine.

Thank you to those who recently participated in the scavenger hunt donation collection for Camp Mechuwana. We collected many items for the camp, such as; kitchen items, cleaning supplies, disposable paper products, a large igloo cooler, sleeping bags, a small tent, board games, a large framed loon print, office supplies, maintenance items, arts and crafts supplies, a new raft and even a canoe!

I want to specifically thank Graceanne Barbour, Ruthie and Bob Clark, Cynthia Doolittle, Maurice and Patricia Hutchins, Faye Kerr, Debbie, and Rich Parsons, Judy Tripp, the Outreach Committee, and Pastor Sammie for their generosity and support.

Special thanks to my husband, Erik Johnson, who helped me pack and transport the numerous donations.

***Spiritual growth and leadership development of future generations is not something you can buy but something you can support by supporting Camp Mechuwana.***

<https://www.mechuwana.org/>



Norman Thombs, Camp Mechuwana Director  
Receiving a canoe and paddles generously donated by Judy Tripp



# Reformation Day: What, Why, and Resources for Worship

by Dean McIntyre

## What Is Reformation Day?

Reformation Day is a day set aside to recognize, remember, and celebrate the Protestant Reformation. In some countries, it is observed as an official holiday. It remembers Martin Luther and the central role he played in the reform movement that split the western church of Rome.

## When Is It Observed?

Reformation Day is October 31 of every year. That is the day in 1517 when Dr. Martin Luther nailed his Ninety Five Theses to the door of the Castle Church in Wittenberg, Germany. It was Luther's act that caused the initial furor that resulted in the Reformation. Luther had earned his Doctor of Theology degree in Wittenberg and was

a respected professor there, as well as the assistant pastor of the Castle Church. Luther chose October 31 because it was the day before All Saints' Day. The Castle Church's front door opened on a main street of the city, and it was a good place to post a notice for public viewing. Luther knew that on the next day, November 1 — All Saints' Day — the church would be filled with worshipers, many of whom were educated and literate. His act of posting

his *Ninety-Five Theses* on the door was the equivalent of publishing a journal article, taking out a newspaper ad, or putting up an Internet website today. Reformation Day is most often observed today on the Sunday prior to October 31.

## Why Did Luther Post His *95 Theses*?

There were numerous reasons identified in the thesis. Luther addressed a number of objectionable teachings and doctrines, including salvation by works and the practice of selling indulgences. These were actual certificates that people could purchase from the Church that absolved them of their sins and promised their salvation and eternal life. Pope Leo X called for the sale of indulgences in Germany to help raise money to complete the construction of Saint Peter's Cathedral in Rome. The Pope said that those who purchased these indulgences would be absolved of all sin. Some of Luther's parishioners purchased these indulgences and asked Luther about their validity. This led directly to his posting of the *95 Theses*.

## Reformation Themes

Luther argued that salvation could not be obtained by purchasing indulgences, through works of charity, by making a pilgrimage, or by performing other acts of piety and devotion. He argued that salvation was an act of God, given by grace through our faith in Jesus Christ. God has already provided for our salvation by the birth, life, death, and resurrection of Jesus; and salvation is ours to accept through faith, not to achieve through works. A second major theme of the Reformation is the priesthood of all believers, meaning that Christians do not need an intermediary between them and God. It was the right and duty of all Christians to enter into their own personal relationship with God, to read the Bible and worship in their own



language, and to pray directly to God rather than through another's efforts.

### Importance to Us Today

As United Methodists today, nearly 500 years after the start of the Reformation, what is its significance to us? Why even observe it? After all, we are not the descendants of Luther. Our roots are deep in the Anglican tradition: Both John and Charles Wesley were priests in the Church of England. There are a number of reasons we should observe the day. The themes of the Reformation remain the great themes and principles of our own faith today. The great schism that occurred in the church remains with us. Our fractured denominations have entered into dialogue and cooperative activities that have brought us closer together. Today we may observe Reformation Day with a sense of moving toward unity and community. It is an opportunity to repent of the sins and excesses of the past and to celebrate our common faith, even if we still cannot celebrate a common ritual and sacrament. Reformation today can represent healing of old wounds as, together, we all work to build and strengthen Christ's church and love one another as Christ has loved us.

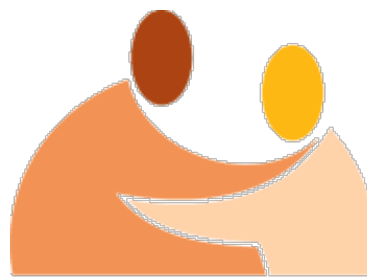


### SENIOR MOMENTS CHRISTMAS CONCERT:

Looking for a fun and festive way to ring in the holiday season? Please plan to join the Senior Moments Chorus for an afternoon of music and merriment. Warm up your voice for an audience "Christmas Carol Sing-Along", and enjoy the festive sounds of the season. Please come, and share the gift of music with us this Christmas!

**Save the Date: Wednesday, December 14 @ 4 p.m.**

Article by Wendy Hagarty



### A Time to Share

John Wesley  
On the Path to  
Happiness and  
The Kingdom of  
Heaven

Wesley dedicated much of his itinerant teaching to his interpretation of Matthew, Chapters 5 through 7. This is because he believed, it is reported, that these essential teachings of Jesus showed the only way to happiness and the Kingdom of Heaven.

His sermons on the only way to happiness and the Kingdom of Heaven are titled "Upon Our Lord's Sermon On The Mount, Discourse One through Thirteen," and are laid out in three major steps:

1. In the First, the sum of all true religion is laid down in eight particulars. (Beatitudes in Sermons 21-23)
2. In the Second are rules for the right intention, which we are to preserve in all our outward actions.
3. In the Third are cautions against the main hindrances of religion, closed with an application of the whole.

Wesley begins in Sermon 21 about those who know how helpless they are because of their conviction of sin, followed by Sermon 22 with being mournful because of their sinful guilt and that sin is still all around them. Those that recognize their helplessness will inherit the kingdom of heaven, and those that mourn will be comforted.

Discourse One, Excerpts from Sermon 21 follow:

#### THE SETTING AND PURPOSE

"And seeing the multitudes, whom no synagogue could contain, even had there been any at hand, he went up into a mountain, where there was room for all that came unto him, from every quarter...and taught them saying 'Blessed are the poor in spirit: For theirs is the kingdom of heaven. Blessed are they that mourn: For they shall be comforted.'" Matt. 5:1-4

"Let us observe who it is that is here speaking, that we may take heed of how we hear. It is the Lord of heaven and earth, the Creator of all; who, as such, has a right to dispose of all his creatures; the Lord our Governor, whose kingdom is everlasting, and ruleth over all, the great Lawgiver, who can well enforce all his laws, being able to save and to destroy, yea, to punish

with everlasting destruction from his presence and from the glory of his power."

"And what is it that he is teaching? The Son of God, who came from heaven, is here showing us the way to heaven, to the place which he hath prepared for us, the glory he had before the world began. He is teaching us the true way to life everlasting, the royal way which leads to the kingdom. And the only true way; for there is none beside – all other paths lead to destruction.

From the character of the speaker, we are well assured that he hath declared the full and perfect will of God.'" "He hath uttered not one title too much; nothing more than he had received of the Father. Nor too little; he hath not shunned to declare the whole counsel of God. Much less hath he uttered anything wrong, anything contrary to the will of him that sent him. All his words are true and right concerning all things and shall stand fast forever and ever."

#### THE PATH TO HEAVEN

"He [begins by addressing] us with his still small voice – Blessed, or happy, are the poor in spirit. Happy are the mourners; the meek; those that hunger after righteousness; the merciful; the pure in heart; [the peacemakers; the persecuted.] Happy in the end...happy in this life, and in life everlasting!"

"Behold, I show you the thing which your soul longeth for! See the way you have so long sought in vain; the way of pleasantness; the path to calm, joyous peace, to heaven below [inward] and heaven above!"

*"BLESSED ARE THE POOR IN SPIRIT  
FOR THEIRS IS THE KINGDOM OF HEAVEN"*

"The foundation of all is the poverty of spirit: Here, therefore, our Lord begins: 'Blessed,' saith he, are the poor in spirit, for theirs is the kingdom of heaven."

"Who, then, are 'the poor in spirit? Without question, the humble; they who know themselves; who are convinced of sin; those for whom God hath given that first repentance, which is previous to faith in Christ."

"One can no longer say, I am rich and increased in goods and have need of nothing. As now knowing that he is wretched and poor, and miserable, and blind, and naked. He is convinced that he is spiritually poor indeed, having no spiritual good abiding in him."

"His guilt is now also before his face: He knows the punishment he deserves – his carnal mind; the entire, universal corruption of his nature; or how much more on account of all his evil desires and thoughts; of all his sinful words and actions! He cannot doubt for a moment, but the least of these deserves the damnation of hell. ...seeing he owes God all the service he is able to perform, from this moment to all eternity, could he ... make amends for what he ought to have done before? He sees himself as utterly helpless with regard to atoning for his past sins, utterly unable to make any amends to God, to pay any ransom for his soul."

"But if God would forgive him all that is past, on this one condition, that he should sin no more; that for the time to come, he should entirely and constantly obey all his commands; he well knows that this would profit him nothing, being a condition he could never perform."

## CHANGE YOUR WAYS CAST OFF SIN!

"Sink, therefore, under the mighty hand of God, as guilty of death eternal, and cast off, renounce, abhor, all imagination of ever being able to help thyself. Be it all thy hope to be washed in his blood, and renewed by his almighty Spirit, who himself 'bare all our sins in His own body on the tree.' So shall thou witness – Happy are the poor in spirit: for theirs is the kingdom of heaven."

## THE INWARD KINGDOM OF HEAVEN ON EARTH – RIGHTEOUSNESS, PEACE, AND JOY

"This is that kingdom of heaven...which is within us; – righteousness, peace, and joy in the Holy Ghost. And what is righteousness, but the life of God in the soul; the mind which was in Christ Jesus; the image of God stamped upon the heart, now renewed after the likeness of Him that created it? What is it but the love of God, because he first loved us, and the love of all mankind for his sake?"

"And what is this 'peace,' the peace of God, but that calm serenity of the soul, that sweet repose in the blood of Jesus, which leaves no doubt of our acceptance in him; which excludes all fear, but the loving filial fear of offending our Father in heaven?"

"This inward kingdom also implies 'joy in the Holy Ghost' who seals upon our hearts 'the redemption which is in Jesus,' the righteousness of Christ imputed to us for the remission of the sins that are past; who giveth us now the earnest of our inheritance of the crown which the Lord, the righteous Judge, will give at that day."



## DARE TO BELIEVE!

"Now believe in the Lord Jesus Christ, and all thy sins are blotted out! – Art thou totally unclean in soul and body? Here is the fountain for sin and uncleanness! Arise, and wash away thy sins! Stagger no more at the promise through unbelief! Give glory to God! Dare to believe! Now cry out, from the ground of thy heart –

"Yes, I yield, I yield at last,  
Listen to thy speaking blood;  
Me with all my sins, I cast  
On my atoning God."

### *"BLESSED ARE THOSE WHO MOURN FOR THEY WILL BE COMFORTED"*

"In his prosperity [from the freedom of past sins], he saith; thou, Lord, hast made my hill so strong. Sin is so utterly bruised beneath his feet that he can scarce believe it remains in him. Even temptation is silenced and speaks not again: It cannot approach but stands afar off. He is borne aloft in the chariots of joy and love: He soars as upon the wings of an eagle. But our Lord well knew that this triumphant state does not often continue long: He therefore presently breakdowns; Blessed are they that mourn; for they shall be comforted."

"The mourners of whom our Lord here speaks are those that mourn after God; after Him in whom they did rejoice with joy unspeakable, when he gave them to taste the good, the pardoning, word, and the powers of the world to come – the Kingdom of Heaven. But he now hides his face, and they are troubled. They cannot see him through the dark cloud. But they see temptation and sin, which they fondly supposed were gone, never to return, arising again, following after them remaining, and

holding them in on every side. It is not strange if their soul is now disquieted within them, and trouble and heaviness take hold of them."

"Where is now the blessedness whereof thou speaks? The beginning of the kingdom of heaven? Yea, hath God said, Thy sins are forgiven thee? Surely God hath not said it. It was only a dream, a mere delusion, a creature of thy own imagination. If thy sins are forgiven, why art thou thus?

"Blessed, therefore, are they that thus mourn ... and suffer not themselves to be turned out of the way by the miserable comforters of the world; if they resolutely reject all the comforts of sin, of folly, and vanity, all the idle diversions, and amusements of the world; all the pleasures which perish in the using, and which only tend to benumb and stupefy the soul, that it may neither be sensible of itself nor God."

"This full assurance of faith swallows up all doubt, as well as all tormenting fear; God now giving them a sure hope of an enduring substance, and strong consolation through grace."

### THOUGH SIN REMAINS AND SURROUNDS US, CAUSING SORROW KNOW THAT COMFORT WILL COME

"And ye shall be sorrowful, through doubt, through fear, through temptation, through vehement desire; but your sorrow shall be turned into joy, by the return of Him whom your soul loveth. ... And ye now have sorrow; ye mourn and cannot be comforted, but I will see you again; and your heart shall rejoice, with calm, inward joy, and your joy no man taketh from you." (John 16:19-22)

Your Editor, Charlie Benore

## **Church on the Cape A United Methodist Church**

We of The Church on the Cape represent various religious and cultural backgrounds and lifestyles. We are young, old, middle-aged, single, married, widowed, divorced, parents, grandparents, and members of extended families.

Above all, we are people who take risks, 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. F5

Join us from wherever you call home. If you like what you see here, we post our virtual, Hymn Sing, and Sunday Worship Service on our website, [www.churchonthecape.org](http://www.churchonthecape.org).

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