



Church on the Cape Newsletter



June 2025



Source: Newsletternewsletter

From the Pastor's Desk

I am writing this after an evening of volunteering at Bon Appetit in Biddeford. This church, under the guidance of Kathy Johnson, supports this critical food ministry. On the third Wednesday of each month, we intentionally send a group of volunteers to help provide the meal. Our volunteers can help at any time, but this is our designated monthly commitment. Last night, we served 115 people a nutritious meal, and that was more people than I have seen during my short tenure here.

Feeding is a central theme in scripture. It is used both literally and metaphorically to describe our lives as people faithful to God. The well-known parable of the sheep and the goats from Matthew 25:31-46 is a powerful example of this. When Jesus commends the sheep for their virtuous and faithful living, the very first thing he says is: "I was hungry and you gave me food..." Jesus places feeding the hungry at the top of the list of what it means to be faithful to God's way in this world.

Last night, while volunteers from this church were helping to feed the hungry, the House of Representatives was working to pass a budget bill. The legislation they are moving forward calls for cutting the appropriation for the Supplemental Nutrition Assistance Program (SNAP or Food Stamps) by about 30% or \$300 billion. It would also reduce federal funding for programs that help to provide food to schools, food banks, and other programs that work to feed the hungry.

In York County, we are experiencing a reduction of services at the York County shelter program, which may well be increasing the demand for programs like Bon Appetit. This church's commitment to that program stands as one of the many examples of how you have embraced Jesus' vision and are seeking to live out your Christian faith. In the present moment, we are already faced with an increased need for our commitment to feed the hungry, and it is hard to predict what will come next and what we will be facing.

The last words that Jesus speaks to the disciples in John's Gospel include this instruction to Peter: "Feed my sheep." We often read this symbolically and think of it as feeding them spiritually, but I'm not convinced that Jesus didn't mean it both ways. Yes, we are called to be a source of spiritual food and sustenance, but John Wesley reminded us that feeding those who are physically hungry is, in fact, a means of grace that also feeds them spiritually and becomes spiritual food for those who do the feeding.

If you have never helped at Bon Appetit, I hope you will take the time to talk to Kathy Johnson or someone from our church who has volunteered there. If you would like to volunteer again, please talk to Kathy. I also urge you to do everything you can to keep the ministry and work of this church strong so that we are able to do our part to be the ones who hear Jesus' voice and feed the sheep.

Rev. Greg Smith



June Lectionary

JUNE 01 | 7th Sunday of Easter; Ascension Sunday (White or Gold)

- Acts 16:16-34
- Ps 97 (UMH 816)
- Rev 22:12-14, 16-17, 20-21
- John 17:20-26

JUNE 08 | Pentecost (Red)

- Acts 2:1-21
- Ps 104:24-34, 35b (UMH 826)
- Rom 8:14-17
- John 14:8-17 (25-27)

JUNE 15 | Trinity Sunday; Peace with Justice Sunday; Father's Day (White or Gold)

- Prov 8:1-4, 22-31
- Ps 8 (UMH 743)
- Rom 5:1-5
- John 14:8-17, 25-27

JUNE 22 | 2nd Sunday after Pentecost (Green)

- 1 Kings 19:1-15a
- Ps 42 (UMH 777)
- Gal 3:23-29
- Luke 8:26-39

JUNE 29 | 3rd Sunday after Pentecost (Green)

- 2 Kings 2:1-2, 6-14
- Ps 77:1-2, 11-20 (UMH 798)
- Gal 5:1, 13-25
- Luke 9:51-62

NEW ENGLAND CONFERENCE MEETS

Beginning on June 18, the New England Annual Conference meeting will be in session. Our session begins with a luncheon sponsored by the Preacher's Aid Society to honor our retired clergy and their spouses. That afternoon, the Clergy Session meets to attend to various tasks related to ordained ministry. The opening worship session is on Thursday morning and the meeting concludes on Saturday with the ordination service. Please remember that Rev. Smith will be out of the office for that entire time attending the Conference in person.

WEAR RED!

June 8 is Pentecost Sunday. This is the Sunday when we celebrate the gift of the Holy Spirit to Jesus' first disciples. The story in Acts tells us that the Spirit came to them as "tongues of fire" that rested on each of them. For that reason, the color red is used to remind us of those "flames of the Spirit!" **We invite all of you to wear something red to church that Sunday to help us celebrate!**

BIBLE STUDY

A new Bible study group will begin on May 13 at 12:30 p.m. "God Never Gives Up on You." by Max Lucado. Participants are asked to bring their own copy of the book. You can order your book online from bebooks.com, walmart.com, amazon.com, etc., or visit Books-A-Million in South Portland. If you have questions, please contact Judy Tripp at jbtripp@mai

HAPPY
Father's Day June 15, 2025

The Song Sisters Are Always a Pleasure to Hear

The Song Sisters continue to be a delight to hear, and recently, there was a special treat. Susie Goodwin played the autoharp while performing "Unclouded Day" by The Rev. Josiah Kelly Alwood.



A little background from Susie: An autoharp, which is a chorded zither, is a portable stringed instrument. Its popularity in the U.S. as a living room family sing-along instrument was widespread in the early 20th Century. Finding a natural home in Appalachian and folk music, it was most often played upright, strings facing outward, as with the Carter Family. During the Depression and into the 1940s and 50s, teachers frequently used them for music education, especially when no piano was available. I chose my instrument when we spent our winters living aboard a sailboat. I was able to join other sailors

with their guitars, harmonizing as I love to do.

The Song Sisters: Liz Phillips, Helen Farnsworth, and Susie Goodwin



SAVE THE DATE (AND SAVE YOUR STUFF)

Church Summer Fair

Saturday, July 26th.

Burgers and Hot Dogs

Cargo Shop & Lawn Sale

Bake Sale & Baby Knits

Marge Smith & Susie Goodwin, Leaders

Articles in part by Susie Goodwin

JOIN THE BON APPETIT, COMMUNITY MEAL PROGRAM

Proudly Serving the Biddeford, Maine Community for over 30 Years

"You must love the Lord your God with all your heart, with all your being, and with all your mind. This is the first and greatest commandment. And the second is like it: You must love your neighbor as you love yourself." Matthew 22:37-39

Helping your neighbor at Bon Appetit is a wonderful way to fulfill Jesus' word. Comments noted below demonstrate how important this service is to those in need.

"The program offers a free meal, five nights a week in Biddeford at Second Parish Congregational Church at 19 Crescent Street," which is just off US 1.

Why We Do What We Do-

Quotes from the Community Members We Serve

- It's like a big family here. A big family sitting down to dinner together [...] but you know all are welcome here too. The more the merrier."- Rebecca
- "It helps my faith in humanity go up a few notches every time I come here"- Aaron
- "It's good food [...] I like everything they serve here. There are good helpings. It's nice. It's like home."- Mark
- "When you come here, you know you're gonna eat, and you're gonna get a good meal. The food is good here. The service is good here. The volunteers here are good"- Raymond
- "There's food and there's community here. And there's a lot of people who connect through their struggles. Like I can come in and sit with anyone."- Kimberly
- "If you're in need, come on down. There are good people. There are friendly people. I can't stress that enough."- Jolene
- "A lot of people that come here don't have a lot, so it means a lot that they care enough to give us this option of getting food"- Joshua
- "Bon Appetit has helped me through a lot. [...] There's a lot of times money has been tight for me and so coming here and at least having one meal a day, it helps a lot. And I've also volunteered here too."-Tatiana
- "If this place wasn't here, I wouldn't have anything to eat,"- Josh
- "[Bon Appetit] holds a lot of good memories for me. I've been coming here for a while. This place really means a lot" -Jolene

What to Expect

We ask you and your group to arrive promptly at 4:00pm on the day you have signed up for. When you arrive, please parallel park in the street in front of the church. Please enter through the side door next to the driveway next to the church (it connects directly to the kitchen). Depending on what needs to be done, your tasks could include:

- Helping to prepare dinner
- Setting the tables
- Meeting Interesting People
- Refilling drinks
- Having fun
- Serving meals
- Washing dishes
- While the amount of time it takes to serve dinner and clean up varies, **volunteers usually leave the kitchen by 6:00pm**

Volunteer Quotes:

"It feels really great to be able to make such a big difference in just a few hours,"- Alex

"It's a pleasure to help people, [...] it's not only a meal, but it's a healthy meal that they wouldn't get"- David, Volunteer since 2017

"Volunteering here has made me more grateful for things I take for granted,"- Lynn

COTC serves on the third Wednesday of each month, and the next opportunity is Wednesday, June 18th. Your participation will be greatly appreciated! Here are last month's volunteers.



Back row: Desmond Parker, Mary Parker, Jim Spinney, Tim LaFlamme, Greg Smith
Front row: Marge Nickerson-Smith, Wendy Zarrella, Diana Smith

LUNCH AND LEARN OPPORTUNITY

Don't miss a great opportunity to learn what Hospice offers besides end-of-life care. The Education Committee is providing the connection for information about all the services Hospice provides!

On June 22. after church with a lovely buffet light lunch, Kimberly Mann, Community Liaison from Hospice of Southern Maine, will present an informative session on all that is available for help if a difficult illness arrives. These include consulting with your physician, nurse practitioner, registered nurse, aide, social worker, chaplain, and volunteers for the patient and the family. Family support is critical!

Palliative care is also very important! You don't need to do it alone!! So often, there is resistance to their services because of preconceived notions about when you should call them.

My experience was so supportive and so needed when my husband was diagnosed with terminal stage four lung cancer 14 years ago. After all treatment had reached the end of being, the solution from a dear friend who had been a volunteer for Hospice said, "Judy, it's time!" The response was immediate, loving, so helpful, and caring. I realize now I should have called sooner. The initial intake was painless and overwhelming as the services were explained. The social worker helped me activate the long-term care policy. The nurse came 3 times weekly to change a drain and check on his vitals. The chaplain spent time with both of us. The aide helped with some daily chores to keep the household operating. The nurse came immediately at the end and stayed until he was admitted to Gosnell House, where I could be a devoted wife and not a caregiver. I thank God for all of them. And amazingly, there was no cost!! Additionally, there is also grief support throughout the illness and up to a year after death.

A question-and-answer time will be available.

All you have to do to join us is to call Jen at the office or contact me, Judy Tripp, at 207-653-2213 or jbtripp@maine.rr.com. We need to have a headcount for lunch and seating. A free-will offering container will be available.

PLEASE JOIN US!!

Article by Judy Tripp

THE CHURCH KNITTERS LEARN HOW TO NEEDLE FELT

The Knitters who meet weekly at Church on the Cape are small in numbers but big in imagination. We thought learning a new skill would keep us energized while making prayer shawls and gift items for the church fairs. At Fiber & Vine in Norway, Maine, we learned to make owls, gnomes, and Christmas trees. Susie Goodwin, Barbara Fuller, Mary Giknis, and Sue Cayford enjoyed their field trip and lunch out. We invite you to join us with whatever project you have. Watch the bulletin for our weekly meeting.

Articles on this page and photos by Susie Goodwin



Keith McClelland Community Music Foundation Concerts at COTC

Please mark your calendars for these free concerts featuring a wide variety of musical styles:

Saturday	June 21	2:00pm	The Pihcintu Girls Choir
Saturday	Aug 9	2:00pm	Coastal Winds Clarinet Quartet
Saturday	Sept 27	2:00pm	Joyce Andersen & Harvey Reid Fiddle, Guitar & more
Saturday	Dec 13	2:00pm	Chris Humphrey's Vintage Vocal Quartet

Thoughts for Father's Day



A careful man I ought to be; a little fellow follows me;
I do not dare to go astray, for fear he'll go the self-same way.

I cannot once escape his eyes; whate'er he sees me do, he tries —
Like me, he says, he's going to be, the little chap who follows me.

He thinks that I am good and fine, and believes in every word of mine:
The base in me he must not see, the little chap who follows me.

I must remember as I go, through summer's sun and winter's snow,
I'm building for the years to be, for a little fellow follows me.

—Author unknown

Soul Care Through Studying

Summer isn't often associated with studying, but it can be an ideal time to dive into God's Word. Just keep in mind that studying the Bible involves more than merely reading the words. The process begins with a humble spirit to not only gain information but to let Scripture transform you.

Articles this page source: newsletternewsletter

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 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 virtual Hymn Sing and Sunday Worship Service on our website, www.churchonthecape.org.

The Church on the Cape
3 Langsford Road
PO Box 2740
Kennebunkport, ME 04046
Church Phone: 207-967-5787
Email address: office@churchonthecape.org
Website: www.churchonthecape.org
Pastor: Reverend Greg Smith
Email Address: rev.gregsmithumc@gmail.com
Phone: 207-967-5787