



# The Church on the Cape Newsletter



March 2022

## Pastor's Letter

Dear Family and Friends of Church on the Cape,

Ever since I fell and injured myself, even in the midst of the kind of physical pain and emotional weakness I am experiencing for the first time in my life, I recognize that there has been a consistent feeling deeper than the pain and vulnerability. It is gratitude.

I feel a deep sense of gratitude for those who responded to my call for help—Jan and Ted, Ed across from the church, and the lady driving by on Langsford Road. They all showed such warm kindness and compassion that I didn't feel the icy ground I was lying on was too cold.

I feel a deep sense of gratitude for the members of the emergency response team in town for their prompt response, and the two EMTs whose skilled medical treatment and gentle driving calmed my traumatized body, mind, and heart.

I feel a deep sense of gratitude for the medical team and those who support them at the ER. My experience with the

ER has been either as a parent in a curtained room waiting for the doctor to come, or as a pastor visiting a parishioner praying for healing, so it was certainly a different experience as I was being wheeled in and waiting in the hallway across from the triage for 6 hours.

Although my memory of that timeframe is vague due to the severity of pain, I could feel their pressure dealing with the urgency and short decision-making process, while consulting with all parties involved, including the patients who might not be in a pleasant or logical state of mind. As I look back, there was a strange sense of comfort underneath my anxiety of the unknown while laying down in the hallway that I am in a place where I can trust people who are trying their best to take care of my wounds.

I feel a deep sense of gratitude for your messages of care and concern over the past week and a half. When I got home from the ER with Teddy and settled down, that's when I got the phone out of my pocketbook and saw the text messages from many of you. My eyes swelled up right away as if I were home after a long trip and seeing yellow ribbons on a tree.

I was grateful that I have one good hand to send you back, even a brief message. From that night on, many of you poured out your care and love gently and generously through your cards, flowers, foods, texts and emails. Some of you gave me hands, literally, so willingly to give me a ride and take care of the errands and work around the house. I have felt loved and cared for.

I feel a deep sense of gratitude for your prayers for my healing and strength. Like many of you, we don't expect to see our name on the prayer list. As someone who has been healthy and well, I have found it a humbling experience to be in need of others' prayers and being held in their prayers. My gratitude became even greater now that I am receiving the answers of your prayers from God.

I feel a deep sense of gratitude for God's faithful presence. While I was dealing with the pain on the first night, when I was left alone while preparing for the surgery, when I was wheeled in the strange environment of the OR, and after surgery, lying in the hospital bed feeling that I reached to the very limit of my pain tolerance, that's when I felt the quiet and gentle yet vivid presence of God. God never missed the moment when I just needed to recognize God's presence and draw strength from God.

I'm not someone who believes that there is the will of God in human suffering. I do believe though, there are blessings that can be recognized in spite of human sufferings, especially when we are mindful of God's presence in us.

May you find the presence of God in your life during the season of Lent.

In gratitude,  
Ho-Soon



From the grave's depths, Lord Jesus Christ, you emerged, breaking the hold of sin, death and hell, that those who trust in you might share in your righteousness, life and beloved community with God the Father and all God's children. We bow in awe before your majesty, giving thanks for your grace extended so bountifully to us. By the power of your Spirit who lives within us, may we share the astonishing news of your resurrection with others, that they also may know your saving grace.  
Amen.



## Chris Bent February 3, 2022

### March Lectionary Readings

#### March 6:

*1<sup>st</sup> Sunday in Lent*

Deuteronomy 26:1-11

Psalms 91:1-2, 9-16

Romans 10:8b-13

Luke 4:1-13

#### March 13:

*2<sup>nd</sup> Sunday of Lent*

Genesis 15:1-12, 17-18

Psalms 27

Philippians 3:17 – 4:1

Luke 13:31-35

#### March 20:

*3<sup>rd</sup> Sunday in Lent*

Isaiah 55:1-9

Psalms 63:1-8

1 Corinthians 10:1-13

Luke 13:1-9

#### March 27:

*4<sup>th</sup> Sunday in Lent*

Joshua 5:9-12

Psalms 32

2 Corinthians 5:16-21

Luke 15:1-3, 11b-32

### *Some of the special days celebrated in March are:*

- Ash Wednesday — March 2, 2022
- World Day of Prayer — March 4, 2022
- Girl Scout Day — March 12, 2022
- Daylight-Saving Time begins — March 13, 2022
- St. Patrick's Day — March 17, 2022
- First Day of Spring — March 20, 2022

### CARGO SHOP

The Cargo Shop is now open for normal hours on Tuesdays and Thursdays from 2-4 PM, and Saturdays from 10 AM to 12 PM. Masks will be required, and visitors will be limited to 2 at a time. Happy shopping!

### IN-PERSON WORSHIP SERVICE RESUMES

The Trustees have determined that it is safe to open the sanctuary for in-person service starting Sunday, February 20, 2022. However, service will continue to be offered virtually. Keep in mind that the current mask protocol will remain in place. Masks will be required for those both vaccinated and unvaccinated while in the building. Masks are available if needed.



## Visiting Wendy Emmons and Dick and Diane DeSantis

When I realized I would actually be flying to Florida this week, I made sure to contact Dick and Diane DeSantis, and Wendy Emmons. My daughter and I had a luncheon date with them on the waterfront in Venice, Fl.

We met at 1:30 and left the restaurant at 4:00. Wendy has acclimated herself quite well (big surprise there) and has a waitressing position in a restaurant in the Naples, Fl area. She is also teaching dance lessons with a friend of hers, and is currently meeting with a couple of guitarists to put a program together for a public gathering in that area. Of course, she's singing. She's not letting any grass grow under her feet. She looks great and seems very happy and content.



The DeSantis' are busy with concerts that Diane is in and meeting up with friends when they travel south.

Deanna (my daughter) and I went down to see my nieces and nephews, whom I hadn't seen for six years. It was time and we had a fabulous week. Nothing like family!!!

Article by Beryl Samia



## A Prayer for Lent

This year, Ash Wednesday, the first day of Lent, falls on March 2. During worship services that day, pastors in many Christian churches dip a finger in ashes (often made by burning branches from the previous Palm Sunday) and make a cross on parishioners' foreheads.

Why ashes? Traditionally, they're a sign of mourning, humiliation and penitence. Ashes also represent the frailty and temporary nature of human life ("You are dust, and to dust you shall return," Genesis 3:19). Christians are pained because our sins led to Jesus' death. With repentant hearts, we begin the season of Lent, knowing that it leads to Jesus' resurrection on Easter Sunday.

For Ash Wednesday — and throughout the 40 days of Lent — ponder this prayer from an Italian sacramentary, or liturgical book: "O God, you know how fragile is our human nature, wounded as it is by sin. Help your people to enter upon the Lenten journey strengthened by the power of your word, so that we may be victorious over the seduction of the Evil One and reach the paschal feast in the joy of the Holy Spirit." Source: Newsletternewsletter





## Getting to Know Martha Young

How well do you know Martha Young, the charming and delightful wife of retired and late pastor, Norman Young? Martha Young was born on November 17, 1928, in Bradley, Maine. She was one of three children. She has fond memories of being a child and recalls that getting a penny for the penny candy store was a big deal. She could pick out one small piece of chocolate for a penny. Every now and then she was given a nickel. Oh, what a day that was! She could get a lot of candy for a nickel. Martha admits she loves anything chocolate, especially chocolate ice cream. She enjoys eating ice cream any day of the year.

Martha has three children, seven grandchildren, 14 great grandchildren, and one great-great granddaughter. Martha says she has lived a good life. She enjoyed being a pastor's wife and said, "people are important to me. I like people. I met a lot of interesting people during the years Norman was a pastor." One of her favorite memories as a pastor's wife was serving on the Christmas fair committees. She loved to sew ("not aprons, they are a bit dull to make") and would make any number of things for the fairs. However, what made her 'famous' at the church fairs was her divinity fudge. People would put in their 'orders' ahead of time for her fudge. A friend made penoche; they made a good team, recalls Martha. Martha also sewed clothes for her children. One year all three got German measles at the same time and were home for days. To cheer them up, Martha made them new pajamas and matching



bathrobes. She said it worked! In her spare time, Martha refinished furniture and cane chairs.

Norman retired in 1987, and for 25 years, the Youngs lived in Friendship, Maine, in a home they had built. They had a big piece of property, and early in retirement, Norman came home one day with a riding lawnmower. After one time around the lawn, he delegated the mowing to Martha. Martha wasn't too eager to learn to ride the mower, but as she said, "We paid a lot of money for that mower, so someone had to learn to use it." That someone was Martha! She said she'd ride the mower, singing hymns and praying all the while. She got used to it eventually. When they first retired Norman asked Martha where she'd like to travel. She told him they couldn't afford to travel anywhere. Norman assured her he would get a job so they could take trips. He taught himself how to make lobster trap heads. Every day he'd work from about 4 am to 1 pm making heads for lobster traps. He opened up a bank account,

and all the money he made went into their vacation fund. Martha did some sewing and added it to the vacation fund. Every year they took a trip somewhere new. They traveled worldwide; Germany, Israel, England, Alaska, Hawaii, and more. They never touched their vacation account except to take a vacation. About ten years ago, the Youngs moved to Wesley by the Sea.

Martha has the most welcoming and friendly manner. She loves to visit people. If you have a little time, give her a call and make a plan to see her. You will be glad you did.

Article and photo by Carol Nason

### **A Thank You and a Reminder**

I am grateful to Beryl Samia, Carol Nason, Beth Doty, and Heidi Phillips for providing "A Time to Share" articles for your newsletter. And we hope to receive more of them from our readers and others. (Please know that they are included on the church website that is open to everyone worldwide.)

It can be as simple as a family joy like a birth, a visit with someone you care for, a thank you for an act of kindness, a progress report on health issues you wish to share, scripture that has special meaning to you, praising Church on the Cape's outreach activities, children school awards, a sermon that was especially meaningful to you, a thank you to someone who inspired and helped you, a thank you for those supporting our wonderful Church, and the like.

*Sharing your thoughts and experiences will help keep us together with one another.* Please email newsletter submissions to me at [sailchess@gmail.com](mailto:sailchess@gmail.com) and to Sue at

[office@churchonthecape.org](mailto:office@churchonthecape.org).

We send articles to the source for any second-thought editing they might wish to make for early responders.

Thanking you in advance, your Editor



### **Visiting/Caring for the Sick**

Visiting the sick is one of the sharing activities of your Ministry of Caring. And they do it so well and serve as an inspiration for members like me. Among other contributions, they bring meals, altar flowers, help, and good cheer to the sick.

I do not wish to put myself in the same class as many in the Ministry of Caring. Their gift of time from other activities, picking up food when needed from the church locker, travel, service, encouragement, and the like, all of which come from their heart, is impressive.

I simply want to share a memorable "Visiting the Sick" experience I had that shows just how exceptional and rewarding this can be for anyone.

It began as I was about to pass the Kennebunk Rehabilitation facility on Ross Road, where I knew one of our church family was staying. I steered into the parking lot, which had not been part of my plan, for a reason, I still do not entirely understand.

After admittance, I was led to her room, where she was resting along with a friendly neighbor. I introduced myself from Church on the Cape and mentioned that I stopped by to wish her well.

For us, it must have been fondness at first sight. After a brief conversation, she, with limited mobility, asked me if I would stay and feed her for lunch. Knowing that the Ministry of Caring had set up a feeding schedule that would soon start, and not knowing any medical issues, I explained that someone would be here soon for that purpose. After a further conversation about church activities, I left wishing her well and promised that I would be back again.

And I came back quite a few times. Sometimes she would be asleep, and I would return at another time. I would read part of the church newsletter to her when we visited, especially the Dapper column. "Read me, Dapper," she would say. Dapper was John and Ann Nelson's greyhound dog that Reverend Nelson cleverly used to convey the message of each of the Beatitudes. It was enjoyable for me to read to her, please her, and see her delight in listening to God's word.

By now, I thought we were friends enough to ask a personal question. "How do you spend each day?" She responded that she prays most of the day. That prompted me to ask if she would like me to read from her nearby Bible. "Yes."

She asked me to read her favorite Psalm. As I read it, she recited each of the words in unison with me. It was a lengthy psalm, and I was impressed, but not so much as when doing another that she could also say it with me.

I was astonished - she no doubt had read the Bible, probably many times, and also memorized parts of it. It immediately became clear that this was one of God's saints - a woman of great faith that gave her great strength - faith deeper than anyone I knew. It was also clear to me that this

experience could not have happened except by my being there with her.

Who was this remarkable woman? I remember one church service that might jog your memory when she got up out of her pew just before the service started and said/read: "I've written a prayer for you." It was touching. Monica was an outstanding church family member who loved us, loved serving our Church, and loved doing the hymn sing before Wendy Emmons - Her full name is Monica Lyon.

*"Ask and you will receive. Search, and you will find. Knock, and the door will be opened to you. For everyone who asks, receives. Whoever seeks, finds. And to everyone who knocks, the door is opened. Matthew 7: 7-8* She passed, and I am sure through an opened door.

I always felt good after visiting Monica. Her positiveness, strength, and deep faith inspired me, and I liked trying to make her day a little bit better. But later on, I found an even more rewarding result.

When feeling things are not going that well for me, I reflect on this remarkable woman with little mobility and few earthly pleasures, whose spiritual holiness gave her impressive strength. Upon reflection, her example gives me strength when needed. For this, I am forever in gratitude for Monica's precious gift to me.

John Wesley, on visiting the sick in his Sermon 98, writes: "...you might have abundant opportunities of comforting those that are in pain of body, distress of mind; you might find opportunities of strengthening the feeble

mindful, quickening those that are faint and weary; and of building up those that have believed and encouraging them to go on to perfection. But these things you must do in your own person; you see they cannot be done by proxy.

"Or suppose you could give the same relief to the sick by another [way], you could not reap the same advantage to yourself; you could not gain that increase in lowliness, in patience, in tenderness of spirit, in sympathy with the afflicted, which you might have gained, if you had assisted them in person. Neither would you receive the same recompense in the resurrection of the just, when *'every man shall receive his own reward, according to his own labour.'*"

1 Corinthians 3:8

"The Complete Sermons" by John Wesley is available from Amazon. "John Wesley led a great revival in Great Britain through his open air preaching and the establishment of the Methodist Church, and his teaching remains as challenging and poignant today as it was in the day it was first penned."

Wesley also notes that we should not forget others as well, including the poor, widows, widowers, and those without mothers and fathers, as well as those in prison that may need our help.

Although it may not always be possible to visit the sick because of Covid, hopefully, we can soon. And calls, emails, texts, and cards in the interim are essential and will be a great help.

Your Editor



## Help with New Year's Resolutions

Sweets are so tempting to me that I modified my New Year's sugar consumption resolution from 35 grams to just a little under 45 so that I could include some daily cheesecake I love. This despite my resolution, knowing that the recommended amount for men is 36 grams, and that added sugar supposedly has no nutritional benefits except for the pleasure of eating that cheesecake. There may be, nonetheless, a remedy for sticking with one's resolution/s that is offered by John Wesley.

He notes in Sermon 93 on fulfilling a resolution to not squander away valuable time by sleeping too much that applies to other resolutions as well: "I advise all of you ... to instantly begin to act suitably to it. Only do not depend on your own strength; if you do, you will be utterly baffled...."

"First, I advise you who are thoroughly convinced of the importance of it to suffer not that conviction to die away, but instantly begin to act suitably to it."

Secondly "I advise you, cry to the Strong for strength. Call upon Him that hath all power in heaven and earth, and believe that He will answer the prayer that goeth not out of feigned lips. As you cannot have too little confidence in yourself, so you cannot have too much in Him. Then set out in faith; and surely his strength shall be made perfect in your weakness."



"Thirdly, I advise you, to add to your faith, prudence; use the most rational means to attain your purpose."

And fourthly, "be steady."

"Perhaps you will say, 'The advice is good; but it comes too late! I have made a breach already.' ...Then in the name of God, begin again. Begin with more self-diffidence than before, but with more confidence in God."

"Go on to universal self-denial, to temperance in all things, to a firm resolution of taking up daily every cross whereto you are called." Then "shall you finish your course with joy."

And the cheesecake - none since January 29<sup>th</sup>.

Your Editor

## **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 as 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.

## **Lent Offers Time for Growth**

Many of us know our IQ (intelligence quotient), but what about our SQ (spiritual quotient)?

Lent is a good time to think about the quality of your spiritual life. Do you think about God often ... or rarely? Do you pray often ... or occasionally? How well do you know the Bible? The Commandments? The Beatitudes? The lives of biblical heroes and heroines?

During Lent, commit to spending more time in prayer. Also consider selecting a book of the Bible or a particular Bible character to study in-depth during this period.

Some people give up particular items or habits during Lent. If used wisely, this discipline can help you abandon things that have been interfering with your relationship with God.

Seek out devotions and books that can help strengthen your spiritual life.

On Ash Wednesday, Christians are pained because our sins — private and public — led to Jesus' death. With repentant hearts, we begin the season of Lent, knowing it leads to resurrection on Easter Sunday.

Articles this page: Newsletternewsletter



## Time for another progress report on the Habitat home on Mills Road.



At this time the electrical and plumbing are being roughed in. Volunteer participation begins Tuesday, March 1st. Building days will be Tuesdays, Thursdays, and Saturdays. The Partner Family, Derek and Alicia, are very actively accumulating their sweat equity hours. It is exciting to be at the point where volunteers are involved!

I also want to share that we are opening the application period, and are now searching for a Partner Family for the second Mills Road home. At the time of this update, we anticipate the application meeting will be on March 26<sup>th</sup>.

To volunteer on the current build, OR to inquire about applying details for the next home, please visit our website: [Program@habitatyorkcounty.org](mailto:Program@habitatyorkcounty.org), or call 207 985 4850.

Volunteers are the lifeblood of Habitat for Humanity, and we would love to have Church on the Cape join us.

I am also available for additional information or questions,

Beth Doty





## Greetings from the Phillip's Family

Hi Church on the Cape Family,

We hope you are happy and healthy!

I am looking forward to spring as I'm sure, most of you are as well. The kids, however, are crossing their fingers for a couple more snowstorms, preferably on a school day. The kids have enjoyed being back at school this year and they have both been working really hard. Jacksen says, his favorite subject this year is Reading, and Isla has been enjoying Gym.

In our free time this winter, we have been hiking conservation trails, exploring our backyard, sledding, and both kids have been participating in basketball through Kennebunk Rec.

Currently, Jacksen is getting ready for baseball season, and Isla is just excited to be starting February break!

Heidi, Jacksen and Isla



## **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, and 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.

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).

The Church on the Cape  
3 Langsford Road  
P.O. Box 2740  
Kennebunkport, ME 04046  
Church Phone: 207-967-5787  
Email address: [office@churchonthecape.org](mailto:office@churchonthecape.org)  
Website: [www.churchonthecape.org](http://www.churchonthecape.org)  
Rev. Ho-Soon Han, Pastor  
Email Address  
[hosoon09@gmail.com](mailto:hosoon09@gmail.com)  
Phone  
860 204 2558