



Church on the Cape Newsletter



September 2026

FROM THE PASTOR'S DESK

Why do people talk to each other? Why do we have conversations? At the most basic level we might observe that we do it to communicate our wants and needs in order to get them met. This is certainly true from a young age, but what that leads to is the building of relationships. We communicate to foster and build relationships.

Humans are fundamentally social creatures. We are not created to be solitary. The survival of our species required community. Even our scriptures affirm this. When God created one human being, God realized that would never work, there needed to be more. So, God not only created a companion for the first human but encourage the first couple to be fruitful and multiply—to create family and community!

Why do we talk to God? By the way, most of us call talking to God prayer! We often do it to tell God what we want and need. What we sometimes overlook is that, just as in human conversation, this is meant to be the starting point of building a deeper and more meaningful relationship with God. Prayer is, fundamentally, the path to building our relationship with God.

Communicating our wants and needs is a good starting point. It is not so much about getting those things as it is spending time with God to hear what God would have us know about those wants and needs! Is what I want truly good for me? Is it good for those around me? Is it good for the world in which I live? When I talk to God about my wants, God can open my eyes to see what those wants are doing to me and what they might do to both my relationships with those around me and my relationship to God.

When I communicate my needs to God, God can help me to discover whether what I think I need is actually what I need. Most of us realize that our bodies have a limited lifespan and that means things wear out over time. At those times we may think that what we need is to have our parts fixed—and sometimes that is exactly what we do need. At other times, what we may need is for God to

give us the strength to adapt to changes that are inevitable. Those changes may actually bring us new insights, new awareness and even new blessings. When we spend time talking to God about our needs, God may reveal that what we need is something quite different than what we thought we needed.

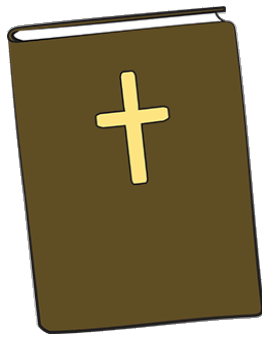
Perhaps, then, you will notice that I am suggesting that prayer involves not just talking but listening. Prayer is being present with God. Often the most powerful experiences of prayer do not involve words or requests, but quietness in which the presence of God can find the space to fill our hearts, minds and bodies.

That is how I often try to pray for others. I am convinced that God knows far better what other people need than I ever will. God is much more aware of the particularities of their lives and their situations than I am. When I pray for you, I don't try to tell God what I want God to do to or for you, I try to hold you in my heart and ask God to hold you in God's heart. I seek to combine my will and my prayer-energy with God's will and energy to bless you and strengthen you in the way God knows you most need it.

Prayer is, after all, seeking union with God. That means seeking what God knows, what God desires, and the gifts that God alone can give. Prayer is about setting aside the things that drive us away from God and embracing the things to lead us closer to God. Praying for others means asking God to break through the barriers and impediments to find that other person and meet them in the place of their greatest need and bring them the ultimate assurance that God is present, bringing them love and strength.

May you find God in prayer and may your relationship with God grow ever stronger—and in so doing, enrich and strengthen your relationships with all those around you!

Rev. Greg Smith



SCRIPTURE READINGS



GRACEANNE BARBOUR

SEPT 06 | 15th Sunday after Pentecost
(Green)

- Exod 12:1-14;
- Ps 149 or Ps 148 (UMH 861)
- Rom 13:8-14;
- Matt 18:15-20

SEPT 13 | 16th Sunday after Pentecost
(Green)

- Exod 14:19-31 and Ps 114;
- Exod 15:1b-11, 20-21 (UMH 135);
- Rom 14:1-12;
- Matt 18:21-35

SEPT 20 | 17th Sunday after Pentecost
(Green)

- Exod 16:2-25;
- Ps 105:1-6, 37-45, or Ps 78 (UMH 799);
- Acts 1:14-21, 33-35;
- Matt 20:1-16

SEPT 27 | 18th Sunday after Pentecost
(Green)

- Exod 17:1-7;
- Ps 78:1-4, 12-16 (UMH 799);
- Acts 3:1-19;
- Matt 21:23-32

The memorial service for Graceanne Barbour will be held on August 29th, at 1:00 pm at Church on the Cape.

Missions Trip Opportunity

The Missions Outreach Committee is seeking a leader to help coordinate a mission trip in September to assist the **United Methodist Economic Ministry (UMEM)** located at 1458 Salem Rd. Salem Township, ME 04983. The specific timeframe and duties are very flexible.

Volunteers often help with a variety of tasks such as:

- Thrift Store and/or Food Cupboard Assistance; Sorting Donations, Cleaning and Organizing
- Seasonal Outdoor Maintenance, Clean-up or Gardening
- Skilled Maintenance: Carpentry, Electrical, Plumbing, HV/AC
- Information Technology Assistance
- OR
- Anything else that helps UMEM serve their rural community.

We need an enthusiastic leader to help coordinate this trip! If interested, please contact the church office. 207-967- 5787M

Two Study Groups?

Yes! We are experimenting with two study groups this summer! You are welcome to join one or both depending on your schedule and preferences!

The **Tuesday Book Group** which is discussing "Wesleyan Vile-Tality: Reclaiming the Heart of Methodist Identity" meets after Picnic Lunch, 12:30-1:30 p.m. Books are available in the office and new members are still welcome.

The **Wednesday "Upper Room"** discussion group meets 11:00 a.m.-12:00 p.m. In person participants meet in the Parlor of Peace and we also welcome ZOOM participants. The ZOOM link is available from the office.



Children's Video Time available in Parlor of Peace

Sunday morning during worship, videos featuring Veggie Tales will be shown in the Parlor of Peace if your child would like to attend.

No registration is necessary.

Homecoming Sunday

Church on the Cape warmly invites friends, family, neighbors, and members of the community to join us for Homecoming Sunday on **September 27 at 9:45 a.m.**

This special service will be a joyful celebration of fall, faith, and fellowship. Guests can look forward to **special music, meaningful worship, and a time of gathering together** as we celebrate the season and the wonderful community that makes Church on the Cape special.

Homecoming Sunday is an opportunity to reconnect with old friends, welcome new faces, and enjoy the warmth of fellowship as we begin the fall season together. **Friends and family are warmly welcome** we would love to see everyone there.

All are welcome. We hope you can make it!

Warm regards,
Kathy

UMCOR

HELPING THOSE IN NEED

There are pressing needs to help others impacted by unexpected natural disasters and the related needs of spiritual and basic living essentials.

To help with these needs, the United Methodist Committee on Relief (UMCOR) responds immediately to disasters

including distributing emergency supplies. This is done through its **Global Ministries** division. Longer term help is also available for needs such as home repairs.

This is possible because of an extensive network of UMCOR volunteers and early response teams. **And of course, donations from those wishing and able to help others. The full amount of donations, or 100%, are employed for the help of those in need. PLEASE GIVE GENEROUSLY THROUGH CHURCH ON THE CAPE.**

UMCOR GLOBAL MINISTRIES' GOALS

Global Ministries lives its purpose and pursues its vision through four historic mission goals: making disciples of Jesus Christ; developing and renewing Christian congregations and communities; alleviating human suffering; and seeking justice, freedom and peace."

MISSION AND VISION

"The mission of Global Ministries is to help the whole church participate in God's mission. We answer God's call to mission by sending missionaries, strengthening churches, providing humanitarian relief and improving community health."

HOW TO GET INVOLVED & GIVE

ONLINE

You can make direct contributions via <http://www.umc.org/>

OTHER WAYS TO MAKE DONATIONS.

PHONE:

"Credit card gifts can be accepted via phone. Please call us at 888-252-6174 to make your gift."

BY MAIL:

"To give by mail, make your check payable to Advance GCFA, write the name of the missionary or project and the Advance number (Advance Numbers below) on the memo line of the check and send it to:

Global Ministries/UMCOR
GPO
P.O. Box 9068
New York, NY 10087-9068"

GIVE THROUGH YOUR LOCAL UNITED METHODIST CHURCH:

"Make your check payable to your local church. Write the name of the ministry and the Advance code number (advance numbers next page) on the memo line of your check so that your church and annual conference will forward your gift appropriately. Drop your check in any United Methodist church offering plate or give it to your local church treasurer."

Source: UMCOR

CORE UMCOR ADVANCE FUNDS

- **"UMCOR – Where Most Needed (Advance #999895):** Provides flexible funding to address the most urgent, unforeseen emergencies globally. [1]
- **UMCOR US Disaster Response and Recovery (Advance #901670):** Funds immediate aid and long-term recovery for disasters within the United States,

such as recent flash-flood relief in West Virginia. [1, 2]

- **UMCOR International Disaster Response and Recovery (Advance #982450):** Supports relief efforts worldwide, including ongoing support for displaced communities in Ukraine and earthquake response in Venezuela.
- **UMCOR Global Migration (Advance #3022144):** Addresses the needs of refugees, asylum seekers, and displaced populations by providing legal assistance, safe shelter, and humanitarian aid."

Source: UMCOR

Labor Day, September 7 HONORING THE GIFT OF WORK

The Bible affirms both the value and dignity of work. From the beginning, God placed Adam in the garden "to work it and keep it" (Genesis 2:15, ESV). In the fourth commandment, we are reminded not only to observe the Sabbath, but also to labor diligently throughout the week: "Six days you shall labor and do all your work" (Exodus 20:9, ESV).

Work is more than a routine obligation; it is an opportunity to engage our God-given abilities in meaningful ways. Whether using our hands, minds, or hearts, we reflect the image of our Creator—bringing order, care, and creativity into the world.

Our labor allows us to contribute to the common good, find personal fulfillment, and practice faithful stewardship of the talents and strengths God has entrusted to us. As Paul writes, "We are God's fellow workers" (1 Corinthians 3:9, ESV).

On this Labor Day, may we take time to recognize the blessing of work and celebrate

those who serve, build, teach, lead, and labor with purpose and care.

—Author unknown

Source: Newsletternewsletter

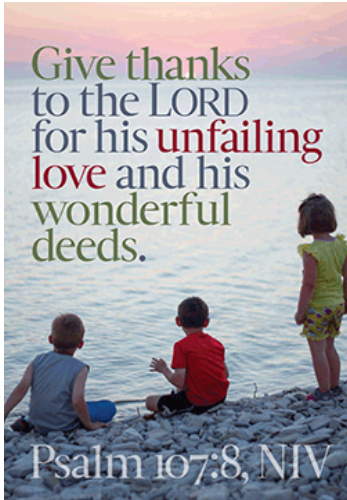
HAPPY BIRTHDAY ALICE

These photos were taken by Alice Bruton's daughter Sandy St. Jean on her mother's 92nd birthday which was August 19. A few of us and wish her well.

Article by Shirley Bradbury



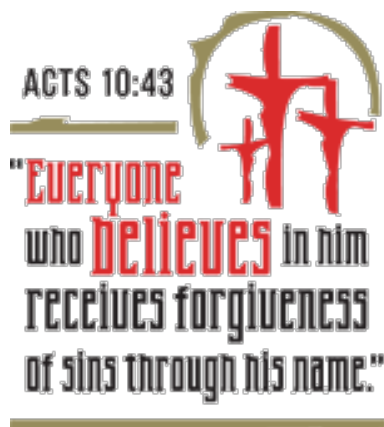
WHY I LOVE GOD



I love God with all my heart because of the glorious, loving person that he is. "God is love." (1 John 4:8)

He loves me unconditionally.

He gave his son as the upmost sacrifice to the cross so that my sins are forgiven.



He placed the Holy Spirit into my soul to show me right from wrong and to help me be righteous. This gives me strength and the ability to pursue being a better Christian.

He consoles me with his love and is a great source of peace and joy.

He gave me a wonderful family and friends.

He provided a beautiful planet to live on with the necessities to support life including places of worship.

He gave me ample time on earth to develop my faith in him.

And he wants me to be part of his heavenly kingdom. This is a magnificent gift stretching well beyond my comprehension.

He asks in return that I make him first, follow his commandments and love others. I do fall short of these goals from time to time, but I am comforted by his grace over merit and his love.

Although you've never seen him, you love him. Even though you don't see him now, you trust him and so rejoice with a glorious joy that is too much for words." (1 Peter 1:8-9)



**SHINE YOUR
LIGHT.
SHARE GOD'S
LOVE!**

Article by Charlie Benore

AUGUST SUNDAY SCHOOL NEWS

While we haven't seen a lot of the children this summer, it is always a joy for the congregation when the children come to church. Watching them walk in with the candles, listening to their comments at story time, and seeing them scamper off to Sunday School, always brings a smile to our faces. Watching them dash around coffee hour, makes us envious of their energy!

The children have had fun watching the Veggie Tales this summer. One week they enjoyed hearing the story of Daniel in the Lion's den. If you look closely at the picture of them sitting in a row on chairs, you can see them reenacting the ferociousness of a lions.



No one can quite understand how an angel could come into the den and close all the mouths of the lions. Some things just don't have clear answers! This led to a discussion of who God is.

Isabella shared that God is love and lives in our hearts. This led to more questions from Jake – if he's a person, how can a person fit into our hearts, and can God see and hear everything we are doing? Winston reminded us that God

and Jesus are the same person. Jake wondered how God and Jesus can be one person. Lots of



good questions, and no easy answers. It is truly marvelous to see the children thinking about all of this.

Following the Veggie Tales the children went out outside to do a nature scavenger hunt. Jake found a hidden spider web, Isabella found a tiny pinecone, and Winston found a stick shaped like the letter "Y". Each excitedly helped one another check off the items. No one found a ladybug, or a butterfly, but all enjoyed the experience.



You may not realize that there is a clear "kids table" at the back of Bartlett Hall during coffee hour. You are invited (and encouraged) to stop and say hello, but you might be told "only kids can sit here." While that may not seem very friendly, there is something good about the

children feeling a sense of ownership and belonging in church.



Summer is flying by. Soon 'regular' Sunday School will start up. Please see Sharon Miesel if you'd like to help out this fall and see Pastor Greg to be vetted. We'd love to add a few more names to the list of teachers and helpers. Enjoy these beautiful warm and sunny days.

Article by Carol Nason

Thank God for Teachers

It is sometimes said that public school teachers do not teach values. Yet every day, countless teachers quietly model compassion, patience, integrity and kindness through the way they care for their students.

Many teachers go far beyond lesson plans and classrooms. They spend their own money on school supplies, workbooks, clothing, snacks and special needs for children who may otherwise go without. They encourage struggling students, celebrate small victories and offer steady support to children facing difficult circumstances at home.

Teachers also work with students from many different backgrounds and abilities. Some patiently help children learn English, while others devote extra time and care to students with learning, emotional or social challenges. In a world where many children face poverty, abuse, loneliness, neglect or uncertainty, a caring teacher can become a source of hope, stability and encouragement.

Many educators also serve faithfully in churches and communities, living out their faith through daily acts of love and service. Their influence often reaches far beyond what grades, or test scores can measure.

As a church family, let us remember to pray for teachers, encourage them in their calling and thank God for the important difference they make in the lives of children every day.

Source: Newsletternewsletter

THANKS TO OUR SUNDAY SCHOOL TEACHERS TOO

The Sunday School teachers at COTC are a team of about 8-10 enthusiastic and devoted adults. Each week they review the curriculum selected by Pastor Greg and decide how they will tell the story, which activities and games they will prepare, and what craft seems best suited for the week. A tasty snack is usually part of the program. Over time a special bond forms between the teachers and the children. The teachers have a front row seat to the ideas, questions, and comments shared by the children. God bless our teachers!

Article by Carol Nason

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 people 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

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