

College Avenue Presbyterian Church
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**THE MESSAGE OF GOD'S VICTORY
 OVER THE FORCES THAT DIMINISH LIFE**

January 5, 2020

Welcome to CAPC Oakland!

We are a reformed, multicultural, politically purple, community of followers of Jesus seeking to live our faith seriously in word, deed and relationships in the East Bay.

If you've never celebrated with us, you can follow along using this paper or the projection on the screen. Hymnals and Bibles are in the pews. We invite you to join us for a moment of community connection afterwards with a drink and simple snack.

CHILDREN

We have a quiet play area for children in the front of the sanctuary with toys and coloring sheets that can be played with during services. We also have a lounge, off the entryway, where the service is broadcast if you need more space.

We invite children 3 years old to 6th grade to depart for Godly Play following our second song. You can gather your child(ren) after worship upstairs in the GP room.

PRAYER CARDS

You're invited to share your prayers of concern or gratitude by filling out the cards, located in the pews, and placing them in the glass vase on the table. We'll use them during today's service.

WIFI & SOCIAL MEDIA

2wire927 is our open wifi. The password is 7304088568. If you do social media during the service we invite you to add #capcoakland to include others.

NESTLÉ PARKING LOT

We're able to park in the lot behind the church. They ask us to enter and exit off of Chabot Road, using the pedestrian door there near Crossroads Trading.

CCL #1137062

GATHERING AROUND GOD'S WORD

GATHERING SONG "How Great Thou Art" - *Insert*

CALL TO WORSHIP - - *Insert*

SONG OF PRAISE "Praise the One Who Breaks the Darkness" - *Insert*

LISTENING FOR GOD'S WORD

ACT OF CONFESSION

OPENING OURSELVES TO BEING UNDONE, THAT WE MIGHT BE REDONE

SUNG RESPONSE "Still, Still, Still" - *Blue Hymnal #47*

DECLARATION OF GOD'S GRACE

THE IN-BREAKING OF GOD'S GRACE DISRUPTS OUR HUMAN CONDITION OF SIN

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER - *Deacon David Kittams*
Call and response liturgically prayed at the conclusion of sharing a prayer card

Leader: God, in your mercy.

People: Hear our prayer.

To pray with someone after the service, look for today's liturgist after today's service

GIVING OF OUR TITHES & OFFERINGS TO EMPOWER THE WORK OF GOD IN THE CHURCH

OFFERTORY SONG "Raise a Song of Gladness" - *Insert*

LISTENING TO SCRIPTURE Mark 1:21-45 *Pew Bible pp. 968*

SPEAKING OF FAITH "Catching Your Breath" - *Monte McClain*

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "We Cannot Measure How You Heal" - *Insert*

COMMUNION: FINDING GOD AROUND THE TABLE

We celebrate by intinction, coming forward to receive the meal. If you'd prefer an individual cup or to be served at your seat, please raise your hand during our celebration as we'll attend to you.

SONG DURING COMMUNION "While We Are Waiting Come" - *Insert*

THE LIFE OF THE CHURCH

SENDING CALL AND RESPONSE

Leader: God is good!

Leader: And all the time!

People: All the time!

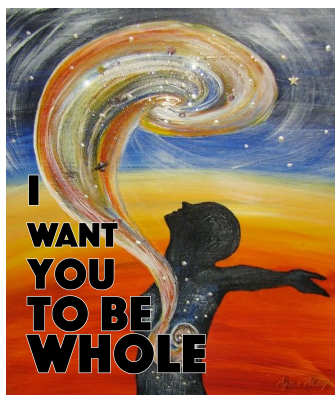
People: God is good!

EXHORTATION & BENEDICTION

PASSING THE PEACE OF GOD "Salam almasih" or "المسيح سلام" (Arabic)

We pass the peace weekly using languages native to the cultures of our church community as an audible sign of the Dominion of God at work towards the healing transformation of the world.

Thoughts on Today's Reading Mark 1:21-45



-Neale Donald Walsch

“Yearning for a new way will not produce it. Only ending the old way can do that. You cannot hold onto the old, all the while declaring that you want something new. The old will defy the new; The Old will deny the new; The old will decry the new. There is only one way to bring in the new. You must make room for it.”

Our culture is based upon the myth that we are free. And yet we really aren't. We consistently are tempted to give it away, to swear allegiance, to give our lives to other things, people and forces. We live in captivity to our vices, our dysfunctions, our passions, our hungers and thirsts. It's not bad or good, it just is. It's what it means to be human.

Today's section is the beginning of the ministry of Jesus: the victory of God over the forces that diminish life. It's not just a preaching about God's love and desire for us, it's the actual re-creating and doing of it. Jesus heals and makes whole. Freeing a man from an unclean spirit, Peter's mother-in-law from a paralyzing fever, and a man cut off from his community due to the life-destroying isolation of leprosy. Mark uses the same language to describe all three healings, as acts of re-creation in God's image, a restoration to the wholeness that God intends for us and for us to live together.

In Greek and Hebrew, the words “unclean spirit” can also be translated as “impure, or contaminated breath.” It harkens back to the breath (spirit – same word) that God breathes into the first humans in the creation story of Genesis 2. What makes humans human is being created in the image of God, being completed with the breath that is from God, the same purity of spirit. In each of these healings the afflicted person is less than what God intended. Their breath, spirit has been contaminated, deformed, made captive. The person is no longer how God intended and created the person to be. Healing and preaching are thus the same thing for Jesus – an act of restoration and recreation, reminding us of who and how we are made. Of how we are to live and love rooted in the image of God which is our intended state – one of wholeness, love, justice and peace – summed up within the notion of “clean” “pure” and “whole.” It's what Jesus longs for us to know. What he tells the leprosy man he wants him to live. It's what Jesus frees these folks – and us – to know and re-become.

At New Year's we often talk of making resolutions to improve ourselves, to focus ourselves, to free ourselves from bad habits. But God's victory isn't just to make us better, it's to make us new, to restore us to the glorious beauty with which God created us, and intends us to know, live and share together.

QUESTIONS FOR THE PRACTICE OF EXAMEN & CONTEMPLATION

- **What word, phrase or image grabs your attention?**
- **How are you unclean, impure, less than the whole image of God you were created and intended to be?**
- **How or where do you want to make room for God's newness in your life, love and identity in 2020?**

ANNOUNCEMENTS & COMMUNITY NEWS

JANUARY BIRTHDAYS

1 Margie Laverty	8 Bill Bryant
10 Thom Faulkner	18 Gary Yee
20 Daniel Geary	25 Joy Barnes
29 Bill Beatty	

COMMUNITY LIFE CALENDAR

Join our Choir! Tuesdays 5:30-6:30p, Sundays 12-1p | Contact Pete Feltman in person or by email at petefeltman@gmail.com

Celtic Prayer Group, Wednesdays 6:45-8:15pm

Friday Night Meal, 6-7pm (1/10) This week *Janet Majors is heading up the meal effort. Would you like to get involved in this ministry? Talk to Monte to learn more.*

Women's Group, Saturdays 8:30am | in the church library (meets 1st, 2nd, 3rd Saturdays)

The Vocabulary of Faith | Sundays 9:30-10:15am
A weekly intro to learning how to read the Bible.

Happy Half-Hour Thursdays 6-6:30pm – wind down your week with a communal spiritual practice then grab a bit or drink along the Ave. *Starts again this week – Thursday January 9th*

The Road to Financial Independence:
Developing smart financial habits.. Free Seminar - Thursday, January 9th | 7-8:15pm led by Ryar Freed, Financial Advisor, Merrill Lynch

The Last Gift Box Workshop | Sunday, January 19, 2020 | 3:00 to 5:00 pm | Tina Cole Kreitz, will share the strategies available in her guide to help adult children and their parents decide how they wish to live and die. *Flyers in the entryway*

English as a Second Language Classes | our ministry with local immigrants here in Oakland - Starts up again Monday, January 13th – 7-9pm

Thank you to this Week's Leadership:
Counting; Marge Harvey, Marda Strothers
Deacon Liturgist: David Kittams
Fellowship: Joy & Al Barnes
Godly Play: Children stay in worship
Greeters: Chickwendu Okereke, Fredora Darmstadt

Leadership for next week, 1/12/2020:
Counting; Anne Marie Adams, Margaret Smith
Deacon Liturgist: David Kittams
Fellowship: Elaine Price, Chris Olson
Godly Play: David Kittams (ST); Joy Barnes (DK)
Greeters: Anne Marie Adams, Cristina Fonua

LYRICS & WRITTEN RESPONSES FOR TODAY'S CELEBRATION

"How Great Thou Art"

Author: Carl Gustav Boberg;
Translator: Stuart K. Hine (1949)
Blue Hymnal #467

1 O Lord my God, when I in awesome wonder
consider all the worlds thy hands have made,
I see the stars, I hear the rolling thunder,
thy power throughout the universe displayed:

Refrain:

Then sings my soul, my Savior God, to thee:
How great thou art! How great thou art!
Then sings my soul, my Savior God, to thee:
How great thou art! How great thou art!

2 When through the woods and forest glades I wander
and hear the birds sing sweetly in the trees,
when I look down from lofty mountain grandeur
and hear the brook and feel the gentle breeze:

3 And when I think that God, his Son not sparing,
sent him to die, I scarce can take it in,
that on the cross, my burden gladly bearing,
he bled and died to take away my sin:

4 When Christ shall come with shout of acclamation
and take me home, what joy shall fill my heart!
Then I shall bow in humble adoration,
and there proclaim, "My God, how great thou art!"

CALL TO WORSHIP RESPONSIVE READING

Posted by Rev. Mindi at <http://rev-o-lution.org>

The People read the BOLD print

One: Come to Jesus,
all you who are weary and heavy laden,

ALL: Come and find rest and renewal here.

One: Come to Jesus,
all you who have been worn out and tired,

**ALL: Come and find strength and refreshment in
the Spirit.**

One: Come to Jesus, all you who feel the weight of the
world on your shoulders,

**ALL: Come and be filled with Christ,
who renews our spirits.
Come and worship, and be raised up in Christ.
Amen.**

"Praise the One Who Breaks the Darkness"

Rusty Edwards | © 1987 Hope Publishing Company
The Celebration Hymnal #293

1 Praise the One who breaks the darkness
With a liberating light;
Praise the One who frees the pris'ners,
Turning blindness into sight.
Praise the One who preached the gospel,
Healing every dread disease,
Calming storms and feeding thousands
With the very bread of peace.

2 Praise the One who blessed the children
With a strong, yet gentle word;
Praise the One who drove out demons
With the piercing two-edged sword.
Praise the one who brings cool water
To the desert's burning sand;
From this well comes living water
Quenching thirst in every land.

3 Praise the one true love incarnate:
Christ, who suffered in our place.
Jesus died and rose for many
That we may know God by grace.
Let us sing for joy and gladness,
Seeing what our God has done.
Praise the one redeeming glory;
Praise the One who makes us one.

"Still, Still, Still"

Translator: George K. Evans
Austrian carol | Blue Hymnal #47

1. Still, still, still, He sleeps this night so chill!
The Virgin's tender arms enfolding,
Warm and safe the Child are holding.
Still, still, still. He sleep this night so chill.

2. Sleep, sleep, sleep, He lies in slumber deep
While angel hosts from heaven come winging,
Sweetest song of joy are singing.
Sleep, sleep, sleep, He lies in slumber deep.

Prayer of Confession

Today's prayer was written by Rev. Mindi at <http://rev-olution.org> Inspired from Mark 1:29-39

**ALL: Spirit of Life,
we confess that at times we are worn down and weary.
We are exhausted.
We are running from one thing to the next and we just
do not have time anymore.
We barely have time for ourselves, if we have time for
anyone, including our families and friends and
those close to us.
Forgive us for running ourselves ragged.
Forgive us for putting busy-ness
above time spent with each other.
Forgive us for not living by Your example,
taking time for prayer and rest.
Call us into Your ways of love and peace,
and help us to put our trust in You
for rest and renewal of our hearts.
In the name of Christ, who takes up our burdens,
we pray all things. Amen.**

“Raise a Song of Gladness”

Taizé Community (1978) | Glory to God Hymnal #155

Raise a song of gladness, peoples of the earth.
Christ has come, bringing peace, joy to every heart.
Alleluia, alleluia, joy to every heart!
Alleluia, alleluia, joy to every heart!

Declaration of God's Grace

THE IN-BREAKING OF GOD'S GRACE DISRUPTS OUR HUMAN CONDITION OF SIN
God is love. Those who abide in love abide in God, and God abides in them. Abide in God's love, and abide in your love for one another. There is always time for love. There is always time for relationship. There is always time for forgiveness. There is always time for peace.
Live into God's ways, and know that you are forgiven, loved and restored. Amen.

“We Cannot Measure How You Heal”

John Bell | © 1989 Iona Community, GIA Publications, Inc.,

1. We cannot measure how you heal
or answer every sufferer's prayer,
yet we believe your grace responds
where faith and doubt unite to care.
Your hands, though bloodied on the cross,
survive to hold and heal and warn,
to carry all through death to life
and cradle children yet unborn.

2. The pain that will not go away,
the guilt that clings from things long past,
the fear of what the future holds,
are present as if meant to last.
But present too is love, which tends
the hurt we never hoped to find,
the private agonies inside,
the memories that haunt the mind.

3. So some have come who need your help
and some have come to make amends,
as hands which shaped and saved the world
are present in the touch of friends.
Lord, let your Spirit meet us here
to mend the body, mind and soul,
to disentangle peace from pain,
and make your broken people whole.

“Jesus is the Answer”

Andrae Crouch

Chorus

Jesus is the answer, for the world today
Above him there's no other, Jesus is the way
Jesus is the answer, for the world today
Above him there's no other, Jesus is the way
Jesus is the way, Jesus is the way

1. If you have some questions
in the corners of your mind
Traces of discouragement,
the peace you cannot find
Reflections of your past,
seem to face you everyday
But this one thing I do know,
that Jesus is the way

Chorus

2. I know you've got mountains,
that you think you cannot climb
I know your skies have been dark,
the think that sun won't shine
But in case you don't know
that the word of God is true
Everything he's promised
Jesus will do it all for you

chorus