

College Avenue Presbyterian Church
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February 2, 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 "Come Just as You Are" - Insert

CALL TO WORSHIP - Insert.

SONG OF PRAISE "Womb of Life and Source of Being" - Insert

LISTENING FOR GOD'S WORD

CELEBRATING GOD'S GOOD CREATION IN BLACK HISTORY MONTH THROUGH THE LIFE STORY OF Pauli Murray - Sophie McClain

ACT OF CONFESSION

OPENING OURSELVES TO BEING UNDONE, THAT WE MIGHT BE REDONE

SUNG RESPONSE "If Not For Your Grace" - Insert

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 Fredora Darmstadt
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 "Lift Every Voice and Sing" - Insert, v.1

LISTENING TO SCRIPTURE Mark 5:21-43 *Pew Bible pp. 972*

SPEAKING OF FAITH - Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "When the Storms of Life are Raging, Stand by Me" - 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 "Taste and See" - 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 "Ping An" (Cantonese, Chinese)

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 5:21-43



Trauma is defined as the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope. Such a life-threatening experience is beyond language, seemingly impossible to articulate leading to feelings of helplessness, diminishing the traumatized person's sense of self and their ability to feel the full range of emotions and experiences.

We often hear of trauma or PTSD in the lives of veterans returning from the battle front, or among those who have raped or sexually assaulted. Trauma can also mark those who experience abuse, death, disasters, divorce, and/or great change. And so, it's fair to say that the longer we live, the more inevitable it is that we *will* experience trauma.

Psychologists tell us that recovery and healing require that painful emotions be thoroughly processed. When bad things happen, it can take a while to get over the pain and feel safe again. It takes time to overcome the pain of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. Today many believe that the population of our entire country is undergoing an experience of trauma related to our political situation.

Our interwoven stories today tell of the trauma of two families and how they impact the larger community. It affects rich and powerful elites (like Jairus) as well as anonymous marginalized persons (like the bleeding woman). Returning from the city-changing healing of the demon-possessed man on the far side of the lake in Mark 5:1-20, Jesus arrives home, encountering life-diminishing trauma even among those who self-identified as the chosen people of God.

The two stories are of a young girl who is literally dead and an older woman who is as good as dead. Banished from society because of her ritually unclean state of menstruating for 12 years she is without family, friends, a faith community – seemingly forsaken by God. The girl, daughter of a well-known religious leader should be on the inside track of God's favor and blessing, and yet this respected family experiences one of the greatest losses known to human existence: the death of a child.

Something about Jesus creates life, heals and restores life in the bodies of the two women and their communities. The Greek word (*pistis*) used in the text and translated as both “belief” and “faith” means trust. It involves not merely an intellectual agreement with an idea but an emotional commitment and relational connection. This trust is what heals these women trapped in their trauma caused by societal rejection, sickness and death, making the community well.

QUESTIONS FOR THE PRACTICE OF EXAMEN & CONTEMPLATION

- **What part of today's passage disturbs or bothers you?**
- **How and who does Jesus heal in this story?**
- **How have you known trauma in your life, or know it now?**
- **How might God be inviting you to healing wholeness, and liberation from helplessness through this text?**

ANNOUNCEMENTS & COMMUNITY NEWS

FEBRUARY BIRTHDAYS

- 4 William Markman 8 Cecelia Jackson
- 9 Angel Carney

COMMUNITY LIFE CALENDAR

Join our Choir! Tuesdays 5:30-6:30p, Sundays 12-1p | Contact Pete Feltman

Celtic Prayer Group, Wednesdays 6:45-8:15pm
Talk to Marda Stothers for more information.

There is no Friday Night Meal this week.

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 bite or drink along the Ave.

English as a Second Language Classes | our ministry with local immigrants here in Oakland – Mondays, 7-9pm – tomorrow 2/3.

Schools & Communities First – Currently many organizing groups throughout California are working on the Schools & Communities First Initiative which aims to reclaim \$12 billion per year for K-12 schools, community colleges and local communities by closing commercial property tax loopholes in Prop 13. *Sign a petition today – take a petition home to have other sign!*

The PTSA of Oakland Tech HS is organizing a presentation Weds., Feb. 5 at 6:30 pm to highlight the ballot measure to close the loopholes in commercial property taxes in prop 13. You can RSVP on their Facebook event page. www.facebook.com/events/539450126652527

Black History Month – would you like to do one of our weekly sharing moments in worship during Black History Month? Talk to Monte.

Thank you to this Week's Leadership:
Black History Month Sharing: Sophie McClain Counting; Marge Harvey, Marda Stothers
Deacon Liturgist: Fredora Darmstadt
Fellowship: Sharon Nelson, Anne Marie Adams
Godly Play: Children in Worship

Leadership for next week, 2/9/2020:
Black History Month Sharing: Sharon Nelson Counting; Margaret Smith, Anne Marie Adams
Fellowship: Pat Schroeder, Lina Foltz
Godly Play: Cameron Beatty (ST), Elaine Price (DK)
Greeters: Cristina Fonua, Anne Marie Adams

LYRICS & WRITTEN RESPONSES FOR TODAY'S CELEBRATION

"Come Just as You Are"

Author: Joe Sabolick,

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Come just as You are
Hear the spirit call
Come just as You are

Come & see, come receive
Come and live forever

Life everlasting
Strength for today
Taste the living water
And never thirst again

CALL TO WORSHIP RESPONSIVE READING

*written by Thom Shuman, and posted on Lectionary Liturgies.
lectionaryliturgies.blogspot.ca | inspired by Mark 5:21-43*

The People read the BOLD print

One: With friends and strangers,
with family and neighbors, we gather:

**ALL: Come among us, Healing God,
with that love which never ends.**

One: With faith reaching out to touch,
with hearts straining to trust, we hope:

**ALL: Come among us, Friend of the broken,
with your compassion which makes us whole.**

One: With word and wonder,
with silence and song, we wait:

**ALL: Come among us, Dryer of our tears,
to lift us to our feet to follow you.**

"Womb of Life and Source of Being"

Ruth C. Duck | Glory to God Hymnal #3

© 1992 G.I.A. Publications, Inc.

1. Womb of life, and source of being, .
home of ev'ry restless heart,
in your arms the worlds awakened;
you have loves us from the start.
We, your children, gather 'round you,
at the table you prepare.
Sharing stories tears and laughter,
we are nurtured by your care.

2. Word in flesh, our brother Jesus,
born to bring us second birth,
you have come to stand beside us,

knowing weakness, knowing earth.
Priest who shares our human struggles,
Life of Life, and Death of Death,
risen Christ, come stand among us,
send the Spirit by your breath.

3. Brooding Spirit, move among us;
be our partner, be our friend.
When our mem'ry fails, remind us whose we are,
what we intend. Labor with us,
aid the birthing of the new world made new,
ever singing, ever praising, one with all,
and one with you.

4. Mother, Brother, holy Partner;
Father, Spirit, Only Son:
we would praise your name forever,
one-in-three, and three-in-one.
We would share your life, your passion,
share your word of world made new,
ever singing, ever praising,
one with all, and one with you.

"If Not For Your Grace"

Israel & New Breed

Where would I be if not for your grace
Carrying me in every season
Where would I be if not for your grace
You came to my rescue and I want to thank you
for your grace

Grace that restores, grace that redeems,
grace that releases me to worship
Grace that repairs, visions and dreams,
grace that releases miracles
Your grace, Your grace

"Lift Every Voice and Sing"

James Weldon Johnson (1900)

Glory to God Hymnal #339

1. Lift every voice and sing
Till earth and heaven ring
Ring with the harmonies of liberty
Let our rejoicing rise high as the listening skies
Let it resound loud as the rolling sea
Sing a song full of the faith
that the dark past has taught us
Sing a song full of the hope
that the present has brought us
Facing the rising sun of our new day begun
Let us march on till victory is won

“When the Storms of Life are Raging, Stand by Me”

Author: Charles Albert Tindley (1905)

1 When the storms of life are raging,
Stand by me (stand by me);
When the storms of life are raging,
Stand by me (stand by me);
When the world is tossing me
Like a ship upon the sea,
Thou Who rulest wind and water,
Stand by me (stand by me).

2 In the midst of tribulation,
Stand by me (stand by me);
In the midst of tribulation,
Stand by me (stand by me);
When the hosts of hell assail,
And my strength begins to fail,
Thou Who never lost a battle,
Stand by me (stand by me).

3 In the midst of faults and failures,
Stand by me (stand by me);
In the midst of faults and failures,
Stand by me (stand by me);
When I do the best I can,
And my friends misunderstand,
Thou Who knowest all about me,
Stand by me (stand by me).

4 In the midst of persecution,
Stand by me (stand by me);
In the midst of persecution,
Stand by me (stand by me);
When my foes in battle array
Undertake to stop my way,
Thou Who savèd Paul and Silas,
Stand by me (stand by me).

5 When I'm growing old and feeble,
Stand by me (stand by me);
When I'm growing old and feeble,
Stand by me (stand by me);
When my life becomes a burden,
And I'm nearing chilly Jordan,
O Thou “Lily of the Valley,”
Stand by me (stand by me).

Communion Liturgy

From the Iona Community in Scotland

We are here because Jesus has called us –
strangers and friends,
locals and visitors,
believers and doubters,
the certain and the curious.

It is always a mixed company
that Jesus gathers
and invites to his table as daughter, son,
where, in bread and wine, he meets us
and through him we, who are different,
are joined to each other as family.

So come,
not because you understand,
but because you are understood.

Come,
not because of how you feel,
but because God has food for you.

Come, not because you deserve a place,
but because Jesus invites you,
just as you are.

“Taste And See”

James Weldon Johnson (1900)

Glory to God Hymnal #339

chorus

Taste and see
Taste and see
The goodness of the Lord
(repeat)

1. I will bless the lord at all times
Praise shall always be on my lips
My soul shall glory in the lord
For God has been so good to me

2. Glorify the lord with me
Together let us all praise God's name
I called the lord who answered me
From all my troubles I was set free

3. Worship the lord all you people
You'll want for nothing if you ask
Taste and see that the lord is good
In God we need put all our trust