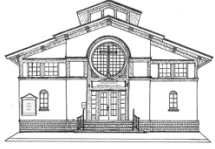


College Avenue Presbyterian Church
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Sunday • October 29, 2023 at 10:30am
 Reformation Sunday
 in Person & on Zoom

**Welcome to
 CAPC Oakland!**

We are a reformed, multicultural, politically purple, community of followers of Jesus. Together we seek to vigorously live our faith in our words, actions, and relationships in the East Bay.

In our community, face masks are not required, but always welcome. Masks are available in the entry.

As a community we are committed to being safe, open and real. We'd love to know you better. Use this QR Code to share your contact info or questions with our staff so we can follow up. We will not sell, share or abuse your personal info.



CHILDREN

We have Godly Play – “Sunday School” for children during our service. It’s a Montessori-like approach to teaching children language to use to learn to express faith through the telling of Bible Stories. The Godly Play group and leaders leave for their arranged learning space after the 2nd song.

PRAYER CARDS

To operationalize participation in our Prayers of the People we invite you to fill out a prayer card and share it with the liturgist or to share you requests in the chat on ZOOM labeling it with ‘prayer.’

WI-FI

Want Wi-Fi during our gathering?
 Select our network – Capc1.
 Our password is 5106583666

CCL #1137062

GATHERING AROUND GOD’S WORD BOTH IN PERSON & VIA ZOOM

- PRELUDE “Jesus Is The Answer”
- GATHERING SONG “Gather Us In” - *Glory to God Hymnal #401*
- CALL TO WORSHIP
- SONG OF PRAISE “How Firm A Foundation” - *Blue Hymnal #361*
Children are invited to depart for Godly Play upstairs with today’s Story-Teller
- LISTENING FOR GOD’S WORD
- HEARING SCRIPTURE Matthew 6:19-34
- PROCLAIMING GOD’S WORD - *Rev. Monte McClain*
 “Re•formed always Re•forming by the Spirit of God”
- RESPONDING TO GOD’S WORD
- SONG OF RESPONSE “In An Age Of Twisted Values” - *Insert*
- PRAYERS OF THE PEOPLE & THE LORD’S PRAYER - *Marge Harvey*
 WE USE A CALL AND RESPONSE LITURGICALLY PRAYED AT THE CONCLUSION OF SHARING A PRAYER.
 Leader: God, in your mercy.
 People: **Hear our prayer.**
- OFFERING “Cares Chorus” - *Insert*
- THE LIFE OF THE CHURCH
- AN INVITATION TO ACTION WITH THE DEACONS - *Marji Wilkens*
- SENDING SONG “Immortal, Invisible” - *Blue Hymnal #263*
- SENDING CALL AND RESPONSE
 Leader: God is good! Leader: And all the time!
 People: **All the time!** People: **God is good!**
- EXHORTATION & BLESSING
- PASSING THE PEACE OF GOD “La paz de Christo” - *Spanish*
- POSTLUDE “Have A Talk With God”

Reflections on Today's Readings

Matthew 6:19-34 &

"Wellness Check" by poet Andrea Gibson



I don't know about you – but it's hard to not worry these days. There's so much that is stressful and fear-creating. And there seems to be so few solutions. I hear Jesus' words "to not worry about tomorrow" and my initial response is – "are you kidding?" "I can't stop worrying!"

Looking closer though – *and remembering the context* – we see that Jesus is saying something quite profound. He's not just saying "don't worry be happy" in a hallmarky-kind-of-way. Rather he's reminding those who listen to his words and commit to following in his Way –through repentence and a change of direction towards the Kingdom of God – that God is sovereign. Just before this section Jesus invites us to pay attention to who we worship, not to who is noticing us and how we're seen when we pray and live our our faith. He reminds us that we are called to be in, but not of, the world. That we can't serve both the pursuit of wealth & things as a way to acquire meaning in life. Rather, meaning comes from knowing that we're loved by God – no matter what! And then loving others, and ourselves, in return. We're called to pay it forward, not navel gaze.

That's a radically different message than simply slapping our hands when we worry and fret. Jesus never says that worries about life are bad. What he's saying is to remember who God is; how God is. And to live rooted in that grace, love and clarifying certainty. Jesus invites us to be centered in love, not fear and the restless mind-ness it can create.

I think the poet Andrea Gibson is saying something similar in the poem "Wellness Check" which appears in the collection entitled *You Better Be Lightning*.

In any moment,
on any given day,
I can measure
my wellness
by this question:

Is my attention on loving,
or is my attention on
who isn't loving me?

Scan to learn more
about poet Andrea Gibson



QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged, enraged, or surprised you in the text? Jesus preaches a radical integrity and wholeness in life centered in God's priorities. What are those priorities?
- How does what Andrea Gibson is saying in the poem about wellness in life interact with Jesus' *healthy living*?
- What invitation do you hear the Spirit of God speaking to you – *or to us, as a church* – to act, speak, be, or change?

October Birthdays

30 Joshua Beatty

November Birthdays

3 Nenna Okereke

5 Harry Hussian

11 Albert Hussian

13 Elaine Price

15 Pete Feltman

16 Ruth Ann Friedland

16 Elodie McClain 2005

19 Radman Beatty 2006

Today at & around CAPC Oakland

Post Service Garden Party! Join us for light snacks and the chance to connect after our service.

Letters of Love: *Everyone loves getting mail!* Pick up an addressed envelope in the back and write a note of encouragement and love to someone who could use a good word. Recipients and their situations are explained on the magnetic board.

This Week at & around CAPC Oakland

Advent Music Ensemble - practicing today after worship.

Quilters Club Mondays 10a-12p, in the library. No experience required.

No Community Bible Study this Tuesday



Coffee & Conversation –Tuesday, 10/31 @ 10am on the patio in front of Safeway at College @ Claremont. Open, BYO conversation around a faith question.

In Defense of Kindness Book Club –Thursday 10/2 at 11am on Zoom. We're discussing pp. 1-38.

Friday Night Meal – Fridays 6:00-7:00PM. Sign up online to help with set-up, serving, and clean-up – this -or any Friday! This Friday Trinity Fellowship is cooking!



Women's Group: Saturday 9:30-10:30am on Zoom.

All Saint's Day | Día de los Muertos • Next Sunday 11/5– You're invited to bring a photo or me-mento of loved ones who have died and entered into the great mystery. We'll place them on our communion table.

Process Theology Part 2 • Wednesday, 10/15 @ 7pm in person in the sanctuary– We're continuing our reflection around Process Theology. Download the reading on our website with this QR Code.



Sunday Bible Study Before Worship • We're looking at restarting Bible Study in person on Sunday mornings before worship (from 9:30-10:15am). Fill out the survey online or on paper in the entryway.



Thank You to Today's Leadership:

Music: Pete Feltman, Dave Eagle Roger Kim, Ben Kramaz
Video Tech: Dann Wilkens, Albert Hussian

LYRICS & RESPONSES FOR TODAY'S CELEBRATION

We affirm that God is neither male nor female – but wholly and holy other. In doing so, we seek to empower each person to participate fully in worship, able to identify with the lyrics of songs and the words of our communal prayers through our use of gender inclusive language.

“Gather Us In”

Composer: Marty Haugen, 1991

© 1982, GIA Publications, Inc. | Glory to God #401

1. Now is the darkness vanished away,
See in this space our fears and our dreamings,
Brought here to you in the light of this day.
Gather us in - the lost and forsaken,
Gather us in the blind and the lame;
Call to us now, and we shall awaken,
We shall arise at the sound of our name.
2. We are the young our lives are a myst'ry
We are the old who yearn for your face,
We have been sung throughout all of hist'ry,
Called to be light to the whole human race.
Gather us in the rich and the haughty,
Gather us in the proud and the strong;
Give us a heart so meek and so lowly,
Give us the courage to enter the song.
3. Here will will take the wine and the water,
Here we will take the bread of new birth,
Here you shall call your sons and your daughters,
Call us anew to be salt for the earth.
Give us to drink the wine of compassion,
Give us to eat the bread that is you;
Nourish us well, and teach us to fashion
lives that are holy
And hearts that are true.
4. Not in the dark of buildings confining,
Not in some heaven, light-years away,
But here in this place the new light is shining,
Now is the Kingdom, now is the day.
Gather us in and hold us forever,
Gather us in and make us your own;
Gather us in - all peoples together,
Fire of love in our flesh and our bone.

Call to Worship Opening litany

*for Reformation Sunday © 2022 Lisa Ann Moss Degrenia,
www.revlisad.com*

One: “You are a chosen people, a royal priesthood,
a holy nation, God’s own people,

in order that you may proclaim the excellence
of him who called you out of darkness
into his marvelous light.” - 1 Peter 2:9

You, yes you
are a royal priest of the One, True, Living God

**People: Let us remember our calling.
Remember who we are**

One: God’s chosen instrument
People: God’s anointed beloved

One: God’s fragrant presence
People: Being made holy and whole

One: Overflowing with all that you have found
People: With all that has found us

One: Bearer of Blessing
People: Forevermore

“How Firm A Foundation”

American folk melody, 1832

Blue Hymnal #361 | Glory to God #463

1 How firm a foundation, ye saints of the Lord,
is laid for your faith in God's excellent Word!
What more can be said than to you God hath said,
to you who for refuge to Jesus have fled?

2 "Fear not, I am with thee, O be not dismayed,
for I am thy God, and will still give thee aid;
I'll strengthen thee, help thee, and cause thee to
stand, upheld by my righteous, omnipotent hand.

3 "When through the deep waters I call thee to go,
the rivers of sorrow shall not overflow;
for I will be near thee, thy troubles to bless,
and sanctify to thee thy deepest distress.

4 "When through fiery trials thy pathway shall lie,
my grace, all sufficient, shall be thy supply;
the flame shall not hurt thee; I only design
thy dross to consume, and thy gold to refine.

5 "The soul that on Jesus hath leaned for repose,
I will not, I will not desert to its foes;
that soul, though all hell should endeavor to shake,
I'll never, no, never, no, never forsake."

"In An Age Of Twisted Values"

Martin E Leckebusch

© 1995, Kevin Mayhew Ltd.

Glory to God #345

1. In an age of twisted values
we have lost the truth we need
In sophisticated language
we have justified our greed
By our struggle for possessions
we have robbed the poor and weak
Hear our cry and heal our planet
your forgiveness Lord we seek
2. We have built discrimination,
on our prejudice and fear
Hatred swiftly turns to cruelty
if we hold resentments dear
For communities divided by the walls
of class and race
Hear our cry and heal our planet
show us Lord your love and grace
3. When our families are broken,
when our homes are full of strife
When our children are bewildered
when they lose their way in life
When we fail to give the aged
all the care we know they need
Hear our cry and heal our planet
help us show more love we plead
4. We who hear your word
so often choose so rarely to obey
Turn us from our willful wandering
give us truth to light our way
In the power of your spirit
come to cleanse us make us new
Hear our cry and heal our planet
till our planet honors you

"Cares Chorus"

Kelly Willard

© 1978 Maranatha Praise, Inc.

Sing the Faith #2215

I cast all my cares upon You
I lay all of my burdens down at your feet
And anytime that I don't know what to do
I will cast all my cares upon you

"Immortal Invisible"

tune: St Denio Walter C. Smith (1867)

Blue Hymnal #263 | Glory to God #12

1. Immortal, invisible, God only wise
In light inaccessible hid from our eyes
Most blessed, most glorious the ancient of days
Almighty, victorious, Thy great name we praise
2. Unresting unhasting and silent as light
Nor wanting, nor wasting, Thou rulest in might
Thy justice like mountains high soaring above
Thy clouds which are fountains
of goodness and love
3. To all life Thou givest to both great and small
In all life Thou livest the true life of all
We blossom and flourish like leaves on the tree
Then wither and perish
but naught changeth Thee
4. Thou reignest in glory, Thou rulest in light
Thine angels adore Thee all veiling their sight
All praise we should render O help us to see
Tis only the splendor of light hideth Thee