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# in 12 words or less we're all on the journey Lent 2024

February 18, 2024 at 10:30am in Person & on Zoom

# Welcome to CAPC Oakland!

We are a reformed, multicultural, community of followers of Jesus.

Together we are committed to vigorously living 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 are moving towards restarting

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. Until then we have quiet toys, and activity sheets around today's scripture in the play area up front.

## 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 – Capc-net. Our password is 5951CAPC

CCL #1137062

# GATHERING AROUND GOD'S WORD BOTH IN PERSON & VIA ZOOM

PRELUDE "Come Sunday"

WORDS OF WELCOME

GATHERING SONG "Sing With Hearts" - Blue Hymnal #484

**CALL TO WORSHIP** 

SONG OF PRAISE "All People That On Earth Do Dwell" - Glory to God #385

LISTENING FOR GOD'S WORD

CELEBRATING GOD'S GOOD CREATION IN BLACK HISTORY MONTH

Rev Barbara Lee -Fredora Darmstadt

HEARING SCRIPTURE Psalm 100

PROCLAIMING GOD'S WORD "Faith - We're All on the Journey"

-Pete Feltman

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Just A Closer Walk" - Glory to God #189

CLOSING WITH THE SINGING OF THE LORD'S PRAYER

COLLECTION OF THE OFFERING

You can give electronically using this QR Code

OFFERING SONG "Lift Every Voice And Sing" - Blue Hymnal #339, v. 2

THE LIFE OF THE CHURCH

SENDING SONG "Over My Head" - Insert

SENDING CALL AND RESPONSE

Leader: God is good! Leader: And all the time! **People: God is good!** 

**EXHORTATION & BENEDICTION** 

PASSING THE PEACE OF CHRIST

"願主 賜你 平安 - May the Lord grant you peace"

Yuàn zhủ cì nǐ píng'ān (Mandarin) | Yuuen juu chee nay ping on (Cantonese)

POSTLUDE "Jerusalem Ridge"

# Reflections on Today's Readings Psalm 100

In Lent this year, we're inviting different members of our church community to talk about faith. The word religion is often seen in a negative light these days; in particular in comparison to the words spiritual and spirituality. And the word "religion" is derived from the Latin term



religio, connected to the word religare (to relegate, to unite, to bind together). In Lent we're celebrating this notion that we are invited to practice our faith bound together in a living community. Each of us has a story, our stories can enrich and encourage each other. Our stories together are wrapped up in the story of God and the creation. As we say in our Lenten tagline "we're all on the journey."

Today we're hearing from Pete Feltman, including a scripture and a song of response that he suggested. He's also responding to our suggested questions:

- 1. What has been giving you joy or hope in terms of your faith and spirituality recently?
- 2. What have you been wrestling with lately? What do you find challenging?
- 3. The word Religion means (in Latin) to bind together. So being religious means literally to practice our spirituality in a community committed to one another. What are you appreciating or discovering about community these days?
- 4. Is there anything else you'd like to share with our community?

Psalm 100 | A Psalm of thanksgiving.

- <sup>1</sup> Make a joyful noise to the Lord, all the earth.
- Serve the Lord with gladness; come into his presence with singing.
- <sup>3</sup> Know that the Lord is God. It is he who made us, and we are his; we are his people and the sheep of his pasture.
- <sup>4</sup> Enter his gates with thanksgiving and his courts with praise.
  Give thanks to him; bless his name.
- For the Lord is good;
   his steadfast love endures forever
   and his faithfulness to all generations

### **OUESTIONS FOR REFLECTION & EXAMEN:**

- What engaged, enraged, or surprised you in the text?
- Have you heard parts of this psalm before? Or are their particular lines, phrases, turns of word that sound familiar? Which ones?
- What's the message of this psalm that you hear? How does it resonate with your life and what you're living?
- How does what Pete talked of resonate with what you're living?
- What invitation do you hear the Spirit of God speaking to you

   or to us, to act, speak, be, or change, through this
   scripture?

# February Birthdays

3 Tina Faulkner 4 William Markman 2008 9 Angel Carney 2002 16 Myrna Shadley

Today at & around CAPC Oakland

**Post Service Sanctuary 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

**Community Bible Study Sunday Edition** (Sundays 9:30-10:20am). Discussing the text used in our gathering each Sunday.

**Lunar New Year Lunch • TODAY, Sunday February 18** Join us for a community meal next Sunday after our gathering.

**Quilters Club** Mondays 10a-12p, in the library.

**Movie Club** • We're meeting for a potluck dinner on Tuesday, February 20th from 6:30-8:30p at Monte & Kristy McClain's. 7328 Circle Hill | 94605. Be sure to see the movie "Origin." Ahead of time – Bring a dish to share in our potluck dinner!

**Community Bible Study Wednesday Edition** Wednesdays at 7pm on Zoom. This week we're wrestling with Psalm 35 – (personal lament).

**Session Meeting** This Thursday, 2/14 – 7pm Our elders are hearing back about the work accomplished by our communications team.

**Book Club** • We're reading *The Second Mountain* by David Brooks. We're discussing part 2 & 3 – Friday 2/22 at 11am on Zoom. Or discussing the whole book in person 2/29.

Friday Night Meal - Fridays 6-7:00pm.

Sign up online to help with set-up, serving,

& clean-up! Gary Yee & Louise Waters are cooking.

Tim Hsu is the host.

Women's Group: Saturday 9:30-10:30am (Zoom)

Faith in the Public Square • Ceasefire in Gaza • We're discussing the call to action by the Interfaith Movement for Human Integrity [LINK] on Zoom on Thursday, 29th at 7pm. Learn more on our website with this QR Code.

# Thank You to Today's Leadership:

MUSIC: Pete Feltman, Dave Eagle, Ben Kramarz, Kate Rose, Tom Beyer VIDEO TECH: Dann Wilkens, Albert Hussian, Thom Faulkner



# 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.

# "Sing With Hearts"

Jonathan Malicsi (1983) | Blue Presbyterian Hymnal #484

Refrain:

Sing with hearts, sing with souls, Dance with joy to God. To whom we offer praises, To whom we sign with gladness.

- 1. Let all our hearts open to the Lord God, Let all the heavens hear how our hearts rejoice; For it is God who has give us graces, From whom comes the music in our voice. O Lord, we sing with you'll hearts, with soul and body offers we our arts.
- 2. Let all our bodies sway to God's music, Let all the earth move with our feet and hands; For it is God who inspires and uplifts us, From whom flows all rhythm in our dance. O Lord, we sing with you'll hearts, with soul and body offers we our arts.
- 3. Let all our souls shine out with God's beauty, Let all creation feel our love for God; For it is God who has granted us wisdom, In whom we find reality and dream.

  O Lord, we sing with you'll hearts, with soul and body offers we our arts.

# **Call to Worship Opening Litany**

written by Rev. Dr. Velda Love, Minister for Racial Justice UCC for Black History Month was.

Ase (or àṣẹ or ashe; pronounced ah-shay) is a West African philosophical concept through which the Yoruba of Nigeria conceive the power to make things happen and produce change.

One: In a beginning before humans were formed and nature knew God's great presence, the Spirit moved over the universe

## ALL: Ashe!

The earth is the Lord's and all that is in it, the world, and those who live in it; for God has founded it on the seas, and established it on the rivers.

Psalm 24:1-2

One:

In quiet peace God created humans, women and men,

colorful, balanced and creatively diverse and the beauty of God's love filled the earth

# ALL: Ashe

You shall love the Lord your God with all your heart, and with all your soul, with all your mind; and you shall love your neighbor as yourself. Matthew 22: 37-39

One: In honor of Black History Month we remember names

because of the ancestors who made a way out of no way

with God before them, beside them, and lovingly guiding succeeding generations:

- Nana Yaa Asantewa of Ashanti, Taharqa, ruler of Napatan Kush, Queen Nzingha,
- West African military ruler, Mansa Musa I, Emperor of the West African Islamic Empire

#### **ALL: Ashe!**

- Richard Allen, Absalom Jones, Gabriele Prosser, Nate Turner and Denmark Vesey
- Harriet Tubman, Sojourner Truth and Jerena Lee
- WEB DuBois, Thurgood Marshall, and Martin Luther King, Jr
- Ida B. Wells, Fannie Lou Hamer, and Ella Baker

One: These and more

represent the great cloud of witnesses.

Their spirits linger with us creating new generations of warriors, preachers, prophets, teachers, activists, organizers, mothers, fathers, sons, and daughters of the African Diaspora.

### ALL: Ashe!

After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages standing before the throne and before the Lamb, robed with palm branches in their hands. Rev. 7:9

One: Let everything that has breath, praise the Lord!

ALL: Ashe and Amen

# "All People That On Earth Do Dwell"

Glory to God #385 | William Kethe (1560) (Psalm 100)

- 1 All people that on earth do dwell, sing to the Lord with cheerful voice; him serve with mirth, his praise forth tell. Come ye before him and rejoice.
- 2 Know that the Lord is God indeed; without our aid he did us make; we are his folk; he doth us feed, and for his sheep he doth us take.
- 3 O enter then his gates with praise; approach with joy his courts unto; praise, laud, and bless his name always, for it is seemly so to do.
- 4 For why? The Lord our God is good; his mercy is forever sure; his truth at all times firmly stood, and shall from age to age endure.

# "Just A Closer Walk"

Anonymous | Glory to God #835

1. I am weak but thou art strong Jesus, keep me from all wrong I'll be satisfied as long As a I walk, let me walk close to Thee

## chorus

Just a closer a walk with Thee Grant it Jesus is my plea Daily walking close to Thee Let it be, dear Lord, let it be

- 2. Through this world of toil and snares If I falter, Lord who cares? Who with my my burden shares? None but Thee, dear Lord, none but Thee
- 3. When my feeble life is over Time for me will be no more Guide me gently safely o'er To Thy shore, dear Lord, to Thy shore

# "Lift Every Voice And Sing"

James Weldon Johnson (1900) Glory to God #339 | The Blue Hymnal #563

2 Stony the road we trod, bitter the chast'ning rod, felt in the days when hope unborn had died; yet with a steady beat, have not our weary feet come to the place for which our people sighed? We have come over a way that with tears has been watered. We have come, treading our path thro' the blood of the slaughtered, out from the gloomy past, till now we stand at last where the bright gleam of our bright star is cast.

# "Over My Head"

Pamela Warrick-Smith, African-American spiritual

- 1. Over my head, I hear music in the air Over my head, I hear music in the air Over my head, I hear music in the air There must be a God somewhere
- 2. O when the world is silent
  I hear music in the air
  O when the world is silent I hear music in the air
  O when the world is silent I hear music in the air
  There must be a God somewhere
- 3. And when I'm feeling lonely
  I hear music in the air
  And when I'm feeling lonely I hear music in the air
  And when I'm feeling lonely I hear music in the air
  There must be a God somewhere
- 4. Now when I think on Jesus
  I hear music in the air
  Now when I think on Jesus I hear music in the air
  Now when I think on Jesus I hear music in the air
  There must be a God somewhere