

Presbyterian Church
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THE STORIES THAT SHAPE US living through & with burnout

Exodus 2:23-25; 3:1-15; 4:10-17

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 this time of disruption and new normal we gather hybrid-ly (both in person and via Zoom).

This is our new normal.

It's something that we'll get better at each time we gather, allowing us to gather together and be consistent with our values and commitments. We ask that you wear a mask during worship as some of our community (our children in particular) are not yet vaccinated.

CHILDREN

We've reconfigured out how to do our Godly Play program for children via Zoom. We meet 9:30-10am on Sundays via Zoom. Info in the announcements on the back.

POST-SERVICE GARDEN PARTY

We are serving a light snack and coffee after worship in the garden throughout the summer. You can enjoy that mask-free. We ask you to not touch any of the food or drink, instead let us serve you.

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 your requests in the chat on ZOOM labeling it with 'prayer.'

CCL #1137062.

October 10, 2021

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

PRELUDE: "Deep River"

GATHERING SONG "Did You Feel The Mountains Tremble"

CALL TO WORSHIP

SONG OF PRAISE "The Love Burning Deep"

HEARING GOD'S WORD

LISTENING TO SCRIPTURE Exodus 2:23-25; 3:1-15; 4:10-17 - Fredora Darmstadt

PROCLAIMING GOD'S WORD "Burnout in the Narrow Space of COVID"

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Just As I Am"

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER - Myrna Shadley
 WE USE A CALL AND RESPONSE LITURGICALLY PRAYED AT THE CONCLUSION OF SHARING A PRAYER.

Leader: God, in your mercy.
 People: Hear our prayer.

COLLECTION OF OUR OFFERINGS AND GIFTS
 "Poor Wayfaring Stranger"

THE LIFE OF THE CHURCH

SENDING SONG "Go Down Moses"

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 "The Peace of Christ"

In the season of a pandemic new normal, you're invited to pass the peace of God however and to whoever you can this day as we live our lives of disciples of Jesus sheltering-in-place, as a living sign of the Dominion of God at work moving us toward the healing transformation of the world.

POSTLUDE "Fly Me To The Moon"

Reflections on Today's Readings Exodus 2:23-25; 3:1-15; 4:10-17

Our story continues in the second book of the Hebrew Bible – Exodus - telling the story of the people of God. Abraham and Sarah had a son Isaac, who then had a son Jacob. He was renamed Israel after wrestling with God. His many children staged the death of their brother, Joseph because of their jealousy of how he was the spoiled favorite son of their father. They sold their brother to traffickers who then sold him into slavery in Egypt. Miraculously there Joseph rose to great power and was able to save his family from famine by inviting them to find shelter (and food) in Egypt. The growing family of Israel stayed for many generations in the plenty of Egypt.

They prospered and increased in population so much that the King of Egypt (the Pharaoh) fears some sort of replacement theory. He enslaves them before they might outnumber and take over Egypt. Still afraid, Pharaoh implements, a gender-based genocide intended to cull the Hebrew population and bring them under control. Yet the Pharaoh is thwarted by the faithful deviousness of the Hebrew midwives (as seems to be often the case in history) who act so that many boys will survive, Moses among them. He is found by the Pharaoh's daughter who adopts and raises him as her own. Bi-cultural in a hierarchical world of Egyptian supremacy, Moses eventually discovers his true identity. This leads him to stand and fight for his birth-people, but is rejected by both them and the Egyptian powers. He has to flee Egypt. He finds refuge in the foreign land of Midian, with Jethro.

Today's story covers the way in which God hears the Hebrew cries for help and deliverance. God shows up but in unexpected ways (have you noticed a developing theme?). God sends the murder Moses back to Egypt to lead the people to freedom. God comes to Moses on Mount Horeb (which means Mount desolate – “no-where-special”) while he's doing his ordinary life: shepherding. Yet God comes into the ordinary in an extraordinary way, revealing a bit more about God's nature, power and purpose through the giving of the Divine Name – “I am who I am” or “I will be who I will be.” A weird name it points not to the past but to the future. It lifts up the way in which God is understood but not mastered, identified but impossible-to-put-into-a-box.

QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged you, enraged you, or surprised you in the text?
- The story of the Exodus is about freedom and formation. In the section that we read today we hear of how the Israelites seem to have forgotten who they really are when enticed, or enslaved by their shelter in Egypt. Moses begins to learn who he actually is as he learns the name and identity of God. Thinking of your own life how are you enticed or enslaved so that you forget who you really are (not just what you do, what you own, or where you live)?

October Birthdays

14 Mike Castner 26 Chinyere Okereke
30 Robbin Peach Joshua Beatty

Weekly Calendar

Race Matters Group Starting up again tomorrow Monday, October 11th @ 6pm on Zoom

More info at capcoakland.org/racematters

Friday Night Meal – Friday, October 15th 6:00pm.

Sign up online w/ the QR Code to help with set-up and serving, and clean-up. Montclair Presbyterian is cooking.



Letters of Love send a greeting card to someone who could use a good word or to one of our governmental representatives (back wall).

Godly Play for Children/Youth Sundays 9:30-10am on Zoom

FALL CLASSES AND WEEKLY BIBLE STUDY Sabbath as Resistance – Tuesdays 7pm (Zoom)

Wrestling with Scripture Thursdays at 7pm on Zoom. *Reading the weekly text in community.*

Halloween Sunday – Sunday, 10/31. Rockridge is again doing trick-or-treating. Want to help with our efforts? Talk to Monte

Celebrating the Life of Biruta Vinerts – Next Sunday 11/17 in worship we'll take a moment to celebrate Biruta and give thanks to God for her in our regular service.

Climate-Related-Action with our partners of Berkeley Presbyterian Mission Homes - Monday, 10/18 - 4:30-6pm Join a public action along Ashby Ave. *Find a flyer in the entryway.*

Today after worship over coffee – share your thoughts about the Garden Party and the winter months. Find Monte near the tree.

Monte will be on vacation 10/18-11/1

Thank you to Today's Worship Leadership:

Godly Play: Jeanne Haynes

Music: Pete Feltman, Dave Eagle

Prayer Liturgist: Myrna Shadley

Reader: Fredora Darmstadt

Video Tech: Albert Hussian, Dann Wilkens

LYRICS & RESPONSES FOR TODAY'S CELEBRATION

We seek to use gender inclusive language, as we affirm that God is neither male or 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.

“Did You Feel The Mountains Tremble”

Author: Martin Smith

The Best of the Best #45

1. Did you feel the mountains tremble,
Did you hear the oceans roar
When the people rose to sing of
Jesus Christ, the risen one
Did you feel the people tremble?
Did you hear the singers roar?
When the lost began to sing of
Jesus Christ the saving one
And we can see that God, You're moving
A mighty river through the nations
And young and old return to Jesus
Fling wide You heavenly gates
Prepare the way of the risen Lord

chorus

Open up the doors and let the music play
Let the streets resound with singing
Songs that bring Your hope
and songs that bring Your joy
Dancers who dance upon injustice

2. Do you feel the darkness tremble,
When all the saints join in one song
And all the streams flow as one river,
to wash away our brokenness
And here we see that God You're moving,
A time of Jubilee is coming
When young and old will turn to Jesus
Fling wide you heavenly gates,
Prepare the way of the risen Lord



Call to Worship Litany –

based on Exodus 3:5 <http://rockhay.tripod.com>

One: Come take off your shoes

People: For where we stand is holy ground

One: Come love your neighbor

and do good to all around you

People: For where we stand is holy ground

One: Come and respect the planet

People: For where we stand is holy ground

One: Love all that God gave us,

People: for we are all standing on holy ground

“The Love Burning Deep”

Author: Kathy Galloway

Iona Abbey Music Book #80

1. Come out of the darkness, come out of the shadow
Come out of the endless night
All you who are poor now All you who are broken
all you who are bowed by fight
Come into the light of God's sacred intention
Come under the shelter of her hand
Here you may find riches here you may find healing
Here now you may rise and stand

2. Come out from your prisons,
come out from your ghettos
Come out from behind your walls
Leave all your distinctions leave all your derisions
And answer her when she calls
For she is your end as she was your beginning
She is the desire of all your days
In her love is fullness in her love is wholeness
Holy will be all her ways

3. No more will you rest now
no more take your ease now
No more let your life go by
Always you will seek her forever desire her
Until the day you die
Her love will consume you blazing deep within you
Burning away all that is not true
Until you embrace her, in flesh and in spirit
holy you and wholly you

“Just As I Am”

Author: Charlotte Elliott

The Blue Presbyterian Hymnal #370

1. Just as I am without one plea
But that Thy blood was shed for me
And that thou biddest me come to Thee
O lamb of God I come I come

Chorus

Just as I am, I come, I come

2. Just as I am though tossed about
With many a conflict many a doubt
Fightings and fears within without
O lamb of God I come, I come

3. Just as I am Thou wilt receive
Wilt welcome pardon cleanse relieve
Because Thy promise I believe
O lamb of God I come, I come

4. Just as I am Thy love unknown
Has broken every barrier down
Now to be Thine yea Thine alone
O lamb of God I come I come

Prayer of Confession (Exodus 3, Romans 12, Matthew 16)

God of Mystery,
we are constantly amazed
by the depth and breadth of your love.
Over and over again,
you turn our expectations inside out
and upside down.
And still we don't understand
the radical nature of your grace.
We play by our own rules of justice,
even when it means excluding those
we are called to love and defend.
In our darkest moments,
we doubt if we are worthy of your trust.
God, help us remember
that you give us all the tools we need;
that through the solid foundation of your love,
we find the strength to follow your call
as true disciples of Jesus Christ.
Surprise us again, O God.
Surprise us again.

Words of Assurance (Exodus 3, Romans 12, Matthew 16)

The God who brought our ancestors out of slavery
will not desert us.
God has promised to be with us
throughout all generations.
Let the hearts of those who seek the Lord rejoice,
for God is with us!

“Poor Wayfaring Stranger”

Tune: WAYFARING STRANGER | Lift Every Voice and Sing II #19

1. I am a poor wayfaring stranger traveling thru this world of woe
Yet there's no sickness toil or danger
in that bright world to which I go

chorus

I'm going there to see my father, I'm going there no more to roam
I'm only going over Jordan I'm only going over home

2. I know dark clouds will gather round me,
I know my way is rough and steep
Yet beautiful fields lie just before me,
where God's redeemed their vigils keep

3. I'm going there to see my mother,
she said she'd meet me when I come
I'm only going over Jordan, I'm only going over home

4. I'll soon be free from every trial,
my body sleeps in the church yard
I'll drop the cross of self denial, and enter on my great reward

5. I'm going there to see my savior, to sing his praises evermore
I'm only going over Jordan, I'm only going over home

“Go Down Moses”

Glory to God #52

When Israel was in Egypt's land, Let my people go
Oppressed so hard they could not stand, Let my people go

chorus

Go down Moses way down to Egypt's land
Tell old Pharaoh let my people go

The Lord told Moses what to do, Let my people go,
to lead the Hebrew children through, Let my people go.

As Israel stood by the waterside, Let my people go,
at God's command it did divide, Let my people go.

When they had reached the other shore, Let my people go,
they let the song of triumph soar, Let my people go.

Lord, help us all from bondage flee, Let my people go,
and let us all in Christ be free, Let my people go.