

**Presbyterian Church**  
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THE STORIES  
 THAT SHAPE US  
**the myth  
 of scarcity**  
 Exodus 16:1-18

October 17, 2021

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

CCL #1137062.

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

PRELUDE: "Going Up Yonder"

GATHERING SONG "Brethren We Have Met To Worship"

CALL TO WORSHIP

SONG OF PRAISE "Bound For The Promised Land"

HEARING GOD'S WORD

LISTENING TO SCRIPTURE Exodus 16:1-18 - David Kittams

PROCLAIMING GOD'S WORD "The Myth of Scarcity"

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Where Is Bread?"

CELEBRATING THE LIFE OF BIRUTA VINERTS

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 "Guide Me O Thou Great Jehovah"

SENDING CALL AND RESPONSE

Leader: God is good!

**People: All the time!**

Leader: And 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

"Cut The Plastic"

- original song by Pete Feltman

## Reflections on Today's Readings Exodus 16:1-18

Our story continues in the second book of the Hebrew Bible – Exodus - telling the story of the people of God. Exodus – the second book of the Hebrew Bible – stretches from the enslavement of the Hebrew people by the Pharaoh(s) in Mitzráyim [the Hebrew name for Egypt which means “narrow straits” (mi, “from,” tzar, “narrow” or “tight”). They had first arrived as hungry refugees, welcomed with open arms, when Joseph was Pharaoh’s right hand man. But over time that history had been forgotten, and they become easy, cheap labor for the empire of Pharaoh and his economy. Moses organizes and leads the people to freedom from their slavery, leaving behind the narrow space of Mitzráyim for the wide-open spaciousness of freedom and the promised land. But the journey is a long one, both in miles and terrain, as well as in terms of spiritual growth and political re-organization. It’s a regime change that impacts all of the life of the Hebrew people.



Once free they people have to organize life anew, around the God who was their deliverer and who is the center of their existence. They escape from Pharaoh (Exodus 13 & 14). They then celebrate their deliverance with song and prayer (Exodus 15) and then as they travel they begin to discover the difficulty of regime change, of starting anew, of leaving the old behind in order to welcome a new creation. The road is long. The water is scarce and often bitter. The food not as good as they remembered in back in Egypt. Freedom suddenly looks much less desirable, and the certainty of daily life in Egypt seems to have been an adequate price for their enslavement. They’ve experienced God in the extraordinary parting of the Sea and the Passover, but they don’t seem to see or hear YHWH God in the ordinary of life.

### QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged you, enraged you, or surprised you in the text? How do you respond to the Israelites so quickly turning to complaining about their lot. What’s that about?
- Terrence E. Fretheim writes “the lack of discernment of God’s presence in the ordinary leads to a denial of God’s activity in the extraordinary.” In their hunger, the people forget the miracle that just happened. Have you ever struggled with faith in the ordinary?
- We’re in a time of supposed scarcity and shortage due to COVID. Our capacity for instant gratification has been interrupted. How does the this story to apply to what we’re living?
- What invitation do you heard the Spirit of God speaking to you – or to us, as a church – to act, speak, be or change through this word of scripture?

## October Birthdays

14 Mike Castner      26 Chinyere Okereke  
30 Robbin Peach      Joshua Beatty

## Weekly Calendar

**Race Matters Monday, October 18th @ 6pm on Zoom** Talking about Military Families with Lane Louise. [capcoakland.org/racematters](http://capcoakland.org/racematters)

**Friday Night Meal – Friday, October 23<sup>rd</sup> 6:00pm.**

Sign up online w/ the QR Code to help with set-up and serving, and clean-up. Bright & Remya David are 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**

**Sabbath as Resistance** – Tuesdays 7pm (Zoom)  
*Next meeting is Tuesday, 11/2.*

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

**Care Givers Support Group** – Today, Sunday 10/17 at 3pm on our Zoom Channel.

**Halloween Sunday** – Sunday, 10/31.  
Rockridge is again doing trick-or-treating. We’ll be passing out candy after worship.

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

**Pastor Monte is on vacation 10/18-11/1**

If you need emergency pastoral care during that time you can contact Rev. Bill Beatty by his cell phone at (510) 851-2237.

Sunday 10/24 – Lectio Divina in worship

Sunday 10/31 – Rev. Ruth T. West preaching

**Thank you to Today’s Worship Leadership:**

Godly Play: David Kittams

Music: Pete Feltman, Dave Eagle

Prayer Liturgist: Myrna Shadley

Reader: David Kittams

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.*

### “Brethren We Have Met To Worship”

*George Askins (1819, alt.)*

*Tune: HOLY MANNA | Glory to God #396*

1. Brethren we have met to worship  
and adore the Lord our God  
Will you pray with all your power  
while we try to preach the word  
All is vain unless the spirit of Holy One comes  
down  
Brethren pray and holy manna  
will be showered all around
2. Sisters will you come and help us?  
Moses' sister aided him  
Will you help the trembling mourners  
who are struggling hard with sin?  
Tell them all about the savior  
tell them that he will be found  
Sisters pray and holy manna  
will be showered all around
3. Is there here a trembling jailer  
seeking grace and filled with fears?  
Is there here a weeping Mary  
pouring forth a flood of tears?  
Brethren join your cries to help them,  
sisters let your prayers abound  
Pray o pray that holy manna  
will be scattered all around
4. Let us love our God supremely  
let us love each other too  
Let us love and pray for sinners  
till our God makes all things new  
Christ will call us home to heaven  
at his table we'll sit down  
Christ will gird himself and serve us  
with sweet manna all around

### Call to Worship Litany –

*Written by Monte, inspired from Priya Parker's book  
The Art of Gathering*

One: What a mess this past week,  
this past month,  
this past year.

**People: What a hot mess**

One: We regather after it having been  
dangerous, scary, *even* illegal.

**People: We regather having missed each other,  
and having realized that in the past we also  
missed to some extent who we were and are**

One: We regather together to celebrate and to mourn

**People: We regather together to connect  
and remember who we are**

One: We regather together to be transformed  
and sanctified into the image of God

**People: We regather together to encourage**

One: And in turn to be encouraged

**People: We regather together to testify  
that God provides**

One: We regather together because we can

**People: The world we live in today is such a mess.**

One: What a hot mess.

**ALL: and today I choose to regather  
in that mess with you.**

### “Bound For The Promised Land”

*Tune: Promised Land | Lyrics: Samuel Stennett*

1. On Jordan's stormy banks I stand  
And cast a wishful eye  
To Canaan's fair and happy land  
Where my possessions lie

*Chorus*

I am bound for the promised land  
I am bound for the promised land  
O who will come and go with me  
I am bound for the promised land

2. All o'er those wide extended plains  
Shines one eternal day  
There God the son forever reigns  
And scatters night away
3. No chilling winds nor poisonous breath  
Can reach that healthful shore  
Sickness and sorrow pain and death  
Are felt and feared no more
4. When shall I reach that happy place  
And be forever blest  
When shall I see my Father's face  
And in His bosom rest

## **"Where Is Bread?"**

*Carolyn Winfrey Gillette | New words to old  
Tunes ABBOT'S LEIGH 8.7.8.7 D ("God Is Here!")*

1. "Where is bread?" the great crowd murmured  
Thousands strong, yet all in need.

"Where is bread?" your people wondered,  
Faced with such a crowd to feed.

Who, Lord Jesus, could have guessed it?

One small boy brought food to share.

Taking what he gave, you blessed it;

All were fed, with much to spare.

2. Where is bread? We know their yearning;

Every day, we wish for more.

God, in time, we're slowly learning:

All we own can make us poor.

Our possessions can possess us,

Leaving hunger deep inside.

Christ our Bread, come now and bless us;

At your feast, we're satisfied.

3. "Where is bread?" the call is rising;

Millions cry who must be fed.

God, your answer seems surprising:

"You, my Church, you give them bread."

Bread to fill each hungry spirit,

Bread for hungry stomachs, too!

Give us bread and help us share it.

Richly blest, may we serve you.

## **Call to Worship In Remembering Litany –**

*Written by Monte, inspired from Priya Parker's book  
The Art of Gathering*

One: The world we live in today is such a mess.

**People: What a hot mess**

One: During the time in which we couldn't  
gather because it was

dangerous, scary, *even* illegal.

**People: We have lost and missed out on a lot.**

One: We regather together today

to celebrate and to mourn

**People: We regather together to connect  
and remember who we are**

One: We regather together to remember

those who left us,

moving in to the great mystery of death

in the past year.

**People: We remember today  
our sister Birtua Vinerts**

One: She was energetic and feisty,

generous and needy,

**People: She had a wicked sense of humor,  
And gregarious laughter**

One: She was a daughter, a mother, a wife, and a friend.

**People: We regather to remember  
and say our thanks.**

## “Cut the Plastic”

Author: Pete Feltman

Well all the scientists keep telling me  
That if I ever wanna see, my grandkids come of age  
I best come clean and make a change  
So I resolve to try to do my part  
But lord almighty where do I start  
Cut the plastic from my life like a cancer with a knife

If the planets dying  
Then why aren't we all tryin  
Is it just convenience or is all out of spite

Why can't we cut the  
plastic from our life  
woke up just the other day  
and realized this ain't the way  
The worlds pollution needs a real solution  
But each trip out to the grocery store  
It's just plastic ceiling to floor  
I can't believe we let it get this bad

If the planets dying  
Then why aren't we all trying  
Is it just convenience or is all out of spite  
Why can't we cut the  
plastic from our life

It's a sad fact that every ocean 's  
packed with plastic bags and other crap  
It's safe to say that our poor world is doomed  
Recycling just ain't enough  
No one wants to reduce their stuff  
It's best we cut down how much we consume

If the planets dying  
Then why aren't we all tryin  
Is it just convenience or is all out of spite  
Why can't we cut the  
plastic from our life

## “Poor Wayfaring Stranger”

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

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

1. 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

2. 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

## “Guide Me O Thou Great Jehovah”

Author: William Williams (1745); Translator: Peter Williams (1771)  
Glory to God #65

1 Guide me, O thou great Jehovah,  
pilgrim through this barren land.  
I am weak, but thou art mighty.  
Hold me with thy powerful hand.  
Bread of heaven, bread of heaven,  
feed me till I want no more;  
feed me till I want no more.

2 Open now the crystal fountain,  
whence the healing stream doth flow.  
Let the fire and cloudy pillar  
lead me all my journey through.  
Strong deliverer, strong deliverer,  
be thou still my strength and shield;  
be thou still my strength and shield.

3 When I tread the verge of Jordan,  
bid my anxious fears subside.  
Death of death, and hell's destruction,  
land me safe on Canaan's side.  
Songs of praises, songs of praises  
I will ever give to thee;  
I will ever give to thee.

