

College Avenue Presbyterian Church  
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# THIS IS THE WAY

TAKE UP YOUR CROSS AND FOLLOW ME!

MARK 8:27-38

January 15, 2023 at 10:30am  
 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 this time of disruption and new normal we gather hybrid-ly (both in person and via Zoom).

This allows 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) have high health risks.

### 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.

### HYBRID WORSHIP

We do our Sunday Gatherings hybrid style – both in person and online for those that prefer that option. We're seeking to do that, using Zoom, to affirm our value of participation and collaboration in our gatherings.

### 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.'

### WIFI

Capc1 | PW 5106583666

CCL #1137062

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

PRELUDE "You Gotta Move"

GATHERING SONG "We Gather Together" - Blue Hymnal # 559

CALL TO WORSHIP

SONG OF PRAISE "By All Your Saints Still Striving" - Glory To God # 325

HEARING GOD'S WORD

LISTENING TO SCRIPTURE Mark 8:27-38 & Romans 12:1-2

PROCLAIMING GOD'S WORD "Transformed nonconformist" - Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Take Up Your Cross" - Insert

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

OFFERING SONG "Touch The Earth Lightly" - Glory to God # 713

THE LIFE OF THE CHURCH

SENDING SONG "Guide My Feet" - Blue Hymnal # 354

SENDING CALL AND RESPONSE

Leader: God is good!

**People: All the time!**

Leader: And all the time!

**People: God is good!**

EXHORTATION & BLESSING

PASSING THE PEACE OF GOD "Мир Христа"(Ukrainian) [Mwir Khrysta]

POSTLUDE "I Got Shoes"

**Reflections on Today's Readings**  
**Mark 8:27-38 & Romans 12:1-2**

Rev. Dr. Martin Luther King Jr. preached a sermon entitled "Transformed nonconformist" on the text we hear today in November 1954. Here are some excerpts. (use this QR Code to read the whole sermon online)



"Do not conform' is difficult advice in a generation when crowd pressures have unconsciously conditioned our minds and feed to move to the rhythmic drumbeat of the status quo. Many voices and forces urge us to choose the path of least resistance, and bid us never to fight for an unpopular cause and never to be found in a pathetic minority of two or three...

Success, recognition, and conformity are the bywords of the modern world where everyone seems to crave the anesthetizing security of being identified with the majority.

In spite of this prevailing tendency to conform, we as Christians have a mandate to be nonconformists. The Apostle Paul, who knew the inner realities of the Christian faith, counselled, 'Be not conformed to this world: but be ye transformed by the renewing of your mind.' We are called to be people of conviction, not conformity. Of moral nobility, not social respectability. We are commanded to live differently and according to a higher loyalty.

Every true Christian is a citizen of two worlds, the world of time and the world of eternity. We are, paradoxically, in the world and yet not of the world. ...As Christians we must never surrender our supreme loyalty to any time-bound custom or earth-bound idea, for at the heart of our universe is a higher reality – God and his kingdom of love – to which we must be conformed. ...

Everywhere and at all times, the love ethic of Jesus is a radiant light revealing the ugliness of our stale conformity."

Taking up your cross and following after Jesus – walking in the way of his steps is not conforming to this world. It's a refusal to settle for the bankrupt ways on our world and to invest oneself in the world-changing love ethic of Jesus

**QUESTIONS FOR REFLECTION & EXAMEN:**

- What engaged, enraged, or surprised you in these texts?
- How do you actively not-conform to *the anesthetizing security* and values of our world? How is that a dying to self, or taking up your own cross? How do our small, daily choices and actions matter?
- What invitation do you hear the Spirit of God speaking to you – or to us, as a church – to act, speak, be or change through this word of scripture?

**January Birthdays**

16 Mahri Holt	18 Gary Yee
18 Richard Street	20 Daniel Geary
25 Joy Barnes	29 Bill Beatty

**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**

**Sing Jam, Monday 1/16 4:30pm** – annual MLK day jam (with our Sunday musicians – Ben, Dave & Pete). Right here in our Sanctuary. More info at [www.singjam.org](http://www.singjam.org) or use this QR Code.



**Community Bible Study (Wrestling with Scripture)** We meet for discussion around the text for the week on Tuesdays at 7p on Zoom.



**Friday Night Meal – Fridays 6:00-7:00PM.**

Help us respond to the hungers of Oakland by signing up online to help with set-up, serving, and clean-up – this -or *any* Friday! [Capcoakland.org/](http://Capcoakland.org/) or use this QR Code



**Women's Group:** Saturday 9:30-10:30am on Zoom. Contact Anne Marie Adams for info.

**Godly Play:** Sundays 9:30-10am on Zoom – our Montessori-approach to Sunday School!

**We're organizing a Meal Train for Cristina**

**Ramirez.** Sign up online to help and love Cristina in this time of mourning following the death of her husband John this past Thursday. It's as simple as providing a home-cooked meal.

**New Class!** – using the book *Discover Your Spiritual Type* by Corinne Ware we'll use the Myers-Briggs personality indicator to help you name and claim the ways you most profoundly express your spirituality.

**Thank You to Today's Leadership:**

Godly Play: Bill Beatty  
Music: Pete Feltman, Dave Eagle, Ben Kramarz, & Roger Kim  
Prayer Liturgist: Myrna Shadley  
Reader-Liturgist: Sharon Nelson  
Video Tech: Thom Faulkner

## LYRICS & RESPONSES FOR TODAY'S CELEBRATION

*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 through using gender inclusive language*

### We Gather Together

*Author: Bernadette Farrell  
Glory to God #314*

1. We gather together to ask the Lord's blessing  
He chastens and hastens his will to make known  
The wicked oppressing now cease from distressing  
Sing praises to his name He forgets not his own

2. Beside us to guide us our God with us joining  
Ordaining maintaining his kingdom divine  
So from the beginning the fight we are winning  
Thou Lord wast' at our side all glory be thine

3. We all do extol Thee Thou leader triumphant  
And pray that Thou still our defender wilt be  
Let thy congregation escape tribulation  
Thy name be ever praised O Lord make us free

### Call to Worship

*~ Inspired by Mark 8:27-38 | The Rev. Nathan Decker*

One: We come seeking Christ our King  
**ALL: And you give us a poor traveling preacher.**

One: We come seeking a Messiah Warrior  
-- one who will make us proud and strong  
in the face of our enemies!

**ALL: Yet you give us a homeless man,  
who prays "Forgive us as we forgive"  
and "Love your enemies."**

One: We come looking for a miracle man,  
one who will heal all our economic woes  
and cast out, bail out, our demons of debt.

**ALL: But you show us a simple  
carpenter's boy who asks us  
to walk through the eye of a needle  
and give to the poor.**

One: We come longing for the truth  
we want to hear.

**ALL: And you burn our ears  
with talk of justice and mercy.**

...

One: We come seeking what we want,

**ALL: And you in grace and love  
give us what we need!**

### By All Your Saints Still Striving

*Horatio Bolton Nelson (1864, alt.) | Glory to God #325*

1. By all your saints still striving,  
for all your saints at rest,  
your holy name, O Jesus,  
forevermore be blessed!  
For those passed on before us,  
we sing our praise anew  
and, walking in their footsteps,  
would live our lives for you.

2. We praise you for the Baptist,  
forerunner of the Word,  
our true Elijah, making  
a highway for the Lord.  
The last and greatest prophet,  
he saw the dawning ray  
of light that grows in splendor  
until the perfect day.

3. All praise, O Lord, for Andrew,  
the first to welcome you,  
whose witness to his brother  
named you Messiah true.  
May we, with hearts kept open  
to you throughout the year  
proclaim to friend and neighbor  
your advent ever near.

4. For Magdalene we praise you,  
steadfast at cross and tomb.  
Your "Mary!" in the garden  
dispelled her tears and gloom.  
Apostle to the apostles,  
she ran to spread the word.  
Send us to shout the good news  
that we have seen the Lord!

4. We pray for saints we know not,  
for saints still yet to be,  
for grace to bear true witness  
and serve you faithfully,  
till all the ransomed number  
who stand before the throne  
ascribe all power and glory  
and praise to God alone.

## Take Up Your Cross

Words: Steve Millikan, Jane Johanson, Ray Boltz,

Music :Steve Millikan

### Refrain

Take up your cross and follow Jesus  
Take up your cross every day  
Don't be ashamed to say that you know Him  
Count up the cost, take up your cross and follow Him

1. What are you doing for the King  
Have you really given everything  
To the One who gave His all for you  
Don't you be satisfied just to know  
That the Lord has saved your soul  
Have you forgotten what you need to do

Take up your cross and follow Jesus  
Take up your cross every day  
Don't be ashamed to say that you know Him  
Count up the cost, take up your cross and follow Him  
Don't be ashamed to say that you know Him  
Count up the cost, take up your cross and follow Him

### Bridge

I know sometimes the road is long and  
I know sometimes you feel like you can't go on But  
you can make it, you just

### Refrain

Count up the cost, take up your cross and follow Him  
Don't be ashamed to say that you know Him  
Count up the cost, take up your cross and follow Him

Take up your cross and follow Jesus  
Take up your cross every day  
Don't be ashamed to say that you know Him  
Count up the cost, take up your cross and follow Him  
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Count up the cost, take up your cross and follow Him  
Count up the cost, take up your cross and follow Him

## Touch The Earth Lightly

Shirley Erena Murray (1991)

Glory to God #713

1 Touch the earth lightly,  
use the earth gently,  
nourish the life of the world in our care:  
gift of great wonder,  
ours to surrender,  
trust for the children tomorrow will bear.

2. We who endanger,  
who create hunger,  
agents of death for all creatures that live,  
we who would foster  
clouds of disaster,  
God of our planet, forestall and forgive!

3. Let there be greening,  
birth from the burning,  
water that blesses and air that is sweet,  
health in God's garden,  
hope in God's children,  
regeneration that peace will complete.

4. God of all living,  
God of all loving,  
God of the seedling, the snow, and the sun,  
teach us, deflect us,  
Christ reconnect us,  
using us gently and making us one.

## Guide My Feet

African-American spiritual

Glory to God #741

1. Guide my feet while I run this race  
Guide my feet while I run this race  
Guide my feet while I run this race  
For I don't want to run this race in vain

2. Hold my hand while I run this race

3. Stand by me while I run this race

4. I'm your child while I run this race

5. Search my heart while I run this race

6. Help me dodge that old devil man

7. Guide my feet while I run this race