

College Avenue Presbyterian Church
 5951 College Avenue | Oakland | 94618
 www.capcoakland.org | www.capcoakland.me
 Office : 510.658.3665 | capc.manager@gmail.com
 Pastor Monte: Cell 510.520.0746
 montemclain@gmail.com



THIS IS THE WAY

stepping into the building

Mark 3:1-12

January 29, 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 "Hymn To Freedom"

GATHERING SONG "Working On A Building" - insert

CALL TO WORSHIP Psalm 31 - Fredora Darmstadt

SONG OF PRAISE "I Danced In The Morning" - Blue Hymnal # 302

HEARING GOD'S WORD

LISTENING TO SCRIPTURE Mark 3:1-12 - Fredora Darmstadt

PROCLAIMING GOD'S WORD "Stepping into the Building" - Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Come And Find The Quiet Center" - Insert

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

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 "Live In Charity (Ubi Caritas)" - Glory to God #205

THE LIFE OF THE CHURCH

SENDING SONG MASHUP "Step By Step & Love the Lord" - Insert

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 "Мир Христа"(Ukrainian) [Mwir Khrysta]

POSTLUDE "Do Lord"

Reflections on Today's Readings

Mark 3:1-12

"To say that one is 'spiritual but not religious' or 'spiritual and religious' is often a way of saying, 'I am dissatisfied with the way things are, and I want to find a new way of connecting with God, my neighbor, and my own life.' It might not be a thoughtless mantra at all — in many cases, it may well be a considered commentary on religious institutions, doctrine, and piety."¹

"Spirituality is about personal experience — the deep realization that dirt is good, water is holy, the sky holds wonder; that we are part of a great web of life, our home is in God, and our moral life is entwined with that of our neighbor. But none of this is for the sake of feeling good, individual prosperity, or guaranteeing a blessed afterlife. It is about tracing the threads of the interconnected universe, about finding God in nature and in community — and, in finding God, discovering that we really are one. The spiritual revolution is a protest movement against forms of religion that have lost the binding vision of peace, wisdom, and equanimity here on earth. But for a spiritual revolution to make any real difference, it must reclaim the primal sense of religion — the 'we' — the power that binds us to one another, to God, and to the world. To encounter God here, we must walk out of buildings and discover the life of the commons."²

We're seeing an acceleration of church closures following the pandemic. With buildings closed, congregations dwindled unsure of how to be church, while a younger generation walked out of the building, abandoning Christianity. Is it that people don't want faith, or God known in Jesus?; Or could it be that many are looking for a different way to engage God?

More on this here



QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged, enraged, or surprised you in these texts?
- We're told that the "they" – *the opponents of Jesus* – are setting this whole scene up to catch him breaking the law in the hopes of embarrassing or arresting him. Jesus says that they have hard (or rebellious) hearts. How do they treat the man with the withered hand in all of it? How do they see him as a human being and brother?
- Why do the crowds follow Jesus? What does it mean that the unclean spirits want to recognize the power of Jesus and that he silences them?
- 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?

¹ Diana Butler Bass. *Christianity After Religion*

² Diana Butler Bass. *Grounded: Finding God in the World A Spiritual Revolution*

January Birthdays

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

Community Bible Study (Wrestling with Scripture)

We meet for discussion around the text for the week on Tuesdays at 7p on Zoom. This next week we're wrestling with our theme of This is the Way of Jesus in Matthew 5:1-12 & Romans 12:1-2, 9-21.

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/ 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!

Men's Breakfast Group • Saturday, 2/4 8:30am time of sharing, food and fun, at the home of Bill Beatty • 5653 Ocean View Dr., 94618. RSVP to Bill or Richard Harvey.

Lunar New Year Lunch we're celebrating the new year and the coming of Spring with a light coffee hour lunch moment Sunday, February 5th after service hosted by Gary Yee and Louise Waters.

New Class! – Discover Your Spiritual Type – Thursdays at 6pm on Zoom. More info on our website – use this QR Code to go straight there.



Black History Month We're celebrating all month long the diverse beauty of God's good creation and our shared history. Get involved in our special books club - Info on the green paper in the entry-way.

Thank You to Today's Leadership:

Godly Play: David Kittams

Music: Pete Feltman, Dave Eagle, Ben Kramarz,

Prayer Liturgist:

Prayer Liturgist:

Reader-Liturgist: Fredora Darmstadt

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

Working On A Building

a traditional folk song | Spiritual
recorded in 1934 by The Carter Family

If I was a sinner I tell you what I would do
I'd quit my sinning and work on the building too

I'm a working on building
I'm a working on building
I'm a working on building
For my lord for my lord

It's a holy ghost building
It's a holy ghost building
It's a holy ghost building
For my lord for my lord

If I was a underminer, liar, cheater, fighter...

If I was a preacher I tell you what I would do
I would keep on preaching and work on the building too

If I was a singer I tell you what I would do
I would keep on singing and work on the building too

Call to Worship

~ Psalm 31 from *The Message Translation* | Rev Eugene Peterson

One: ¹⁻² I run to you, God; I run for dear life.

Don't let me down!

Take me seriously this time!

Get down on my level and listen,
and please—no procrastination!

Your granite cave a hiding place,
your high cliff nest a place of safety.

**ALL: ³⁻⁵ You're my cave to hide in,
my cliff to climb.**

**Be my safe leader,
be my true mountain guide.**

**Free me from hidden traps;
I want to hide in you.**

**I've put my life in your hands.
You won't drop me,
you'll never let me down.**

One: ⁶⁻¹³ I hate all this silly religion,
but you, God, I trust.

I'm leaping and singing in the circle of your love;
you saw my pain,
you disarmed my tormentors,
You didn't leave me in their clutches
but gave me room to breathe.
Be kind to me, God—

I'm in deep, deep trouble again.

**ALL: I've cried my eyes out;
I feel hollow inside.**

**My life leaks away, groan by groan;
my years fade out in sighs.**

**My troubles have worn me out,
turned my bones to powder.**

**To my enemies I'm a monster;
I'm ridiculed by the neighbors.**

**My friends are horrified;
they cross the street to avoid me.**

**They want to blot me from memory,
forget me like a corpse in a grave,
discard me like a broken dish in the trash.**

**The street-talk gossip has me
"criminally insane"!**

**Behind locked doors they plot
how to ruin me for good.**

One: ¹⁴⁻¹⁸ Desperate, I throw myself on you:
you are my God!

Hour by hour I place my days in your hand,
safe from the hands out to get me.

Warm me, your servant, with a smile;
save me because you love me.

Don't embarrass me by not showing up;
I've given you plenty of notice.

Embarrass the wicked, stand them up,
leave them stupidly shaking their heads
as they drift down to hell.

Gag those loudmouthed liars
who heckle me, your follower,
with jeers and catcalls.

**ALL: ¹⁹⁻²² What a stack of blessing you have piled
up for those who worship you,**

**Ready and waiting for all who run to you
to escape an unkind world.**

**You hide them safely away
from the opposition.**

**As you slam the door on those oily, mocking faces,
you silence the poisonous gossip.**

Blessed God!

Trapped by a siege, I panicked.

"Out of sight, out of mind," I said.

**But you heard me say it,
you heard and listened.**

One: Love God, all you saints;
God takes care of all who stay close to him,
But he pays back in full
those arrogant enough to go it alone.

**ALL: Be brave. Be strong. Don't give up.
Expect God to get here soon.**

I Danced In The Morning/Lord of the Dance

Author: Sydney Carter (1963)

Tune: SIMPLE GIFTS | The Blue Presbyterian Hymnal #302

1 I danced in the morning
when the world was begun,
And I danced in the moon
and the stars and the sun,
And I came down from heaven
and I danced on the earth,
At Bethlehem I had my birth.

Refrain:

"Dance, then, wherever you may be;
I am the Lord of the Dance," said he.
"I'll lead you all wherever you may be,
I will lead you all in the Dance," said he.

2 I danced for the scribe and the Pharisee,
But they would not dance
and they wouldn't follow me;
I danced for the fishermen,
for James and for John;
They came with me and the dance went on.

3 I danced on the Sabbath and I cured the lame,
The holy people, they said it was a shame;
They whipped and they stripped
and they hung me high,
And they left me there on a cross to die.

4 I danced on a Friday when the sky turned black;
It's hard to dance with the devil on your back;
They buried my body and they thought I'd gone,
But I am the dance and I still go on.

5 They cut me down and I leapt up high,
I am the life that'll never, never die,
I'll live in you if you'll live in me;
"I am the Lord of the Dance," said he.

Come And Find The Quiet Center

text Shirley Erena Murray | tune: Beach Spring

1. Come and find the quiet center
in the crowded life we lead
Find the room for hope to enter
find the frame where we are freed
Clear the chaos and the clutter,

clear our eyes that we can see
All the things that really matter,
be at peace and simply be

2. Silence is a friend who claims us,
cools the heat and slows the pace
God it is who speaks and names us,
knows our being touches base
Making space within our thinking,
lifting shades to show the sun
Raising courage when we're shrinking,
finding scope for faith begun

3. In the spirit let us travel, open to each other's pain
Let our loves and fears unravel,
celebrate the space we gain
There's a place for deepest dreaming,
there's a time for hearts to care
In the spirit's lively scheming
there is always room to spare

Live In Charity (Ubi Caritas)

Author: Communauté de Taizé | Glory to God #205

Sung in Latin

Ubi caritas et amor,
ubi caritas Deus ibi est.

Translation:

Where charity and love are found, God is there.

Step By Step

words & music by David Strasser

Oh God, You are my God
And I will ever praise You
Oh God, You are my God
And I will ever praise You
I will seek You in the morning
And I will learn to walk in your ways
And step by step You'll lead me
And I will follow You all of my days

Love The Lord Your God

Love the Lord Your God
With all your heart with all your soul
With all your mind and with all your strength
Love the Lord Your God
With all your heart with all your soul
With all your mind and with all your strength

With all my heart with all my soul
With all my mind with all my strength
I will serve You Lord with all my heart with all my soul
With all my mind and with all my strength