

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



seeking:
Who will you
listen to?



February 26, 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 you 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 "Jesus Walked This Lonesome Valley"

GATHERING SONG "Throughout These Lenten Days And Nights" - *Insert*

CALL TO WORSHIP - *Marian Kohlstedt*

SONG OF PRAISE "Lord, Who Throughout These Forty Days" - *Glory to God #166*

LISTENING FOR GOD'S WORD

CELEBRATING GOD'S GOOD CREATION IN BLACK HISTORY MONTH

"Love, Justice, and Mercy" featuring Rev. Dr. William Barber II
Video produced by The Work of the People

HEARING SCRIPTURE Matthew 4:1-11 Genesis 2:15-17, 3:1-7
- *Marian Kohlstedt*

PROCLAIMING GOD'S WORD "Are You Hearing Voices Too?" - *Rev. Monte McClain*

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Touch The Earth Lightly" - *Glory to God # 324*

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 "Lift Every Voice" - *The Blue Hymnal #563, v3*

THE LIFE OF THE CHURCH

SENDING SONG "Today We All Are Called To Be Disciples" - *Glory to God # 757*

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 Amani Ya Mungu (Swahili)

POSTLUDE "Nobody Knows The Trouble I see"

Reflections on Today's Readings Matthew 4:1-11 Genesis 2:15-17, 3:1-7



seeking:
honest questions
for deeper faith

Our theme this Lenten season (from now through Easter) is seeking: honest questions for deeper faith. For many of us, Church has been a place where we've at times been discouraged from asking questions. They were seen as divisive, destructive, revelatory of our doubt.

But many questions are actually hopeful and curious. Our questions won't necessarily lead to answers, but they can help us find clarity and a new perspective. Ultimately, we pray that they lead to a new beginning, a restoration, a wider grace - a deeper faith.

Like the characters in our Lenten scriptures, we are also seeking many things: clarity, connection, wonder, justice, balance. We are seeking our calling, the sacred, and how to live as a disciple. Throughout the turbulence of the past few years, many of us are asking big questions about our lives and our faith. This Season of Lent marks the one-year anniversary of the Russian invasion of Ukraine – the largest war in Europe since WWII. It also marks three-years since our society shut down in response to the threat of COVID. Our way of life has changed. Asking questions, seeking in this season, is a sort of spiritual formation for life in our new normal as we continually ask ourselves: *What am I seeking? What is God seeking?*

In the ancient world, snakes were a symbol of transformation. Their venom held the possibility of both poison and medicine. Our human story begins in the crux of this same paradox of possibility, as the first humans embark into the fertile field God had prepared for them.

"God knows that when you eat it, your eyes will be opened," the serpent says. And while the serpent didn't lie—indeed, their eyes did open—as it often goes with crafty tricksters, that isn't the whole story. Because while the humans wouldn't physically die as they imagined, God also told the truth. A death would happen. It was the death of their innocence.

Jesus responds differently, recognizing the source and limits of his power, rooting himself in his relationship of love with God as a space of trust, hope, and freeing-truth.

QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged, enraged, or surprised you in this text?
- Adam and Eve listen to different voices than Jesus. What voices are the loudest in your ears? What voices do you want to silence? What voices would you like to trust more?
- 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?

March Birthdays

| | |
|---------------------|-----------------------|
| 1 Al Barnes | 6 Jeff Trowbridge |
| 11 Michael Evans | 12 Kristy McClain |
| 17 Louise Hirschman | 22 Ellen Brylawski |
| 24 Marda Stothers | 28 Lucian Haynes 2010 |

March Anniversaries

| |
|------------------------------------|
| 3 Mike and Lori Castner 1979 |
| 10 Richard and Marge Harvey 2011 |
| 28 Maya Patil's adoption date 2003 |

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) – Tuesdays 7:00pm on Zoom

John 3:1-17 & Genesis 12:1-4a

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

Sign 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.

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

Discover Your Spiritual Type Class Thursdays at 6pm on Zoom. Last class – this Thursday 3/2 at 6pm on Zoom. More info on our website.

Black History Month Book Club – Wednesday, 2/28 at 7pm on Zoom. We discussing part 3 (chaps 6-7) of the book *What Kind of Christianity?*

Session Meeting Thursday 3/2 @ 7pm on Zoom.

Lent Devotionals. Pick up your copy of the daily devotional for Lent. Copies are in the entryway.

Spiritual Journey Groups during Lent –Look for information about these small groups in the entry.

Nominating Team. Our nominating team is meeting today for a brief time of training and check-in.

Thank You to Today's Leadership:

Godly Play: Monte McClain

Music: Pete Feltman, Dave Eagle, Ben Kramarz, Roger Kim

Prayer Liturgist: Myrna Shadley

Reader-Liturgist: Marian Kohlstedt

Video Tech: Albert Hussian, Dann Wilkens, 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

Throughout These Lenten Days And Nights

WORDS: James Gertmenian © 1993 Hope Publishing Co.

MUSIC: Jean S. Strathdee. © 2009 Desert Flower Music

1. I owe my Lord a morning song
For God has meant this day.
Through fears of night and hidden light
God moves and wills my way.

2. I owe my Lord a morning song
For Jesus rose at dawn;
He made death die and would not lie
That others might live on.

3. I owe my Lord a morning song;
The spirit gave me voice,
Nor did she force my soul to praise
But honored me with choice.

4. I owe my Lord a morning son.
How can I help but sing
When God is all in all, and
I am one with everything.

Call to Worship ~ *Prayer by Rev. Sarah A. Speed*
A Sanctified Art LLC | sanctifiedart.org.

One: Listen!

ALL: There is hope to be found here.

One: Listen!

ALL: God calls you by name here.

One: Listen!

ALL: There is love that abides here.

One: This world is full of chatter,
so may we do our best to listen.

ALL: God is speaking.

One: Let us worship.

ALL: Amen.

Lord, Who Throughout These Forty Days

Claudia Frances Hernaman (1873)

The Blue Presbyterian Hymnal #81

Glory to God Hymnal #166

1 Lord, who throughout these forty days
for us did fast and pray,
teach us with you to mourn our sins
and close by you to stay.

2 As you with Satan did contend
and did the victory win,
O give us strength to persevere,
in you to conquer sin.

3 And through these days of penitence,
and through this Passiontide,
yes, evermore, in life and death,
O Lord, with us abide.

4 Abide with us, till when this life
of suffering shall be past,
an Easter of unending joy
we may attain at last.

Affirmation of Faith

Prayer by Rev. Sarah A. Speed | A Sanctified Art LLC |
sanctifiedart.org.

In a world full of noise,
we believe that God is speaking.

In a world full of chaos,
we believe that God is singing.

In a world full of temptation,
we believe that God is healing.

In a world full of fake news and partial truths
We believe that God speaks the truth that
sets us free.

Church, who will you listen to?
We will listen to God—our Creator, Friend,
and Guide.

Church, what will you listen for?
We will listen for water in the desert,
for the wind of the Spirit,
for the laughter of children,
for the sound of open doors,
and for God's voice, who calls us beloved.
Amen.

Beautiful

*Song by Christina Aguilera (2002) on the
Album: Stripped*

Don't look at me

Every day is so wonderful
Then suddenly it's hard to breathe
Now and then I get insecure
From all the pain
I'm so ashamed

I am beautiful no matter what they say
Words can't bring me down
I am beautiful in every single way
Yes, words can't bring me down, oh no
So don't you bring me down today

To all your friends you're delirious
So consumed in all your doom
Trying hard to fill the emptiness
The pieces gone, left the puzzle undone
Is that the way it is?

You are beautiful no matter what they say
Words can't bring you down, oh no
You are beautiful in every single way
Yes, words can't bring you down, oh no
So don't you bring me down today

No matter what we do
(No matter what we do)
No matter what we say
(No matter what we say)
We're the song inside the tune (Yeah)
Full of beautiful mistakes

And everywhere we go
(And everywhere we go)
The sun will always shine
(The sun will always, always shine)
And tomorrow we might wake on the other side

'Cause we are beautiful no matter what they say
Yes, words won't bring us down, no, no
We are beautiful in every single way
Yes, words can't bring us down, oh, no
So don't you bring me down today

Ooh-oh-oh, yeah
Don't you bring me down today
Yeah, ooh
Don't you bring me down...Ooh, today

Lift Every Voice

*Author: James and Rosamond Johnson (1900)
The Blue Presbyterian Hymnal #563
Glory to God #339*

1. Lift every voice and sing
Till earth and heaven ring
Ring with the harmonies of liberty
Let our rejoicing rise high as the listening skies
Let it resound loud as the rolling sea
Sing a song full of the faith
that the dark past has taught us
Sing a song full of the hope
that the present has brought us
Facing the rising sun
of our new day begun
Let us march on till victory is won

2 Stony the road we trod,
bitter the chastening 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 parents sighed
We have come over a way
that with tears has been watered
We have come treading our path
through the blood of the slaughtered
Out of the gloomy past,
till now we stand at last
Where the white gleam
of our bright star is cast

3. God of our weary years,
God of our silent tears,
thou who hast brought us
thus far on the way,
thou who hast by thy might
led us into the light,
keep us forever in the path, we pray.
Lest our feet stray from the places,
our God, where we met thee;
lest our hearts,
drunk with the wine of the world,
we forget thee;
shadowed beneath thy hand,
may we forever stand,
true to our God,
true to our native land.

Today We All Are Called To Be Disciples

© 1989 H. Kenn Carmichael
Glory to God #757

1. Today we are all called to be
Disciples of the Lord,
To help to set the captives free,
Make plow-share out of sword,
To feed the hungry, quench their thirst,
Make love and peace our fast,
To serve the poor and homeless first,
Our ease and comfort last.

2. God made the world and at its birth
Ordained our human race
To live as stewards of the earth,
Responding to God's grace.
But we are vain and sadly proud,
We sow not peace but strife,
Our discord spreads a deadly cloud
That threatens all of life.

3. Pray justice may come rolling down
As in a mighty stream,
With righteousness in field and town
To cleanse us and redeem.
For God is longing to restore
An earth where conflicts cease,
A world that was created for
A harmony of peace.

4. May we in service to our God
Act out the living word,
And walk the road the saints have trod
Till all have seen and heard.
As stewards of the earth may we
Give thanks in one accord
To God who calls us all to be
Disciples of the Lord.

Poetry for the Season of Lent

ASH WEDNESDAY

seeking: Is this the fast that I choose?
by Rev. Sarah A. Speed A Sanctified Art LLC
sanctifiedart.org.

At the start
Is this the fast I choose?
Will I wake with the sun each morning?
Will I start with thank you?
Will I peel back the cage around my frame
to let you in
or will I get too busy?
Will my Bible collect dust on the shelf,
along with my journal,
along with my sense of self,
or will I roll back the stone and wade in?

Every new season beckons something of us—
attention, beauty, the chance to create.
This season is no different.
So, like moths to the light,
will we find our way toward God,
or will we hover, circling fake suns?

I am seeking something deeper.
I am kicking off my shoes.
I am starting this season on holy ground.

Throughout These Lenten Days and Nights

C F C/E Dm7 C F/G C

1. Through-out these Lent - en days and nights we turn to walk the in - ward way,
 2. We bear the si - lence, cross and pain of hu - man bur - dens, hu - man strife,
 3. So let us choose the path of one who wore for us the crown of thorn,

C F C/E Dm7 C F/G C

where, meet - ing Christ, our guide and light, we live in hope 'til Eas - ter Day.
 while sis - ters, broth - ers help sus - tain our cour age 'til the feast of life.
 and slept in death that we might wake to life on res - ur - rec - tion morn!

F C C/E Dm7 G(sus4) G

The pil - grim Christ, the Lamb of God, who found in weak - ness great - er power,
 And though the road is hard and steep, the Spir - it ev - er calls us on
 Re - joice, O sons and daugh - ters! Sing and shout ho - san - nas! Raise the strain!

C F C/E Dm7

em - brac - es us, though lost and flawed, and leads us
 through Cal - vary's dy - ing, dark and deep, un - til we
 For Christ, whose death Good Fri - day brings, on Eas - ter

C F/G C F/G C

to his ris - ing hour. *last time - rit.*
 see the com - ing dawn.
 Day will rise a - gain!

WORDS: James Gertmenian. Copyright © 1993 Hope Publishing Co.
 MUSIC: Jean S. Strathdee. Copyright © 2009 Desert Flower Music. Used with permission.

Churches or individuals having an active license with CCLI, LicenSing or OneLicense may download and use this hymn free of charge. Others without a license must obtain permission from Hope Publishing Co. to use these words.

Published by The General Board of Discipleship of The United Methodist Church, PO Box 340003, Nashville, TN 37203-0003. Website www.gbod.org/worship