

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



Sunday • May 14, 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 "I Heard My Mother Call My Name In Prayer"
- GATHERING SONG "This Is My Mother's(Father's) World" - *Glory to God # 515*
- CALL TO WORSHIP - *Sarah Evangelista*
- SONG OF PRAISE "The Woman Hiding In The Crowd" - *Glory to God # 597*
Children are invited to depart for Godly Play upstairs with today's Story-Teller
- LISTENING FOR GOD'S WORD
- HEARING SCRIPTURE Mark 5:21-43 - *Sarah Evangelista*
- PROCLAIMING GOD'S WORD "Healing Touch" - *Rev. Monte McClain*
- RESPONDING TO GOD'S WORD
- SONG OF RESPONSE "When Jesus The Healer" - *Insert*
- PRAYERS OF THE PEOPLE & THE LORD'S PRAYER - *Marge Harvey*
 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 "Like A Mother Who Has Borne Us" - *Glory to God # 44*
- THE LIFE OF THE CHURCH
- SENDING SONG "For All The Faithful Women" - *Glory to God # 525*
- 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 "درود بر شما" | **Salamat bashi** - *Farsi | Persian*
- POSTLUDE "Mary Had a Little Lamb"

Reflections on Today's Readings

Mark 5:21-43

Today we're starting a month long series on mental health. May is national Mental Health Awareness Month. As we've spoken of in the past weeks we're facing what the surgeon general calls an epidemic of loneliness. It's highly intertwined with the dramatic increase in anxiety, depression and stress-related trauma that many Americans are identifying since the COVID-19 pandemic began.

We turn to the Bible looking for wisdoms from the ancient stories and sacred texts. But we often don't think the Bible has much to say about modern things like PTSD, anxiety, depression, AI or climate change. But it does! Moses suffered from anxiety over his speech impediment. Peter was probably plagued by PTSD or stress-related trauma after stabbing his teacher in the back. In today's scripture we see a woman ostracized for her physical condition, for which she can do



nothing. She probably was clinically depressed and traumatized by relational rejection and abandonment issues. And Jairus - who should have everything going for him according to human nature, doesn't.

There is no cure to being human even if you're wealthy, well known and respected or have power.

There are several words for healing in the Greek language, in which the gospel of Mark is written. One of them is the word **therapeo**. Sound familiar? It's the word from which we get our word therapy. **Therapeo** means to be healed, but also to be liberated, freed and saved. Jesus not only heals the bleeding woman physically but also restores her to her place in society by recognizing her as a full human being, an important part of society, a daughter of his family! Her healing-therapy-salvation wasn't just a one day thing...it probably continued for years. How could it not if she'd been suffering from poverty, isolation, communal rejection, and family abandonment for 12 years!

We are surrounded by people like the bleeding woman and Jairus. We are those people. What good word does God have for us? How might we embody God's love to those in need?

QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged, enraged, or surprised you in these texts?
- Imagine yourself as someone in the story - a disciple, the bleeding woman, Jairus, a member of the crowd. Reread the story. How do you respond, or feel about what transpires?
- These two stories of healing are sandwiched one inside the other. What do they reveal about sickness, being healed, (made well or whole)? How does Jesus long to make both women well? What does that look like?
- 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?



May Birthdays

7 Tyler Conant Martin 8 Donovan Adams 2015
15 Richard Harvey 18 Marge Harvey
23 Rebecca LaMotte

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.

Godly Play: we're beginning in person Godly Play today! Our Godly Players will stay with us in worship through the second song then head up to do their work and fun together in the Godly Play room.

This Week at & around CAPC Oakland

Community Bible Study (Wrestling with Scripture) - Tues 7pm on Zoom

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

Sign up online to help with set-up, serving, and clean-up - this -or any Friday! This coming week Monte is leading the cook team.

Women's Group: Saturday 9:30-10:30am on Zoom.

R U a Heretic ? Wednesdays at 7pm on Zoom. - Thinking through your own faith as we look at the historic heresies. This week we're talking about Arianism. *More info online.*

Strike School for Chabot Elementary - we're most likely hosting a strike school for Chabot Elementary School this week on our campus as the Teacher Strike continues. Monte can use help in terms of having a congregational presence during the week as they meet on our campus. Contact him to offer your time.

Mental Health Awareness Month - we're talking about Mental Health & Wellness all month in worship. Find resources and helpful links on our blog at www.capcoakland.me. or with this QR Code



Thank You to Today's Leadership:

Godly Play: Beth Beatty
Music: Pete Feltman, Dave Eagle, Ben Kramarz, & Roger Kim
Prayer Liturgist: Marge Harvey
Reader-Liturgist: Sarah Evangelista
Video Tech: Albert Hussian



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

“This Is My Mother's(Father's) World”

Maltbie D. Babcock (1901) | Glory to God #370

1 This is my Mother's world,
and to my listening ears
all nature sings, and round me rings
the music of the spheres.
This is my Mother's world;
I rest me in the thought
of rocks and trees, of skies and seas,
his hand the wonders wrought.

2 This is my Mother's world.
O, let me ne'er forget
that though the wrong seems oft so strong,
God is the ruler yet.
This is my Mother's world.
The battle is not done:
Jesus who died shall be satisfied,
and earth and heaven be one.

Call to Worship Opening litany

*~ Widen the Welcome: UCC for Mental Health –
- Resource Guide for Mental Health Sunday*

One: God calls us to love our neighbor as ourselves;

**ALL: the one who is weak
and the one who is strong,**

One: the one who is happy and the one who is sad,

**ALL: the one who is enjoying mental
wellness today**

One: and the one who is struggling
with mental illness today,

**ALL: the one whom we understand
and the one we don't,**

One: the one who is embraced
and the one who is shunned,

**ALL: the one who is like us
and the one who is different.**

One: Come, let us worship together!

ALL: We come, trusting God's abundant love!

“The Woman Hiding In The Crowd”

Dudley Weaver

1. The woman hiding in the crowd
Reached for Christ's garment hem
That simply by the touch of it
She might be healed within.

2. From Christ went forth the healing grace,
Her health and life restored.
"Who touched my clothes?" The Savior asked,
But no one said a word.

3. The woman knelt before him then
With joy and anxious fear,
And Jesus blessed her lovingly:
"In peace go forth from here."

4. The burdens now that weigh us down,
The sins we fear to speak,
The ache of heart and empty soul
We lay before your feet.

5. So touch us, Lord, with healing grace
And make us whole again
That we may always live in you
And know your peace within.

“When Jesus The Healer”

Peter Smith Hymn Text Words © 1978 Stainer & Bell (admin.

1. Leader: When Jesus the healer
passed through Galilee,

All: Heal us, heal us today!

Leader: the deaf came to hear
and the blind came to see.

All: Heal us, Lord Jesus!

2. Leader: A paralyzed man
was let down through a roof

All: Heal us, heal us today!

Leader: His sins were forgiven,
his walking the proof.

All: Heal us, Lord Jesus!

3. Leader: The death of his daughter
caused Jairus to weep.

All: Heal us, heal us today!

Leader: The Lord took her hand,
and he raised her from sleep.

All: Heal us, Lord Jesus!

4. Leader: When blind Bartimaeus
cried to the Lord

All: Heal us, heal us today!

Leader: his faith made him whole
and his sight was restored.

All: Heal us, Lord Jesus!

5. Leader: The lepers were healed
and the demons cast out.

All: Heal us, heal us today!

Leader: A bent woman straightened
to laugh and to shout.

All: Heal us, Lord Jesus!

6. Leader: The twelve were commissioned
and sent out in twos,

All: Heal us, heal us today!

Leader: to make the sick whole
and to spread the good news.

All: Heal us, Lord Jesus!

7. Leader: There's still so much sickness
and suffering today.

All: Heal us, heal us today!

Leader: We gather together for healing and pray:

All: Heal us, Lord Jesus!

Like A Mother Who Has Borne Us

Daniel Bechtel (1986) | Glory to God #44

1. Like a mother who has borne us,
Held us close in her delight,
Fed us freely from her body,
God has called us into life.

2. Like a father who has taught us,
Grasped our hand and been our guide,
Lifted us and helped our sorrow,
God has walked with us in life.

3. Though as children we have wandered,
Placed our trust in power and might,
Left behind our brothers, sisters,
God still calls us into life.

4. When we offer food and comfort,
Grasp our neighbors hand in love,
Tread the path of peace and justice,
God still walks with us in life.

For All The Faithful Women

*Herman G. Stuempfle | Text © 1993 GIA Publications, Inc.
Glory to God #324*

1 For all the faithful women
who served in days of old,
To you shall thanks be given;
to all, their story told.
They served with strength
and gladness in tasks your wisdom gave.
To you their lives bore witness,
proclaimed your power to save.

2 We praise your name for Miriam,
who sang triumphantly
while Pharaoh's vaunted army
lay drowned beneath the sea;
For Ruth, who left her homeland
and ventured forth in faith,
Who pledged to serve and worship
Naomi's God till death.

3 We sing of busy Martha,
who toiled with pot and pan
While Mary sat in silence
to hear the word again.
We praise the other Mary,
who hastened to the tomb
And found her Lord arisen,
dispelling doubt and gloom.

4 Lord, hear our praise of Dorcas,
who served the sick and poor.
Her hands were cups of kindness,
her heart an open door.
O God, for saints and servants,
our fervent prayer we raise,
That, faith, in your service,
our lives may sing your praise.