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mark  
 come follow me



MARK 1:29-39  
 FREEDOM DREAMING



The Fifth Sunday of Easter • April 28, 2024 at 10:30am  
 in Person & on Zoom

**Welcome to  
 CAPC Oakland!**

We are a reformed, multicultural, community of followers of Jesus. Together we are committed to vigorously living our faith in our words, actions, and relationships in the East Bay.

In our community, face masks are not required, but always welcome. Masks are available in the entry.

As a community we are committed to being safe, open and real. We'd love to know you better. Use this QR Code to share your contact info or questions with our staff so we can follow up. We will not sell, share or abuse your personal info.



**CHILDREN**

We are moving towards restarting Godly Play – “Sunday School” for children during our service. It’s a Montessori-like approach to teaching children language to use to learn to express faith through the telling of Bible Stories. Until then we have quiet toys, and activity sheets around today’s scripture in the play area up front.

**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.’

**WI-FI**

Want Wi-Fi during our gathering? Select our network – Capc-net. Our password is 5951CAPC

CCL #1137062

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

PRELUDE “Swing Low Sweet Chariot”

WORDS OF WELCOME

GATHERING SONG “We Come To You For Healing Lord” - *Glory to God #796*

CALL TO WORSHIP

SONG OF PRAISE “We Cannot Measure How You Heal” - *Glory to God #791*

LISTENING FOR GOD’S WORD

HEARING SCRIPTURE Mark 1:29-39

PROCLAIMING GOD’S WORD “Freedom Dreaming our Way Through Illness “ - *Rev. Monte McClain*

RESPONDING TO GOD’S WORD

SONG OF RESPONSE “The Lord Is My Shepherd” - *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 “Healer Of Our Every Ill” - *Glory to God #795*

THE LIFE OF THE CHURCH

SENDING SONG “He's Got The Whole World In His Hands” - *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 “Udo diri gi” - *Udo, spoken in Nigeria*

POSTLUDE “Cazadero”

## Reflections on Today's Readings Mark 1:29-39



Most of us have had the experience of someone meaning to offer you encouragement, say a kind word, or extend love – when we've been sick or struggling. A lot of us have had the experience of such well-intended words or actions feel like a slap in the face or a entirely clueless articulation of the uncertainty we're enduring. We mean well, but often what we intend to communicate isn't what comes across. Often I think it's because we don't know exactly what to say, but still want to say or do *something*.

Our scripture today tells of Jesus being known as a healer. So far in Mark's recounting of the Jesus story, he's been experienced as a teacher with amazing authority, a deliverer of demons, a caller of disciples. Here we hear of him healing a sick woman in words that portray it as rhyming with the chasing out of an unclean spirit. Why doesn't God heal us? We see miraculous healings of some people and sickness but not others. Is it a question of the quality or quantity of our faith?; or a question of karma?; Does God have favorites? Or is it just back then that such healings happened? Or is it just a story?

Medically today we differentiate between healing and a cure. They're related concepts, of course. Healing, however, can come in many forms other than cure. "Usually, curing requires help from a physician. The goal is to return the body, mind, or spirit to its original state and to avoid change. Curing may take less time and may be less painful, although it's an end and total removal of the problem. To heal means to repair or strengthen the body, mind, or spirit." [[source PsychCentral](#)]. How does our modern, more nuanced understanding apply to what we hear in this text?

Jesus heals the sick. The word in Greek is THERAPEO (from which we get therapy). It means to heal and cure, and also to attend to, to care for, and to minister unto. We're told that the mother-in-law immediately upon being healed get up and serves Jesus and the disciples. The Greek word is DIAKONOS (from which comes the word DEACON). It means to serve, attend, to care for, to minister unto. The words are curiously similar. What might that mean?

### QUESTIONS FOR REFLECTION & EXAMEN:

- What engaged, enraged, or surprised you in this text?
- Jesus becomes widely known as a healer (therapist in Greek). How does he treat, care for; minister to the ill? Curiously to serve/minister and to cure/heal seem to be synonyms. How do we care for those who are ill or sick? How is it different, or similar?
- Peter's mother-in-law is healed and then gets right to work ministering to others. What does that say about what it means to be fully human (made in the image of God)?
- 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

8 Donovan Adams 2015      8 Sophia Osterhage  
15 Richard Harvey      18 Marge Harvey  
28 Ziggy Amadea Aho 2001      28 Noah Laroia-Nguyen  
31 Avery Haynes 2008

### Today at & around CAPC Oakland

**Post Service Sanctuary 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 Sunday Edition**

(Sundays 9:30-10:20am). Discussing the text used in our gathering each Sunday.

**Deacons Meeting** – today after worship

**Quilters Club** Mondays 10a-12p, in the library.

#### **Community Bible Study Wednesday Edition**

Wednesdays at 7pm on Zoom. *Mark 2:1-12*

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

Sign up online to help with set-up, serving, & clean-up! *Our partners of Trinity Fellowship of Berkeley are cooking. Sarah Evangelista is hosting.*



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

**Construction Update** – The roof has been replaced! Next up – installing the solar panels, updating the electrical system in the gym and PG&E hooking us up to the grid.

**Thank you Notes** – We're giving a thank you gifts to neighbors and partners who were invaluable in helping us in our construction time. You can sign the individual thank you notes – on the table in the back of the sanctuary.

**Godly Play – Sunday School** – Monte is looking to restart this program for our children. Are you interested? Let him know.

**Monte will be taking Wednesday and Thursday off this week** to attend his daughter's College Thesis Defense.

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

MUSIC: Pete Feltman, Dave Eagle, Ben Kramarz, Kate Rose

VIDEO TECH: Dann Wilkens, 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*

### “We Come To You For Healing Lord”

*Herman G. Stuempfle, Jr. (2002) . | Glory to God #796*

1. We come to you for healing, Lord,  
of body, mind, and soul,  
and pray that by, your Spirit's touch,  
we may again be whole.
2. As once you walked through ancient streets  
and reached toward those in pain,  
come, risen Christ, among us still  
with power to heal again.
3. You touch us through physicians' skills,  
through nurses' gifts of care,  
and through the love of faithful friends  
who lift our lives in prayer.
4. When nights are long with wakefulness,  
through days when strength runs low,  
grant us your gift of patience, Lord,  
your calming peace to know.
5. We come to you, O loving Lord,  
in our distress and pain,  
in trust that through our nights and days  
your grace will heal, sustain.

### Call to Worship Opening Litany

*Using the post-its placed throughout the sanctuary on the pews.*

You're invited to write down on a post-it some thing  
– or some word that you've received or been told that  
brought you great joy – hope – love – or grace.

Bring it forward and place it around the edge of the  
dry erase board up front. If you need assistance  
simply raise your hand and someone will come to get  
your post it.

### “We Cannot Measure How You Heal”

*John Bell | Glory to God #797*

1 We cannot measure how You heal  
or answer every sufferer's prayer,  
yet we believe your grace responds  
where faith and doubt unite to care.  
Your hands, though bloodied on the cross,  
survive to hold and heal and warn,  
to carry all through death to life  
and cradle children yet unborn.

2 The pain that will not go away,  
the guilt that clings from things long past,  
the fear of what the future holds,  
are present as if meant to last.  
But present too is love which tends  
the hurt we never hoped to find,  
the private agonies inside,  
the memories that haunt the mind.

3 So some have come who need Your help  
and some have come to make amends,  
as hands which shaped and saved the world  
are present in the touch of friends.  
Lord, let Your Spirit meet us here  
to mend the body, mind and soul,  
to disentangle peace from pain

### “The Lord Is My Shepherd”

*Song by Paul Zach*

*Chorus*

The Lord is my shepherd  
The Lord is my shepherd, I shall not want  
The Lord is my shepherd  
The Lord is my shepherd, I shall not want

1. He leads my soul by the still waters  
In the green pastures I am restored  
Though I may walk through the dark valley  
Of the shadow of death  
I will not fear for your rod and staff comfort me
2. Goodness and mercy they will follow me  
All of the days all the days of my life  
And I will dwell in the house of the Lord  
Forever and ever

## Healer Of Our Every Ill

*Marty Haugen. Glory to God #795*

*Refrain:*

Healer of our every ill,  
light of each tomorrow,  
give us peace beyond our fear,  
and hope beyond our sorrow.

1 You who know our fears and sadness,  
grace us with your peace and gladness;  
Spirit of all comfort, fill our hearts.

2 In the pain and joy beholding  
how your grace is still unfolding,  
give us all your vision, God of love.

3 Give us strength to love each other,  
every sister, every brother;  
Spirit of all kindness, be our guide.

4 You who know each thought and feeling,  
teach us all your way of healing;  
Spirit of compassion, fill each heart.

## He's Got The Whole World In His Hands

*Traditional Spiritual*

1. God's got the whole world in their hand  
God's got this whole, in their hand  
God's got this whole world in their hand  
God's got the whole world in their hand
2. God's got the whole world in their hand  
God's got this whole, in their hand  
God's got this whole world in their hand  
God's got the whole world in their hand
3. God's got you and me sister in their hand  
God's got you and me sister in their hand  
God's got you and me sister in their hand  
God's got the whole world in their hand
4. God's got everybody here right in their hand  
God's got everybody here right in their hand  
God's got everybody here right in their hand  
God's got the whole world in their hand
5. The spirit can't move without  
the world in their hands  
The spirit can't move without  
the world in their hands  
The spirit can't move without  
the world in their hands  
God's got the whole world in their hands
6. God's got the whole world in their hand  
God's got this whole, in their hand  
God's got this whole world in their hand  
God's got the whole world in their hand
7. God's got the whole world in their hand  
God's got this whole, in their hand  
God's got this whole world in their hand  
God's got the whole world in their hand