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# DO NOT be AFRAID

November 29, 2020

## Welcome to CAPC Oakland ONLINE!

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

We usually gather in person, but cannot during this season of COVID-19. So instead we're worshipping together via ZOOM. While imperfect, and something that we'll get better at each time we gather remotely, it will allow us to gather together even in observing social distancing.

We can't do coffee hour but you can call or connect with someone else by phone to share a moment together after worship.

### CHILDREN

We have Godly Play for kids via ZOOM at 9:45am on Sunday. Find info and links at <http://www.capcoakland.org/zoom-worship-virtual-gatherings>

### PRAYER CARDS

We can't do prayer cards but we can do live chat on ZOOM while we meet. Myrna Shadley is being our digital Deacon. She'll use the prayer requests you may share in the chat during our visual gathering to shape our Prayers of the People time. Look for the chat box in the lower right hand corner of your ZOOM screen.

CCL #1137062

## GATHERING AROUND GOD'S WORD VIA ZOOM

GATHERING SONG

"Wait for the Lord"

LIGHTING THE ADVENT WREATH  
SHARING THE STORY

"The Nativity"

SONG OF PRAISE

"Now the Heavens Start to Whisper"

LISTENING FOR GOD'S WORD

RESPONDING TO GOD'S WORD

LISTENING TO SCRIPTURE

Isaiah 64:1-9 & Luke 1:25-46 - Sharon Nelson

SERMON

"Hope in What We Don't Yet Know" - Monte McClain

SONG RESPONSE OF RESPONSE

"O Come O Come Emmanuel"

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

- Deacon Myrna Shadley

*You can share your prayer requests for the good and the new using the Chat function on Zoom. Call and response liturgically prayed at the conclusion of sharing a prayer.*

Leader: God, in your mercy.

**People: Hear our prayer.**

THE LIFE OF THE CHURCH

COLLECTION OF OUR OFFERINGS AND GIFTS

SENDING SONG

"He Came Down"

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

*In the season of COVID-19 you're invited to pass the peace of God however and to whoever you can this day as we live our lives of disciples of Jesus sheltering-in-place, as a living sign of the Dominion of God at work moving us toward the healing transformation of the world.*

Reading for the First Sunday of Advent  
Isaiah 64:1-9 & Luke 1:25-46

Our theme for this Advent is "Do Not Be Afraid." It's more than appropriate in the hot mess of 2020 when we're faced with a continuing pandemic, social reckoning, isolation, and economic uncertainty. Fears are not something that many of us have in short supply.

Yet the phrase "Do Not Be Afraid" isn't just about us today – it's shapes the Christmas Story like two arms shape a hug. In the Bible it's the traditional greeting of an angel when they meet a human being. While ghosts greet with a "boo." Zombies with a snarl. And an adversary with "gotcha!" Angels – messengers of God – come not to frighten or surprise, but to community and enlighten. While their sudden apparition undoubtedly would feel like a threat to life, they come to invite us to wider, more abundant life. But still. Who wouldn't lose it if a spiritual being appeared and talked to you?

Today's reading from the prophet Isaiah is a reminder of the great fear that the Israelites in their time of occupation, deportation and exile in and under the world power of Babylon in the 7<sup>th</sup> century BCE. In their defeat they heard that they were being punished, abandoned by God for their violent, unjust and oppressive ways. They had chosen greed over the common good, their own self-enrichment over caring for creation. They knew there was no vaccine to save them. Only God could save them – like in days of old when God pummeled the chariots of the mighty Pharaoh and divided the sea so the Israelites might escape bondage into freedom in the promised land. God alone was sovereign, in charge and could save.

Mary and Elizabeth were women that abandoned themselves to such hope-full trust in God. An old woman who had never given birth (in a culture which valued child-bearing above nearly all else) and an unwed girl whose stomach was swelling with a child. Judged and rejected by their society, they understood that God alone could make a way where there was none.

#### QUESTIONS FOR EXAMEN

1. **What image or word in the scriptures grabs you?**
2. **When have you felt abandoned by God?**
3. **When have you felt saved by God?**
4. **How are you longing for faith to calm your fears today?**

## DECEMBER BIRTHDAYS

1 Barbara Epstein-Eagle	Megan Beatty
2 Annette Laverty	
8 Taylor Beatty 2008	Cristina Ramirez-Fonua
9 Laura LaMotte	10. Carol Zappin
13 Lane Stahl	15. Janet Majors
31 Gianelle Beatty 2011	

**Coffee Hour Today** - Call someone else up, catch-up, check in wherever you are.

### WEEKLY CALENDAR

**Daily Zoom Calls – every day at 12pm.**

**Community Care Package Team Meeting** Monday at 1:00pm on Zoom

**Race Matters**– Monday 11/30 @ 6pm Sharing rooted in the story of Anne Marie. [www.capcoakland.org/race-matters](http://www.capcoakland.org/race-matters).

**Friday Night Meal** Next Friday, December 4<sup>th</sup>. **We need help serving & setting-up. Contact Monte!**

**Women's Group** – *Saturday Mornings on Zoom.* Contact Anne Marie Adams for info about joining - amadams44@gmail.com

**Indian Meals to Go** Order by Wednesday for pick up Friday & Saturday 5-7pm. (510) 717-9291 or brightsinghd@rediffmail.com

**Tamales por Oakland** – Order tamales from our Primera Iglesia partners to create work and you enjoy a great meal! [www.capcoakland.org](http://www.capcoakland.org)

**Godly Play – Sundays 9:45-10:25 on Zoom.** New address! Check the weekly newsletter for the link. Or look online on our website.

**Advent 2020** Advent starts next Sunday 11/29. Well be celebrating this special season with music, a weekly children's story and scripture rooted in the "Do Not Be Afraid" Devotional that was given out in this week's community care package.

#### Thank you to this Week's Leadership:

Deacon Liturgist: Myrna Shadley  
Chat Master: Karl Shadley  
Godly Play: Beth Beatty  
Music: Pete Feltman  
Reader: Sharon Nelson

## LYRICS & RESPONSES FOR TODAY'S CELEBRATION

### "Wait for the Lord"

*Communauté de Taizé*

*Glory to God #90*

© 1991 Ateliers et Presses de Taizé, Taizé Community, France,  
GIA

Wait for the Lord, his day is near  
Wait for the Lord, be strong take heart  
Prepare the way for the Lord  
Make a straight path for Him  
The Glory of the Lord shall be revealed  
All the Earth will see the Lord  
Rejoice in the Lord always  
He is at Hand  
Joy and gladness for all who seek the Lord

### Lighting the Advent Wreath

*In the ancient world, various peoples lit fires to mark the turning of the light into winter's season and to pray for the return of the light. The church has Christianized that practice in the lighting of the Advent wreath. To us, these candles are signs of the growing light of Christ who is coming again in all fullness into the darkness of our world.*

*Until the dawning of that Great Day, we watch and wait in Holy Spirit for Christ's coming. We light the Advent candles of hope, peace, joy, and love; remembering the promises of God.*

*You can place your Advent Wreath on a plate and place 5 candles around and in it (4 around, 1 inside). They represent the 4 Sundays of Advent and Christmas Day/Eve - when we celebrate the coming of the Light of God into the World as John describes it in his gospel. You have enough candles to light the wreath each Sunday in Advent and still have enough for Christmas Eve. Bring it with you to our weekly Zoom worship - we'll be lighting our Advent Wreaths then as a visible sign of our connection and community even as we distance and shelter at home.*

*Our Advent Wreath Prayers were written by Katherine Hawker and posted on Liturgy Outside. [www.liturgyoutside.net](http://www.liturgyoutside.net)*

God of life,  
As we begin our Advent pilgrimage,  
grant us the courage to hope.  
Hope for your presence,  
Hope for your peace,  
Hope for your promise. Amen.

### "Now the heavens start to whisper"

*Mary Louise Bringle (2005)*

© 2006 by GIA Publications, Inc.

*Glory to God #94*

1. Now the heavens start to whisper,  
As the veil is growing thin.  
Earth from slumber wakes to listen  
To the stirring, faint within:  
Seed of promise, deeply planted,  
Child to spring from Jesse's stem!  
Like the soil beneath the frostline;  
Heats grow soft to welcome him.
2. Heavy clouds that block the moonlight  
Now begin to drift away.  
Diamond brilliance through the darkness  
Shines the hope of coming day.  
Christ, the morning star of splendor,  
Gleams within a world grown dim.  
Heaven's ember fans to fullness;  
hearts grow warm to welcome him.
2. Christ, eternal sun of justice,  
Christ, the rose of wisdom's seed,  
Come to bless with fire and fragrance  
Hours of yearning, hurt, and need.  
In the lonely, in the stranger,  
In the outcast, hid from view:  
Child who comes to grace the manger,  
Teach our hearts to welcome you.

## **“ O Come O Come Emmanuel”**

*Translator: J. M. Neale (1851)*

*Tune: VENI EMMANUEL (Chant)*

*Latin, c. 12th century; Ancient Antiphons (Latin),*

*versified in 18th century*

*Glory to God #88*

1. O come, O come, Emmanuel,  
and ransom captive Israel,  
that mourns in lonely exile here  
until the Son of God appear.

*Refrain:*

Rejoice! Rejoice! Emmanuel,  
shall come to thee, O Israel.

2. O come, thou Key of David, come,  
and open wide our heavenly home;  
make safe the way that leads on high,  
and close the path to misery.

*[Refrain]*

3. O come, thou Dayspring,  
come and cheer our spirits by thine advent here;  
disperse the gloomy clouds of night,  
and death's dark shadows put to flight.

*[Refrain]*

4. O come, Desire of nations,  
bind All peoples in one heart and mind;  
Bid envy, strife, and discord cease;  
Fill the whole world with heaven's peace.

*(Refrain)*

## **“He Came Down”**

*Cameroon traditional*

*Glory to God #137*

1 He came down that we may have love;  
He came down that we may have love;  
He came down that we may have love,  
Hallelujah forevermore.

2 He came down that we may have peace;  
He came down that we may have peace;  
He came down that we may have peace,  
Hallelujah forevermore.

3 He came down that we may have joy;  
He came down that we may have joy;  
He came down that we may have joy,  
Hallelujah forevermore.

4 He came down that we may have hope;  
He came down that we may have hope;  
He came down that we may have hope,  
Hallelujah forevermore.

5 He came down that we may have life;  
He came down that we may have life;  
He came down that we may have life,  
Hallelujah forevermore.

## READINGS FOR THE FIRST SUNDAY OF ADVENT

Isaiah 64:1-9

The Message

<sup>1-7</sup> Oh, that you would rip open the heavens  
and descend,  
make the mountains shudder  
at your presence—  
As when a forest catches fire,  
as when fire makes a pot to boil—  
To shock your enemies into facing you,  
make the nations shake in their boots!  
You did terrible things we never expected,  
descended and made the mountains shudder at  
your presence.  
Since before time began  
no one has ever imagined,  
No ear heard, no eye seen, a God like you  
who works for those who wait for him.  
You meet those who happily do what is right,  
who keep a good memory of the way you work.  
But how angry you've been with us!  
We've sinned and kept at it so long!  
Is there any hope for us? Can we be saved?  
We're all sin-infected, sin-contaminated.  
Our best efforts are grease-stained rags.  
We dry up like autumn leaves—  
sin-dried, we're blown off by the wind.  
No one prays to you  
or makes the effort to reach out to you  
Because you've turned away from us,  
left us to stew in our sins.

<sup>8-9</sup> Still, God, you are our Father.  
We're the clay and you're our potter:  
All of us are what you made us.  
Don't be too angry with us, O God.  
Don't keep a permanent account of wrongdoing.  
Keep in mind, please, we are your people  
—all of us.

Luke 1:26-45

New Revised Standard Version

<sup>26</sup> In the sixth month the angel Gabriel was sent by  
God to a town in Galilee called Nazareth, <sup>27</sup> to a  
virgin engaged to a man whose name was Joseph,  
of the house of David. The virgin's name was Mary.

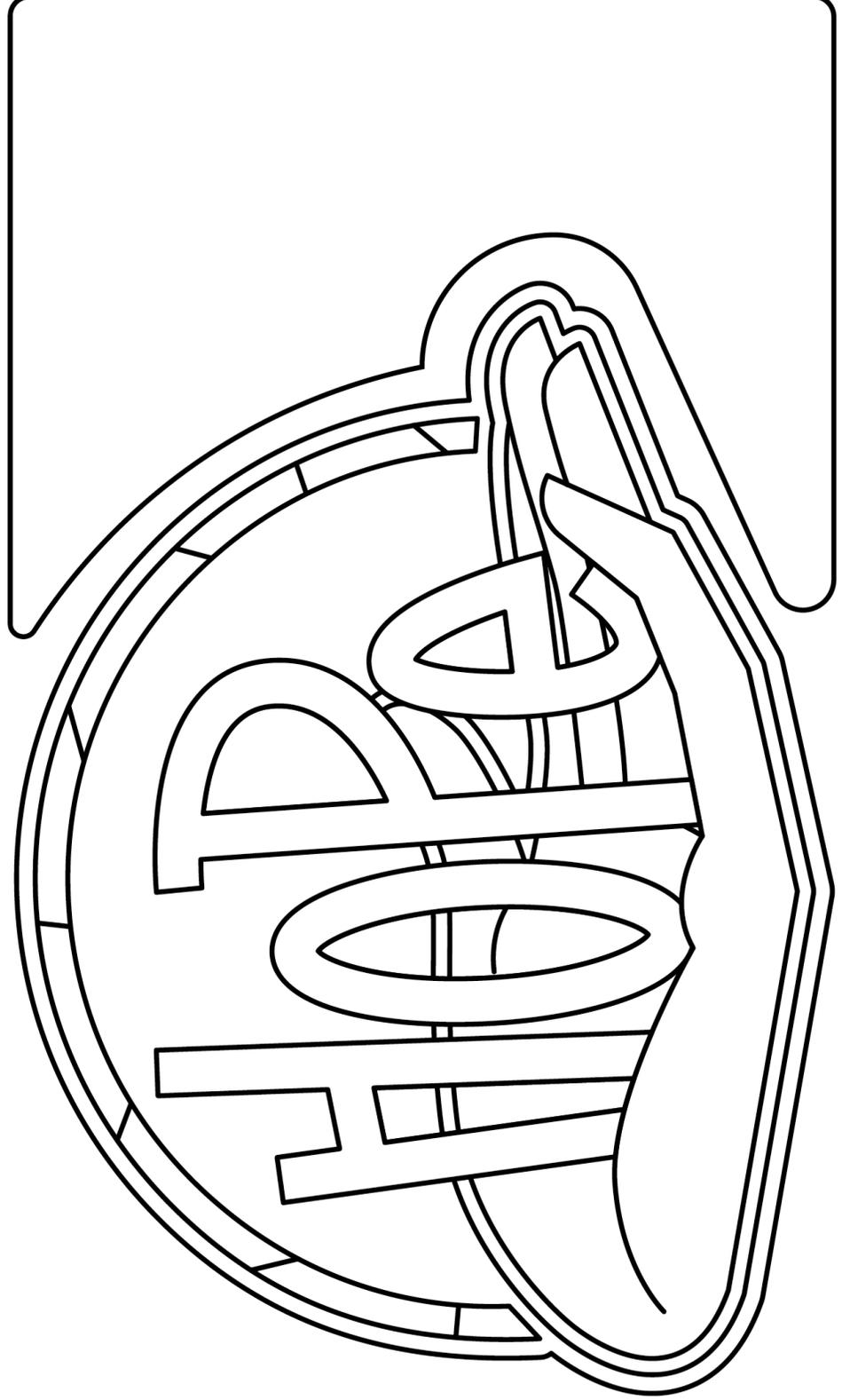
<sup>28</sup> And he came to her and said, "Greetings, favored one! The Lord is with you." <sup>29</sup> But she  
was much perplexed by his words and pondered  
what sort of greeting this might be. <sup>30</sup>  
The angel said to her, "Do not be afraid, Mary,  
for you have found favor with God. <sup>31</sup> And  
now, you will conceive in your womb and bear  
a son, and you will name him Jesus. <sup>32</sup> He will  
be great, and will be called the Son of the Most  
High, and the Lord God will give to him the  
throne of his ancestor David. <sup>33</sup> He will reign  
over the house of Jacob forever, and of his  
kingdom there will be no end." <sup>34</sup> Mary said to  
the angel, "How can this be, since I am a virgin?"  
<sup>35</sup> The angel said to her, "The Holy Spirit  
will come upon you, and the power of the  
Most High will overshadow you; therefore the  
child to be born will be holy; he will be called  
Son of God. <sup>36</sup> And now, your relative Elizabeth  
in her old age has also conceived a son;  
and this is the sixth month for her who was  
said to be barren. <sup>37</sup> For nothing will be impossible  
with God." <sup>38</sup> Then Mary said, "Here am I,  
the servant of the Lord; let it be with me  
according to your word." Then the angel  
departed from her.

<sup>39</sup> In those days Mary set out and went with  
haste to a Judean town in the hill country, <sup>40</sup>  
where she entered the house of Zechariah and  
greeted Elizabeth. <sup>41</sup> When Elizabeth heard  
Mary's greeting, the child leaped in her womb.  
And Elizabeth was filled with the Holy Spirit <sup>42</sup>  
and exclaimed with a loud cry, "Blessed are  
you among women, and blessed is the fruit of  
your womb. <sup>43</sup> And why has this happened to  
me, that the mother of my Lord comes to me?  
<sup>44</sup> For as soon as I heard the sound of your  
greeting, the child in my womb leaped for joy.  
<sup>45</sup> And blessed is she who believed that there  
would be a fulfillment of what was spoken to  
her by the Lord."

# “DO NOT BE AFRAID.”

Perhaps this Advent, the weight of all that we know is bearing down on us. And perhaps God gives to us this year the same gifts Mary and Elizabeth received so long ago: an **invitation**, an **instruction**, and the **hope held** in all we do not yet know.

USE THIS SPACE TO REFLECT ON, AND WRITE ABOUT, THE PEOPLE IN YOUR LIFE WHO HOLD HOPE FOR YOU. ALSO, WHO DO YOU HOLD HOPE FOR?



## He Came Down

1 He came down that we may have love; he  
 2 He came down that we may have light; he  
 3 He came down that we may have peace; he  
 4 He came down that we may have joy; he

came down that we may have love; he came down that we may  
 came down that we may have light; he came down that we may  
 came down that we may have peace; he came down that we may  
 came down that we may have joy; he came down that we may

6  
 have love; hal-le - lu - jah for-ev - er - more.  
 have light; hal-le - lu - jah for-ev - er - more.  
 have peace; hal-le - lu - jah for-ev - er - more.  
 have joy; hal-le - lu - jah for-ev - er - more.

*Leader:* Why did he come?