

College Avenue Presbyterian Church  
 5951 College Avenue | Oakland | 94618  
 www.capcoakland.org | www.capcoakland.me  
 Office : 510.658.3665 | capc1@sbcglobal.net  
 Pastor Monte: Cell 510.520.0746  
 montemclain@gmail.com



# DO NOT be AFRAID

THE THIRD WEEK OF ADVENT : JOY

December 13, 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 "Lo, How a Rose e'er Blooming"

LISTENING FOR GOD'S WORD

LIGHTING THE ADVENT WREATH

SHARING THE STORY "The Animals' Christmas Carol"

SONG OF PRAISE "The Snow Lay on the Ground"

LISTENING TO SCRIPTURE Isaiah 61:1-11 & Luke 2:1-14 - *Patt Schroeder*

SERMON "Talking about a Revolution" - *Monte McClain*

RESPONDING TO GOD'S WORD

SONG RESPONSE OF RESPONSE "Oh Little Town of Bethlehem "

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 "Come, thou long expected Jesus!"

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 Third Sunday of Advent

Isaiah 61:1-11 & Luke 2:1-14

Our theme for this Advent is “Do Not Be Afraid.” It’s heavily present in today’s readings. The reading from the prophet Isaiah begins with a bold declaration of divine presence and action. But it’s unclear who the anointed one whom the spirit is ordaining and moving into action. The “me” seems to be the speaker, Isaiah. But we’ve also long read it as the Messiah (a Hebrew word which means “the anointed one.” Jesus even identifies himself as this anointed one when he reads this same scripture publicly as told in Luke 4. Where there brokenness was accepted, joy will be practiced.

The troubles and needs in the time of Isaiah (roughly 500 BCE) are daunting. God’s anointed is sent not just to put a band aid on things but to reverse them. It’s a revolution! a lifting up, empowering the oppressed, captives, imprisoned and all who mourn. Though unstated, in order to reach those persons, God’s anointed must, of necessity, confront the perpetrators and sources of oppression, marginalization, hopelessness and despair.

We understand this genesis of this love revolution to happen in the birth story told in Luke 2 – the story of Christmas. But where Isaiah is detailed and dirty, real and easily pictured. Luke’s vision is glossy and smooth. There’s no mention of the arduous journey to Bethlehem; the pain and mess of childbirth; the smell of the shepherds. But there is lot’s of joy.

While we see the connection between the two writings of God showing up to make all things new, loving us in and through our fear into something new; they also seem quite different. It’s mainly because of how we’re repackaged the story of Christmas to make it beautiful and simple, easy to fit on a greeting cards. But revolutions are always messy. Think of how we need our world to be turned right side up today to get us out of the mess of COVID-19. Not neat and tidy in any way.

### QUESTIONS FOR EXAMEN

1. **What image or word in the scriptures grabs you?**
2. **How does the picture-perfect crafting of Christmas in our culture possibly keep you from wondering about its mystery and power?**
3. **How does the birth of Jesus (Christmas) invite you to practice joy in the wide fear of today?**

## DECEMBER BIRTHDAYS

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 12/14 @ 6pm David Kit-tams is sharing [capcoakland.org/race-matters](http://capcoakland.org/race-matters).

**Friday Night Meal** Next Friday, December 18<sup>th</sup>. Montclair Pres is making a burrito dinner. **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](mailto: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)

**Men’s Online Gathering – Saturday, 12/19 10:00am on Zoom.** We’re meeting to check-in, support one another and pray together on the same channel as we do for worship.

**Godly Play – Sundays 9:45-10:25 on Zoom.** New address! Check the weekly newsletter

**Christmas Eve 2020 | 12/24 @ 7:00pm.** We’re re-interpreting our annual service for the reality of COVID-19. We’ll be meeting on Zoom (even with a pageant!) but on a different address. Stay tuned for more information in the coming weeks.

### Thank you to Today’s Worship Leadership:

Advent Wreath:

Chat Master: Karl Shadley

Deacon Liturgist: Myrna Shadley

Godly Play: Beth Beatty

Music: Pete Feltman

Reader: Patt Schroeder

## LYRICS & RESPONSES FOR TODAY'S CELEBRATION

### "Lo, How a Rose e'er Blooming"

*Translator: Theodore Baker*

*German, 15th century*

*Glory to God #129*

1 Lo, how a rose e'er blooming  
from tender stem hath sprung,  
of Jesse's lineage coming,  
by faithful prophets sung.  
It came, a floweret bright,  
amid the cold of winter,  
when half spent was the night.

2 Isaiah 'twas foretold it,  
the rose I have in mind;  
with Mary we behold it,  
the virgin mother kind.  
To show God's love aright  
she bore for us a Savior,  
when half spent was the night.

3 This flower, whose fragrance tender  
with sweetness fills the air,  
dispels with glorious splendor  
the darkness everywhere.  
Enfleshed, yet very God,  
from sin and death he saves us  
and lightens every load.

### 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*

God of mystery,  
In the height of our Advent walk,  
grant us the courage to experience joy.  
Joy in the face of apathy,  
Joy in the face of sorrow,  
Joy in the face of uncertainty. Amen.

### "The snow lay on the ground"

*Italian folk melody; Glory to God #116*

1. The snow lay on the ground;  
the stars shone bright,  
when Christ our Lord was born  
on Christmas night.  
Venite adoremus Dominum.  
Venite adoremus Dominum.

Refrain:

Venite adoremus Dominum.  
Venite adoremus Dominum.

2 'Twas gentle Mary maid,  
so young and strong,  
who welcomed here  
the Christ-child with a song.  
She laid him in a stall at Bethlehem;  
the ass and oxen shared the roof with them.  
[Refrain]

3 Saint Joseph too was by  
to tend the child, to guard him,  
and protect his mother mild.  
The angels hovered round  
and sang this song:  
Venite adoremus Dominum.  
[Refrain]

4 And thus that manger poor  
became a throne;  
for he whom Mary bore was God the Son.  
O come, then, let us join the heavenly host  
to praise the Father, Son, and Holy Ghost.  
[Refrain]

**“Oh little town of Bethlehem ”**

*Author: Phillips Brooks (1868)*

*Composer: Lewis Henry Redner (1868)*

*Glory to God #121*

1 O little town of Bethlehem,  
how still we see thee lie!  
Above thy deep and dreamless sleep  
the silent stars go by.  
Yet in thy dark streets shineth  
the everlasting light;  
the hopes and fears of all the years  
are met in thee tonight.

2 For Christ is born of Mary  
and, gathered all above,  
while mortals sleep, the angels keep  
their watch of wondering love.  
O morning stars, together  
proclaim the holy birth,  
and praises sing to God the king,  
and peace to all on earth.

3 How silently, how silently,  
the wondrous gift is given!  
So God imparts to human hearts  
the blessings of his heaven.  
No ear may hear his coming,  
but in this world of sin,  
where meek souls will receive him, still  
the dear Christ enters in.

4 O holy child of Bethlehem,  
descend to us, we pray;  
cast out our sin and enter in;  
be born in us today.  
We hear the Christmas angels  
the great glad tidings tell;  
O come to us; abide with us,  
our Lord Emmanuel!

**“Come, thou long expected Jesus!”**

*Author: Charles Wesley (1744)*

*Glory to God #82*

1. Come thou long expected Jesus  
Born to set thy people free  
From our fears and sins release us  
Let us find our rest in Thee  
Israel's strength and consolation  
Hope of all the earth thou art  
Dear desire of every nation  
Joy of every longing heart

2. Born thy people to deliver  
Born a child and yet a king  
Born to reign in us forever  
Now thy gracious kingdom bring  
By Thine own eternal spirit  
Rule in all our hearts alone  
By Thine all sufficient merit  
Raise us to thy glorious throne



## READINGS FOR THE SECOND SUNDAY OF ADVENT

Isaiah 61:1-11

New Revised Standard Version

<sup>1</sup> The spirit of the Lord God is upon me,  
because the Lord has anointed me;  
he has sent me to bring good news to the oppressed,  
to bind up the brokenhearted,  
to proclaim liberty to the captives,  
and release to the prisoners;

<sup>2</sup> to proclaim the year of the Lord's favor,  
and the day of vengeance of our God;  
to comfort all who mourn;

<sup>3</sup> to provide for those who mourn in Zion—  
to give them a garland instead of ashes,  
the oil of gladness instead of mourning,  
the mantle of praise instead of a faint spirit.  
They will be called oaks of righteousness,  
the planting of the Lord, to display his glory.

<sup>4</sup> They shall build up the ancient ruins,  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations.

<sup>5</sup> Strangers shall stand and feed your flocks,  
foreigners shall till your land and dress your vines;

<sup>6</sup> but you shall be called priests of the Lord,  
you shall be named ministers of our God;  
you shall enjoy the wealth of the nations,  
and in their riches you shall glory.

<sup>7</sup> Because their shame was double,  
and dishonor was proclaimed as their lot,  
therefore they shall possess a double portion;  
everlasting joy shall be theirs.

<sup>8</sup> For I the Lord love justice,  
I hate robbery and wrongdoing;  
I will faithfully give them their recompense,  
and I will make an everlasting covenant with them.

<sup>9</sup> Their descendants shall be known among the nations,  
and their offspring among the peoples;  
all who see them shall acknowledge  
that they are a people whom the Lord has blessed.

<sup>10</sup> I will greatly rejoice in the Lord,  
my whole being shall exult in my God;  
for he has clothed me with the garments of salvation,  
he has covered me with the robe of righteousness,

...

as a bridegroom decks himself with a garland,  
and as a bride adorns herself with her jewels.

<sup>11</sup> For as the earth brings forth its shoots,  
and as a garden causes what is sown in it to  
spring up,  
so the Lord God will cause righteousness and  
praise  
to spring up before all the nations.

Luke 2:1-14

New Revised Standard Version

<sup>1</sup> In those days a decree went out from Emperor Augustus that all the world should be registered. <sup>2</sup> This was the first registration and was taken while Quirinius was governor of Syria. <sup>3</sup> All went to their own towns to be registered. <sup>4</sup> Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. <sup>5</sup> He went to be registered with Mary, to whom he was engaged and who was expecting a child. <sup>6</sup> While they were there, the time came for her to deliver her child. <sup>7</sup> And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

<sup>8</sup> In that region there were shepherds living in the fields, keeping watch over their flock by night. <sup>9</sup> Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. <sup>10</sup> But the angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people: <sup>11</sup> to you is born this day in the city of David a Savior, who is the Messiah, the Lord. <sup>12</sup> This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger." <sup>13</sup> And suddenly there was with the angel a multitude of the heavenly host, praising God and saying,

<sup>14</sup> "Glory to God in the highest heaven,  
and on earth peace among those whom he favors!"

JESUS CHRIST: BIRTH  
Lo, How a Rose E'er Blooming 129

1 Lo, how a rose e'er bloom-ing from ten-der stem hath sprung,  
2 I - sa - iah 'twas fore - told it, the rose I have in mind;  
3 This flower, whose fra-grance ten-der with sweet-ness fills the air,

of Jes - se's lin - eage com - ing, by faith - ful proph - ets sung,  
with Mar - y we be - hold it, the vir - gin moth - er kind.  
dis - pels with glo - rious splen - dor the dark - ness ev - ery - where.

It came, a flower - et a - mid the cold of  
To show God's love a - right she bore for us a  
En - fleshed, yet ver - y God, from sin and death he

win - ter, when half spent was the night.  
Sav - ior, when half spent was the night.  
saves us and light - ens ev - ery load.

Although the early copies of this 15th-century German text include many more stanzas than are printed here, this simpler, shorter form has much to commend it. This early 17th-century harmonization of the traditional chorale melody invites and rewards singing in parts.

TEXT: German carol; stanzas 1, 2 trans. Theodore Baker, 1894, alt.; stanza 3 trans. Harriet Knuth Spaeth, 1985, alt.  
MUSIC: *Alte Catholische Geistliche Kirchengesang*, 1599; arr. Michael Praetorius, 1609

101

Acc #542 / CP3 #238

THE SNOW LAY ON THE GROUND

VENITE ADORAMUS

Verses

1. The snow lay on the ground, the stars shone bright, When  
2. 'Twas Ma - ry, Vir - gin pure of ho - ly Anne, That  
3. Saint Jo - seph, too was near to tend the child; To  
4. And thus that man - ger poor be - came a throne; For

1. Christ our Lord was born on Christ - mas night. Ve - ni - te,  
2. brought in - to this world the God made man. She laid him  
3. guard him and pro - tect his moth - er mild: The an - gels  
4. he whom Ma - ry bore was God the Son. O come, then,

1. a - do - ré - ré - mus Dó - mi - num, Ve - ni - te, a - do -  
2. in a stall at Beth - le - hem; The ass and ox - en  
3. hov - er'd 'round, and sang this song: Ve - ni - te, a - do -  
4. let us join the heav'n - ly host, To praise the Fa - ther,

Refrain

1. ré - mus Dó - mi - num. Ve - ni - te, a - do - ré - ré - mus  
2. shared the roof with them.  
3. ré - mus Dó - mi - num.  
4. Son, and Ho - ly Ghost.

Dó - mi - num, Ve - ni - te, a - do - ré - ré - mus Dó - mi - num.

Text: 10:10-10 with refrain based on Isaiah 7:14; 10th cent.; anon.  
Music: Trad. melody; adapt. in *Catholic Hymns*, Albany, New York, 1860.



# 121 O Little Town of Bethlehem

1 O lit - tle town of Beth - le - hem, how still we see thee lie!  
 2 For Christ is born of Mar - y and, gath - ered all a - bove,  
 3 How si - lent - ly, how si - lent - ly, the won - drous gift is giv - en!  
 4 O ho - ly child of Beth - le - hem, de - scend to us, we pray;

A - bove thy deep and dream-less sleep the si - lent stars go by,  
 while mor - tals sleep, the an - gels keep their watch of won - dering love.  
 So God im - parts to hu - man hearts the bless - ings of his heaven,  
 cast out our sin and en - ter in; be born in us to - day.

Yet in thy dark streets shin - eth the ev - er - last - ing light;  
 O morn - ing stars, to - geth - er pro - claim the ho - ly birth,  
 No ear may hear his com - ing, but in this world of sin,  
 We hear the Christ - mas an - gels the great glad ti - dings tell;

the hopes and fears of all the years are met in thee to - night,  
 and prais - es sing to God the king, and peace to all on earth,  
 where meek souls will re - ceive him, still the dear Christ en - ters in.  
 O come to us; a - bid with us, our Lord Em - man - u - el!

Though he was famed during his lifetime as a great preacher, no sermon Phillips Brooks ever preached has been heard or read by as many people as have sung this carol he wrote in December 1868 for the Sunday School children of Holy Trinity Episcopal Church in Philadelphia.

TEXT: Phillip Brooks, 1868  
 MUSIC: Lewis Henry Redner, 1868  
 ST. LOUIS 8.6.8.6.7.6.8.6  
 (alternate tune: FOREST GREEN)

# Come, Thou Long-Expected Jesus 82

1 Come, thou long - ex - pect - ed Je - sus, born to set thy peo - ple free;  
 2 Born thy peo - ple to de - liv - er, born a child and yet a king,

from our fears and sins re - lease us; let us find our rest in thee,  
 born to reign in us for - ev - er, now thy gra - cious king - dom bring.

Is - rael's strength and con - so - la - tion, hope of all the earth thou art;  
 By thine own e - ter - nal Spir - it rule in all our hearts a - lone;

dear de - sire of ev - ery na - tion, joy of ev - ery long - ing heart,  
 by thine all - suf - fi - cient mer - it raise us to thy glo - rious throne.

With its opening "Come," this hymn sounds the note of entreaty and invitation that characterizes the Advent season (from the Latin *adventus* = "coming"). Its blending of memory and hope helps us to give voice to our present faith as we stand between the past and the future.

TEXT: Charles Wesley, 1744  
 MUSIC: Rowland Hugh Pritchard, 1830; harm. Ralph Vaughan Williams, 1906  
 HYMNDOOL 8.4.8.7.D  
 (alternate tune: STUTTGART, 83)

# QUESTIONS to DISCUSS

*Can you remember when someone noticed how you felt, like the angel does for the shepherds? How did they let you know they noticed?*

*What are some things you practice or would like to start practicing?*

# GOING DEEPER

*What gets in the way of your “practicing joy”?*

*Who might help you develop, or deepen, a practice of joy?*

*Share a story of a time you’ve experienced profound joy.*