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DO NOT be AFRAID

THE FOURTH WEEK OF ADVENT: LOVE

December 20, 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 "In the Heavens Shone a Star"

LISTENING FOR GOD'S WORD

LIGHTING THE ADVENT WREATH

SHARING THE STORY "The Nativity"

SONG OF PRAISE "Hark the Herald Angels sing"

LISTENING TO SCRIPTURE Isaiah 7:10-16 & Luke 2:15-20

- Chickwendu Okereke

SERMON "Don't Be Afraid." - Monte McClain

RESPONDING TO GOD'S WORD

SONG RESPONSE OF RESPONSE "Rise up Shepherd and Follow"

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 "Go Tell It On The Mountain"

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 7:10-16 & Luke 2:15-20

Don't be Afraid. It's what we're told about the vaccine that is now beginning to roll out to fight COVID-19. It's what I heard when I was sent back to my bed as a child responding to my intense imagination that saw the threat looming in the shadows of my room. It's what we say before a big event, a surgery, or on the edge of something unknown. It's what the angels said to Mary and Joseph greeting them with unrequested and disquieting news. It's what the explosion of the heavenly host into the night sky say to the shepherds watching their flock. It's an expression perhaps so familiar that we don't hear it when it's spoken, at least don't hear it with all of our body.

Isaiah 7 tells of the terrifying time (mid 700s BCE) in which King Ahaz and the kingdom of Judah are threatened by the imperial power of ascending Assyria. The Northern Kingdom (Israel) and Aram-Damascus (Syria) are marching against Ahaz and Jerusalem to force them to join with them against the growing threat of the Neo-Assyrian Empire. What to do? Threats are everywhere – either just to the north from former allies – or from the potential ally of the growing power which is moving to take over the whole world? How do you say don't be afraid in a situation in which there is no right or good answer?

The prophet comes to the King to say that God will give a sign. But it's not one you'd expect: a new secret weapon, a new potential ally, a way out. Rather the sign in the birth of a baby – named Immanuel (meaning God [el] with [im] us [anu]). How can that stop a foreign army? Even if the child is a great leader, it will take years and years for the child's power to grow and take root? This is God's saving help, God's delivering hand?

QUESTIONS FOR EXAMEN

1. **What image or word in the scriptures grabs you?**
2. **How do you find hope and strength when afraid?**
3. **This year has been (and continues to be) a year of many fears, losses and uncertainties. Those who have gone before us in faith saw Jesus as the Immanuel child promised to deliver the people from their fear, oppression and misery. How have you experienced Jesus in that way this year? How do you long to?**

DECEMBER BIRTHDAYS

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 No meeting this week -12/27. This week there is no package being delivered.

Race Matters–Not meeting this week.

Friday Night Meal Christmas Day Edition: 4:00pm Friday, December 25th. Gary Yee & Louise Waters are cooking dinner. *We need help serving & setting-up. Contact Monte!*
Note the earlier than usual time for the holiday.

Distributing Survival Kits Friday 12/25 4:00pm
Linda Davis & Sharon Nelson are distributing toiletries and fresh clothes during Friday's meal on Christmas Day. Contact them to get involved.

Women's Group – Saturdays at 9:30am 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

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

Christmas Eve 2020 | Thursday 12/24 @ 7:00pm. We're reinterpreting 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:
Chat Master: Karl Shadley
Deacon Liturgist: Myrna Shadley
Godly Play: Beth Beatty
Music: Pete Feltman
Reader: Chickwendu Okereke

LYRICS & RESPONSES FOR TODAY'S CELEBRATION

"In the Heavens shone a star"

Translator: Theodore Baker

German, 15th century

Glory to God #129

1. In the heavens shone a star
Vanquishing the gloom of night
Heralding a wondrous birth
God's own son now comes to earth
Jesus Christ is born today, Christmas day
2. From the angels shepherds heard
the good tidings of his birth And to bethlehem
they sped to behold his manger bed
Jesus Christ is born today Christmas day
3. Wise men saw the heavenly sign
journeyed far from Orient land
Him their lord and king to greet
offering treasures at this feet
Jesus Christ is born today Christmas day
4. Filled with wonder and with awe
at this cradle low we bow
To adore the holy child
son of god and yet so mild
Jesus Christ is born today Christmas day

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.

Our Advent Wreath Prayers were written by Katherine Hawker and posted on Liturgy Outside. www.liturgyoutside.net

God of All,
As our Advent pilgrimage draws to completion,
grant us the courage to share your love.
Love for the unexpected challenge,
Love for the vulnerable one.
Love for the presence of God. Amen.

"Hark the Herald Angels sing"

Charles Wesley (1739)

Glory to God #119

1. Hark! The herald angels sing,
"Glory to the newborn king.
Peace on earth and mercy mild,
God and sinners reconciled!"
Joyful, all ye nations, rise;
join the triumph of the skies;
with the angelic host proclaim,
"Christ is born in Bethlehem!"

Refrain:

Hark! The herald angels sing,
"Glory to the newborn king!"

- 2 Christ, by highest heaven adored,
Christ, the everlasting Lord,
late in time behold him come,
offspring of the virgin's womb.
Veiled in flesh the Godhead see;
hail the incarnate deity,
pleased in flesh with us to dwell,
Jesus, our Emmanuel.

[Refrain]

- 3 Hail the heaven-born Prince of Peace!
Hail the sun of righteousness!
Light and life to all he brings,
risen with healing in his wings.
Mild he lays his glory by,
born that we no more may die,
born to raise us from the earth,
born to give us second birth.

[Refrain]



“Rise up shepherd and follow”

Traditional Spiritual | Glory to God #135

1 There's a star in the east on Christmas morn.
Rise up, shepherd, and follow.
It will lead to the place where the Christ was born.
Rise up, shepherd, and follow.

Refrain

Follow, follow;
rise up, shepherd, and follow.
Follow the star of Bethlehem.
Rise up, shepherd, and follow.

2 If you take good heed to the angel's words,
rise up, shepherd, and follow.
You'll forget your flocks, you'll forget your herds.
Rise up, shepherd, and follow.
[Refrain]

“Go Tell It On The Mountain

African-American spiritual | Glory to God #136

1. Go tell it on the mountain
over the hills and everywhere
Go tell it on the mountain
that Jesus Christ is born
While shepherds kept their watching
oer silent flocks by night
Behold throughout the heavens
there shone a holy light

2. Go tell it on the mountain
over the hills and everywhere
Go tell it on the mountain
that Jesus Christ is born
The shepherds feared and trembled
when lo! Above the earth
Rang out the angel chorus
that hailed our savior's birth

3. Go tell it on the mountain
over the hills and everywhere
Go tell it on the mountain
that Jesus Christ is born
Down in a lowly manger
the humble Christ was born
And God sent us salvation
that blessed Christmas morn

Go tell it on the mountain
over the hills and everywhere
Go tell it on the mountain
that Jesus Christ is born

READINGS FOR THE FOURTH SUNDAY OF ADVENT

Isaiah 7:10-16

New Revised Standard Version

¹⁰ Again the Lord spoke to Ahaz, saying, ¹¹ Ask a sign of the Lord your God; let it be deep as Sheol or high as heaven. ¹² But Ahaz said, I will not ask, and I will not put the Lord to the test. ¹³ Then Isaiah said: “Hear then, O house of David! Is it too little for you to weary mortals, that you weary my God also? ¹⁴ Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. ¹⁵ He shall eat curds and honey by the time he knows how to refuse the evil and choose the good. ¹⁶ For before the child knows how to refuse the evil and choose the good, the land before whose two kings you are in dread will be deserted....

Luke 2:15-20

New Revised Standard Version

¹⁵ When the angels had left the [shepherds] and gone into heaven, the shepherds said to one another, “Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.” ¹⁶ So they went with haste and found Mary and Joseph, and the child lying in the manger. ¹⁷ When they saw this, they made known what had been told them about this child; ¹⁸ and all who heard it were amazed at what the shepherds told them. ¹⁹ But Mary treasured all these words and pondered them in her heart. ²⁰ The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

119 Hark! The Herald Angels Sing

1 Hark! The her - ald an - gels sing, "Glo - ry to the new-born king,
 2 Christ, by high - est heaven a-dored, Christ the ev - er - last - ing Lord,
 3 Hail the heaven-born Prince of Peace! Hail the sun of right-eous-ness!

Peace on earth and mer - cy mild, God and sin - ners rec - on - ciled!"
 late in time be-hold him come, off-spring of the vir-gin's womb.
 Light and life to all he brings, risen with heal - ing in his wings.

Joy - ful, all ye na - tions, rise; join the tri-umph of the skies;
 Veiled in flesh the God-head see; hail the in-car-nate de - i - ty;
 Mild he lays his glo - ry by, born that we no more may die,

with the an-gel - ic host pro-claim, "Christ is born in Beth - le - hem!"
 pleased in flesh with us to dwell, Je - sus, our Em - man - u - el.
 born to raise us from the earth, born to give us sec - ond birth.

Brought together in the mid-19th century, the text and tune of this familiar carol began in quite different forms. The text had ten stanzas and began, "Hark, how all the welkin rings." The tune was created for a festival celebrating Gutenberg's introduction of moveable type.

TEXT: Charles Wesley, 1739, alt.
 MUSIC: Felix Mendelssohn, 1840; arr. William Hayman Cummings, 1855

MENDELSSOHN
 7.7.7.7.D with refrain

Hark! The her - ald an - gels sing, "Glo - ry to the new-born king!"

In the Heavens Shone a Star 131

Capo 2: (G/B) A/C#

1 In the heav - ens shone a star, van - quish -
 2 From the an - gels shep - herds heard the good
 3 Wise men saw the heaven - ly sign, jour - neyed
 4 Filled with won - der and with awe, at his

ing the gloom of night, her - ald - ing a won - drous
 ti - dings of his birth, and to Beth - le - hem they
 far from O - rient land, him their Lord and King to
 cra - dle low we bow to a - dore the ho - ly

birth; God's own Son now comes to earth.
 sped to be - hold his man - ger bed.
 greet, of - fering trea - sures at his feet.
 child, Son of God, and yet so mild.

Je - sus Christ is born to - day, Christ - mas Day!

The collaboration of a Philippine linguist and an American missionary, this text includes the usual harmonized Christmas and Epiphany elements, but they gain a distinctive flavor from the musical setting using the five-note scale of the Kalinga people who live in northern Luzon.

TEXT: Jonathan Malicet and Ellsworth Chandlee, 20th cent.
 MUSIC: Kalinga melody; arr. Joel Navarro, 2010
 Text © 1990, 2000 Christian Conference of Asia (admin. GIA Publications, Inc.)
 Music © 2010 Faith Alive Christian Resources

KALINGA
 7.7.7.7 with refrain

There's a Star in the East

Rise Up, Shepherd, and Follow

135

1 There's a star in the east on Christ-mas morn. Rise up, shep-herd, and
 2 If you take good heed to the an-gel's words, rise up, shep-herd, and

fol - low. It will lead to the place where the Christ was born.
 fol - low. You'll for-get your flocks; you'll for-get your herds.

Refrain

Rise up, shep-herd, and fol - low.
 rise up, shep-herd, and fol - low.
 Fol - low the star of

Beth - le - hem. Rise up, shep-herd, and fol - low.

This African American spiritual, cast in a characteristic call-and-response style, provides a reminder that the good news of the Incarnation should lead Christians not only to awe and adoration but also to living and acting in ways that make God's purposes known to others.

TEXT and MUSIC: African American spiritual

FOLLOW Irregular

Go, Tell It on the Mountain

160

Refrain (Unison)

F Bb Gm Bb C7 F Bb
 Go, tell it on the moun - tain, o-ver the hills and ev - ery-where;

F Bb F Dm F C7 F (F)
 go, tell it on the moun - tain that Je - sus Christ is born.

Parts
 F C7 Gm Bb C7 F
 1 While shep-herds kept their watch-ing o'er si - lent flocks by night,
 2 The shep-herds feared and trem-bled when, lo! a - bove the earth
 3 Down in a low - ly man-ger the hum - ble Christ was born,

Am7 Dm G to Refrain C7 C
 be - hold, through-out the heav-ens there shone a ho - ly light.
 rang out the an - gel cho - rus that hailed our Sav - ior's birth.
 and God sent us sal - va - tion that bless - ed Christ - mas morn.

WORDS: Traditional spiritual; vss. John W. Work (1872-1925)

MUSIC: Traditional spiritual

GO, TELL IT Irregular