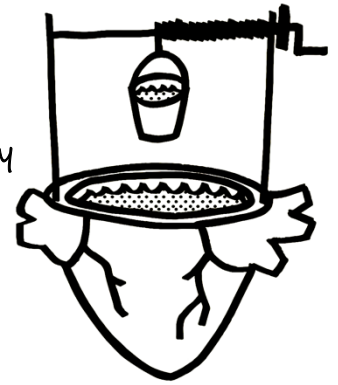


College Avenue Presbyterian Church
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In a world where toilet paper
 has become currency,
 does Jesus and the biblical story
 have anything to say?



March 7, 2021

**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 "O Lord Hear my Prayer"

LISTENING FOR GOD'S WORD

CALL TO WORSHIP

SONG OF PRAISE "Jesus Walked this Lonesome Valley"

LISTENING TO SCRIPTURE John 6:1-21

SERMON "Flourishing in our Abundance of our Fear of Scarcity"
 -Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Didn't My Lord Deliver Daniel"

INVITATION TO THE COMMUNION TABLE - FOOD FOR THE JOURNEY OF FAITH

**CELEBRATING THE GIFT OF FAITH IN COMMUNITY
 ORDAINING & INSTALLING NEW OFFICERS**

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.**

COMMUNION: FINDING GOD AROUND OUR DIGITAL TABLE

Today we'll celebrate this foundational meal by intinction wherever you are. Monte will begin with a prayer - during which you're invited to put your screen to "speaker view" - as we share the meal together please reset your screen to "gallery view."

THE LIFE OF THE CHURCH

COLLECTION OF OUR OFFERINGS AND GIFTS

SENDING SONG "Have Mercy Lord On Me (Piedad) "

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.

Reflections on Today's Reading John 6:1-21

Our theme this Lent is Flourishing. Lent and Easter coincide with Spring, and the renewal of nature as the winter ebbs. The days are growing longer, the flowering buds have turned green and merged into leaf shapes. Spring is here. We're on the cusp of great change – not just in terms of weather, but in terms of the pandemic, economic shut-down and our societal relationships. And yet....

I also notice how cold it quickly gets once the sun disappears. I fear this week from some of the news that we might slip backwards into growing COVID contagion and greater polarized division of who the insiders are and who are left out. It's all too easy to see the abundance around us and then to hesitate, to fear, to suspect that it can't last. It won't last. There's not enough good stuff to go around. Maybe it's just me that has those sneaky thoughts that can divert my attention from the burgeoning good around us.

This feeling is called the *Myth of Scarcity*. It justifies the greed, prejudice, and inaction that scarcity fosters in our relationship with money, resources and the rest of the human race. It's a myth because there is not proof that we don't already live with abundance – with everything we need.

Today's scripture is all about the reality of abundance and the myth of scarcity. Social scientists tell us that three core ideas of this "myth" keep us locked in a mindset of scarcity. **1. *There's not enough to go around.*** . . . this leads to the conclusion that somebody's going to be left out. If there's not enough for everyone, then taking care of yourself and your own, even at others' expense, seems unfortunate, but unavoidable and somehow valid. **2. *More is better*** . . . this idea distracts us from living more mindfully and richly with what we have as we seek to accumulate more and more. This belief that we need to possess more is the driving force for much of the violence and war, corruption and exploitation on earth. and **3. *That's just the way it is, and there's no way out of it.*** There's not enough to go around, more is definitely better, and the people who have more are always people who are other than us.

Something that flourishes grows or develops in a healthy or vigorous way, especially as the result of a particularly favorable environment. Flourishing happens in abundance. If we don't believe in abundance, or trust in it how will we root ourselves in it?

QUESTIONS FOR MEDITATION & EXAMEN:

1. **What engaged you, enraged you, or surprised you in the text? – a word, image, or phrase?**
2. **Where do you see the fear of scarcity and the flourishing in abundance in today's scripture?**
3. **How do you struggle with the powerful myth of scarcity?**
4. **How is the Spirit of God inviting you to *flourishing* faith through this text?**

March Birthdays

1 Al Barnes	6 Jeff Trowbridge
12 Kristy McClain	17 Louise Hirschman
22 Ellen Brylawski	24 Marda Stothers
28 Lucian Haynes	

Weekly Calendar

Daily Zoom Calls – every day at 12pm.

Community Care Package Team Meeting
Monday -3/1 at 1:00pm on Zoom.

Race Matters, Monday, 3/8 @ 6:00pm on Zoom – talking about How do Systems Change? And looking at micro-aggressions in our actions and context.

The Bible Makes Sense, Thursdays at 7:00pm & Fridays at 11am on Zoom. A class on how to read and work with the Bible. Be sure to watch/listen to the videos between classes to get the most out of it. Find them at capcoakland.org

Community Care Package Workshop - Friday, March 12th at 5:30pm in the sanctuary. Please don't come unless you have registered to be there.

Friday Night Meal - Friday, March 12th 6:00pm. Sign up online at <http://www.capcoakland.org/friday-night-meal> or contact Monte to help with set-up and serving, and clean-up.

The Vocabulary of Faith, Saturdays at 5:30pm on Zoom. Weekly Bible Study on the text for Sunday.

Women's Group – Saturdays at 9:30am on Zoom. Contact Anne Marie Adams for info about joining - amadams44@gmail.com

Indian Meals to Go- Info online at capcoakland.org

Godly Play – Sundays 9:45-10:25 on Zoom.

Thank you to Today's Worship Leadership:
Chat Master: Kristy Parsons McClain
Deacon Liturgist: Myrna Shadley
Godly Play: Beth Beatty
Music: Pete Feltman, Dave Eagle
Video Tech: Thom Faulkner

“O Lord Hear my Prayer”

Taizé Community

© 1982, *Les Presses de Taizé, GIA Publications, Inc.*
Glory to God #471

1. The Lord is my song
the Lord is my praise
All my hope comes from God

The Lord is my song
The Lord is my praise
God the wellspring of life.

2. O Lord, hear my prayer,
O Lord, hear my prayer;
when I call answer me.

O Lord, hear my prayer,
O Lord, hear my prayer;
come and listen to me.

CALL TO WORSHIP RESPONSIVE WORSHIP

Today's response is based upon Isaiah 2:3-5 & 25:6-8

One: A Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob;

**All: that God may teach us his ways
And that we may walk in the Lord's paths.**

One: For on this mountain the Lord All-Powerful
will prepare for all nations
a feast of the finest foods.

Choice wines and
the best meats will be served.

**All: Here the Lord will strip away
the burial clothes that cover the nations.**

One: The Lord All-Powerful
will destroy the power of death
and wipe away all tears.
No longer will his people
be insulted everywhere.

**All: At that time, people will say,
“The Lord has saved us!
Let's celebrate.
We waited and hoped—
now our God is here.” ...**

...

One: For out of Zion shall go forth instruction,
and the word of the Lord from Jerusalem.

**All: The Lord shall judge between the nations,
and shall arbitrate for many peoples;**

One: they shall beat their swords into plowshares,
and their spears into pruning hooks;

**All: nation shall not lift up sword against nation,
neither shall they learn war any more.**

One: Come, O house of Jacob,

All: Let us walk in the light of the Lord!

“Jesus Walked This Lonesome Valley”

American spiritual

The Blue Presbyterian Hymnal #80

1. Jesus walked this lonesome valley
He had to walk it by himself
O nobody else could walk it for him
He had to walk it by himself

2. We must walk this lonesome valley
We have to walk it by ourselves
O nobody else can walk it for us
We have to walk it by ourselves

3. You must go and stand your trial
You have to stand it by yourself
O nobody else can stand it for you
You have to stand it by yourself

4. Jesus prayed for his disciples
He prayed alone for you and me
O nobody else could bear such sorrow
He prayed alone for you and me

5. Jesus died on Calvary's mountain
He died alone for you and me
O nobody else could die for sinners
He had to die for you and me

“Didn’t My Lord Deliver Daniel”

Traditional Spiritual

chorus:

Didn’t my Lord deliver Daniel,
deliver Daniel deliver Daniel
Didn’t my Lord deliver Daniel,
and why not every one? (repeat)

1. He delivered Daniel from the Lion’s den
Jonah from the belly of the whale
And the Hebrew children from the fiery furnace
And why not every one?
2. The moon run down in a purple stream
The sun forget to shine,
And every star disappear
King Jesus will be mine
3. The wind blows east and the wind blows west
It blows like judgment day
And every poor soul that never did pray
will be glad to poor that day
4. I set my food on the gospel ship
And the ship begin to sail
It landed me over on Canaan shore
And I’ll never come back no more

“Have Mercy Lord On Me (Piedad)”

Author: Marcelino Montoya

Translator: George Paul Simmonds (1968)

Blue Hymnal #395

1. 1. Take pity Lord I pray thee
thy mercy show to me
My sins and my wrong doings
I now confess to Thee
From all of my transgressions
Thou Lord has set me free
Thy blood so precious
shedding upon the cruel

Refrain

Have mercy Lord, A sinner cries to Thee
Have mercy Lord, Have mercy Lord on me

2. O holy Lord Almighty
My need to Thee I bear
Although undone unworthy
I pray Thee hear my prayer
O Lamb for sinners
wounded humanity redeemed
Eternal life and pardon
my soul Thee doth find.

3. Lord, willingly Thou gavest
Thyself for all to die,
And purchase full redemption
For sinners such as I;
O blessed be Thy name, Lord,
Through all eternity
For bearing shame and anguish
Upon the cross for me.

Minor Key and A Flip In Perspective during the Season of Lent

For the remainder of this 2021 Lenten season Pete will be leading us in songs which are exclusively in a "minor key." The absence of major keys is almost like a musical fast in which we deprive ourselves of the stereotypically uplifting sounds inherent in major tonality. Just like in a nutritional fast - the awareness of the absence of the thing we crave is intended to redirect our focus to things more spiritual and hopefully give us a greater understanding of ourselves as well as a deeper connection to God. In Pete's opinion there is something explicitly reflective and introspective about songs in minor keys. In this sense they seem to quite appropriate to the mood of Lent. Then when Easter rolls around the shift into major keys will be as satisfying as the first thing you eat to break your fast.