

College Avenue Presbyterian Church
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May 16, 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 "I've Got Peace Like A River"

LISTENING FOR GOD'S WORD

CALL TO WORSHIP

SONG OF PRAISE "Turn! Turn! Turn!"

LISTENING TO SCRIPTURE Jeremiah 18:1-6; - Sharon Nelson
 Exodus 20:8-11; Deuteronomy 5:12-15

SERMON "Rest. Reset. Remember." - Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "The Day Of The Lord"

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER - 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 "Bare Necessities"

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 "The Peace of Christ"

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 Jeremiah 18:1-6;
Exodus 20:8-11 & Deuteronomy 5:12-15**

We're talking about legacy – which can be both positive and negative – a loaded idea. “First, it means what you leave behind to your heirs (the inheritance or gift). And second, one can also have a terribly negative legacy—the bad stuff that passes on from generation to generation (the effect, the outcome, the awful consequence of a personal or family way of being in the world).”

We're talking about the legacy of this past year through the metaphor of the Japanese art form and philosophical idea of Kintsugi (金継ぎ) to talk about the legacy of this past year. Kintsugi is the art of repairing broken pottery by mending the areas of breakage with a lacquer of powdered gold. As a philosophy, it's about embracing flaws, imperfections, “brokenness” then blessing, keeping, and restoring them – quite possibly even making the item (person, community) stronger.

This past year has been characterized by both rest and restlessness. With the across-society shut-down life stopped and slowed down for most of us. Our regular schedules and habits were interrupted. There wasn't much to do, besides baking ☺ At the same time we lived in and through a heightened sense of anxiety and trauma. Would we catch COVID-19 going to the store to get the food we need? Would we give COVID-19 to an at-risk loved one, causing them to become sick and inadvertently leading to their death? Doing not much was exhausting.

The Ten Commandments are given by God to the Israelites to show them how to live, to form their relationships and community. It's not just about a just and righteous society, but also about a life-in-community that reflects the values and purpose of God.

The fourth commandment is about sabbath, or rest. It's the only commandment that is described differently in the two times that the commandments are listed in the Hebrew Scriptures: Exodus 20:8-11 & Deuteronomy 5:12-15.

In our society rest is complicated. Recreation is important, a multi-billion dollar industry – sports, gyms, movies, amusement parks. But Sabbath (REST) is something different. It's not just resting your body, but also your mind and spirit. It's about remembering who you are, what we are created for, and who created us – who shows up for us again and again and again. It's about perspective, resistance and renewal. Recognizing we can't do it on our own.

QUESTIONS FOR REFLECTION & EXAMEN:

- 1. What engaged, enraged, or surprised you in these texts?**
- 2. How do you practice sabbath-rest in your life?**
- 3. What patterns, expectations, or rules of society would you like to be free of?**

May Birthdays

8	Donovan Adams	15	Richard Harvey
18	Marge Harvey	23	Rebecca LaMotte
27	Paulette Leston	31	Avery Haynes

Weekly Calendar

Caregivers Support Groups– today 3pm on our zoom channel.

Daily Zoom Calls – every day at 12pm.

Community Care Package Team Meeting
Monday 5/17 at 1:00pm on Zoom.

Race Matters, NO MEETING THIS WEEK – we meet next 5/24 @ 6:00pm on Zoom – discussing an article about the creative cross-community solutions to fear and violence in Oakland's Chinatown. www.capcoakland.org/race-matters

The Bible Makes Sense, Thursdays at 7:00pm & Fridays at 11am on Zoom. Be sure to watch/listen to the videos between classes to get the most out of it. capcoakland.org
This week is our last class! Read Revelations 21-22:7 for class.

Community Care Package Workshop – Friday, May 21st at 5:30pm in the sanctuary. Please register in advance to come help.

Friday Night Meal - Friday, May 21st 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.

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

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

A small group of Session leadership is meeting today to talk about key re-opening questions and needs. Stay tuned for more info.

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

"I've Got Peace Like a River"

African-American spiritual

1. I've got peace like a river
I've got peace like a river
I've got peace like a river in my soul
I've got peace like a river
I've got peace like a river
I've got peace like a river in my soul

2. I've got love like an ocean

3. I've got joy like a fountain

Repeat verse 1

Call to Worship Litany – a mash-up created by Monte from *Exodus 5; Isaiah 55:1-3; Matthew 11:28-30 & John 7:37-39*

One: Moses and Aaron approached Pharaoh. They said, "The LORD, the God of Israel, says, 'Free my people so that they can hold a festival for me in the wilderness.'"

ALL: Pharaoh said, "And who is God that I should listen to him and send Israel off? I know nothing of this so-called 'God' and I'm certainly not going to send Israel off."

One: But the king of Egypt said, "Why on earth, Moses and Aaron, would you suggest the people be given a holiday? Back to work!" Pharaoh went on, "Look, I've got all these people freeloading, and now you want to reward them with time off?" You're only as good as what you produce.

ALL: Pharaoh took immediate action, sending orders to the slave-drivers and their underlings: "Don't provide straw for the people for making bricks as you have been doing. Make them get their own straw. And make them produce the same number of bricks—no reduction in their daily quotas! They're getting lazy. They're going around saying, 'Give us time off so we can worship our God.' Crack down on them. That'll cure them of their whining, their god-fantasies." Pharaoh thought he was god, but we worship a God who seeks to renew, restore and offer us rest.

Pharaoh thought he was god, but we worship a God who seeks to renew, restore and offer us rest.

One: To those thirsting for a different way of life, for meaning and value in life,

ALL: Jesus says, "Whoever is thirsty, come to me, drink and be full."

One: In the desert of the Exile, while the people thought they were lost, forgotten and abused, God spoke saying, "everyone who thirsts, come to the waters;

and you that have no money, come, and eat!

ALL: Like them we come today to incline our ear, to listen to God's word, to eat what is good, so that we might live.

One: Jesus invites all those who are weary and are carrying heavy burdens to come to him, for rest and renewal.

ALL: We too are weary from carrying heavy burdens, worn out from a year of pandemic and loss, tired from anxiety and trauma.

**Come Lord Jesus and make all things new,
Teach us, turn us from fatigue to new energy,
Turn us from confusion to clarity,
From loss to celebration.**

"Turn! Turn! Turn!"

Pete Seeger

Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time for every purpose, under Heaven

A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time for every purpose, under Heaven

(continued on next page)

“Turn! Turn! Turn!”

Continued...

A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones,
a time to gather stones together

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time for every purpose, under Heaven

A time of love, a time of hate
A time of war, a time of peace
A time you may embrace,
a time to refrain from embracing

To Everything (Turn, Turn, Turn)
There is a season (Turn, Turn, Turn)
And a time for every purpose, under Heaven

A time to gain, a time to lose
A time to rend, a time to sew
A time to love, a time to hate
A time for peace, I swear it's not too late

“The Day Of The Lord ”

John Bell - Scottish Traditional Air Falalal

1. The day of the Lord shall come
as prophets have told
When Christ shall make all things new
no matter how old
And some of the stars may gaze
and some at God's word
In vain to predict the time,
the day of the Lord

Chorus

The desert shall spring to life the hills shall rejoice
The lame of the earth shall leap the dumb shall find voice
The lamb with the lion shall lie and the last shall be first
And nations for war no more shall study or thirst

2. The day of the Lord shall come
a thief in the night
A curse to those in the wrong
who think themselves right
A pleasure for those in pain
or with death at their door
A true liberation for the prisoners and poor

Chorus

3. The day of the Lord shall come
and judgement be known
As nations like sheep and goats
come close to the throne
Then Christ shall himself reveal
asking all to draw near
And see in his face all faces once ignored here

Chorus

4. The day of the Lord shall come
but now is the time
To subvert earth's wisdom
with Christ's folly sublime
By loving the loveless
turning the tide and cheek
By walking beneath the cross
in step with the weak

Chorus

"Bare Necessities"

Terry Gilkyson, Phil Harris & Bruce Reitherman
© *Wonderland Music Co. Inc.*

Look for the bare necessities The simple bare necessities
Forget about your worries and your strife
I mean the bare necessities Of mother nature's recipes
That bring the bare necessities of life

Wherever I wander, wherever I roam
I couldn't be fonder of my big home
The bees are buzzing in the trees To make some honey just for me
You look under the rocks and plants And take a glance at the fancy ants
Then maybe try a few The bare necessities of life will come to you

Look for the bare necessities The simple bare necessities
Forget about your worries and your stife
I mean the bare necessities That's why a bear can rest at ease
With just the bare necessities of life

So just relax, yeah In my backyard
If you act like that bee acts
You're workin' too hard
Don't spend your time lookin round
For something you want can't be found
You find out you can live without it
And go along, not thinkin' about it
I'll tell you something true
The bare necessities of life will come to you
They'll come to you, they'll come to you
They'll come to you, oh yes

Jeremiah 18:1-6

the Common English Bible Translation

¹ Jeremiah received the Lord's word:

² Go down to the potter's house, and I'll give you instructions about what to do there.

³ So I went down to the potter's house; he was working on the potter's wheel. ⁴ But the piece he was

making was flawed while still in his hands, so the potter started on another, as seemed best to him.

⁵ Then the Lord's word came to me: ⁶ House of Israel, can't I deal with you like this potter, declares the Lord?

Like clay in the potter's hand, so are you in mine, house of Israel!

Exodus 20:8-11

New Revised Standard Version

⁸ Remember the sabbath day, and keep it holy. ⁹ Six days you shall labor and do all your work. ¹⁰ But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. ¹¹ For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

Deuteronomy 5:12-15

New Revised Standard Version

¹² Observe the sabbath day and keep it holy, as the Lord your God commanded you. ¹³ Six days you shall labor and do all your work. ¹⁴ But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵ Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.