

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
 montemcclain@gmail.com



**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.

May 9, 2021

GATHERING AROUND GOD'S WORD VIA ZOOM

GATHERING SONG "How Great Thou Art"

LISTENING FOR GOD'S WORD

CALL TO WORSHIP

SONG OF PRAISE "Jesus Christ is Waiting"

LISTENING TO SCRIPTURE Jeremiah 18:1-6; Mark 5:21-34

SERMON "Remembering our Bodies of Trauma" - Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "All Who Are Thirsty"

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 "Womb of Life Source Of Being"

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 "Christ is Risen. He is risen indeed"

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; Mark 5:21-34

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.

The prophet Jeremiah was sent by God to interact with a potter who repaired and replaced broken pottery. It was a prophetic action speaking to Israel of what God intended for them as a community in the exile to Babylon. They were broken in a way that only God could repair, restore and make whole.

We know today that trauma is related to the accumulation of unresolved stress. When we're stressed we slip into fight or flight mode, our bodies prepares for survival which includes releasing adrenaline, glucose and other things into our body, as well as changing our physiology (parts of our brain contract and expand in response). When stress is resolved, and we're “safe” we return to a balanced state – of health, peace, homeostasis. But if we continue to stay in a stressed state our nervous system never calms down and recovers, and the very automatic response of our body that intends to keep us alive becomes toxic and unhealthy. Over time, this heightened state of anxiety can lead to lead to varying physical ailments such as memory loss, headaches, impaired vision, impaired mental ability, back pain, body spasms, and eventually to such things as diabetes, high-blood pressure.

The bleeding woman who comes to Jesus has been in just such a heightened state for 12 years. For more than a decade she's been sick, spending all she had, and been abandoned and avoided by her family, friends and community (according to Leviticus 15:19-32). She's been considered unclean, deviant, less than human. What was it like to have Jesus allow her to touch him? To call her out in public? To call this woman orphaned by all, his daughter?

QUESTIONS FOR REFLECTION & EXAMEN:

1. **What engaged, enraged, or surprised you in the text?**
2. **How have you been living in this heightened state of anxiety for the past year? How do you notice the legacy of that stress and trauma in your body today?**
3. **Salvation is both a one-time liberation and ongoing healing. How do you thirst for God (and maybe a medical professional) to help you be fed, healed and made whole?**

May Birthdays

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

Weekly Calendar

Blessing Bags– today 12-2pm in the garden.

Daily Zoom Calls – every day at 12pm.

Community Care Package Team Meeting
Monday 5/10 at 1:00pm on Zoom.

Race Matters, Monday, 5/10 @ 6:00pm on Zoom – discussing *The Groundwater Approach: building a practical understanding of structural racism*. Find the article on the website.

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

Community Care Package Workshop – Friday, May 14th at 5:30pm in the sanctuary. Please register in advance to come help.

Friday Night Meal - Friday, May 14th 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

Men's Group– Saturday, 5/15 10am on Zoom.

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

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

Video Tech: Thom Faulkner, Albert Hussian

“How Great Thou Art”

Isaac Watts | *The Presbyterian Hymnal #288*

1. O Lord my God, when I in awesome wonder
Consider all the worlds Thy hands have made
I see the stars I hear the rolling thunder
Thy power throughout the universe displayed

chorus

Then sings my soul, my savior God to Thee
How great Thou art, how great Thou art
Then sings my soul, my savior God to Thee
How great Thou art, how great Thou art

2. And thru the woods and forest glades I wander
And hear the birds sing sweetly in the trees
When I look down from lofty mountain grandeur
And hear the brook and feel the gentle breeze

3. And when I think that God, His son not sparing
Sent Him to die I scarce can take it in
That on the cross, my burden gladly bearing
He bled and died to take away my sin

4. When Christ shall come with shout of acclamation
And take me home what joy shall fill my heart
Then I shall bow in humble adoration
And there proclaim my God how great Thou art

Call to Worship Litany – *from Rally. Communal Prayers for Lovers of Jesus and Justice. Delonte Harrod (adapted by Monte).*

One: Lord, you are the eternal God who sits over all the earth.

ALL: You are the God who remembers

One: You are the God who remembered your covenant promise to Abraham.

ALL: You did not forget.

One: You are the God who remembered to bless Sarah's womb. And when Hagar and Ishmael were in the desert without food and comfort, you remembered and blessed them.

ALL: You did not forget.

One: You are the God who remembered your covenant people while they were enslaved in Egypt. You heard their cry and rescued them.

ALL: You did not forget.

One: Lord,

you have made promises to your people.

ALL: And you are the God who remembers

One: Lord, you not only

remember your promises toward us.

You also remember when we have fallen short.

ALL: Remind us now.

One: You remember when your covenant people sinned against you, and some did not make it to the Promised Land.

ALL: Remind us now.

One: Lord, you remember and know that sin disconnects us from you, and you call us to remember your work of redemption,

so that we will not be turned away from you.

ALL: Remind us now.

One: You are the God who remembers, and you call us to remember.

You call us to the holy act of remembering.

Lord, as your covenant people, we have failed to remember you.

ALL: Have mercy on us.

One: Lord, we have failed to remember that our identity is in you and you alone.

ALL: Forgive us.

One: Lord, we have failed to remember the presence of your kingdom on earth.

ALL: Make us new, Lord.

(continued on back)

One: We drink daily from the rocks of affliction and fear,
Choosing to attack before we're attacked,
Choosing to flee before we have to fight or encounter each other,
Picking sides between us and them, rather than seeing more than a zero-sum-game.
We have drunk from racism, sexism, patriarchy, misogyny, and xenophobia
We have drunk deeply from fear, anxiety, isolation, anger, loss, and trepidation this past pandemic year.
ALL: Lord, be gracious and empower us to forsake all that is not of you.

One: Lord, the culture and nation in which we live hates to remember. And we have helped in its forgetting.
ALL: Lord, be gracious

One: Lord, as we remember you and your ways, lead us. And make us more gracious, humbler, lighter –
make us whole.
ALL: Then we shall be the people who will remember and shall live.

“Jesus Christ is Waiting”

John L. Bell; Author: Graham Maule

©1988 Wild Goose Publications, Iona Community.

Ancient and Modern: hymns and songs for refreshing worship #563

1. Jesus Christ is waiting, waiting in the streets;
no one is his neighbor, all alone he eats.
Listen, Lord Jesus, I am lonely too.
Make me, friend or stranger, fit to wait on you.

2. Jesus Christ is raging, raging in the streets,
where injustice spirals, and real hope retreats.
Listen, Lord Jesus, I am angry too.
In the Kingdom's causes, Let me rage with you.

3. Jesus Christ is healing, healing in the streets;
curing those who suffer, touching those he greets.
Listen, Lord Jesus, I have pity too.
Let my care be active, healing just like you.

4. Jesus Christ is dancing, dancing in the streets,
where each sign of hatred he, with love, defeats.
Listen, Lord Jesus, I should triumph too.
On suspicion's graveyard, let me dance with you.

5. Jesus Christ is calling, calling in the streets,
“Who will join my journey? I will guide their feet.”
Listen, Lord Jesus, let my fears be few.
Walk one step before me; I will follow you.

“All Who Are Thirsty”

Brenton Brown & Glenn Robertson

© 1998 Vineyard Songs (UK/Eire)

All who are thirsty, all who are weak
Come to the fountain Dip your heart
in the stream of life
Let the pain and the sorrow Be washed away
In the waves of his mercy As deep cries out to
deep, we sing

(Chorus)

Come Lord Jesus come
Come Lord Jesus come
Come Lord Jesus come

Holy Spirit come
Holy Spirit come
Holy Spirit come

All who are needy The world has forgot
Come to the table Be fed and hunger not
Let your heart that's despairing
Be lifted up, in the waves of his mercy
As deep cries out to deep, we sing

Womb of Life Source Of Being”

Ruth Dick

Hymn Text Words © 1992 GIA Publications, Inc.

1. Womb of life, and source of being, .
home of ev'ry restless heart,
in your arms the worlds awakened;
you have loves us from the start.
We, your children, gather 'round you,
at the table you prepare.
Sharing stories tears and laughter,
we are nurtured by your care.

2. Word in flesh, our brother Jesus,
born to bring us second birth,
you have come to stand beside us,
knowing weakness, knowing earth.
Priest who shares our human struggles,
Life of Life, and Death of Death,
risen Christ, come stand among us,
send the Spirit by your breath.

3. Brooding Spirit, move among us;
be our partner, be our friend.
When our mem'ry fails, remind us whose we are,
what we intend. Labor with us,
aid the birthing of the new world made new,
ever singing, ever praising, one with all,
and one with you.

4. Mother, Brother, holy Partner;
Father, Spirit, Only Son:
we would praise your name forever,
one-in-three, and three-in-one.
We would share your life, your passion,
share your word of world made new,
ever singing, ever praising,
one with all, and one with you.

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!

Mark 5:21-34

the New Revised Standard Version Translation (NRSV)

²¹ When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. ²² Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet ²³ and begged him repeatedly, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live." ²⁴ So he went with him.

And a large crowd followed him and pressed in on him. ²⁵ Now there was a woman who had been suffering from hemorrhages for twelve years. ²⁶ She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. ²⁷ She had heard about Jesus, and came up behind him in the crowd and touched his cloak, ²⁸ for she said, "If I but touch his clothes, I will be made well." ²⁹ Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. ³⁰ Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" ³¹ And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" ³² He looked all around to see who had done it. ³³ But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. ³⁴ He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

40 Womb of Life, and Source of Being



1 Womb of life, and source of be - ing, home of ev - 'ry
 2 Word in flesh, our bro - ther Je - sus, born to bring us
 3 Brood - ing Spir - it, move a - mong us; be our part - ner,
 4 Moth - er, Broth - er, ho - ly Part - ner; Fath - er, Spir - it,



rest - less heart, in your arms the worlds a - wak - ened; you have
 sec - ond birth, you have come to stand be - side us, know - ing
 be our friend. When our mem - 'ry fails, re - mind us whose we
 On - ly Son: we would praise your name for - ev - er, one - in -



loved us from the start. We, your chil - dren, gath - er
 weak - ness, know - ing earth. Priest who shares our hu - man
 are, what we in - tend. La - bor with us, aid the
 three, and three - in - one. We would share your life, your



'round you, at the ta - ble you pre - pare. Shar - ing sto - ries,
 strug - gles, Life of Life, and Death of Death, ris - en Christ, come
 birth - ing of the new world yet to be, free of ser - vant,
 pas - sion, share your word of world made new, ev - er sing - ing,



WORDS: Ruth Duck (b. 1947)

MUSIC: Traditional Dutch melody; arr. Julius Roentgen (1855-1933)

IN BABILONE
 8.7.8.7.D.

Words © 1992 GIA Publications, Inc. Used by permission.

tears, and laugh-ter, we are nur - tured by your care.
 stand a - mong us, send the Spir - it by your breath.
 lord, and mas - ter, free for love and u - ni - ty.
 ev - er prais - ing, one with all, and one with you.

As He Gathered at His Table 41

Unison

1 As he gath - ered at his ta - ble those who longed to know the way,
 2 As he took the towel and ba - sin, not as mas - ter, but as friend,
 3 As he blessed the bread and broke it, hu - man need to sat - is - fy,
 4 As he took the cup and shared it, tell - ing of the Fa - ther's care,
 5 As they sang a hymn to - geth - er, prais - ing Is - rael's sav - ing King,
 6 As he went in - to the gar - den pray - ing, "Fa - ther, use your Son,"
 7 Though this feast be one of sym - bols, what we cel - e - brate is real;

Christ pro - claimed a ho - ly mys - tery; still his words call us to - day.
 Christ por - trayed the way of ser - vice; still in serv - ing we must bend.
 Christ made e - ven trai - tors wel - come; still we ques - tion "Is it I?"
 Christ poured out him - self in prom - ise; still that cov - enant we must share.
 hearts and voic - es made one mu - sic; still de - liv - ering love we sing.
 Christ a - lone could know its mean - ing; still we pray, "God's will be done."
 still Christ wel - comes to his ta - ble; still Christ serves us at his meal.