

College Avenue Presbyterian Church
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June 21, 2020

**Welcome to
 CAPC Oakland ONLINE!**

We are a reformed, multicultural, politically purple, community of followers of Jesus seeking to live our faith seriously in word, deed and relationships in the East Bay.

We usually celebrate 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 don't have a quiet play area or Godly Play for kids via ZOOM – but we do have online coloring sheets, activities and even recorded Godly Play Stories that you can access 24/7 online at our website at <http://www.capcoakland.org/worshiponthego>

PRAYER CARDS

We can't do prayer cards but we can do live chat on ZOOM while we meet. Rev. Karl Shadley is being our digital Deacon who will responds to any chats during the service. 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 "10,000 Reasons"
- CALL TO WORSHIP
- SONG OF PRAISE "Okay"
- LISTENING FOR GOD'S WORD
- LISTENING TO SCRIPTURE Psalm 13 - Rev. Monte McClain
- SINGING & SPEAKING OF HOPE - Louise Hirschman
- RESPONDING TO GOD'S WORD
- SONG OF RESPONSE "I Surrender All"
- 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
- SUNG RESPONSE "Be Still My Soul"
- 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 "Udo diri gi" (Udo, spoken in Nigeria)

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 an living sign of the Dominion of God at work moving us toward the healing transformation of the world.

Thoughts on Today's Reading Psalm 13

The Book of Psalms is the prayer book of the Bible. Eugene says that it provides us with the language for prayer: our responding to the God who speaks to us. "Prayer is not just what good people do and say when they're doing their best. It's the language by which we become honest, true, and personal in our response to God. It is the means by which we get everything in our lives out in the open before God."

Psalm 13 is one of the most well known psalms of Lament: prayers offered to God when the person or group is hurting – feeling upset, betrayed, or abandoned. These prayers are both individual (as today's is) and communal, on behalf of the community of faith.

Psalm 13 is well known for its structure and unavoidable repetition. It has a three part-structure.
Part 1: verses 1-2 :is the complaint of the poet - God is distant, has God abandoned me?
Part 2: verses 3-4 : the prayer of the poet, petition for God to answer, to show up and speak out.
Part 3: verses 5-6 describe the deliverance of the poet, who abandons herself into the depths of God's unfailing love.

English Baptist preacher Charles Haddon Spurgeon (1834 – 1892) noted that the repetition of the words "How long?" four times in this psalm resemble cries; he creatively refers it as the "How Long Psalm" or, the "Howling Psalm".

Some think this might be the prayer composed by King David when his son Absalom conspired against him (2 Samuel 19). Others think it could have been when David (or another person) is sick, fearful of death, without hope of healing. While the exact context in which this prayer is uttered is not described, it is easily identifiable. We all have been through such dark valleys of doubt, traversed such dark nights of the soul when all seems lost and God seems all too mute and deaf to our cries for help.

Something transpires between verse 4 in which the poet claims to be shaken, without hope...and the beginning of verse 5.

QUESTIONS FOR THE PRACTICE OF EXAMEN & CONTEMPLATION

- **What part of today's psalm grabs you?**
- **What stories in the Bible does such a prayer of despair bring to your mind?**
- **How do you struggle today to see or hear God at work in our world, or in your life?**
- **How have you found salvation and joy in the moments of lament and feelings of abandonment by God in your own life? How did/has that experience of transformation reshape your life? Breath resilience into our faith?**
- **How do you feel disoriented or lost today? Talk with God about it. If you're up for it compose your own psalm of lament or song of hope!**

ANNOUNCEMENTS & COMMUNITY NEWS

JUNE BIRTHDAYS

24 Beth Beatty 29 Sophie McClain 2002

JUNE ANNIVERSARIES

26 Bill & Beth Beatty 1965

Coffee Hour Today - is taking place wherever you are. Call someone else up, catch-up & check in!

Presbytery of San Francisco's We Can't Breathe Virtual Vigil to denounce White supremacy & the impact of police violence on Black communities. Today at 5pm. More info and Registration (*required*) online at www.presbyteryofsf.org

WEEKLY CALENDAR DURING THE PANDEMIC

Daily Zoom Calls – every day at 12pm.

ZOOM Worship Next Sunday at 10:30am,

Community Care Package Team Meeting |
Monday at 1:00pm on our Zoom channel

Covenantal Restoration, Monday night 6/22
Discussion by Zoom at 7pm. Our final video based discussion on race and faith.

Friday Night Meal Next Friday, June 26 | 6-7pm on the sidewalk at church. We're cooking but only need help serving the meal. Check in with Monte!

Women's Group – Saturday Mornings on Zoom.
Contact Anne Marie Adams for info about joining - amadams44@gmail.com

Bible Study next Saturday at 5pm on Zoom.

Tamales por Oakland – Order tamales from our Primera Iglesia partners to help them work and you enjoy a great meal! www.capcoakland.org

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

Talking About RACE MATTERS – Fill out the form online to help us decide what and when we'll start summer small-group discussions around this. www.capcoakland.org/race-matters

Session Meeting – Thursday Night 7:00pm on Zoom

Deacons Meeting – Next Sunday, at 12pm on Zoom

Thank you to this Week's Leadership:
Deacon Liturgist: Myrna Shadley
Chat Master: Karl Shadley
Music: Pete Feltman, Andre Schoch
Psalmist: Louise Hirschman

LYRICS & WRITTEN RESPONSES FOR TODAY'S CELEBRATION

"10,000 Reasons"

Writer(s): Jonas Myrin, Matt Redman

Scripture Reference: Psalm 103:1-5

Chorus

Bless the Lord Oh my soul, Oh my soul
Worship his holy name
Sing like never before, Oh my soul
I worship your holy name

1. The sun comes up, It's a new day dawning.
It's time to sing your song again
Whatever may pass and whatever lies before me,
let me be singing when the evening comes
2. You're rich in love and You're slow to anger.
Your name is great and your heart is kind
For all Your goodness I will keep on singing,
ten thousand reasons for my heart to find
3. And on that day when my strength is failing,
the end draws near and my time has come
Still my soul will sing your unending,
ten thousand reasons and then forevermore

CALL TO WORSHIP RESPONSIVE READING

Taken from www.thetimelesspsalms.net.

The People read the BOLD print

One: In faith, hope and in trust,
we gather to worship our God.

**ALL: Yet we also come in fear and anguish,
for God seems to be absent from us,
and lost to us in our deep anxiety.**

One: In expectation and faith,
we gather to worship our God.

**ALL: But, how long
will you be far away from us, O God?
How long will you
ignore us in our anguish and pain?**

One: Even now, in quiet confidence
we gather to worship our God,
even in the darkness of our souls,
we will still praise God!

**ALL: Hear and help us, our God,
even when we do not understand—
we still come to you,
trusting in your generous mercy.**

"OK"

Kirk Franklin, 2019

1. Woke up to a world that is changing
Looking out the window,
got me wondering lately
Will we be okay? Will we be okay?
One day I can feel the sun shining
Next day a bullet can leave a momma cryin'
Will she be okay? Tell me will we be okay?

prechorus

Life is taking everything that I have
Just to survive

chorus

I got twenty-five dollars in my pocket
And I think another ten in my glove
compartment
I'm trying so bad not to cry,
but it's hard to stop it
But you say all of my needs,
you promised, you got it

Refrain

So I'm gon' be okay

I'm gon' be okay (Okay, okay)

See I gotta remember, that my God is bigger
Than any battle I'll ever face So I'm gon' be okay
(I know it's dark right now but still see the light)

2. Why do we hate one another
When love is the most beautiful color?
It takes away the grey And makes everything okay
Where is the American dream
If only one percent knows what it means
To really be okay? Tell me, is that okay?

Prechorus -

Chorus -

Refrain

[Bridge]

See our god is great
This season of pain,
it won't last always
Life is taking everything that I have
Just to survive

Continued on back ...

I got twenty-five dollars in my pocket
And I think another ten in my glove compartment
But that family with no food would trade places with you
Give thanks and don't forget how you got it

So I'm gon' be okay
I'm gon' be okay (Okay, okay)
See I gotta remember, that my God is bigger
Than any battle I'll ever face So I'm gon' be okay

So I'm gon' be okay
I'm gon' be okay (Okay, okay)
See I gotta remember, that my God is bigger
Than any battle I'll ever face So I'm gon' be okay

"I Surrender All"

*Author: Judson W. Van De Venter (1896)
Baptist Hymnal, 1991*

1. All to Jesus I surrender.
All to him I freely give
I will ever love and trust him,
In his presence daily live

Refrain

I surrender all, I surrender all
All to Thee my blessed savior, I surrender All

2. All to Jesus I surrender
Humbly at his feet I bow
Worldly pleasures all forsaken,
Take me Jesus take me now

3. All to Jesus I surrender
Make me Savior wholly thine
Let me feel the Holy Spirit,
truly know that Thou art mine

4. All to Jesus I surrender,
Lord I give myself to Thee
Fill me with Thy love and power
Let Thy blessings fall on me

"Be Still My Soul"

*Author: Kathrina von Schlegel; Translator: Jane
Borthwick (1855)*

Tune: FINLANDIA Glory to God Hymnal #819

1. Be still, my soul. The Lord is on thy side
Bear patiently the cross of grief or pain.
Leave to thy God to order and provide.
In every change, He, faithful will remain
Be still my soul, thy best, thy heavenly friend.
Through thorny ways, leads to a joyful end.

2. Be still my soul, thy God doth undertake
To guide the future as he has the past
Thy hope thy confidence let nothing shake
All now mysterious shall be bright at last
Be still my soul the waves and winds still know
His voice who ruled them while he dwelt below

3. Be still my soul, the hour is hastening on
When we shall be forever with the lord
When disappointment, grief and fear are gone
Sorrow forgot, loves purest joys restored
Be still my soul, when change and tears are past
All safe and blessed we shall meet at last

A Psalm of Lament
• Louise Hirschman •

How long, oh Lord? How long?
When will this Covid business be over?
When will we be able to go out and be normal again?
I want to go to a movie and I need to shop.

My hair is long,
I need a pedicure,
and my TP supplies are dwindling.

The lines at Safeway and Costco are long,
and the masks are uncomfortable.

Take-out again tonight?

Prime shipping has gotten slow and my next cruise has been cancelled.

I want things to be normal again, and I want it now. I am bored.

How long, oh Lord? How long?

All you give me is time. Too much time.

The time to complain.
The time to reflect and think.
The time to pray.

It is in prayer that I stop to consider your goodness.

I am overwhelmed with your bountiful blessings.

You have blessed me with a comfortable home in which to shelter
and Doordash to bring me feasts.

You bless me with wifi
with which I welcome friends into to the comfort of my living room without having to vacuum first.

You have blessed me with treasures beyond imagination on Amazon
and they magically appear at my doorstep.

You bless me with servants, and angels, and heroes of all kinds
who protect me and provide for me and bring me mail,
staff the grocery stores, show up with goodies,
provide me with books, and keep my coffee shop open.

My cup runneth over with multitudinous blessings of all kinds.

Even in this time of quarantine my blessings outnumber the stars
and I am humbled to know that I have been so blessed beyond all measure.

Surely I am in the top 1% of all history and my gratitude is boundless.



1. All to Je - sus I sur - ren - der, All to Him I
 2. All to Je - sus I sur - ren - der, Make me, Sav - ior,
 3. All to Je - sus I sur - ren - der, Lord, I give my -

free - ly give; I will ev - er love and trust Him,
 whol - ly Thine; Let me feel Thy Ho - ly Spir - it,
 self to Thee; Fill me with Thy love and pow - er,

In His pres - ence dai - ly live. I sur - ren - der
 Tru - ly know that Thou art mine. I sur - ren - der
 Let Thy bless - ing fall on me.

all, I sur - ren - der all; I sur - ren - der all;
 I sur - ren - der all;

All to Thee, my bless - ed Sav - ior, I sur - ren - der all.

Be Still, My Soul

819

13

who through all chang - es faith - ful will re - main.
all now mys - te - rious shall be bright at last.
sor - row for - got, love's pur - est joys re - stored.

17

Be still, my soul: thy best, thy heaven - ly Friend
Be still, my soul: the waves and winds still know
Be still, my soul: when change and tears are past

21

through thorn - y ways leads to a joy - ful end.
his voice who ruled them while he dwelt be - low.
all safe and bless - ed we shall meet at last.

Be Still, My Soul

819

1 Be still, my soul: the Lord is on thy side.
2 Be still, my soul: thy God doth un - der - take
3 Be still, my soul: the hour is has - tening on

5

Bear pa - tient - ly the cross of grief or pain.
to guide the fu - ture sure - ly as the past.
when we shall be for - ev - er with the Lord;

9

Leave to thy God to or - der and pro - vide,
Thy hope, thy con - fi - dence let noth - ing shake;
when dis - ap - point - ment, grief, and fear are gone,

Glory to God 819
TEXT: Katharina von Schlegel, 1752; trans. Jane Laurie Borthwick, 1855, alt.
MUSIC (FINLANDIA 10.10.10.10.10); Jean Sibelius, 1899; arr. *The Hymnal*, 1933, alt.; arr. © 1933, ren. 1961, Presbyterian Board of Christian Education
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