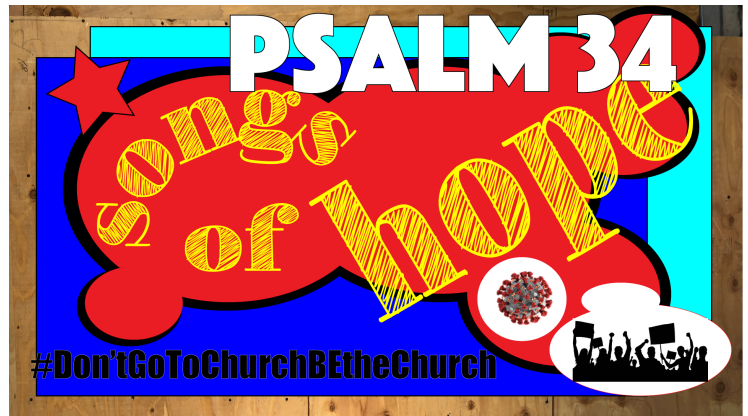


College Avenue Presbyterian Church
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**Welcome to
 CAPC Oakland ONLINE!**

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

June 28, 2020

GATHERING AROUND GOD'S WORD VIA ZOOM

GATHERING SONG "There is a Redeemer"

CALL TO WORSHIP

SONG OF PRAISE "Be Thou My Vision"

LISTENING FOR GOD'S WORD

LISTENING TO SCRIPTURE Psalm 34

SINGING & SPEAKING OF HOPE - Rev. Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "Say Yes"

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 "O Freedom"

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 34

As you look closely at the beginning of this psalm, you'll find that it doesn't say, "I am happy at all times," but "I bless God every chance I get." (34:1)

These aren't the words of a person whose moods are always ebullient; they're the words of a person who has simply decided to speak a blessing every chance she gets, determined to be ready to give thanks in all things. The reason, of course isn't because she feels great but because she believes that God is working through all things to bring forth good. (See Romans 8:28).

Do you think of the Christian life as something that lifts you out of the realm of the mundane into something more majestic? If so, you're wishing in the wrong direction. The Christian faith draws us deeper into the stuff of creation: bodies, money, emotions, relationships. Some of the stuff we see is awful. And some of the stuff we feel is painful.

But is it precisely there, in the awfulness and the painfulness of life, that we discover something that transcends these things. In Psalm 34:18 the psalmist says, "If your heart is broken, you'll find God right there." The times the psalmist lived in were not all that different from our own times. Back then, as now, there was a pseudo theology that explained any kind of misfortune as a sign of divine punishment, whether that punishment was sickness, poverty, disability, or death. The sufferer's recourse was either to avoid the gods or to strike a bargain with them so that they would back off.

The ministry of Jesus was the great refutation of this. He deliberately singled out every kind of trouble and initiated a healing ministry to the sick, the guilty, the hungry, even the dead. The single qualification for being eligible for God's help is that we be in trouble. The reason we're in trouble doesn't matter, whether it's our own fault or someone else's. What matters is that God is right there in the midst of our troubles, stopping to pick up the pieces of our broken hearts and put them back together.

(Eugene Peterson, taken from his comments on Psalm 34 in The Message)

QUESTIONS FOR THE PRACTICE OF EXAMEN & CONTEMPLATION

- What part of today's psalm grabs you?
- What does the word "bless" mean to you? How do you receive blessing? How do you give it?
- How do you struggle to glimpse and taste God's goodness to you even when things aren't what you wish?
- How is God inviting you to reorient the way you see God, the world, others, yourself?



ANNOUNCEMENTS & COMMUNITY NEWS

JUNE BIRTHDAYS

29 Sophie McClain 2002

JULY BIRTHDAYS

11 Dave Eagle	Gloria Lim
13 Alana D'Attilio	15 Chris Olson
17 Rachel Brylawski	21 Chickwendu Okereke
22 Kaya Ramirez Blake	24 Maya Patil
27 John Fonua	John LaMotte
31 Lisa Wu	

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

WEEKLY CALENDAR DURING THE PANDEMIC

Daily Zoom Calls - every day at 12pm.

ZOOM Worship Next Sunday at 10:30am,

No Community Care Package Team Meeting or Care Packages this week because of the holiday

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, July 3 | 6-7pm on the sidewalk at church. We're need help cooking (BBQ!) and serving. 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

Deacons Meeting - Today at 12pm on Zoom

What's Going On? - Zoom Q&A Interview with community members Sundays at 12pm on Zoom. Today: Gary Yee on OUSD & the Police.

Thank you to this Week's Leadership:

Deacon Liturgist: Myrna Shadley

Chat Master: Karl Shadley

Music: Pete Feltman, Andre Schoch

PICK THE PSALM - OR WRITE YOUR OWN - FOR NEXT SUNDAY'S GATHERING! TALK TO MONTE

LYRICS & WRITTEN RESPONSES FOR TODAY'S CELEBRATION

"There is a Redeemer"

Writer(s): Jonas Myrin, Matt Redman
Scripture Reference: Psalm 103:1-5

Chorus

1. There is a redeemer
Jesus God's own Son
Precious Lamb of God, Messiah,
Holy One

2. Jesus my redeemer
Name above all names
Precious Lamb of God, Messiah
Oh for sinners slain

(chorus)

Thank you Oh my Father
For giving us your Son
and leaving your spirit till
The work on earth is done

3. When I stand in glory
I will see His face
There I'll serve my King forever
In that Holy place

CALL TO WORSHIP RESPONSIVE READING

A reading of Romans 8:18-31 (from the Message translation)
The People read the BOLD print

One: With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud. A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.

ALL: God went for the jugular when he sent his own Son. He didn't deal with the problem as something remote and unimportant. In his Son, Jesus, he personally took on the human condition, entered the disordered mess of struggling humanity in order to set it right once and for all. The law code, weakened as it always was by fractured human nature, could never have done that.

One: The law always ended up being used as a Band-Aid on sin instead of a deep healing of it. And now what the law code asked for but we couldn't deliver is accomplished as we, instead of redoubling our own efforts, simply embrace what the Spirit is doing in us.

ALL: Those who think they can do it on their own end up obsessed with measuring their own moral muscle but never get around to exercising it in real life. Those who trust God's action in them find that God's Spirit is in them—living and breathing God! Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life. Focusing on the self is the opposite of focusing on God. Anyone completely absorbed in self ignores God, ends up thinking more about self than God. That person ignores who God is and what he is doing. And God isn't pleased at being ignored.

One: But if God himself has taken up residence in your life, you can hardly be thinking more of yourself than of him. Anyone, of course, who has not welcomed this invisible but clearly present God, the Spirit of Christ, won't know what we're talking about. But for you who welcome him, in whom he dwells—even though you still experience all the limitations of sin—you yourself experience life on God's terms. It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, he'll do the same thing in you that he did in Jesus, bringing you alive to himself? When God lives and breathes in you (and he does, as surely as he did in Jesus), you are delivered from that dead life. With his Spirit living in you, your body will be as alive as Christ's!

ALL: So don't you see that we don't owe this old do-it-yourself life one red cent. There's nothing in it for us, nothing at all. The best thing to do is give it a decent burial and get on with your new life. God's Spirit beckons. There are things to do and places to go!

One: This resurrection life you received from

One: This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike "What's next, Papa?" God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children. And we know we are going to get what's coming to us—an unbelievable inheritance! We go through exactly what Christ goes through. If we go through the hard times with him, then we're certainly going to go through the good times with him!

ALL: That's why I don't think there's any comparison between the present hard times and the coming good times. The created world itself can hardly wait for what's coming next. Everything in creation is being more or less held back. God reins it in until both creation and all the creatures are ready and can be released at the same moment into the glorious times ahead. Meanwhile, the joyful anticipation deepens.

One: All around us we observe a pregnant creation. The difficult times of pain throughout the world are simply birth pangs. But it's not only around us; it's within us. The Spirit of God is arousing us within. We're also feeling the birth pangs. These sterile and barren bodies of ours are yearning for full deliverance. That is why waiting does not diminish us, any more than waiting diminishes a pregnant mother. We are enlarged in the waiting. We, of course, don't see what is enlarging us. But the longer we wait, the larger we become, and the more joyful our expectancy.

ALL: Meanwhile, the moment we get tired in the waiting, God's Spirit is right alongside helping us along. If we don't know how or what to pray, it doesn't matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans. He knows us far better than we know ourselves, knows our pregnant condition, and keeps us present before God. That's why we can be so sure that every detail in our lives of love for God is worked into something good.

One: God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him.

ALL: After God made that decision of what his children should be like, he followed it up by calling people by name. After he called them by name, he set them on a solid basis with himself. And then, after getting them established, he stayed with them to the end, gloriously completing what he had begun.

So, what do you think? With God on our side like this, how can we lose?

"Be Thou My Vision"

Translator: Mary E. Byrne (1905)

Versifier: Eleanor Hull (1912, alt.)

Glory to God Hymnal #450

1. Be thou my vision O lord of my heart
Nought be all else to me save that thou art
Thou my best thought by day or by night
Waking or sleeping thy presence my light
2. Be thou my wisdom and thou my true word
I ever with thee and thou with me lord
Thou my soul's shelter and thou my high tower
Still be my vision O ruler of all
3. Riches I heed not nor vain empty praise
Thou mine inheritance now and always
Thou and thou only first in my heart
Great God of heaven my treasure thou art
4. High King of heaven my victory won
May I reach heaven's joys O bright heaven's sun
Heart of my own heart whatever befall
Still be my vision O ruler of all

“Say Yes”

Artist: Michelle Williams

Album: Say Yes

When Jesus say Yes nobody can say no
When Jesus say Yes nobody can say no
When Jesus say Yes nobody can say no
When Jesus say Yes nobody can say no

I'm not worried about a thing
cause I know you are guiding me
Where you lead me Lord I will go
I have no fear cause I know who's in control
There's no limit to what you can do
Cause it all belongs to you yes it all belongs to you
You're almighty and all powerful
And it all belongs to you, yes it all belongs to you

“O Freedom”

J. D. Bushell

O freedom, O freedom
O freedom over me (over me)

Chorus

And before I'd be a slave
I'd be buried in my grave
And go home to see my lord and be free

No more moaning
No more moaning
No more moaning over me

Chorus

No more crying
No more crying
No more crying over me

Chorus

There'll be singing
There'll be singing
There'll be singing over me

Chorus