College Avenue Presbyterian Church 5951 College Avenue | Oakland | 94618 www.capcoakland.org | www.capcoakland.me Office : 510.658.3665 | capc1@sbcglobal.net

Pastor Monte: 510.658.3666 | Cell 510.520.0746

montemcclain@gmail.com







July 28, 2019

Welcome to CAPC Oakland!

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.

If you've never celebrated with us, you can follow along using this paper or the projection on the screen. Hymnals and Bibles are in the pews. We invite you to join us for a moment of community connection afterwards with a drink and simple snack.

CHILDREN

We have a quiet play area for children in the front of the sanctuary with toys and coloring sheets that can be played with during services. We also have a lounge, off the entryway, where the service is broadcast if you need more space.

We invite children 3 years old to 6th grade to depart for Godly Play following our second song. You can gather your child(ren) after worship upstairs in the GP room.

PRAYER CARDS

You're invited to share your prayers of concern or gratitude by filling out the cards, located in the pews, and placing them in the glass vase on the table. We'll use them during today's service.

WIFI & SOCIAL MEDIA

2wire927 is our open wifi. The password is 7304088568. If you do social media during the service we invite you to add #capcoakland to include others.

NESTLÉ PARKING LOT

We're able to park in the lot behind the church. They ask us to enter and exit off of Chabot Road, using the pedestrian door there near Crossroads Trading.

CCL #1137062

GATHERING AROUND GOD'S WORD

GATHERING SONG "Praise Ye The Lord The Almighty - Blue Hymnal # 482

CALL TO WORSHIP - Insert

SONG OF PRAISE "He's Got the Whole World in his Hands" - Insert

LISTENING FOR GOD'S WORD

ACT OF CONFESSION

OPENING OURSELVES TO BEING UNDONE, THAT WE MIGHT BE REDONE

SUNG RESPONSE "Don't Be Afraid" - Insert

DECLARATION OF GRACE IN THE PROCLAMATION OF THE BELIEF THAT UNITES US

 $THE\ IN-BREAKING\ OF\ GOD'S\ GRACE\ DISRUPTS\ OUR\ HUMAN\ CONDITION\ OF\ SIN,\ PUTTING\ A\ NEW\ SONG\ IN\ OUR\ MOUTHS$

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

Call and response liturgically prayed at the conclusion of sharing a prayer card

Leader: God, in your mercy. **People: Hear our prayer.**

To pray with someone after the service, look for today's liturgist after today's service

GIVING OF OUR TITHES & OFFERINGS TO EMPOWER THE WORK OF GOD IN THE CHURCH

OFFERTORY SONG "For The Beauty Of The Earth" - Blue Hymnal #473

READING OF SCRIPTURE Psalm 103; Genesis 12:1-4 - Pew Bible, pp. 587, 11

SERMON "Blessed" - Rev. Monte McClain

RESPONDING TO GOD'S WORD

SONG OF RESPONSE "10,000 Reasons" - Insert

ANNOUNCEMENTS

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 "Christhuvinte Samadhanam"

(Malayalam Kerala) [spoken in Southern India]

We pass the peace weekly using languages native to the cultures of our church community as an audible sign of the Dominion of God at work towards the healing transformation of the world.

Thoughts on Psalm 103 & Genesis 12:1-4

 $Adapted\ from\ a\ sermon\ of\ John\ Crosby\ at\ https://www.cpconline.org/wp-content/uploads/2015/09/09-20-2015-Sermon-John-Crosby-Final.pdf$

We're all learners at life, faith, and prayer. We have to figure out how prayer becomes more than something that the preacher talks about on Sunday or something that we do right before we go to asleep or we have a meal.

The Psalms are there to take us deep into our hearts. They're like a personal trainer or a coach. You know they'll help you do good things, but it's very painful so you don't do it all by yourself. The Psalms force us to deal with the deep suffering and pain of life even before anything has gone wrong. While we are doing well, it is hard to read about deep pain and suffering. In the same way, the Psalms force us to pray in ways that praise God and give thanks when we don't feel that way at all. They are like exercise. It's against the grain. The Psalms push us and pull us emotionally in ways that, when we are ignoring the beautiful language, we find that we think, "Oh, really? That's not the way I feel."

The Psalms teach you the language of God's prayer. They force us to deal with the real God the way the real God is. Eugene Peterson is the guy who translated the Bible into that version we call The Message. Peterson says that in our culture, prayers are about us. He says, "Left to ourselves, we will pray to some god who speaks what we like hearing or to the part of God that we manage to understand. But what is critical is that we speak to the [real] God who speaks to us." Only the real God can speak back. The Psalms train our ears for that conversation. What is essential in prayer is not that you learn to express yourself. What's essential in prayer is that you learn to answer the God who is already talking to you.

The first words of this meditative prayer are actually a command. "Bless the LORD." The Psalmist is not talking about being healthy or having enough money or even being happy. The Psalmist does not seem to be concerned about whether you are fulfilled in your life. Instead, the Psalm says what is important is that the people who have a relationship with God are filled with gratitude. They have a sense of freedom.

To bless something in the Bible is the opposite of cursing something. Some things we curse, whether it's traffic or a parking ticket. Some things we bless. When we bless people, we affirm them. We delight in them. We seek their fulfillment. When we bless, we want them to have the deepest desires of their hearts. Blessing people is to be grateful for them, so to bless God, it says, "Bless the Lord," to bless God is more than to praise God. Find a good thing about God and say, "This is neat that You're like this." Eugene Peterson says, "Psalm 103 expresses the experience (not the doctrine) of salvation. This is what it feels like to be saved." This isn't what it's intellectually like to be saved. This is what it feels like to be saved. It's a response, meditation on that.

When we receive the benefits of life with God, we become grateful people. But in order to be grateful, you have to take time to receive and recognize your gifts and believe that you are blessed.

• For what, or who are you most thankful? How are you blessed?

ANNOUNCEMENTS & COMMUNITY NEWS

JULY BIRTHDAYS

27 John Fonua John LaMotte

31 Lisa Wu

AUGUST BIRTHDAYS

5	Lori Castner	Am	ber Beatty (2011)
8	Anne Marie Adams	12	Sharon Nelson
	David Kittams	22	Patrice Trowbridge
24	Bob Brylawski	25	Margaret Smith

AUGUST ANNIVERSARIES

5	Jeff and Linda Trowbridge	1978
8	Bob and Ellen Brylawski	1987
9	Thom and Tina Faulkner	2002
30	Monte and Kristy McClain	1997

COMMUNITY LIFE CALENDAR

Youth Group tonight 7-8:30 CIT training for VBS

There is no ESL Class this week.

Join our Choir! Tuesdays 5:30-6:30p, Sundays 12-1p | Contact Pete Feltman petefeltman@gmail.com

Celtic Prayer Group, Wednesdays 6:45-8:15pm Meets this week at the church in the sanctuary.

Friday Night Meal Friday, 6-7pm. Talk to Ellen Brylawski if you'd like to help out in the future.

Women's Group, Saturdays 8:30am | in the church library (meets 1st, 2nd, 3rd Saturdays)

The Vocabulary of Faith | Sundays 9:30-10:15a *A weekly intro to learning how to read the Bible.*

RECREATION VBS 2019 EDITION: Monday, July 29 through Friday, August 2nd. More info online at www.recreationvbs.org **STARTS TOMORROW!!!**

ART SHOW THURSDAY 6-7PM

La Ceiba Coffee:! For sale today \$10/bag

Church Retreat 2019 | September 6-8th at St Dorothy's Rest outside of Occidental Our speaker this year is Rev. Matt Prinz teaching on "Our Christian Community and practices that can deepen in. *Register online @ capcoakland.org or via paper.*

Thank you to Today's Leadership

Fellowship: Elaine Price, Chris Olson Counters: Sharon Nelson, Louise Hirschman Godly Play: D Kittams (ST); F Darmstadt (DK)

Leadership for next week, 8/4/19:

Fellowship: Janet Majors, Myrna Shadley Godly Play: Children Remain in Worship for Communion

LYRICS & WRITTEN RESPONSES FOR TODAY'S CELEBRATION

"Praise Ye the Lord, the Almighty"

Author: Joachim Neander (1680) Translator: Catherine Winkworth (1863; alt.) Blue Hymnal #482 | Original Language: German

Praise ye the Lord, the Almighty,
 the King of creation!
 my soul, praise Him,
 He is thy health and salvation!
 ye who hear, now to His temple draw near;
 Praise Him in glad adoration!

2 Praise ye the Lord, who o'er all things so wondrously reigneth, Shelters thee under His wings, yea, so gently sustaineth! Hast thou not seen how thy desires ever have been Granted in what He ordaineth?

3 Praise ye the Lord!
O let all that is in me adore Him!
All that hath life and breath,
come now with praises before Him.
Let the Amen sound from His people again,
Gladly for aye we adore Him.

CALL TO WORSHIP RESPONSIVE READING

Today's responsive reading is writte by Rev. Teri Peterson, St. John's Church of Scotland, Gourock The People of the Assembly read the BOLD print

One: We have come from many places to gather in this place—

ALL: from home and school and work, One: from next door and from miles away.

ALL: We have come on foot, by car, bus, and taxi, One: with friends, and alone.

ALL: Whatever the journey has held so far, One: wherever we find ourselves in our faith or life,

ALL: God calls us together now, One: to see what God has done,

ALL: and to follow wherever God leads us next.

One: And so we join our voices with voices past,

ALL: present, One: and future,

ALL: to worship God together.

"He's Got The Whole World"

Anonymous

He's got the whole world in His hand He's got this whole, in His hand He's got this whole world in His hand He's got the whole world in His hand

He's got the whole world in His hand He's got this whole, in His hand He's got this whole world in His hand He's got the whole world in His hand

He's got you and me sister in His hand He's got you and me sister in His hand He's got you and me sister in His hand He's got the whole world in His hand

He's got everybody here right in his hand He's got everybody here right in his hand He's got everybody here right in his hand He's got the whole world in His hand

If religion was a thing, money could buy The whole wide world in His hand The rich would live and the poor would die The whole world in His hand

The spirit can't move
without the world in his hands
The spirit can't move
without the world in his hands
The spirit can't move
without the world in his hands
He's got the whole world in his hands

He's got the whole world in His hand He's got this whole, in His hand He's got this whole world in His hand He's got the whole world in His hand

He's got the whole world in His hand He's got this whole, in His hand He's got this whole world in His hand He's got the whole world in His hand

"Don't Be Afraid"

Author: John L. Bell © 1995 Wild Goose Resource Group, Iona Community, Scotland, GIA Publications, Inc.,

1 Don't be afraid my love is stronger My love is stronger than your fear Don't be afraid my love is stronger And I have promised, promised to be always near.

"For The Beauty Of The Earth"

Author: Folliott Sandford Pierpoint (1864) Blue Hymnal #473

1. For the beauty of the earth, For the glory of the skies, For the love which from our birth Over and around us lies.

Refrain:

Lord of all, to Thee we raise, This our hymn of grateful praise.

"10,000 Reasons"

Matt Redman - Year: 2011

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

chorus

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

chorus

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

chorus