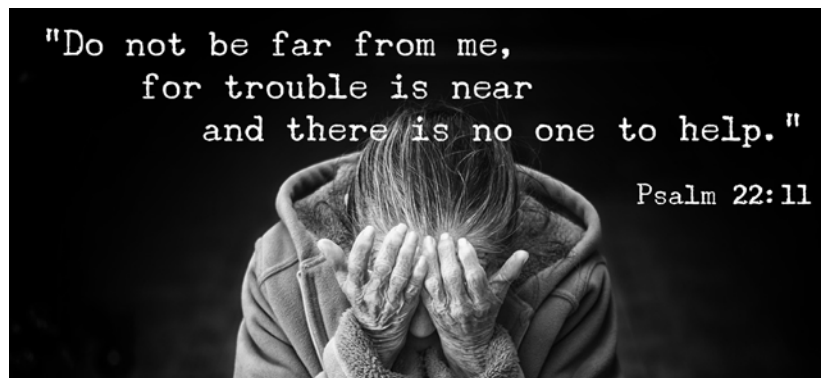


College Avenue Presbyterian Church
 5951 College Avenue | Oakland | 94618
www.capcoakland.org | www.capcoakland.me
 Office : 510.658.3665 | capc1@sbcglobal.net
 Pastor Monte: 510.658.3666 | Cell 510.520.0746
montemcclain@gmail.com



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

July 30, 2017

GATHERING SONG

"O Happy Day"

- insert

CALL TO WORSHIP

SONG OF PRAISE

"Dig A Little Deeper In God's Love"

- insert

Children are invited to gather at the front of the sanctuary and depart for the Godly Play program at the conclusion of this song.

TIME OF CONFESSION

Silent Prayer followed by Prayer of Forgiveness and Assurance of Pardon

SONG OF RESPONSE

"Forgive Our Sins As We Forgive"

- insert

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 Pastor Monte in the lounge off the entryway.

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

OFFERTORY SONG

"Breathe"

- insert

LISTENING FOR GOD'S WORD

READING OF SCRIPTURE

Psalm 22

- Ben Bencomo
Pew Bible, p .534

SERMON

"Don't Stuff It"

- Rev. Monte McClain

RESPONDING TO GOD'S WORD

LITURGICAL ACTION OF LAMENT AS WE SING

SONG OF RESPONSE

"You Are Mine"

- insert

ANNOUNCEMENTS

SENDING CALL AND RESPONSE

Leader: God is good!

People: All the time!

Leader: And all the time!

People: God is good!

EXHORTATION & BENEDICTION

PASSING THE PEACE OF CHRIST "المسيح سلام" | "Salam almasih"

(Arabic)

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 Today's Scriptures Psalm 22

The Psalms are poem-songs that seek to articulate that which is beyond words, underneath them, that which surpasses the power of language. Today's psalm is one of disorientation: a prayer for help, guidance, illumination, salvation and justice. While containing a lament of despair in God's absence, it's not the end of faith, but rather faith in real time, when the rubber meets the road of life.

Issued out of gut-wrenching anguish, the psalm is the cry for help of one who knows what it is to be bullied by his enemies, rejected by her community, and abandoned by God. It opens in verse 1 with a declaration of lament and despair. From that first utterance, the entire tension, and the very mysterious power of psalm 22 is between a plain assertion—"you are far"—and a lowly request—"be not far." The psalmist tells of his desolation and, at the same time, does not cease remembering and invoking God.

The psalmist is attacked by enemies, as one attacked by wild animals; circled by adversaries like bulls ready to pounce and a lion ready to devour. Despair is what she knows; the raw feeling that comes from losing hope. It's the bleak experience of living without the comforting expectation of something desired (which is simply another way of describing hope). It can be related to the end of a relationship (romantic or other), sickness, illness, pain, suffering, loss, or even the imminent – and maybe unavoidable – threat of death. The experience of the psalmist is one we all can relate to, as it's part of the human condition. God seems distant, while the threat, suffering and enemies are all too close. And then something surprising happens in verse 19. What happens exactly and what God has done remains as unclear as the original cause of the psalmist's suffering. How does the poet walk back from the precipice of despair by himself? The psalm implies that it's through the power and process of historical memory: the psalmist consoles himself by remembering that God has helped his people in the past. They cried out for help, and God helped them. In the slavery of Egypt. At the edge of the sea with Pharaoh's army thundering closer. In the dry hunger of the desert. In the attacks of foreign nations like the Canaanites and the Philistines. God will provide relief because he has done so in the past. This hope reorients the psalmist, and the contagiously spread to inspire and resurrect the community.

Questions for the practice of Examen & Contemplation

- What strikes or shimmers for you in this passage?
- When have you heard this psalm before?
- What does Psalm 22 say to you about the suffering of other human beings, either those you know or those who are different from you? Does it help you in some way to pay attention to them?
- What does Psalm 22 say to you about your own difficulties, and the hard times you sometimes go through?
- How does this psalm feed your soul?



ANNOUNCEMENTS & COMMUNITY NEWS

August Birthdays

5 Lori Castner	Amber Beatty 2011
8 Anne Marie Adams	
12 Sharon Nelson	David Kittams
20 Todd Barnes	22 Patrice Trowbridge
24 Bob Brylawski	25 Margaret Smith

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

UPCOMING EVENTS

CAPC Choir | Rehearsals : Sunday after worship and Wednesday nights starting at 5:30pm

Celtic Prayer Mid Week Small Group | Wednesday 7-8:30pm, meets near CAL campus | Call Marda @ 540.7173

Friday Night Meal | Friday 6-7pm. Talk to Ellen Brylawski to help: ellenbry@comcast.net

The Vocabulary of Faith | Sunday 9:30 in the Library
Find the text we study together copied in the entry on online @ www.capcoakland.org/the-vocabulary-of-faith

Women's Group | 1st, 2nd & 3rd Saturdays of the month 8:30-10am in the library.

Coffee and Conversations | Tuesday, 8/8 @ 10:00am - Safe conversation about faith, ethics & life on the Safeway terrace at College @ Claremont

Theology on Tap | Tuesday, 8/8 @ 7:30pm @ The Golden Squirrel Pub- Safe conversation about faith, ethics & life over a BYO pint or another treat. *Across the street!*

Church Retreat Registration Forms are both online at www.capcoakland.org and in the entry!

Recreation VBS 2017 : our annual VBS art-infused day camp. This year we're again meeting on our campus August 14-18th. You can register and find more information online at recreationvbs.org or talk to Monte if you want to help!

Thank You to Today's Leadership:

Ushers:	Anne Marie Adams, Sharon Nelson
Liturgist:	Ben Benocomo
Fellowship:	Chickwendu Okereke & Family
Godly Play:	Beth Beatty (ST), Maya Patil (DK)
Musicians:	Dave Eagle, Pete Feltman, Kevin Goldberg

Leadership for next week, 8/6/17:

Ushers:	Bob Brylawski, Jeff Trowbridge
Liturgist:	Joy Barnes
Fellowship:	Chris Olson, Elaine Price
Godly Play:	Children stay in worship for communion

CALL TO WORSHIP

*Reader reads plain font, **the people the bold.***

-adapted from a previous prayer by Monte

Leader: Come to us even now, O Lord of Life,
and fill this place with your presence!

**People: We praise your name and rejoice in your love,
we stand in utter amazement of who you are!**

Leader: We remember and retell the stories of

People: those you delivered from slavery by your sure hand;

Leader: whom you fed with manna and quail in the desert;

**People: of the blind who saw anew;
of the deaf who heard your voice;**

Leader: of the lame who walked and danced;

People: of those who were lost; but got up and followed you.

Leader: The Psalmists tell us that "Everyone who calls
upon you will find fulfillment,

People: They will rejoice forever, because you are God!"

Leader: We gather together today to hear the story,
to retell your actions, to make sense of our own stories!

People: Come Lord Jesus! Come!

LYRICS TO THIS MORNING'S SONGS:

"Oh Happy Day"

Edwin Hawkin

Oh happy day (oh happy day)
Oh happy day (oh happy day)
When Jesus washed (when Jesus washed)
When Jesus washed (when Jesus washed)
When Jesus washed (when Jesus washed)
He washed my sins away (Oh happy day)
Oh happy day (oh happy day)

He taught me how to walk,
fight, and pray, fight and pray
And live rejoicing every day,
every day

"Forgive Our Sins As We Forgive"

(Land Of Rest Tune)Blue Hymnal #370

1. Forgive our sins as we forgive
You taught us Lord to pray
But You alone can grant us grace
To live the words we say

"Dig A Little Deeper"

Traditional Spiritual

You got to live, you ought to dig
I want to dig a little deeper
in the storehouse of his love, eternal love
I hope to shine and love sublime
I want to dig a little deeper
in the storehouse of his love, eternal love

(chorus)

I want to dig a little deeper in God's love
I gotta Dig a little deeper down in God's love
I wanna Dig a little deeper
in the storehouse of his love, eternal love
I want to talk a little moment like Jesus would
I wanna walk just like a good Christian should
I wanna dig a little deeper
in the storehouse of his love, eternal love

I want to do what's always true
I want to dig a little deeper
in the storehouse of his love, eternal love
Each passing hour, I want more power
I want to dig a little deeper
in the storehouse of his love, eternal love

chorus

"Breathe"

Michael W. Smith

This is the air I breathe
This is the air I breathe
Your holy presence living in me
This is my daily bread
This is my daily bread
Your very word spoken to me
And I, I'm desperate for you
And I, I'm lost without you

"You Are Mine"

Composer: David Haas, 1991.

I will come to you in the silence
I will lift you from all your fear
You will hear my voice
I claim you as my choice
Be still and know I am here

I am hope for all who are hopeless
I am eyes for all who long to see
In the shadows of the night
I will be your light
Come and rest in me

(chorus)

Do not be afraid I am with you
I have called you each by name
Come and follow me
I will bring you home
I love you and you are mine

I am strength for all the despairing
Healing for the ones who dwell in shame
All the blind will see
The lame will all run free
And all will know my name

chorus

I am the word that leads all to freedom
I am the peace the world cannot give
I will call your name
Embracing all your pain
Stand up now walk and live

chorus

JESUS CHRIST: LIFE

177

I Will Come to You

You Are Mine



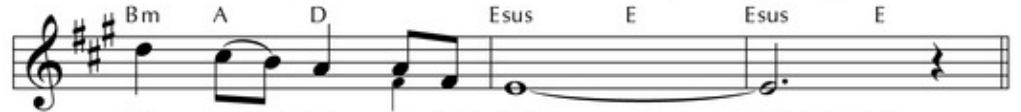
1 "I will come to you in the si - lence;
2 "I am hope for all who are hope - less;
3 "I am strength for all the de - spair - ing,
(4) am the Word that leads all to free - dom;



I will lift you from all your fear.
I am eyes for all who long to see. (2) In the
heal - ing for the ones who dwell in shame.
am the peace the world can - not give.



You will hear my voice; I claim you as my choice. Be
shad - ows of the night, I will be your light.
All the blind will see; the lame will all run free, and
I will call your name, em - brac - ing all your pain. Stand



still and know I am here. (to stanza 2)
Come and rest in me. (to Refrain)
all will know my name. (to Refrain)
up, now walk and live! (to Refrain)



Do not be a - fraid, I am with you. I have called you each by



name. Come and fol - low me, I will bring you home; I



love you and you are mine." 4 "I

Presuming to speak in the voice of God, as this song does, can only be done with integrity if the singers understand their words as an expression of what they believe about God's nature and God's intentions. It is an occasion for affirming faith, not for wishful thinking.