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Weekly Newsletter

March 20, 2022

Temple Tidings

First Presbyterian Church of Oakland

M a k i n g G o d ' s W e l c o m e K n o w n

Daily Prayer Practices

Encouraged as Lent Begins

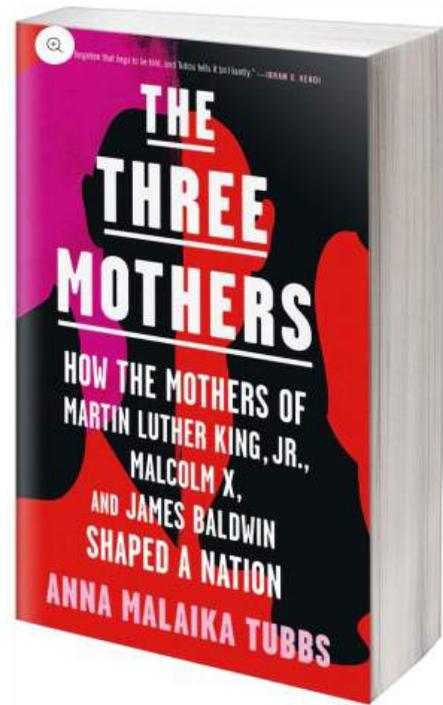
Lent is the 40-day season leading up to Easter. It is a time to meditate on our personal and communal need for God's resurrecting and reconciling power. On Wednesday evenings during Lent, we will spend time developing new prayer practices during our regular Bible Study meeting on Zoom. These practices are designed to be incorporated as a daily rituals during lent, with a new prayer incorporated each week.

Join us, Wednesday evenings on Zoom – contact Pastor Matt for Zoom access.

Ceasefire Night Walks

Call for End to Violence

First Church joined other Faith in Action congregations on the evening of February 18 for a Ceasefire Walk for Peace, calling attention to the ongoing problem of gun violence in the City of Oakland. Organized by Faith in Action East Bay, the “night walks” are an opportunity for faith communities to make visible demonstrations of Christ's call for peace and an end to violence. **Contact Suzie Inadomi to learn more about the March Night Walk.**



Building The Beloved Community to Examine Mothers of Three Great Leaders

Join us, Wednesday, March 23, 7 pm on Zoom.

Martin Luther King Jr., Malcom X and James Baldwin shaped American history. Anna Malaika Tubbs' book, *The Three Mothers*, examines the roles their mothers took in shaping their sons' outlook and activism. Tubbs draws connections between the heroic work of these men and the examples set by their mothers, Alberta Williams King, Louise Little, and Emma Berdis Jones.

“They fought for their dignity and their families no matter what challenge was thrown their way,” said Cassandra Flipper, who will be leading the Building the Beloved Community discussion of the book. Copies of the book are available for anyone who wishes to participate in the open discussion. Contact Pastor Matt for a copy.



Nova Performs Spring Recital, First Since 2019

Nova is Cantare’s children and youth choral arts program, offered free of charge to Oakland Unified School District Children. Nova rehearses at First Church weekly. Cantare is one of First Church’s campus tenants. The Spring Recital was offered to family members of the performers last Saturday.

Spring Concerts Bring Art & Advocacy to First Church



Brahms’ Requiem

Cantare

Sunday, March 27, 4 pm

In March 2022, Cantare will present one of the pinnacles of Western Art, Johannes Brahms’ Requiem. This work stands apart from other requiem settings in that Brahms does not use any part of the traditional Latin requiem texts. Brahms completed the piece when he is just 33 years old and without any impetus of a commission. He had nothing to gain from it apart from articulating what he wanted and need to express.

It is a work whose focus is on the living, those who have experienced loss and who now seek comfort in their solitude. Singers are drawn into the mastery of Brahms’ writing, his use of classical forms, his elegant melodies coupled with the harmonic richness of the Romantic period.



Oakland Gay Men’s Chorus

Sunday, April 10, 4 pm

Oakland Gay Men’s Chorus proudly presents our Spring Concert, Be the Change - a concert with a special emphasis on intergenerational collaboration and advocacy. Join us to hear songs that will empower courage, hope, and action in the face of growing concerns for both our local community and our world.

This two-act concert features some of our favorite songs like “Seize the Day” (from Newsies), “Make Them Hear You” (from Ragtime), “You Will Be Found” (from Dear Evan Hansen), and “Home” (by Phillip Phillips). A special treat will be our premiere performance of “Look Out Above,” arranged for OGMC by composer Jocelyn Hagen and hip hop artist Dessa.



Soccer Superstars Advance to Semifinals

Edna Brewer Middle School Girls' Soccer won their quarterfinal and semifinal matches Saturday. Ruby Prinz had an assist in the quarterfinal match against Elmhurst United Middle School, won by Edna Brewer 9-0. The victory in the semifinal was against a regular season foe, Montera Middle School, a harder match with a 2-0 final score. The team advances to the League Finals, March 26 at Oakland High School.

Vituity Doctors Provide Monthly Medical Care at First Church

Vituity Cares Foundation doctors and the Alameda County Health Department provided their third, free health clinic at First Church on February 21. The clinic provided care for 30 neighbors who would otherwise have struggled to find conventional health care services. Following their work at First Church, the doctors visited the "Tiny Homes" at 27th and Northgate. The next free clinic is scheduled for March 21



You Can Help Make Care Packages for Neighbors

By Anne Margaret Manay

From time to time, Arav and I make care packages for our unhoused neighbors. We try to include items that will be useful and comforting, as well as easy to obtain in bulk by ordering online. Seeing in the weekly Food Ministry reports the level of need in the camps, we wanted to make a lot of them this time. So, we invited Arav's friend Nataleigh to help us pack the bags. We made about fifty of them. Here is a list of items we always try to include:

- **A new pair of socks (probably the most important item)**
- **Pre-moistened body cleansing wipe**
- **Sanitizing hand wipe**
- **Facial tissue**
- **Toothbrush (individually wrapped)**
- **Toothpaste**
- **Mini deodorant**
- **Lip balm**
- **Face mask (individually wrapped)**

We pack the items in gallon-size plastic zipper bags. The bags are useful on the street to keep things dry, and they make it easy for volunteers to hand out the supplies. You could also include such items as granola bars, band-aids, underwear, feminine sanitary supplies, chewing gum, dental floss, mouthwash, hand cream, or anything else you think would brighten someone's day or make their life on the street a little easier.

Care packages can be given to Bill Coburn, Dorothy Dugger, or anyone else working for the Food Ministry on Sunday mornings. They will be distributed by the Food Ministry Team, either at the gate here, or by the food delivery team on the streets.



Food Ministry Report

By Bill Coburn

Food pick up teams were active this past week. Devon picked up from Westrern Service Workers on Friday. Saturday, the team picked up food from Good Eggs, Whole Foods and Firebrand Bakery. Food was delivered from Omni, and Food of God. We thank the team members, Rajiv, Devon, Steve, Bryan, Peter, Henry and Paul. Additionally Bryan picked up items on Sunday from Good Eggs. Also, Dorothy purchased supplies for our packaging, which was very useful. We distributed food to First Pres Homes in Berkeley and ECAP.

Sunday we prepared 150 boxes of food consisting of ham, cheese, tomato and lettuce sandwiches, chips, fruits and desserts. We gave out addiitonal sandwiches, wraps, vegetables ad misc items at the gate. Food was prepared for Monday, spaghetti suce, salad etc. We thank the Sunday team for their effirts: Ann, Stacey, Kyong, Matt, Navdeep, Bonnie, Bryan, Pauline, Peter, Victor and Gay. We appreciate the food prep team for the efforts to assemble and prepare meat and veggies for the spaghetti sauce. Carmelo and team distributed foods to the streets.

Monday, we served spaghetti, with mixed vegetables with carrots, green salad, fruit salad and desserts. We had extra spaghetti and sauce so the team packaged remainders for Lexine's meal distribution. It is known that spaghetti is one of the desirable meals for those we distribute to. Maybe 30 plus extra containers. Team members today: Barbara, Nancy, Jan, Ellen, Beth, Naomi, Bonnie, Hunter, Trish, Christi Navdeep, Ru, Paul, Pam, Tom, and Victor



ReCares Donates Equipment to Wounded Ukrainians

Liisa Noonon, Director of ReCares, finished packing up the organizations' third shipment of medical equipment for shippment to Ukraine on Friday. ReCares, which operates out of the First Church parking garage, ordinarily distributes free medical equipment to local residents. Noonon has been directing surplus, consisting of crutches, braces and splints, to aid organizations in Ukraine.

Sponsor a Lily for Easter

Easter Lilies will be decorating the Sanctuary on Easter Sunday, April 17, 2022. If you wish to donate an Easter Lily in honor of, or in memory of a family member, friend, or other significant person in your life, please see Diane Hill, Deacon, on Sunday mornings.

Temple Tidings Contributors This Week

Writing by Chris Weber, Anne Margaret Manay & Lexine Alpert

Photos by Lexine Alpert, Susannah Prinz & Chris Weber

Temple Tidings is a weekly publication. All are welcome to contribute news, events and opinion.

Elders

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Session Officers

Rev. Matt Prinz, Moderator
Anne Margaret Manay, Clerk
Rose Mary Richmond, Treasurer

Deacons

Judy Rowan, Louise Hill, Chris Kovach, Marjorie Witt, Barbara Goodroe, Martha Bauman, Diane Hill, Lorraine Provost

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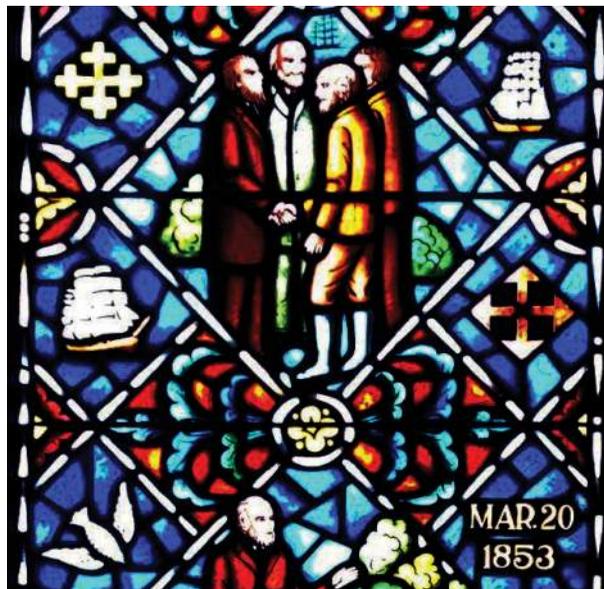
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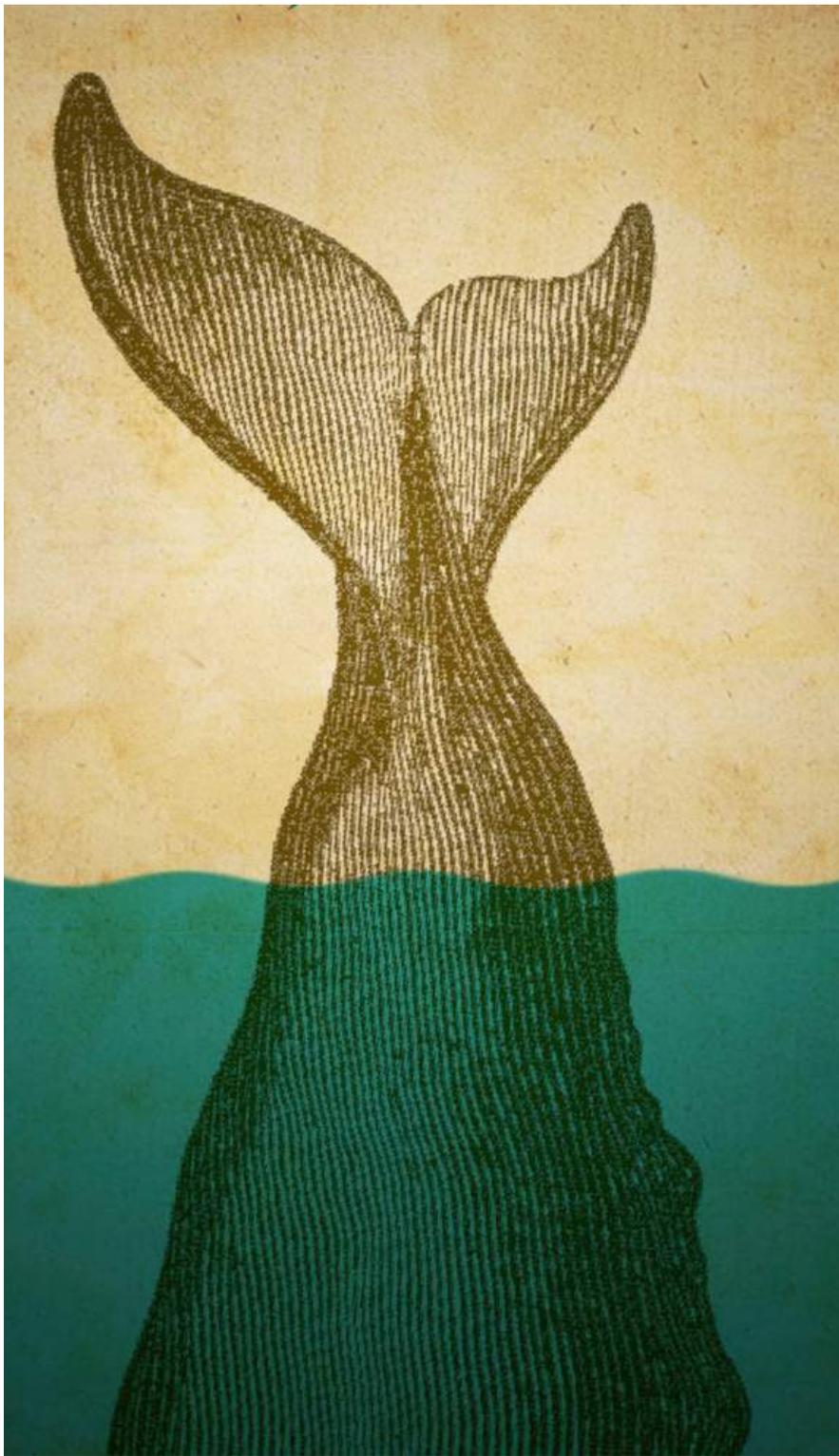


First Church Turns 169 Years Old!

A missionary team consisting of pastors Samuel Bookstaver Bell and Edward Walsworth officially founded the First Presbyterian Church of Oakland in a tent meeting, in what is now Jack London Square. It was the first church officially organized in what was then known as “The Contra Costa” (the East Bay).

First Church is proud to support its COMMUNITY PARTNERS:

- Cantare Con Vivo
- College Awareness
- Community Women’s Orchestra
- Faith in Action East Bay
- Food Not Bombs
- Habitat For Humanity, East Bay-Silicon Valley
- Oakland Civic Orchestra
- Oakland Early Head Start Preschool
- Oakland Gay Men’s Chorus
- Oakland Kids First
- Piedmont East Bay Children’s Choirs
- Quinteto Latino
- ReCares
- Sacred & Profane Chamber Chorus
- The Lucy Kinchen Chorale
- Vitivity Care Foundation
- Western Service Workers Assoc.



FIRST
PRESBYTERIAN
CHURCH
OAKLAND
AD 1853

Third Sunday of Lent, March 20, 2022

Jonah

The Reluctant Prophet

*Making God's
welcome known*

First Presbyterian Church of Oakland is a **More Light** faith family,
on a journey toward becoming the **Beloved Community**.

We welcome and affirm persons of every age,
national origin, racial and ethnic heritage, gender identity, sexual orientation,
socio-economic status, physical ability and spiritual leaning.

Welcome to this time of intergenerational praise and worship

Visitors:

- Please fill out a **Prayer Card** if you would like prayer from our pastor and deacons.
- Please also fill out a **Welcome Card** so we can become acquainted with you, or if you would like to be added to our email and mailing lists and keep up to date on things happening here at First Church.
- Need help hearing? Ushers can provide **hearing devices** to assist you.

Visiting Parents:

- Ushers can guide you to the **nursery** for certified childcare for children age three years and younger.
- You may also make use of the **Parent Corners** at the rear sanctuary entrance or up front by the font.
- Children's **worship bags** are available in the narthex or from the ushers with materials that can be used by children during the worship service.
- On the first Sunday of every month we celebrate **communion** and children remain in worship with families to participate.
- **Godly Play** is offered for children all other Sundays. Children are escorted to Classroom 2 during *Passing of the Peace* and can rejoin their families during Fellowship Time.

ORDER of SERVICE INVITATION to WORSHIP

Prelude

Welcome

Call to Worship

One: O God, my God, we seek you.

All: Our souls thirst for you.

One: Our spirits long for you,

All: For we are parched and weary in these desert times, these wilderness places.

One: But your love, God, is better even than life.

All: Our words will praise you, our actions bless you.

One: Let us seek the Lord where God may be found.

All: Call upon the Holy One, who is near.

One: We will bless you as long as we live.

All: We will lift up our hands and call on your name.

Scripture Lesson

Jonah 2 (from the Message)

One: Then Jonah prayed to his God from the belly of the fish.

He prayed:

“In trouble, deep trouble, I prayed to GOD.

He answered me.
From the belly of the grave I cried, 'Help!'
You heard my cry.
You threw me into ocean's depths,
into a watery grave,
With ocean waves, ocean breakers
crashing over me.
I said, 'I've been thrown away,
thrown out, out of your sight.
I'll never again lay eyes
on your Holy Temple.'
Ocean gripped me by the throat.
The ancient Abyss grabbed me and held tight.
My head was all tangled in seaweed
at the bottom of the sea where the mountains take root.
I was as far down as a body can go,
and the gates were slamming shut behind me forever—
Yet you pulled me up from that grave alive,
O GOD, my God!
When my life was slipping away,
I remembered GOD,
And my prayer got through to you,
made it all the way to your Holy Temple.
Those who worship hollow gods, god-frauds,
walk away from their only true love.
But I'm worshipping you, GOD,
calling out in thanksgiving!
And I'll do what I promised I'd do!
Salvation belongs to GOD!"
Then GOD spoke to the fish, and it vomited up Jonah on the seashore.

Gathering Prayer

One: Holy One, when we are alone in the desert, wandering through the wilderness, we call to you, for you are our help. Our souls cling to you. Come, God, and hold us up. Come, bring your presence and fill us with your peace. In the shadow of your wings, we will sing for joy.

All: Amen

Please stand as you are able

Opening Hymn

#664 : Morning Has Broken

CONFESSIO N of SIN & ASSURANCE of GRACE

Confession

One: God of mercy, we long to come when you call, yet often do not. When we are most alone, we fail to turn to you. When we are most afraid, we do not always think we can turn to you. When we are lost, hurting, and in pain, we fail to realize how much we suffer. We refuse to ask for help. We lash out at others. We numb our hearts. We hide. Forgive us.

But you, God, are faithful. You see us and know us and love us as we are. In times of trial, you show us the way through. Receive us once more, and have mercy on us. As we seek your presence, help us place our trust in the grace of your heart, and help us begin again.

Silent Reflection

You are invited into a time of silent, personal prayer

One: In the name of the one who loves us unconditionally, we pray.

All: Amen

Please stand as you are able

Assurance of Pardon

One: Anything we have done, God knows already. Anything we have hidden, God has already seen. God's love for us and grace to us are higher than we have imagined, deeper than we have guessed. Before we have asked, God's mercies are already given. For God does not waste our struggles, but uses them to grow joy.

All: Amen

Passing the Peace of Christ

One: May the peace of Christ be with you.

All: And also with you.

One: Let us offer each other a sign of Christ's peace

Greet those around you with a sign of Christ's peace.

PRAYERS of the PEOPLE

Sharing of joys and concerns

You may share requests for prayer with the congregation aloud, or fill out a prayer card and place it in the offering plate to privately share your prayer need with the pastor.

Pastoral Prayer & The Lord's Prayer

All: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever, Amen.

T H E W O R D

Please stand as you are able

Hymn

#22 : God of the Sparrow

Scripture Lesson

Jonah 1 : 7 -17

One: Then Jonah prayed to the LORD his God from the belly of the fish, saying,
“I called to the LORD out of my distress,
and he answered me;
out of the belly of Sheol I cried,
and you heard my voice.

You cast me into the deep,
into the heart of the seas, and the flood surrounded me;
all your waves and your billows
passed over me.

Then I said, ‘I am driven away
from your sight;
how shall I look again
upon your holy temple?’

The waters closed in over me;
the deep surrounded me;
weeds were wrapped around my head
at the roots of the mountains.

I went down to the land
whose bars closed upon me forever;
yet you brought up my life from the Pit,
O LORD my God.

As my life was ebbing away,
I remembered the LORD;
and my prayer came to you,
into your holy temple.

Those who worship vain idols
forsake their true loyalty.

But I with the voice of thanksgiving
will sacrifice to you;
what I have vowed I will pay.

Deliverance belongs to the LORD!”

Then the LORD spoke to the fish, and it spewed Jonah out upon the dry land.

One: For the Word in scripture, the Word made flesh, and the Word in our hearts

All: Thanks be to God

Sermon

RESPONSE to the WORD

Invitation to the Lord's Supper & Offering

Prayer of Thanksgiving

One: The bread of heaven is here, leading us into life.

All: We draw strength from the bread of life.

One: The cup of blessing is at hand, bringing us salvation.

All: We find life in the cup of salvation.

One: Eat and drink, for Christ is here, offering us eternal life.

All: Thanks be to God.

Words of Institution

Musical Offering

I'm Gonna Live So God Can Use Me

Sharing the Holy Meal

Please come forward as the ushers allow. Communion is alcohol and gluten free.

Donations, Welcome Cards & Prayer Cards can be placed in the offering plate.

You may also make a donation by using this QR code on your smart phone:

Note: donations made online are subject to a 4% service charge, paid by us.



Prayer of Dedication

SENDING OUT to be THE CHURCH

Invitation to Community Life

Sending Hymn

I'm So Glad Jesus Lifted Me

I'm so glad Jesus lifted me. (3 times)

Singin' "Glory Hallelujah! Jesus lifted me.

Satan had me bound, but Jesus lifted me. (3 times)

Singin' "Glory Hallelujah! Jesus lifted me.

When I was in trouble, Jesus lifted me. (3 times)

Singin' "Glory Hallelujah! Jesus lifted me.

Benediction

Postlude

At the Cross

Arranged by David Morales

SERVING in WORSHIP TODAY

Pastor: Rev. Matt Prinz

Liturgist: Lorraine Provist

Guest Musician: David Morales

Song Leaders: Anne Margaret Manay & The Pick-up Choir (Yay!)

Head Usher: Matthew Inadomi

Audio & Online Support: Diane Hill, Linda Carter, Bex Fortin, Anne Margaret Manay

Flowers: Lawrence Reh