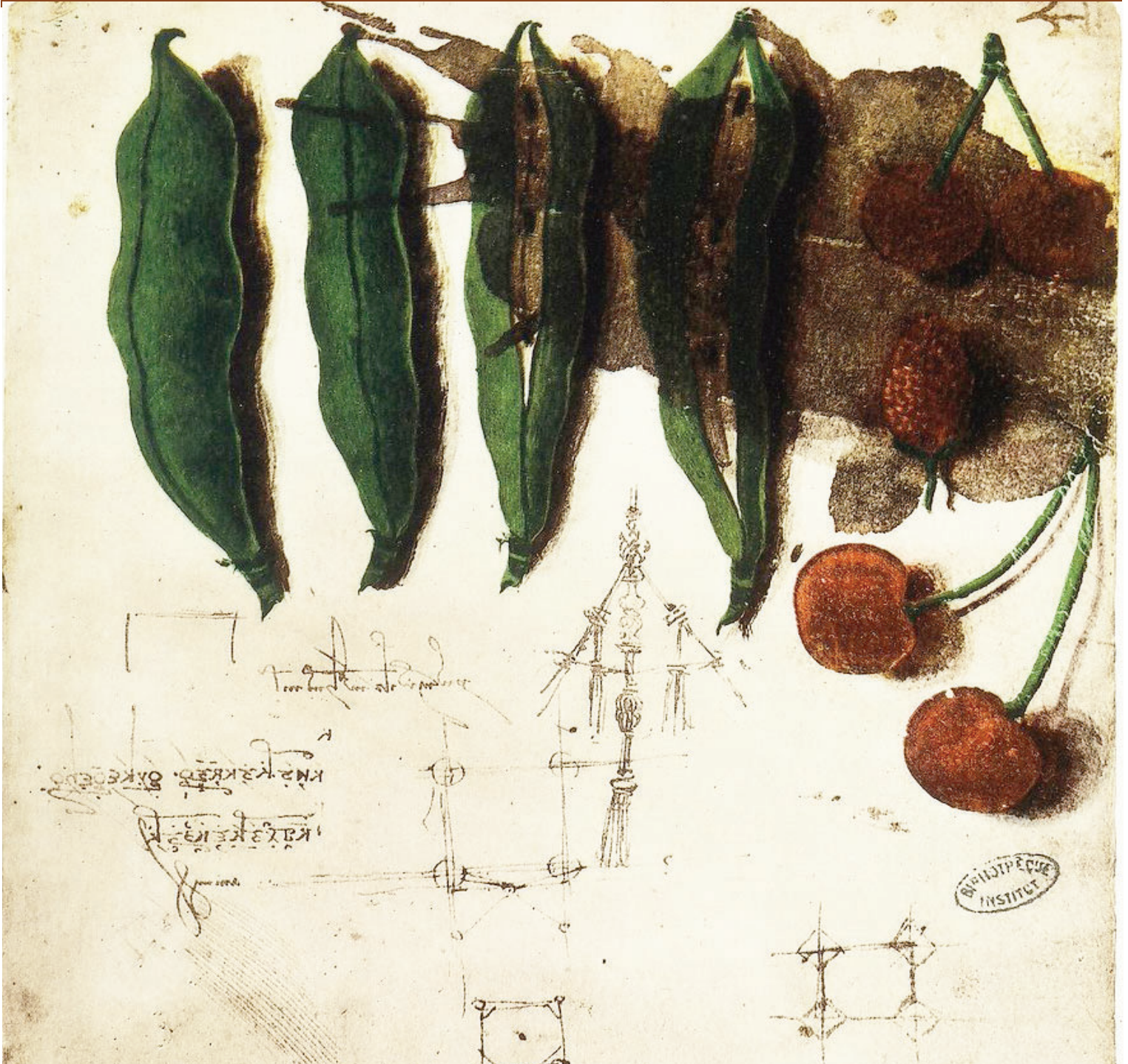


Sunday, October 5, 2025

First Presbyterian Church Oakland

Making God's Welcome Known



W E L C O M E

Visitors:

- If you would like to be added to our email list, please go to firstchurchoakland.org and fill out the form at the bottom
- Need help hearing? Ushers can provide **hearing devices** to assist you.
- Please feel free to take the Sanctuary flowers home to enjoy after the service.

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** by the Hammond organ and in the back of the sanctuary.
- Children's **worship bags** are available in the narthex or from the ushers with worship play items.
- On the first Sunday of the month we celebrate **Family Worship & Communion** and children remain in worship.
- **Godly Play** is offered for children all other Sundays. Children are escorted to Classroom 2 during *Passing of the Peace* and rejoin their families during Fellowship Time.

O R D E R o f S E R V I C E

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.

I N V I T A T I O N t o W O R S H I P

Prelude

Praise the Lord, who is Kind
J.S. Bach

Welcome

Call to Worship

One: We will call to mind the works of the Lord,

All: and remember God's wonders of old.

One: In times of trouble, we cry out to God,

All: longing for our souls to be comforted.

One: When our spirits are weary,

All: we reach for God's arms.

One: Even when we don't feel courageous,

All: we need to receive God's peace.

One: Keeping God's deeds in mind,

All: we carry them in our hearts.

One: For God's ways are holy,

All: and God's grace is great.

Gathering Prayer

One: Holy One, the waters tremble and the skies open. Your voice rumbles with thunder, flashes with lightning, and crashes with waves as the earth shakes. And yet, there is peace in your voice. You trouble the waters of our spirits, even as you soothe the struggles of our souls. Your footprints guide our way—unseen by human eyes, but always visible to our hearts.

All: Amen.

Song

Will You Come and Follow Me?

Glory to God #726

CONFESSION of SIN & ASSURANCE of GRACE

Confession

One: God, welcome us home when we wander afar. Restore us with your compassion and love. Transform us with your miraculous grace, that we might become the new creations you envision us to be. Strengthen us with the power of your Holy Spirit, that we might offer others the same welcome, grace, and love that you have offered us. In your beloved name, we pray.

All: Amen.

Silent Reflection

You are invited into a time of silent, personal reflection

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

All: Amen

Please rise in body or spirit

Assurance of Pardon

One: Everything old has passed away. In Christ, you are a new creation, full of mercy and grace.

All: In Christ, you are a new creation, full of mercy and grace.

Passing of 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.

Children remain in Sanctuary for Family Worship.

PRAYERS of the PEOPLE

Sharing of Joys & Concerns

Write a word or prayer for what you hope on one side of your prayer tag and word/prayer for what you fear in this season on the other side. Bring your prayer tag forward and attach it to the prayer tree.

Prayer

**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.**

THE WORD

Scripture Lesson

Galatians 5.22 - 25 and Luke 15. 11 – 32 NRSV

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.

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

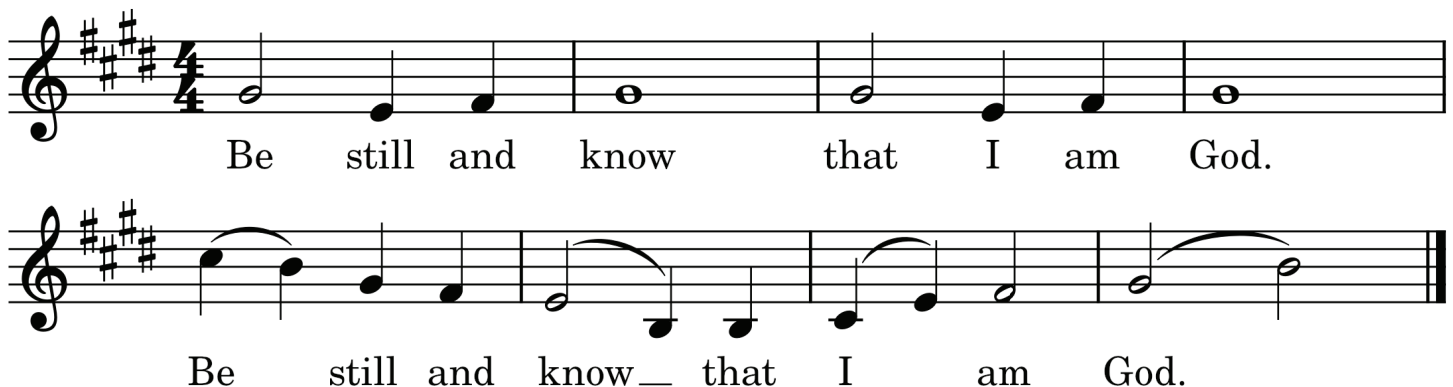
Reflection

Pastor Matt will lead the congregation in reflection on reading and sermon.

Invitation to the Lord's Supper

Song for Preparing the Table

Be Still and Know



Words of Institution

Communion Music

Sharing of the Holy Meal & Offering

Please come forward when invited by ushers. Communion is non alcoholic and gluten free. Ushers will collect the weekly offering. Donations can be placed in the offering plate. You may also make a donation by scanning this QR code with your smartphone, or by texting your donation to 510.880.1329.



Prayer

SENDING OUT to be THE CHURCH

Invitation to Community Life

Song

I Have Decided to Follow Jesus

I have de - cid - ed to fol - low Je - sus; I have de -
Though no one join me, still I will fol - low, Though no one
The world be - hind me, the cross be - fore me, The world be -

-cid - ed to fol - low Je - sus, I have de - cid - ed
join me, still I will fol - low, Though no one join me,
-hind me, the cross be - fore me, The world be - hind me,

to fol - low Je - sus—
still I will fol - low— No turn-ing back, no turn-ing back!
the cross be - fore me—

Please come forward while singing to stand around the around the piano / Hammond organ as a church community.

Benediction

One: People of God, God's love and mercy are upon you, Carry it with you, as you go and serve.

All: Amen.

S E R V I N G i n W O R S H I P T O D A Y

Pastor: Rev. Matt Prinz

Liturgist: Monrovia Prinz

Music Director: Jake Fontana

Song Leader: Dorrie Dodge

Head Usher: Matthew Inadomi

Fellowship Time Refreshments: Ben & Martha Baab

Sabbath Rest

“There is no end. To what a living world will demand of you.” Octavia Butler

“I don’t want a eat at the table of the oppressor. I want a blanket and pillow down by the ocean. I want to rest.” Tricia Hersey

Soaking in Creation

“The world is full of painful stories. Sometimes it seems as though there aren’t any other kind and yet I found myself thinking how beautiful that glint of water was through the trees.” Octavia Butler

“They share an unshakeable belief in beauty, in overflow, in everythingness, the bursting, indelible beauty in a world where there is so much suffering and wounding and pain.” Elizabeth Alexander

Elizabeth Alexander

Building Community

“Without community, there is no liberation, only the most vulnerable and temporary armistice between individual and her oppression.” Audre Lorde

“There is two questions that we must ask ourselves. The first is ‘Where am I going?’ and the second is ‘Who will go with me?’ If you ever get these questions in the wrong order, you are in trouble.” Howard Thurman

Breathe Prayers by Cole Arthur Riley

Inhale Exhale

I deserve more than exhaustion.

I return home to myself.

May I rest

that I might dream.

I’ve given enough.

I choose rest.

God, awaken my soul to beauty

I resist the tyranny of despair

I can pause to behold.

I am healed in beauty’s wake.

I choose a life enchanted.

There is miracle in the mundane.

God, awaken my soul to beauty

I resist the tyranny of despair

I can pause to behold.

I am healed in beauty’s wake.

I choose a life enchanted.

There is miracle in the mundane.

First Church Community Celebrates the Life of Ann Jones



First Presbyterian Church of Oakland
Church Retreat 2025
Zephyr Point Presbyterian Conference Center
September 26-28

Building Community

Soaking in Creation

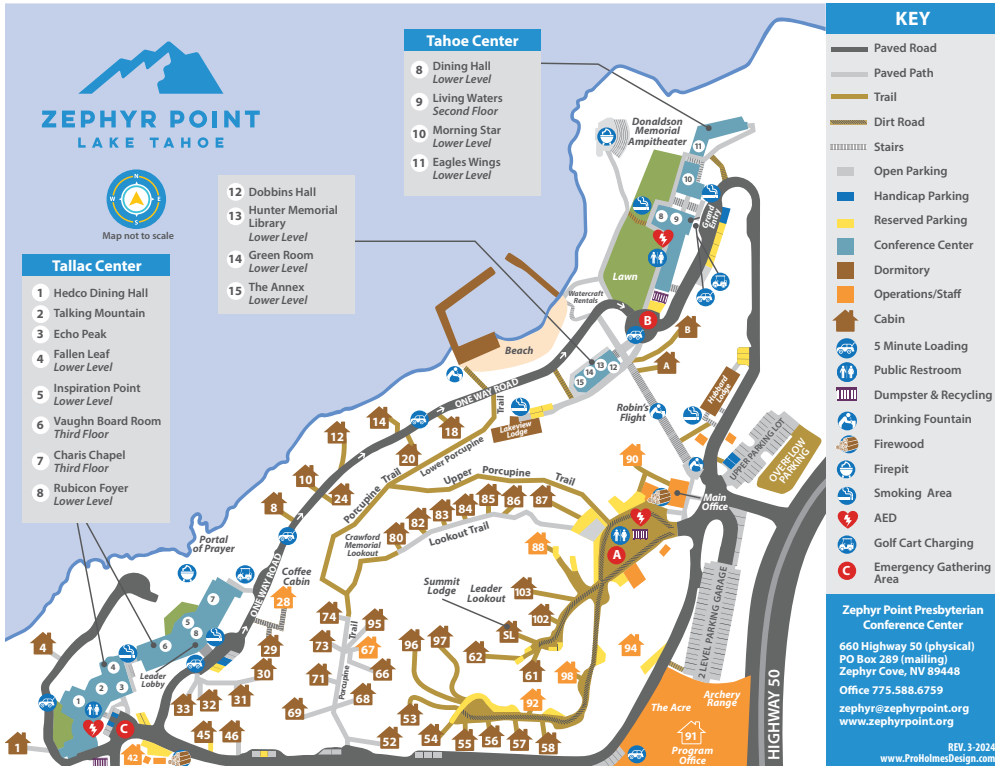
Holding Onto Hope

Sabbath Rest

Building Community
"There are two questions that we must ask ourselves. The first is 'Where am I going?' and the second is 'Who will go with me?' If you ever get these questions in the wrong order, you are in trouble." Howard Thurman

Soaking in Creation
"They share an unshakeable belief in beauty, in overflow, in everythingness, the bursting, indelible beauty in a world where there is so much suffering and wounding and pain." Elizabeth Alexander

Sabbath Rest
"There is no end to what a living world will demand of you." Octavia Butler





How to Practice Terra Divina

Terra divina is a type of meditation that evolved out of the Christian contemplative tradition of lectio divina — a way of encountering the divine through scripture. In the practice of terra divina, nature becomes our sacred text. You are invited to find a place where you can be still and quiet to contemplate your surroundings in silence. You could be seated inside by a window, or on a bench or sit somewhere outside. You may want to stroll through the grounds of the retreat center and find a place that calls to you. You will have 45 minutes for this exercise. You will want to take with you a writing utensil, your journal, art supplies and anything else you might need. Please bring something back to the gathering place (a leaf, a twig, a drawing, some words written down etc.) to share with the group if you wish. You will be your own timekeeper and return at the time suggested.

1. Pause: Separate yourself physically and mentally, from daily life to prepare for mindful awareness.
2. Wander: In your chosen spot, find stillness and select a natural element to focus your senses on, such as a rock, cloud, tree or cluster of leaves. Open your imagination, bring your full presence, and ask God's Spirit to guide you.
3. Wonder: What do you see, hear, smell? Focus your attention and absorb every detail. Be fully attentive, use all your senses. Reflect on the feelings and thoughts that arise. What insights can nature offer?
4. Ask: Reflect on the feelings and thoughts that arise. How does this moment connect with your life? What insights can nature offer? Use your journal to record these reflections through words, drawings, or any form that captures your experience.
5. Share: Conclude your practice by reflecting on the experience and noting any changes in your thoughts or emotions. You may want to use your journal to record your reflections through words, drawings, or any form that captures your experience.
6. Return: Offer gratitude for the gift of creation. Bring a symbolic item back from your journey (a rock, flower, or poem) for our community altar.

(Adapted from Embrace the Sacred: Discover Terra Divina, Foothills Unitarian Church, Foothillsuu.org)

How to Nourish Your Soul Through Terra Divina

This practice is called terra divina, a type of meditation that evolved out of the Christian contemplative tradition of lectio divina — a way of encountering the divine through scripture. In the practice of terra divina, nature becomes our sacred text. With deepened awareness, every sense attuned to the beauty and grandeur of the wild, and reflecting on the emotions that arise, we regain equilibrium. Call it yoga for the soul.

How do we engage in terra divina? A state of stillness is essential. Like any meditative exercise, we need to separate ourselves, physically and mentally, from the clamor of daily life to prepare for mindful awareness. Any landscape can serve the purpose of terra divina: a forest, waterfall, meadow, or sandy beach where the waves crash against the shore and drown out all other sounds.

Choose your favorite. Let nature fill your senses. What do you see? Hear? Smell? Focus your attention to absorb every detail. Bring your attention to the feelings that the scenery arouses. Allow the sensory experience to draw your emotions to the surface for exposure. Ask yourself what feelings the landscape evokes. Is there one object or point where your focus goes? What allures you? What does that image speak to you? How would you describe the scenery in emotional language — does it stir joy, peace, serenity, or feelings of strength, resilience, centeredness? How do these feelings relate to what you're seeking in your life at the moment? Do you need more balance? More patience? More stability? Self-reflection isn't always comfortable. For some, dwelling on emotional responses can be threatening. We want to avoid surges of grief; run away from fear. Through the practice of terra divina, our senses become conduits for inner dialogue. We access a wellspring of inner wisdom from which we can draw the soul nourishment we need to move from feeling fractured, to wholeness.



Joan Clerk Retires after a Decade of Service as Church Bookkeeper



It is with much gratitude that we said goodbye to Joan Clerk, who retired on September 30th at 84 years old! She served as the bookkeeper and so much more for over a decade. Anyone who had the opportunity to work with Joan knows that when you had an office question, “ask Joan” very often led you to the answer.

You can email your appreciation to Joan at clerkjoan9@gmail.com, I am sure she will be very happy to hear from friends in our congregation.

Celebrate our October Birthday!



Please wish the the following a happy birthday:
October 29: Henry Garder

Also, a belated happy birthday:
September 11: Louise Hill

First Church proudly supports our COMMUNITY PARTNERS:

- Afterglow Chorus
- Cantare Choirs
- Catalyst Youth Network
- College Awareness
- Community Women's Orchestra
- Faith in Action East Bay
- Food Not Bombs
- Habitat For Humanity, East Bay-Silicon Valley
- Mandela Partners
- Oakland Civic Orchestra
- Oakland Early Head Start Preschool
- Oakland Gay Men's Chorus
- Oakland Kids First
- ReCares
- The Lucy Kinchen Chorale
- Vituity Care Foundation



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Temple Tidings

Elders

Ben Baab: Building and Grounds
Di Pagel: Worship and Music/Personnel
Gay Plair Cobb: Personnel/Food Ministry
Erick Bevington: Treasurer
Maggie Harmon: Finance
Julia Marquez: Community Life
Suzie Inadomi: Building the Beloved Community

Session Officers

Rev. Matt Prinz, Moderator
Anne Margaret Manay, Clerk
Erick Bevington, Treasurer

Deacons

Derrick Polk, Su Coburn, Pauline Ahanotu,
Monrovia Prinz, Martha Bauman, Charmaine
Irmiter, Pam Prinz

Church Staff

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matt@firstchurchoakland.org

510.488.3812

email to make an appointment

Rev. Joel Mackey, Parish Associate

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510.326.5590

Jake Fontana, Music Director

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Micheline La Mont, Community Relationships Manager

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510.488.3810

Hours: Wednesday 2-4:30/Thursday 9-2:30

Gus Lopez, Head Custodian

510.290.9677

Erick Bevington, Treasurer

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Temple Tidings

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

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