

WORSHIP WITH CAPITOL HEIGHTS PRESBYTERIAN CHURCH

October 18, 2026

In a Season of Re-formation

Now in Fall, *consider the flowers of the field . . .*



In *How Flowers Made Our World: the Story of Nature's Revolutionaries* David George Haskell demonstrates among multiple lessons how without flowers, we human ones would not exist.

One of the sayings in our country is Ubuntu - the essence of being human. Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself, and when you have this quality - Ubuntu - you are known for your generosity. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole World. When you do well, it spreads out; it is for the whole of humanity.

Desmond Tutu

In his book, *Backslide*, Robert Jones shares this quote from Frederick Douglass,

Were I to be again reduced to the chains of slavery, next to that enslavement, I should regard being the slave of a religious master the greatest calamity that could befall me. For of all slaveholders with whom I have met, religious slaveholders are the worst. I have ever found them the meanest and basest, the most cruel and cowardly, of all others.

Jones follows this quote to add -

Among too many white Christian enslavers, the Bible in one hand encouraged the whip in the other.

*We gather in the light of our lamp lit blue in prayer for those struggling with aids and HIV infection,
of our candle lit amid barbed wire in concern for all bearing the load of oppression;
a red flower is placed on our table with prayer for those living with cancer,
and we light a candle to center in our Maker's peace . . .*

Let's share from a Psalm -

I will extol you, O Lord, for you have drawn me up
and did not let my foes rejoice over me.
O Lord my God, I cried to you for help, and you have healed me.
O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.
Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name.
For his anger is but for a moment; his favor is for a lifetime.
Weeping may linger for the night, but joy comes with the morning.

JOYFUL, JOYFUL (see Hymn 464)

Joyful, joyful, we adore You, God of glory, Lord of love;
Hearts unfold like flow'rs before You, Op'ning to the sun above.
Melt the clouds of sin and sadness; Drive the dark of doubt away;
Giver of immortal gladness, Fill us with the light of day!

All Your works with joy surround You, Earth and heav'n reflect Your rays,
Stars and angels sing around You, Center of unbroken praise;
Field and forest, vale and mountain, Flow'ry meadow, flashing sea,
Chanting bird and flowing fountain Praising You eternally!

Always giving and forgiving, Ever blessing, ever blest,
Well-spring of the joy of living, Ocean-depth of happy rest!
Loving Father, Christ our Brother, Let Your light upon us shine;
Teach us how to love each other, Lift us to the joy divine.

Mortals, join the mighty chorus, Which the morning stars began;
God's own love is reigning o'er us, Joining people hand in hand.
Ever singing, march we onward, Victors in the midst of strife;
Joyful music leads us sunward In the triumph song of life.

Let us pray,

Dear God of all that is, has been, or shall be, we confess, we have wounded Your love.
O God of love, heal us.

We throughout too much of our history have stumbled in the darkness.
Light of the world transfigure us and help Your light shine through us.
We too often and in too many interactions forget that we are Your home.
Spirit of God, dwell in us with Your passion for justice and center in peace.
Eternal Spirit, living God, in Whom we live and move and have our being,
all that we are, have been, and shall be is known to You,
to the very secret of our hearts and all that rises to trouble us.
Living flame, burn into us, fountain of water, well up within us,
that we may love and praise in actions and in speech
thus to extend Your blessing through our lives onto all the life we share. Amen.

LOOK OUT YOUR WINDOW, SEE WHAT YOU CAN SEE

Chorus - Look out your window See what you can see Silence is broken By opening your door
Look out your window See if you can see All the wonders of life You've never seen before

Spend just a moment to look out your window, the glass is as clear as you want it to be
Life dawns a newness to all who are willing
to open their much more than their eyes when they see. *Chorus*

Blossoms of color bloom outside your window Colors of black, white, yellow and red
Can you imagine a world without color
Yet sometimes we live as though most shades are dead. *Chorus*

Readings - Luke 11:33-12:3
When the Light within Is Darkness, a reflection

The Light that comes from a Lover of Life with a Table Set for All
Again, let us gather in His way . . .

FOR EVERYONE BORN, A PLACE AT THE TABLE

BY SHIRLEY ERENA MURRAY

For everyone born, a place at the table, for everyone born, clean water and bread,
a shelter, a space, a safe place for growing, for everyone born, a star overhead,
Chorus - and God will delight when we are creators of justice and joy, compassion and
peace: yes, God will delight when we are creators of justice, justice and joy!

For woman and man, a place at the table, revising the roles, deciding the share,
with wisdom and grace, dividing the power, for woman and man, a system that's fair, *chorus*

For young and for old, a place at the table, a voice to be heard, a part in the song,
the hands of a child in hands that are wrinkled, for young and for old, the right to belong, *chorus*

For just and unjust, a place at the table, abuser, abused, with need to forgive,
in anger, in hurt, a mindset of mercy, for just and unjust, a new way to live, *chorus*

For everyone born, a place at the table, to live without fear, and simply to be,
to work, to speak out, to witness and worship, for everyone born, the right to be free, *chorus*



Metro Caring

A word about our special World Communion Offering

Prayerfully, our celebrations, concerns, opportunities and reflections . . .

Let us pray - O God of many names, of every land and people, alive to every flower
and in every possibility for life and peace, we pray for that peace and wellbeing
to more fully come in the life of all we hold in hearts of joy and concern.

We pray for pantries full of food to share, for places of rest in warmth and safety;
we pray for wisdom to enhance life on earth and expand viability.

We pray for generous hearts and minds and the will to overcome alienation
and harmful judgment. May we more fully live in the way of Jesus who taught the way of
compassion as our most compelling religious concern. May it be so, we pray, amen.

O FOR A WORLD (Hymn 386)

**O for a world where everyone respects each other's ways,
where love is lived and all is done with justice and with praise.**

**O for a world where goods are shared and misery relieved,
where truth is spoken, children spared, equality achieved.**

**We welcome one world family and struggle with each choice
that opens us to unity and gives our vision voice.**

**The poor are rich, the weak are strong, the foolish ones are wise.
Tell all who mourn, outcasts belong, who perishes will rise.**

**O for a world preparing for God's glorious reign of peace,
where time and tears will be no more, and all but love will cease.**



*Go forth to all you encounter in the way of Jesus, the beauty of peace;
remain so centered and thus enabled with good courage to share your blessings;
hold fast to that which is good, serving a new and better world in the governance of God.
Love and serve our God with clarity of heart and mind, receiving the uplift of the Spirit
and the wisdom of Jesus made new for new encounters.
Love life, every leaf, every bloom and make your life a witness in wonder
to the many gifts of this creation from our God of love.
Live with grace and in peace, amen.*