

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*May 31, 2026*

*Spirit, Community, Action – Inside & “Out” Celebrating 45 Years of Being Out in Northern Virginia!*

*There is a book at the Sanctuary entry where prayer requests may be entered.*

*There is also a Square device at the Sanctuary entry if you would like to make your Offering Donation via credit card.*

*Like Life, The Order of Worship is Subject to Change Without Notice*

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Gathering Music Jorge Martinez

Welcome & Announcements Rev. Emma Chattin

Centering

At the sound of the singing bowl,  
please take a few moments to prepare yourself for our worship together

Illumination Tee

Prayers of the Community Andrea Albamonte

Song of Response Choir

First Reading ~ *Romans 12:9-16* Fab Fernandez

Let your love be sincere, a real thing; hate what is evil; hold fast to what is good;  
Love one another with mutual affection; outdo one another in showing honor.  
Don't grow slack; be ardent in spirit; serve Christ.  
Rejoice in hope; be patient in affliction, persevere in prayer.  
Look on the needs of God's people as your own; be generous in hospitality.  
Bless those who persecute you; bless and do not curse them.  
Rejoice with those who rejoice, and share other's joy;  
Weep with those who weep, and share other's grief.  
Live in harmony with one another; give yourselves over to humble tasks.  
Do not be arrogant, but associate with the lowly.

Second Reading

*~ adapted from Rachel Naomi Remen in the Shambhala Sun*

Service is not the same thing as helping. Helping is based on inequality, it's not a relationship between equals. When you help, you use what you have to help someone who has less, and people feel this inequality. When we help, we have to take care that we do not inadvertently take away more than we give, diminishing the person's sense of self-worth and self-esteem in the process.

*continued*

Serving is also different from fixing. We fix broken pipes; we don't fix people. When I set about to fix another person, it's because I see them as broken. Fixing is a form of judgment that separates us from one another; it creates a distance. So, fundamentally, helping, fixing and serving are different ways of seeing life. When you help, you see life as weak; when you fix, you see life as broken; and when you serve with love, you see life as whole. When we serve in this way, we understand that this person's suffering is also my suffering, that their joy is also my joy. We may help or fix many things in our lives, but when we serve with love, we are always in the service of wholeness.

Response Song    Won't You Let Me Be Your Servant?                      No. 539

Reflection

Love: Let's Get This Thing Right

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

☞ Welcome To The Table! ☜

Kurt Jaeger and Ken Williamson

*Sung Words of Institution:*

"Let Us Be Bread"

By Thomas J. Porter

*The Leader will sing the verses. Please join together on the refrain:*

***Let us be bread, blessed by our God, broken and shared, life for the world.***

***Let us be wine, love freely poured. Let us be one in our God.***

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Invitation to the Table

Sharing The Open Meal of Christ

Community Blessing    Kurt Jaeger

Closing Song    When Our Heart is in a Holy Place                      Insert

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

☞ Go in Peace ☜