

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*Celebrating 41 Years  
Spirit, Community, Action – Inside & “Out”      November 13, 2022*

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

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

*Like Life, The Order of Worship is Subject to Change*

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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

Gathering Words

Kate Gilligan

~ from Richard M. Fewkes in “Singing The Living Tradition”

One: For the sun and the dawn which we did not create;

**Many: For the moon and the evening which we did not make;**

One: For food which we plant but cannot grow;

**Many: For friends and loved ones we have not earned and cannot buy;**

One: For this gathered community which welcomes us as we are, from wherever we have come;

**Many: For all things which come to us as gifts from other sources beyond ourselves;**

One: For all gifts of life and love and friendship and community,

**ALL: We lift up our hearts in thanks this day!**

Community Prayers

Frank Vance

First Reading ~ *Isaiah 12*

Darren Foster

You will say in that day: I will give thanks to you, O Adonai, for though you were angry with me, your anger turned away, and you comforted me. Surely God is my salvation; I will trust, and will not be afraid, for the Creator of all things is my strength and my might; God has become my salvation. With joy you will draw water from the wells of salvation. And you will say in that day: Give thanks to God, call on the name of the Holy One; make known the deeds of God among all nations; proclaim that the name of God is exalted. Sing praises to God, for God has done gloriously; let this be known over all the earth. Shout aloud and sing for joy, O royal Zion, for great in your midst is the Holy One of Israel.

Second Reading ~ *Luke 21: 5-6*

Some of Jesus' disciples were remarking about how the temple was adorned with beautiful stones and with gifts dedicated to God. But Jesus said, "As for what you see here, the time will come when not one stone will be left on another; every one of them will be thrown down."

(over)

### Third Reading ~ *from Dr. Lewis Thomas in The Lives of a Cell*

Statistically, the probability of any one of us being here is so small that you'd think the mere fact of existing would keep us all in a contented dazzlement of surprise. We are alive against the stupendous odds of genetics, infinitely outnumbered by all the alternate individuals who might have been in our places.

The normal, predictable state of matter throughout the universe is randomness, a relaxed sort of equilibrium, with atoms and their particles scattered around in an amorphous muddle. We, in brilliant contrast, are completely organized structures, squirming with information at every covalent bond. We make our living by catching electrons at the moment of their excitement by solar photons, swiping the energy released at the instant of each jump, and storing it up in intricate loops for ourselves. We violate probability by our very nature.

Everyone is one in 8 billion at the moment, which describes the odds. Each of us is a self-contained, free-standing individual, labeled by specific protein configurations at the surfaces of cells, identifiable by whorls of fingertip skin, and maybe even by special medleys of fragrance. My gosh, you'd think we'd never stop dancing!

Response

MCC NoVA Choir & Community

Reflection

Harvest : Give Thanks

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Offertory

We Are An Offering  
by Dwight Liles

MCC NoVA Choir

❖ Welcome To The Table! ❖

Rev. Emma Chattin

Invitation To The Table  
Consecration & Words of Institution  
Sharing The Open Meal of Christ

Community Blessing ~ Kurt Jaeger

Closing Song

MCC NoVA Choir & Community

Benediction & Sending Forth

Rev. Emma Chattin

Postlude

❖ Go in Peace ❖