

**METROPOLITAN COMMUNITY CHURCH
OF NORTHERN VIRGINIA**

June 21, 2026 ~ Pridetide III

*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

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

Choir Response

First Reading ~ *Genesis 25:21-34*

Fab Fernandez

Isaac prayed to YHWH on behalf of Rebecca for they had no children. God listened to the prayers and Rebecca conceived. The babies in her womb struggled with each other. Rebecca said, “If this is the way it is to be, why go on living?” She asked for divine guidance, and YHWH said to her., “The separation of two peoples has begun, butting heads while still in your body; one shall be stronger than the other, and the elder shall serve the younger.”

When the time came for her to deliver, she gave birth to twins. The first to enter the world was red, very ruddy, and had so much hair on his body that he looked as if he were wearing a fur coat. So they named him Esau, “Rough One”, “Hairy One”. When the second came out, fist clutched tight to the first’s heel, they named him Jacob, “Heel”, or “Heel Grabber”.

The children grew up. Esau became a skilled hunter, an outdoorsman, and enjoyed the open country, while quiet Jacob preferred to stay at home, dwelling among the tents. And Isaac favored Esau, and ate of his game, while Rebecca favored Jacob.

One day, when Jacob was cooking a stew, Esau came in from hunting, famished. He said to Jacob, “I’m starving! Let me have some of that red stuff, that red stew.” Jacob said, “Not until you sell me the rights you own from being firstborn.” Esau said, “Here I am ravenous for food. I am barely surviving! What good is my birthright to me now?” Jacob said, “Swear to me first.” So Esau swore an oath to Jacob, trading away his rights as first born. Then Jacob gave Esau bread and lentil stew. Esau ate and drank and left.

Second Reading ~ Judges 4:4-10

At that time Deborah, a prophetess, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgment. One day she sent for and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, "YHWH, the God of Israel, commands you, 'Go, take position at Mount Tabor, bringing ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will lure Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops; and I will give him into your hand.'" Barak said, "If you come with me, I will go. If you do not come with me, I will not go." Deborah replied, "Very well, I will go with you. But you will not have the honor of victory from this battle, for YHWH will deliver Sisera into the hands of a woman!"

Response Song How Like a Gentle Spirit No. 443

Reflection Finding Ourselves in the Bible

Gender Transgressors

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

☞ Welcome To The Table! ☛

Kurt Jaeger

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

We Shall Not Give Up The Fight

No. 437

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

☞ Go in Peace ☛