

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

October 29, 2023

*Spirit, Community, Action – Inside & “Out”*

*Celebrating 42 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 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*

---

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

Kurt Jaeger

Gathering Words ~ *adapted from Frederick E. Gillis*

Jamie Wallace

One: Spirit of Community,  
in which we share and find strength and common purpose,

**Many: We open our minds and our hearts, seeking to bring into our circle  
all who need our love, comfort, and support;**

One: Those who are ill,

**Many: Those who are in pain, either in body and spirit,**

One: Those who are lonely,

**Many: Those who have been wronged.**

One: We are all a part of humanity, and no one stands alone.

**Many: We are grateful for the ability to care, to love, and to share... generously.**

Prayers of the Community

Starlene Keppel

First Reading ~ *Luke 6:37-38*

Leigh Anne Arnold

Be compassionate, as your loving God is compassionate. Don't judge, and you won't be judged. Don't condemn, and you won't be condemned. Pardon, and you'll be pardoned. Give, and it will be given unto you: a full measure – packed down, shaken together, and running over – will be poured into your lap. For the amount you measure out is the amount you'll be given back."

**Second Reading** ~ adapted from Barbara Brown Taylor in "An Alter in the World: A Geography of Faith"

To be fully human means learning to turn my gratitude for being alive into some concrete common good. It means growing gentler toward human weakness. It means practicing forgiveness of my and everyone else's hourly failures to live up to divine standards. It means learning to forget myself on a regular basis in order to attend to the other selves in my vicinity. It means receiving the human condition as blessing, in all its achingly frail and redemptive reality.

**Song of Response**

**Reflection**

**Thanks Giving**

**The Human Mutuality of Life:  
Gratitude and Giving**

Rev. Emma Chattin

**Community Dialogue**

**Offering Invitation**

**Why I Give**

Tee

**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

Time of Individual Prayer and Blessing

Community Blessing ~ Kurt Jaeger

**Closing Song**

**Benediction and Sending Forth**

Rev. Emma Chattin

**Postlude**

❖ Go in Peace ❖