

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*May 18, 2025*

*Easter V*

*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.*

*Spirit, Community, Action – Inside & “Out” Celebrating 44 Years of Being Out in Northern Virginia*

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

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Gathering Music

Jorge Martinez

Welcome & Announcements

Ken Williamson

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

Starlene Keppel

Choir Response

Alleluia

Choir

First Reading ~ *Romans 8:26 – 8:30*

24 For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what they can see? 25 But if we hope for what we do not see, we wait for it with patience. 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit intercedes for us with groanings too deep for words. 27 And the one who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. 28 And we know that God makes everything work together for the good of those who love God and are called according to God's purpose.

## Second Reading

~ adapted from Martha Beck in "Turning Away from Anxiety"

Our brains are meaning-making machines. They can make sense of chaos, and turn problems into launching pads for happiness. We just need to stop using our imaginations to generate anxiety and begin using them to generate curiosity. Instead of: "Oh, no, what bad thing is happening? What terrors are about to show up?", we can think, "Hmm, what odd thing is happening? What can I learn from this?". It may feel a bit forced at first, but that's just the sense of a bad habit breaking.

This month, whenever something bothers you, focus on it and think, "Hmmm." Treasure your sparks of curiosity. Let them catch fire. As Elizabeth Gilbert writes, "If you can pause and identify even one tiny speck of interest in something, then curiosity will ask you to turn your head a quarter of an inch and look at the thing a wee bit closer. Do it."

Response                      When Peace, Like a River                      No. 438

Reflection                      TURNAROUND

Turning Away From Fear and Anxiety

Ken Williamson

Community Dialogue

Offering Invitation

Marcie Babey

Offertory

We Are An Offering  
by Dwight Liles

MCC NoVA Choir

❧ Welcome To The Table! ❧

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 Ken Williamson

Closing Song                      Be Still My Soul                      No. 488

Benediction and Sending Forth                      Rev. Emma Chattin

Postlude

❧ Go in Peace ❧