

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*March 9, 2025*

*Lent I*

*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 43 Years of Being Out in Northern Virginia*

*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

Tee

Prayers of the Community

Starlene Keppel

Community Reading

Lee Shadwick

One: It is from ashes and dust you are made

**Many: And it is to ashes and dust we shall return**

One: In between the two, we live, or we exist,

**Many: We move through life, sometimes distracted, dismayed, too busy, or too idle...**

One: All too often we live in excess,

**Many: And yet for Lent we may give up something we may never miss.**

One: Let us turn around and instead surrender some of the deeper distractions,

**Many: Anger, hate, prejudice, bias, worry, doom-scrolling, anxiety...**

One: All the things that call us away

**Many: From the life we were meant to live.**

**All: Come Holy Spirit Come**

Response

Spirit of the Living God

No. 283

First Reading ~ Luke 4:1-13

Fab Fernandez

Jesus returned from the Jordan filled the Holy Spirit, and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. Jesus ate nothing at all during those days, at the end of which he was famished. The devil said to Jesus, “If you are truly God’s Own, command this stone to turn into bread.” Jesus answered, “Scripture has it, ‘We don’t live on bread alone.’” Then the devil took Jesus up higher and showed him all the nations of the world in an instant. The devil said, “I’ll give you all the power and the glory of these nations; the power has been given to me and I give it to whomever I please. If you, then, will worship me, it will all be yours.” Jesus answered, “Scripture has it, ‘Worship the Most High God; God alone you will serve. Then the devil led Jesus to Jerusalem, set him upon the pinnacle of the Temple, saying, “If you are God’s Own, throw yourself down from here, for scripture has it, ‘God will tell the angels to take care of you; with their hands they will support you, so that you will not dash your foot against a stone.’” Jesus answered, “It also says, ‘Do not put God to the test.’” When the devil had finished all this testing, Jesus was left alone. The devil awaited another opportunity.

## Second Reading

Margot Sheiffley

~ adapted from Father Richard Rohr in "Everything Belongs"

Whenever we are led out of normalcy, it's going to feel like suffering. It's letting go of what we're used to. That causes suffering. And a part of us has to die. If that readiness to let go isn't there, we won't take the next step and enter into sacred space. The prophet leads us into sacred space by showing us the insufficiency of the old way; part of the role of religion is to teach us how to live in the new space. In this new realm, everything belongs. This awareness is often called the second naïveté. It is a return to a simple consciousness. That's what we mean by "everything belongs". The first awareness is a dangerous naïveté. It doesn't know, but thinks it does. In the second naïveté the dark and light coexist, paradox is revealed, and we are finally at home in the only world that has ever existed. This is true knowing. Here death is a part of life, failure is a part of success, and defeat is a part of victory. Opposites collide and unite, and everything belongs.

Response

Out of the Depths

No. 554

Reflection

Wilderness Training

Obstacles & Temptations

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

by Dwight Liles

❧ Welcome To The Table! ❧

Kurt Jaeger & 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.***

© 1990, GIA Publications, Inc.

Invitation to the Table

Sharing The Open Meal of Christ

Community Blessing Kurt Jaeger

Closing Song

Holy Spirit, Ever Dwelling

No. 59

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧