

**METROPOLITAN COMMUNITY CHURCH
OF NORTHERN VIRGINIA**
Spirit, Community, Action – Inside & “Out”
Celebrating 41 Years
Epiphany 3 January 22, 2023

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

Gathering Words ~ *adapted from Kathleen McTigue*

One: We come together this morning to remind one another of who we are,

Many: *To rest for a moment on the forming edge of our lives,*

One: To resist the headlong tumble into the next moment,

Many: *Until we claim for ourselves Awareness and Gratitude,*

One: Taking the time to look into one another's faces,

Many: *And seeing there communion: the reflection of our own eyes.*

One: This home of laughter and silence, memory and hope,

All: *Is made holy by our presence together.*

Community Prayers

Dale Bradshaw

First Reading ~ *Matthew 4:12-23*

When Jesus heard that John had been arrested, he went back to Galilee. He left Nazareth and settled in Capernaum, a lakeside town near the territory of Zebulun and Naphtali. In this way the prophecy of Isaiah was fulfilled: “Land of Zebulun, land of Naphtali, the way to the sea on the far side of the Jordan, Galilee of the Gentiles: the people who lived in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.” From that time on, Jesus began proclaiming the message, “Change your hearts and minds, for the dominion of heaven is at hand!”

(over)

As Jesus was walking along the Sea of Galilee, he watched two brothers — Simon, who was called Peter, and Andrew — casting a net into the sea. They fished by trade. Jesus said to them, “Come follow me, and I will make you fishers of humankind.” They immediately abandoned their nets and began to follow Jesus. Jesus walked along further and caught sight of a second pair of brothers — James and John, sons of Zebedee. They too were in their boat, mending their nets with their father. Jesus called them, and immediately they abandoned both boat and father to follow him. Jesus traveled throughout Galilee, teaching in the synagogues, proclaiming the Good News of the dominion of heaven and healing all kinds of diseases and sicknesses among the people.

Second Reading ~ adapted from Pema Chödrön in “The Facts of Life”

When we train in awakening, we are nurturing the flexibility of our mind. It manifests as inquisitiveness, adaptability, humor, playfulness. It is our capacity to relax with not knowing, not figuring everything out, with not being at all sure about who we are — or who anyone else is either.

Response

Arise Your Light Has Come

No. 164

Reflection

The People You Meet

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 ~ Rev. Emma Chattin

Closing Song Awake, Awake And Greet The New Morn No. 107

Benediction & Sending Forth

Rev. Emma Chattin

Postlude

❖ Go in Peace ❖