

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

Spirit, Community, Action – Inside & “Out” Celebrating 43 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.

June 23, 2024 Pridetide 4

Like Life, The Order of Worship is Subject to Change

Gathering Music

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

Gathering Words

Fab Fernandez

One: May we be reminded here of our highest aspirations;

Many: *May we be inspired to bring our gifts of love to the altar of service.*

One: May the offerings of our talents and skills encourage each of us to look within,
as we face crisis, challenge, and opportunity,

**Many: *To reflect on all that we have as blessings,
things seen and unseen, known and unknown, hidden and revealed;***

One: Blessings in each one of us,

Many: *To nourish, connect, uplift, and build community.*

One: There is so much more to each of us than meets the eye.

**ALL: *Let us be grateful for all of these gifts, in ourselves and others,
as we join our hearts together in celebration, praise, and worship
of the One God who made us all!***

Prayers of the Community

Dale Bradshaw

First Reading ~ *1 Samuel 17:32-35, 37-44, 48-49*

Genevieve Walker

David said to Saul, “Let no one be discouraged because of Goliath; I will go and fight this Philistine.” Saul said to David, “You can’t fight this Philistine. You’re just a boy, but he has been a warrior since he was your age.” But David said to Saul, “I am a shepherd for my father’s sheep. Whenever a lion or a bear came and took a lamb from the flock, I went after it, struck it down, and rescued the lamb from its mouth; and if it attacked me, I would catch it by the jaw, strike it down, and kill it. God, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.” So Saul said to David, “Go, and may God be with you!” Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul’s sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, “I cannot walk with these; for I am not used to them.” So David removed them.

Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd’s bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, “Am I a dog, that you come to me with a stick?” And the Philistine cursed David by his gods. The Philistine said to David, “Come to me, and I will give your body to the birds.” When the Philistine drew nearer to meet David,

David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Second Reading ~ adapted from *Uncommon Gratitude: Alleluia For All That Is*,
By Sister Joan Chittister and Rowan Williams (Former Archbishop of Canterbury)

Crisis and challenge test the deepest parts of our self. They measure what there is inside of us that is truly full of life. They ferret out the parts of us that simply refuse to die or give up. It is a truly wholesome moment, this choice for life in the face of death, or for an attempt at success in the face of failure.

Such things are not about clarifying or enduring the moment. These things are about action. They require resolution. They are about negotiating the turning points in our own journey.

The alleluia moment comes when we finally realize that life is not about one thing, it is about everything. It is about the parts of ourselves that we have not recognized yet, yes, and it is also about parts of ourselves that are meant to go (self-doubt, fear of failure, fear of being hurt, despair, woundedness, etc.), parts that must go if we are ever to live life in ways we never thought possible.

As a result, we come to understand that there is no one single way that a life must be shaped in order for one to be happy. In fact, happiness comes when you are finally doing what you were meant to be doing. Challenge and crises, as Alan K. Chalmers puts it, "Refine life. In them you discover who you are."

David faces Goliath and becomes the Goliath within him.

We must all sing alleluia, and give praise and thanks for the opportunity to do the same.

Song of Response

No.

Reflection

PRIDETIDE: The Tide Always Turns

Shepherds Rock

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 & Lee Shadwick

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

No.

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❖ Go in Peace ❖