

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

**November 17, 2024**

*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***

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**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**

**Margot Sheiffley**

**Gathering Words**   ~ *adapted from Rev. Daniel Budd*

**Fab Fernandez**

One: Hope rises.

***Many: It rises from the heart of life, here and now, beating with joy and sorrow.***

One: *Hope from the heart longs for good to be affirmed, for justice and love to prevail,  
for suffering to be alleviated, and for life to flourish in peace.*

***Many: Hope from the heart remembers the dreams of those who have gone before  
and reaches for connection with them across the boundary of death.***

One: Hope from the heart takes action.

***All: Hope from the heart acts to bless, to protest, and to repair.***

**Prayers of the Community**

**Dale Bradshaw**

**First Reading** ~ *Mark 12:38-44*

**Genevieve Walker**

In his teaching, Jesus said, “Beware of the scribes who like to walk about in long robes, be greeted obsequiously in the market squares, and take the front seats in the synagogues and the places of honor at banquets. These are the ones who swallow the property of widows and offer lengthy prayers for the sake of appearance. They will be judged all the more severely.”

Jesus sat down opposite the collection box and watched the people putting money in it, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then Jesus called the disciples and said to them, “The truth is, this woman has put in more than all who have contributed to the treasury; for they have put in money from their abundance, but she has put in everything she possessed from the little she had — all she had to live on.”

## Second Reading ~ *adapted from Lynn Twist*

We each have the choice in any setting to step back and let go of the mind-set of scarcity. Once we let go of not having or not being enough, we discover the surprising truth of sufficiency. By sufficiency, I don't mean a specific quantity of anything. Sufficiency isn't two steps up from poverty or one step short of abundance. It isn't a measure of barely enough or more than enough. Sufficiency isn't an amount at all. It is an experience, a context that we generate, a declaration, a knowing that there is enough, and that we are enough.

### Response Song

No.

### Reflection

**Living From the Heart**

Rev. Emma Chattin

### Community Dialogue

### Offering Invitation

Lee Shadwick

### Offertory

**We Are An Offering**  
by Dwight Liles

MCC NoVA Choir

❖ **Welcome To The Table!** ❖  
Kurt Jaeger

*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 Kurt Jaeger**

### Closing Song

No.

### Benediction and Sending Forth

Rev. Emma Chattin

### Postlude

❖ **Go in Peace** ❖