

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

March 8, 2026 Lent III

Spirit, Community, Action – Inside & “Out” Celebrating 44 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.

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

Gathering Music

Jorge Martinez

Welcome & Announcements

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

Andrea Albamonte

Song of Response

Choir

First Reading ~ *Exodus 17:1-7*

Fab Fernandez

The Israelites left the desert of Syn to travel by stages, as YHWH commanded. They camped at Rephidim, found no drinking water. Again the people quarreled with Moses, saying, "Give us drinking water". Moses said to them, "Why do you quarrel with me? Why do you test YHWH?" But the people were thirsty, and complained even more to Moses. "Why did you bring us out of Egypt only to make us and our children and our livestock die of thirst?" Moses appealed to YHWH, "What am I to do with these people? They are ready to stone me!" YHWH answered Moses, "Take some of the elders and move to the front of the people. Take with you the staff with which you struck the Nile. Go! I will wait for you there by the rock of Horeb. Strike the rock, and water will come out of it for the people to drink." And Moses did so in the sight of the elders. Moses named the place Massah, "Testing", and Meribah, "Quarreling", for the Israelites quarreled and tested YHWH when they said, "Is YHWH with us or not?"

Second Reading

Margot Scheiffley

~ adapted from Sister Joan Chittister in "Between Dark and Daylight: Embracing Contradictions of Life"

Doubt is what shakes and questions our arrogance, and leads us to look once more at what we may not have seen before. Without doubt, there is very little room for faith. What we accept without question we will live with without morality. It is in populations like this that monarchs and presidents become dictators, and spiritual leaders become charlatans and criminals, and knowledge becomes myth and deception.

(continued)

It is doubt and not certitude that enables us to believe because it requires us to think deeply about the subject. Only when we can look beyond absolutes to see every level of life can we possibly live life to the fullest, with the deepest insight, and the greatest degree of compassion for others. The absurdity of certitude is life's most damaging narcotic. It enhances our shallowness and hollows out our soul.

Song of Response Out of the Depths, O God, We Call No. 554

Reflection

SHADOWS

Doubts & Questions

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

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 Kurt Jaeger

Closing Song

Let Justice Flow Like Streams

No. 391

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

☞ Go in Peace ☛