

# 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 30, 2024   Pridetide 5**

***Like Life, The Order of Worship is Subject to Change***

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## 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 ~ *adapted from Carey McDonald & Teresa Cooley*

Fab Fernandez

One: Love is not easy. Love is difficult.

***Many: Love for people, especially those who are different from you.***

One: Love that says “I see you as a person.”

***Many: Love that says “We’re on a journey together.”***

One: Love that says “let your unique light shine in the world”  
because each of our souls touches the divine mystery.

***Many: Love that grabs you and won’t let go until you are whole.***

One: Love that changes the world.

***Many: Love is not easy.***

***ALL: Do it anyway.***

## Prayers of the Community

### First Reading ~ *Mark 5:25-34*

Genevieve Walker

Now there was a woman who had been suffering from hemorrhages for twelve years. She had endured much under many physicians, and had spent all that she had and she was no better- in fact, she was getting worse. She had heard about Jesus, and she came up behind him in the crowd and touched his cloak. “If I can touch his clothes, even the hem,” she told herself, “I will be well again.” Immediately the flow of blood stopped, and she felt in her body she was healed of her affliction. Suddenly aware that power had gone out from him, Jesus turned to the crowd and said, “Who touched my clothes?” The disciples said, “You see how the crowd is pressing in on you. How can you say, ‘Who touched me?’” Jesus looked all around to see who had done it. But the woman, knowing what had happened to her, came forward in fear and trembling, and fell at the feet of Jesus and told him the whole truth. “My daughter,” Jesus said, “Your faith has saved you; go in peace and be healed of your affliction.”

## Second Reading

~ adapted from Sister Macrina Wiederkehr in *A Tree Full of Angels: Seeing The Holy in the Ordinary*

Oh, the beauty of that moment! She blessed Jesus with her faith. He blessed her with healing. She blessed him with her touch. He blessed her with acceptance. It was a marvelous exchange! Blessing for blessing! Goodness and kindness were pursuing both Jesus and the woman!

The woman left a part of herself with Jesus. And Jesus left a part of himself with her. I want to learn how to bless like that, to leave a bit of myself, for the glory of God, wherever I go. This morning as I walked along the beach at Malibu I looked at all the footprints in the sand. I prayed for the owners of those footprints. They were blessings in the sand. "God," I prayed, "do you know whose footprints these are? Would you fill these persons' lives with meaning? Please teach them to choose the things in life that really matter." I touched the footprints tenderly as I spoke to God. A line from a poem by Coleridge that I once scribbled in my journal came to mind: "A stream of love burst from my heart, and I blessed them unaware." I know the tide will turn and wash these prints into the sea. But this time it will be different. This time it will be prayers and blessings going out to sea, and all because I took the time to be present to those footprints. I left a part of myself with those prints, and the owners of the footprints, all unknowing, left a bit of their presence with me. And God looked with love on the owners of those footprints as they faded into the sea.

## Song of Response

No.

## Reflection

PRIDETIDE: The Tide Always Turns

Reach Out  
(And Touch)  
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

Time of Individual Prayer and Blessing

Community Blessing Kurt Jaeger

## Closing Song

No.

## Benediction and Sending Forth

Rev. Emma Chattin

## Postlude

❖ Go in Peace ❖