

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*February 22, 2026    Lent I*

*Black History Month*

*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*

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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

Lenten Preparation

Illumination

Tee

Prayers of the Community

Andrea Albamonte

Song of Response

Choir

First Reading ~ *Matthew 4:1-11*

Fabricio Fernandez

Then Jesus was led into the wilderness by the Spirit, to be tempted by Satan. After fasting forty days and forty nights, Jesus was famished. The tempter approached and said, “If you are the Only Begotten of God, command these stones to turn into loaves of bread.” Jesus replied, “Scripture has it, ‘We do not live on bread alone, but on every utterance that comes from the mouth of God.’” Next, Satan took Jesus to the Holy City and placed him on the parapet of the temple, and said, “If you are the Only Begotten, throw yourself down; for it is written, ‘God will tell the angels to take care of you’, and ‘With their hands they will support you, so that you may never stumble on a stone.’” Jesus answered, “Scripture also says, ‘Do not put God to the test.’” Satan then took Jesus to a very high mountain and showed him all the dominions of the world in their magnificence, promising, “All these I will give you, if you fall down and worship me.” At this, Jesus said to Satan, “Away with you, Satan! Scripture says, ‘You will worship the Most High God; God alone you will adore.’” At that, Satan left, and angels came and attended Jesus.

Second Reading

Margot Scheiffley

*~ adapted from “Letter from a Birmingham Jail”, by Rev. Dr. Martin King, Jr.*

It is true that the police have exercised a degree of discipline in handling the demonstrators. In this sense they have conducted themselves rather “nonviolently” in public. But for what purpose? To preserve the evil system of segregation. Over the past few years I have consistently preached that nonviolence demands that the means we use must be as pure as the ends we seek.

*(continued)*

I have tried to make clear that it is wrong to use immoral means to attain moral ends. But now I must affirm that it is just as wrong, or perhaps even more so, to use moral means to preserve immoral ends. Perhaps Mr. Connor and his policemen have been rather nonviolent in public, as was Chief Pritchett in Albany, Georgia, but they have used the moral means of nonviolence to maintain the immoral end of racial injustice. As T. S. Eliot has said: "The last temptation is the greatest treason: To do the right deed for the wrong reason."

Song of Response    O God, How We Have Wandered    No. 202

Reflection

## SHADOWS

### The Temptations

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

Imposition of Ashes

Rev. Emma Chattin

☞ 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

Closing Song    Guide Me, O My Great Redeemer    No. 18

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

☞ Go in Peace ☛