

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

***October 20, 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***

---

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

Tee

Gathering Words ~ *adapted from Meister Eckhart*

Fab Fernandez

One: This house is for the ingathering of nature and human nature,

***Many: It is a place where we may weave together the Human and the Divine.***

One: It is a house of friendships, a place of sharing and nourishment,  
a haven in trouble, an open room for encouragement and support in our struggles.

***Many: It is a house of prophecy and story, outrunning times past and times present,  
with visions of growth and progress.***

One: This house is a cradle for our dreams,

***All: It is the workshop of our common endeavor.***

Prayers of the Community

Dale Bradshaw

First Reading ~ *John 6:1-13*

Margot Sheiffley

Some time later, Jesus went to the other side of the Sea of Galilee-- also called Lake Tiberias --and a huge crowd followed him, impressed by the signs he gave by healing sick people. Jesus climbed the hillside and sat down there with the disciples. It was shortly before the Jewish feast of Passover. Looking up, Jesus saw the crowd approaching and said to Philip, 'Where can we buy some bread for these people to eat?' Jesus knew what he was going to do, but asked this to learn Phillip's response. Philip answered, 'Not even with 200 days wages could we buy loaves enough to give each of them a mouthful' One of the disciples, Andrew, Simon Peter's brother, said, 'There is a child here who has five barley loaves and two dried fish. But what good is that for so many people?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand families sat down. Then Jesus took the loaves, gave thanks, and gave them out to all those who were sitting there; he did the same with the fish, giving out as much as they could eat. When the people had eaten their fill, Jesus said to the disciples, 'Gather up the leftover pieces, so that nothing gets wasted.' So they picked them up, and filled twelve baskets with the scraps left over from the five barley loaves.

**Second Reading** ~ *adapted from David Loy in "The Stories of Jesus and Buddha"*

Our minds need stories just as much as our bodies need food. Just like food builds and rebuilds our bodies, stories build and rebuild our minds and our spirits, because it is through them that we learn what the world is, who we are, what is important in the world, and how we are to live in it.

The analogy between stories and food is actually quite a good one. An occasional dose of fast food or junk food is usually not too bad for us, but a diet that consists only of fast food burgers, fries, and soda pop is unhealthy. Just as we need to eat something good to sustain our bodies, so we need good stories to provide meaning and spiritual nourishment for our lives.

Response Song

No.

Reflection

Sharing a Meal  
Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

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.***

© 1990, GIA Publications, Inc.

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 ❧