

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.

May 12, 2024 Ascension Sunday

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

Fabricio Fernandez

Gathering Words ~ adapted from Heather K. Janules

One: They once dwelled among us, the people of memory,
They who knew us, they who taught us, they who hurt us, they who loved us.

Many: They touch our lives time and again, through their presence and their absence.

One: As the earth turns, we reach back to renew the bonds between us.

Many: With hearts and hands open we hold onto love, ever-stronger than death.

One: We reach back in gratitude and understanding, knowing that without our time together,
the pain and the joy, we would never be who we are today.

Many: Without fear, with thanksgiving and with hope for all that awaits,

One: We remember those who have gone before,

***All: As we honor the fabric of life,
And our places within the pattern of this sacred woven tapestry.***

Prayers of the Community

Dale Bradshaw

First Reading ~ Luke 24:44-53

Starlene Keppel

Then Jesus said to the, “Remember the words I spoke when I was still with you: everything written about me in the Law of Moses, in the Prophets, in the psalms had to be fulfilled.” Then Jesus opened their minds to the understanding of the scriptures, saying, “That is why the scriptures say that the Christ (Anointed One) must suffer and rise from the dead on the third day. In the Messiah’s name, repentance for the forgiveness of sins will be preached to all nations. Beginning at Jerusalem. You are witnesses of all of this. Take note: I am sending forth what Abba God has promised to you. Remain here in the city until you are clothed with the power from on high.”

Then Jesus took them to the outskirts of Bethany, and with upraised hands, blessed the disciples. While blessing them, the savior left them and was carried up to heaven. The disciples worshipped the risen Christ and returned to Jerusalem full of joy. They were found in the temple constantly, speaking the praises of God.

Second Reading ~ adapted from Anne Lamott in "Hallelujah Anyway: Rediscovering Mercy"

This is part of the mystery: that humanity and human bodies are where we experience transcendence and God, restoration, the inclination to serve those who are suffering. We reach out as we are reached out to. This all looks so ordinary that you might miss it. It's so daily. You don't need special music and a Hollywood production and the Mormon Tabernacle Choir. You don't need the Canadian fjords, the Grand Canyon, a newborn baby, although these can be helpful. You don't need to go to Senegal. Immediacy and inspiration can be found in the dairy aisle at Safeway. It probably looks like people saying hello, making eye contact, letting others go first. Ordinary human daily ways, but moving more slowly. It looks like me with a few free minutes, deciding not to fill something in. Instead, I may close my eyes, drop to a quieter place, or look up into a tree or the sky. Even a moment's transcendence changes us. Everything is different afterward because we reached inward to higher places.

Song of Response

No.

Reflection

Ascension Sunday
Since You've Been Gone...
Rev Emma Chattin

Community Dialogue

Offering Invitation

David Teodosio

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** ☜