

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

September 20, 2026

Spirit, Community, Action – Inside & “Out”

Celebrating 45 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

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

Prayers of the Community

Choir Response

Gathering Words ~ *adapted from Lorelei Greenwood-Jones*

One: In this sacred place, we are not alone.
We are a community of individuals, each living our own lives,

Many: And we come together in joyous celebration of Spirit and one another.

One: Our differences do not divide us,
rather they are a source of shared interest and discovery.

Many: We need not think alike to love alike.

One: We hear wisdom, and when we listen, we learn from each other.

Many: In this sacred place, may we be grounded in love and sharing.

One: We are challenged to seek out the spark of the Divine in each other.

All: May our actions and words echo what we learn here together.

First Reading ~ *Mark 7:24-30*

Jesus left Gennesaret and went to the territory of Tyre and Sidon, the costal area of Phoenicia. There he went into a certain house and wanted no one to recognize him, but he could not go unrecognized. A woman whose young daughter had an unclean spirit heard about him. She approached Jesus and fell at his feet. Now the woman was not a Jew, but a Gentile, a Syro-Phoenician by birth and nationality. And she kept asking Jesus to expel the demon from her daughter. He told her, “Let the children be fed at table first. It is not fair to take the children’s bread and throw it to the dogs.” She replied, “Yes, Rabbi (teacher), but even the dogs under the table eat the children’s crumbs.” Then Jesus said to her, “For saying this, you may go home happy; the demon has left your daughter.” When she got home, she found her daughter in bed, resting, whole and healthy, the unclean spirit gone.

Second Reading ~from “If the Church Were Christian” by Phillip Gulley

The antidote to this lethal mind-set [of orthodoxy] is to remember that when Jesus was asked to boil down the law to its essential element, he didn't hesitate. Love. Love your neighbor. Love God. Love yourself. Jesus never, not once, went to the mat for doctrine. Yet every split and schism in the church happened because of our stubborn insistence that others must profess the “right” beliefs. We have expended huge amounts of resources and goodwill, defending the very aspect of religious life Jesus valued least.

This is the great irony of Christ's church – a significant number of its members care more about believing certain things about Jesus, than following his example of love and service. If the church were Christian, mirroring the compassion of Jesus would be more important than echoing the orthodoxy that has built up around him.

Song of Response

No.

Reflection

Changes

What We Believe, What We Do

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

❧ Welcome To The Table! ❧

Kurt Jaeger and 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

No.

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧