

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*Spirit, Community, Action – Inside & “Out”  
Celebrating 42 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.*

**March 10, 2024 Lent IV**  
***Like Life, The Order of Worship is Subject to Change***

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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 Myke Johnson*

One: Loving Spirit, I can't control what my government is doing right now.

**Many: Jesus had no political power.**

One: He lived his whole life in the shadow of the Roman Empire.

**Many: And that empire killed him. Yet he was able to respond, react.**

One: He prayed, he taught, he healed, he listened, he moved among the ordinary.

**Many: He didn't concern himself very often with the emperor, king, or governor.**

One: He went directly to the poor, the oppressed, the sick, those in need within arm's reach.

**Many: These were the ones who caught the eye of the divine blessing.**

**All: Loving Spirit, help me to know the things I can't control  
so that I might do better with the things I can.**

Prayers of the Community

Dale Bradshaw

First Reading ~ *Micah 6:8*

Genevieve Walker

Listen mortal, God has already made clear what “good” is, and what does God require of you, but to do justice, love kindness, and walk humbly with your God?”

## Second Reading ~ adapted from Barbara Brown Taylor in "An Altar in the World: A Geography of Faith

Once, when I was confined to bed for the better part of a week, I spent hours watching the sunlight that came through the slats of my wooden blinds move down the white wall of my bedroom. First thing in the morning it made honey-colored rectangles with soft edges. By 10: 00 a.m. the wall was striped with bands of light as straight as rulers. By noon they looked more like the rungs of a ladder, dappled with leaves from the winged elm outside my window. By 2: 00 they had lost most of their character, as the sun moved over the roof of the house and left the front yard in deepening shadow. This may sound boring to you, but it was not. It was beautiful. It was reassuring. It gave me a place outside myself to go. I did not have to do anything to make the light change. It had a routine it followed all by itself whether I was awake to watch it or not. If I did not like the way the light looked at a given moment, I knew it would change. If I loved the way the light looked at a given moment, I knew it would change. I could not speed it up and I could not slow it down. Not to put too fine a point on it, the light was my life and I knew it. Paying attention to it, I lost my will to control it. Watching it, I became patient. Letting it be, I became well.

Song of Response

No.

Reflection

Giving It Up

Things You Can't Control

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 ❖