

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

August 9, 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

Starlene Keppel

Choir Response

Gathering Words

John Garrett

One: Love often begins small, like a grain of mustard seed,

Many: Then grows, branching out, flowers opening in bright blossom.

One: If we learn to love ourselves as we are loved by God,

Many: Then our lives will become a great garden, one fully alive with love.

First Reading ~ *Song of Songs 2:8-13*

Susan McGlohn

The voice of my beloved!

Look, coming here, leaping down the mountains, bounding over the hill!

My beloved is like a gazelle or young deer!

Look, there, standing behind our wall,
gazing in through the window like the moon,

My beloved calls me, “Come sweetheart, my pretty one,
for now winter is past, the rain is gone,
the flowers are blooming.

It’s time for singing;

Let’s walk out through the valleys
and listen to the song of the dove.
The fig trees are setting fruit,
and the grape vines are in blossom,
the air is full of fragrance.

Arise my love, come, my darling, come with me.

Second Reading

~ adapted from Rev. Barbra Brown Taylor in "An Altar in the World: A Geography of Faith"

I am not sure when Christian tradition lost confidence in the body, but I have some guesses. Many of the earliest interpreters of Jesus were Greeks, who divided body and soul in ways that Jesus did not. Descartes did not help matters by opposing nature and reason in his philosophy. Then along came the Protestant Reformation, with its deep suspicion of physical pleasure, followed by Freud's dark insights into human sexuality. Add to that the modern scientific reduction of the body to biological matter, overlaid by Victoria's Secret ads, and it is small wonder that so many of us are uncomfortable in our flesh. Yet here we sit, with our souls tucked away in this marvelous luggage, mostly insensible to the ways in which every spiritual practice begins with the body. Our bodies have shaped our views of the world, just as the world has shaped our views of our bodies.

Response Song We Plant a Grain of Mustard Seed No. 540

Reflection Finding Ourselves in the Bible

The Look of Love

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Carter Hemphill

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 When Our Heart is in a Holy Place

Insert

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧