

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*August 24, 2025*

*Spirit, Community, Action – Inside & “Out” Celebrating 44 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*

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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

Preparation

Spirit of the Living God

Ken Williamson

Prayers of the Community

Dale Bradshaw

First Reading ~ *Exodus 3:1-16a*

Moses was tending the flock of his father-in-law Jethro, the priest of Midian. Leading the flock deep into the wilderness Moses came to Horeb (Sinai), the mountain of God. The messenger of YHWH appeared to Moses in a blazing fire from the midst of a thornbush. Moses saw -- "The bush is ablaze with fire and yet isn't consumed!" Moses said, "Let me go over and look at this remarkable sight and see why the bush doesn't burn up!"

When YHWH saw Moses coming to look more closely, God called out from the midst of the bush, "Moses! Moses!" Moses answered, "Here I am." God said, "Come no closer! Remove the sandals from your feet, for the place where you stand is holy ground!"

"I am the God of your ancestors," the voice continued, "The God of Sarah and Abraham, the God of Rebecca and Isaac, the God of Leah and Rachel and Jacob!" Moses hid his face, afraid to look at the Holy One. Then YHWH said, "I have seen the affliction of my people in Egypt. I have heard their cries under those who oppress them. I have felt their sufferings. Now I have come down to rescue them from the hand of Egypt, out of their place of suffering, and bring them to a place that is wide and fertile, a land flowing with milk and honey- the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the children of Israel has reached me, and I have watched how the Egyptians are oppressing them. Now go! I will send you to pharaoh, to bring my people, the children of Israel, out of Egypt."

But Moses said to God, "Who am I, that I should go to Pharaoh and lead the children of Israel out of Egypt?" God answered, "I will be with you, and this is the sign by which you will know that it is I who have sent you. After you bring my people out of Egypt, you will all worship at this very mountain." But Moses said, "When I go to the children of Israel and say to them, 'The God of your ancestors has sent me to you, if they ask me 'What is this god's name?', what am I to tell them?'"

God replied, "I AM AS I AM. This what you will tell the Israelites: 'I AM has sent me to you.'" God spoke further to Moses, "Tell the children of Israel: YHWH, the I AM, the God of your ancestors, the God of Sarah and Abraham, of Rebecca and Isaac, of Leah and Rachel and Jacob, has sent me to you. This is my Name forever; this is the name you are to remember for all generations. Now Go."

## Second Reading

~ adapted from Jon Kabat-Zinn in "Wherever You Go, There You Are"

Mountains... Their very presence beckons to us, calls us to dream, to look up, to ascend. The mountain climb is a powerful metaphor for life, the spiritual journey, the path of growth, transformation, discovery, and understanding. The arduous difficulties we encounter along the way embody the very challenges we need in order to stretch ourselves, to move beyond our comfort zones, and thereby expand our boundaries. In the end, it is life itself which is the mountain, the teacher, serving us up perfect opportunities to do the inner work of growing in strength and in wisdom. And we have a lot of learning and growing to do once we choose to make the journey. The risks are considerable, the sacrifices awesome, the outcome always uncertain. Ultimately, it is the climb itself which is the adventure, not just standing at the top.

But you can't stay at the top of a mountain. The journey up is not complete without the descent, the stepping back and seeing the whole mountain again from afar. Having been at the summit, however, you have gained a new perspective, and it may change your way of seeing forever.

Response I Dreamed of Rain Vanessa Lambert

Reflection Mountains of the Bible  
Mount Sinai... Mount Nebo

"A Life Lived Between Mountains"

Rev. Emma Chattin

Community Dialogue

Offering Invitation Andrea Albamonte

Offertory We Are An Offering MCC NoVA Choir  
by Dwight Liles

✠ Welcome To The Table! ✠

Ken Williamson & Vanessa Lambert  
*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 Ken Williamson

Closing Song Praise to the Living God No. 6

Benediction and Sending Forth Rev. Emma Chattin

Postlude

✿ Go in Peace ✿