

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

May 17, 2026 Easter VII

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

Andrea Albamonte

Song of Response

Choir

First Reading ~ Acts 1:6-14

While meeting together they asked, “Has the time come, Rabbi? Are you going to restore sovereignty to Israel?” Jesus replied, “It’s not for you to know the times or dates that Abba God has decided. You will receive power when the Holy Spirit comes upon you; then you will be my witnesses in Jerusalem, throughout Judea and Samaria, and even to the ends of the earth.” Having said this, Jesus was lifted up in a cloud before their eyes and taken out of sight. They were still gazing up into the heavens when two messengers dressed in white stood beside them. “You Galileans – why are you standing here looking up at the skies?” they asked. “Jesus, who has been taken from you- this same Jesus will return, in the same way you watched him go into heaven.”

Then they returned to Jerusalem from the Mount of Olives, which is near Jerusalem, a Sabbath day’s journey away. When they entered the city, they went to the upstairs room where they were staying, Peter, John, James, and Andrew; Philip, Thomas, Bartholomew and Matthew; James ben-Alphaeus; Simon, a member of the Zealot sect; and Judah ben-Jacob; together with certain women, his mother Mary, and some of Jesus’ sisters and brothers. All of these with one accord constantly devoted themselves to prayer.

Second Reading

~from Fr. Richard Rohr in *Everything Belongs*

All spiritual practices and disciplines have one purpose: to get rid of the illusions so that we can be present. These practices and disciplines exist so that we can begin to see what is, who we are, and what is happening. On the contrary, our mass cultural trance is like scales over our eyes. We see only with the material eye.

If we are to believe Jesus, nothing is more dangerous than people who presume they already see. *God can most easily be lost by being thought found.*

Third Reading

~ from John O'Donohue in *Eternal Echoes: Exploring Our Yearning to Belong*

Prayer is the liberation of God from our images of God. It is the purest contact with the wildness of the Divine Imagination. Real prayer has a vigilance that is constantly watching and deconstructing the human tendency toward idolatry. Despite our best sincerity, we still long to control and domesticate the Divine. Meister Eckhart says that the closer we come to God, the more it ceases to be God. In other words, God is only our name for it. ...

It is ironic that every human needs some God on the inner altar of the heart... .. that could be money, power, greed, addiction, or status. The critical vigilance of real prayer endeavors to insure that it is the flame of the living God that burns on the altar of our hearts. Such prayer longs for the real warmth of divine belonging. Real prayer helps us to live in the beauty of truth. It is a visitation from outside the frontier of our own limitations.

Song of Response We Would Be Building No. 606

Reflection Jesus Has Left The Building...

Rev. Emma Chattin

Community Dialogue

Offering Invitation Cornelius Butler

Offertory We Are An Offering MCC NoVA Choir

❧ Welcome To The Table! ❧

Kurt Jaeger

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 Over My Head No. 514

Benediction and Sending Forth Rev. Emma Chattin

Postlude

❧ Go in Peace ❧