

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

Celebrating 41 Years
Spirit, Community, Action – Inside & “Out” ***December 4, 2022***
Second Sunday of Advent

There is a book at the Sanctuary entry where prayer requests may be entered. There is also a Square device at the entry of the Sanctuary if you would like to make your Offering Donation via credit card.

Like Life, The Order of Worship is Subject to Change

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

Gathering Words ~ *adapted from Mark Belletini*

One: Go in peace. Live simply, gently, at home in yourselves.

Many: Act justly. Speak justly.
Remember the depth of your own compassion.

One: Forget not your power in the days when you feel powerless.

Many: Speak the truth, or speak not.

One: Take care of yourselves as bodies, for you are a good gift.

Many: Crave peace for all people in the world.

One: Begin with yourselves. It must begin within.

ALL: Let us carry the dream of peace within,
let us cradle it alive in our hearts.

Community Prayers

Dale Bradshaw

First Reading ~ *Luke 1:26-38*

Six months later (after Elizabeth had conceived), the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a young woman named Mary; she was engaged to a man named Joseph, of the house of David. Upon arriving, the angel said to Mary, “Rejoice, highly favored one! God is with you! Blessed are you among women!” Mary was deeply troubled by these words and wondered what the angel’s greeting meant. The angel went on to say to her, “Fear not, Mary. You have found favor with God. You’ll conceive and bear a son, and give him the name, Jesus (Joshua) – ‘Deliverance’. His dignity will be great, and he will be called the Only Begotten of God. God will give Jesus the judgment seat of David, his ancestor, to rule over the house of Jacob forever, and his reign will never end. Mary said to the angel, “How can this be, since I have never been with a man?” The angel answered her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you – hence the offspring to be born shall be called the Holy One of God. Know, too, that Elizabeth, your kinswoman, has conceived a child in her old age; she who was thought to be infertile is now in her sixth month. Nothing is impossible with God. Mary said, “I am a servant of God, let it be with me as you say.”

(over)

Second Reading ~ *Adapted from Sister Macrina Wiederkehr, O.S.B.*
in “A Tree Full of Angels: Seeing the Holy in the Ordinary”

If I am too full of myself, I will never find God- nor even have room for God. Johannes Metz, in his little book, *Poverty of Spirit*, suggests that we have only two choices in life: to accept our innate poverty, that is, our total dependence on God, or to be a servant to anxiety. I have been a servant to anxiety far too long. Anxiety robs me of my peace. It comes from forgetting that I am not in control.

The moments when I have been most deeply in touch with God are those moments when I have been able to embrace my utter poverty. When I accept my poverty, my total dependence on God, I become vulnerable, and God can more easily reach me. I can also more easily experience God in other people as well.

Response MCC NoVA Choir & Community

Reflection

Fear Not : PEACE
(Or... “What Does Mary Say?”)

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

Community Blessing ~ Kurt Jaeger

Closing Song MCC NoVA Choir & Community

Benediction & Sending Forth

Rev. Emma Chattin

Postlude

✠ Go in Peace ✠