

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*February 2, 2025*

*Epiphany V*

*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.*

*Spirit, Community, Action – Inside & “Out” Celebrating 43 Years of Being Out in Northern Virginia*

*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

Illumination

Tee

Prayers of the Community

Dale Bradshaw

First Reading ~ Luke 4:21-30

Starlene Keppel

Then he began to say to them, “Today this scripture has been fulfilled in your hearing.” All spoke well of him and were amazed at the gracious words that came from his mouth. They said, “Is not this Joseph’s son?” He said to them, “Doubtless you will quote to me this proverb, ‘Doctor, cure yourself!’ And you will say, ‘Do here also in your hometown the things that we have heard you did at Capernaum.’” And he said, “Truly I tell you, no prophet is accepted in the prophet’s hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian.” When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

Second Reading

Fab Fernandez

*~ from Richard Templar in “The Rules of Life: A Personal Code for Living a Better, Happier, More Successful Life*

Keep the Moral High Ground. This a simple one to say and a really difficult one to live up to. It takes a shift of vision, from being the sort of person who acts a certain way, to being a different sort of person who acts a different way. No matter how rough it gets, you are never going to: • Take revenge • Act badly • Be very angry • Hurt anyone • Be Rude • Act rashly • Be aggressive. That’s the bottom line. You are going to maintain the moral high ground at all times. You are going to behave honestly, kindly, decently... no matter the provocation. No matter the challenge thrown at you. No matter how unfairly others behave. No matter how badly they behave. You will not retaliate in the same manner. You will carry on being good and civilized and morally irreproachable. Your manners will be impeccable. Your language moderated and dignified. There is nothing others can do or say that will make you deviate from going your own way unless you allow it, or take this away from you if you do not let go of it.

## Third Reading

Margot Sheiffley

~from Caroline Myss in "Why People Don't Heal, and How They Can: A Practical Guide for Healing Mind, Body, and Spirit"

We are not meant to stay hurt or wounded. We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of life. By remaining stuck in our hurt and woundedness, we block our own transformation. We overlook the greater gifts inherent in our challenges— the strength to overcome them, and the lessons that we are meant to learn and receive through them. Wounds and tragedies and challenges are also the means through which we enter the hearts of other people. They are meant to teach us to become more compassionate and wise.

Response      Let Us Hope When Hope Seems Hopeless      No. 461

Reflection      A Different Way

Go Your Own Way

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Lee Shadwick

Offertory

We Are An Offering  
by Dwight Liles

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.***

© 1990, GIA Publications, Inc.

Invitation to the Table

Sharing The Open Meal of Christ

Community Blessing Kurt Jaeger

Closing Song      We Are Marching in the Light of God      No. 526

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧