

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*April 6, 2025*

*Lent 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*

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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

Prayers of the Community

Dale Bradshaw

Choir Response

Spirit of the Living God

First Reading ~ *John 12:1-8*

Fab Fernandez

Six days before Passover, Jesus went to Bethany, the village of Lazarus, whom Jesus had raised from the dead. There they gave a banquet in Jesus' honor, at which Martha served. Lazarus was one of those at the table. Mary brought a pound of costly ointment, pure nard, and anointed the feet of Jesus, wiping them with her hair. The house was full of the scent of the ointment.

Judas Iscariot, one of the disciples--the one who was to betray Jesus--protested, "Why wasn't the ointment sold? It could have brought nearly a year's wages, and the money given to poor people." Judas didn't say this because he was concerned for poor people, but because he was a thief. He was in charge of the common fund and would help himself to it.

So Jesus replied, "Leave her alone. She did this in preparation for my burial. You have poor people with you always. But you won't always have me.

Second Reading

Genevieve Walker

*~ adapted from Father Richard Rohr 'Seeing Our Shadow, Things Hidden', in "Scripture as Spirituality"*

The shadow is that part of the self that we don't want to see, and don't want others to see either. Our tendency is to hide it or deny it, even from ourselves.

Old Time Religion, and most of the history of religion, has seen the shadow as the problem. Isn't that what religion is about: getting rid of all our faults? This is the classic pattern of dealing with the symptom instead of the cause. We cannot really get rid of the shadow; we can only expose it -- which eventually undermines its results and effects.

(cont.)

One point here is crucial: The shadow self is not of itself evil; it just allows you to do evil without calling it evil. That is why Jesus criticizes hypocrisy more than anything else. Something that is shocking to many religious people is that Jesus is never upset with sinners; he's only upset with people who think they are **not** sinners!

Usually everybody else can see your shadow, so it is crucial that you learn what everybody else already knows about you. The moment you become whole and holy is when you can accept your shadow self, or, to put it in moral language, when you can admit your sin. Doing this overrides any need for self-hatred or self-promotion. Such people do not need to be perfectly right, and they know they cannot be anyway, so they just try to be in right relationship. In other words, they try, above all else, to be loving.

Response Love Will Guide Us Insert

Reflection Wilderness Training  
Shadows

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Vanessa Lambert

Offertory

We Are An Offering  
by Dwight Liles

MCC NoVA Choir

❧ Welcome To The Table! ❧

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 Ken Williamson

Closing Song

Holy Spirit, Ever Dwelling

No. 59

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧