

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*Spirit, Community, Action – Inside & “Out”    Celebrating 43 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.*

**September 8, 2024**

*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

Gathering Words ~ *adapted from Elizabeth Nguyen*      Fab Fernandez

One: Our journey is to transform the big and the small,  
to transform ourselves and transform the world.

**Many: No one is outside of the circle of love.**

One: We are challenged to seek out the spark of the Divine in each other.  
No matter what.

**Many: None of us is truly free until all of us are free.**

One: We struggle for liberation from the isms that bind us and keep us apart:

**Many: Ableism, ageism, classism, racism, sexism,  
all of the isms that bind us and keep us apart.**

One: Change is hard. Yet our journey is to transform the big and the small,  
to transform ourselves and transform the world.

**All: And we are challenged to seek out the spark of the Divine in each other.  
No matter what.**

Prayers of the Community

Starlene Keppel

First Reading ~ *Mark 7:24-30*

Genevieve Walker

Jesus left Gennesaret and went to the territory of Tyre and Sidon, the costal area of Phoenicia. There he went into a certain house and wanted no one to recognize him, but he could not go unrecognized. A woman whose young daughter had an unclean spirit heard about him. She approached Jesus and fell at his feet. Now the woman was not a Jew, but a Gentile, a Syro-Phoenician by birth and nationality. And she kept asking Jesus to expel the demon from her daughter. He told her, “Let the children be fed at table first. It is not fair to take the children’s bread and throw it to the dogs.” She replied, “Yes, Rabbi (teacher), but even the dogs under the table eat the children’s crumbs.” Then Jesus said to her, “For saying this, you may go home happy; the demon has left your daughter.” When she got home, she found her daughter in bed, resting, whole and healthy, the unclean spirit gone.

**Second Reading** ~ adapted from Rev. Molly Phinney Baskette in  
“How to Begin When Your World is Ending: A Spiritual Field Guide to Joy Despite Everything”.

All claims to the contrary, Jesus did not preach from a place of rigid binaries and judgments but from a place of continual becoming. He befriended outcasts and lived on the margins of society while staying in relationship with wealthy and powerful people, some of whom became patrons and disciples. He lived in a patriarchal society, but let women correct him and expand his understanding of his mission.

Our God does not hate all the same people we do, nor does our God particularly want us to be rich or admired. Our faith, frail as it is sometimes, is also flexible. It is self-correcting as we have profound encounters with people who are different from us and are exposed to new experiences and ideas. If we are willing to be humble, we can continuously root out our own biases, the weeds of our ego and cultural supremacy that are deeply seeded into the soil of our culture, religion, and country.

**Song of Response**

No.

**Reflection**

**Changes**

Rev. Emma Chattin

**Community Dialogue**

**Offering Invitation**

**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.***

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**Invitation to the Table**

**Sharing The Open Meal of Christ**

**Community Blessing** Kurt Jaeger

**Closing Song**

No.

**Benediction and Sending Forth**

Rev. Emma Chattin

**Postlude**

❖ **Go in Peace** ❖