

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*March 1, 2026 Lent II*

*Spirit, Community, Action – Inside & “Out” Celebrating 44 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*

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Gathering Music

Jorge Martinez

Welcome & Announcements

Centering

At the sound of the singing bowl,  
please take a few moments to prepare yourself for our worship together

Illumination

Tee

Gathering Words

Ken Williamson

One: Not only in glorious cathedrals or in humble churches,

**Many: Spirit moves, breathes,**

One Spirit sings in the human heart;

**Many: Like the wind, like the breath of the earth, it moves everywhere,**

One: No one knows where it comes from, or where it goes;

**Many: Breathing through the instrument of our souls,**

One: Speaking in sighs too deep for words,

**All: And a still small voice whispering within.**

Prayers of the Community

Starlene Keppel

Song of Response

Choir

First Reading ~ John 3:1-12

Kurt Jaeger

A certain Pharisee named Nicodemus, a member of the Sanhedrin, came to Jesus at night. “Rabbi,” he said, “we know you’re a teacher come from God, for no one can perform the signs and wonders you do, unless by the power of God.” Jesus gave Nicodemus this answer: “The truth of the matter is, unless one is born from above, one cannot see the dominion of God.” Nicodemus said, “How can an adult be born a second time? I can’t go back into my mother’s womb to be born again!” Jesus replied, “The truth of the matter is, no one can enter God’s dominion without being born of water and the Spirit. What is born of the flesh is flesh; what is born of the Spirit is Spirit. So don’t be surprised when I tell you that you must be born from above. The wind blows where it will. You hear the sound it makes, but you don’t know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

“How can this be possible?” asked Nicodemus. Jesus replied, “You’re a teacher of Israel, and you still don’t understand these matters? The truth of the matter is, we’re talking about what we know; we’re testifying about what we’ve seen— yet you don’t accept our testimony. If you don’t believe when I tell you about earthly things, how will you believe when I tell you about heavenly things?”

Second Reading ~ adapted from "Turning to One Another" by Margaret Wheatly      Kat Velkoff

I think it's important to begin a conversation by listening as best you can for what's different, for what surprises you. Sometimes we hesitate to listen for what's different because we don't want to change. We're comfortable with our lives, and if we listened to anyone who raised questions, then we might feel compelled to engage in new activities and new ways of thinking.

If we desire for things to be different, we need to listen more, and we must be willing to move into the very uncomfortable place of uncertainty. We may simply fear the confusion that comes with new ideas. But we can't be creative if we refuse to be confused. Change always starts with confusion! We must be willing to be confused, disturbed, to let go of certainty. Cherished ideas must dissolve to make way for what's new, and great ideas miraculously appear in the space of not knowing.

Song of Response      God of Change and Glory      No. 177

Reflection      SHADOWS  
In the Dark      Rev. Emma Chattin

Community Dialogue

Offering Invitation      Cornelius Butler

Offertory      We Are An Offering      MCC NoVA Choir

❧ Welcome To The Table! ❧

Kurt Jaeger & 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      Kurt Jaeger

Closing Song      In the Midst of New Dimensions      No. 391

Benediction and Sending Forth      Rev. Emma Chattin

Postlude

❧ Go in Peace ❧