

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

September 21, 2025

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

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 Sara Moores Campbell*

Margot Sheiffley

One: Give us the spirit of the child. Give us the child who lives within:

**Many: The child who trusts, the child who imagines,
the child who sings, the child who plays and prays,**

One: The child who receives without reservation, the child who gives without judgment.

**Many: Give us a child's eyes,
that we may receive the beauty and freshness of this day;**

One: Give us a child's ears, that we may hear the music of mythical times;

Many: Give us a child's heart, that we may be filled with wonder and delight;

One: Give us a child's faith, that we may be cured of our cynicism;

**All: Give us the spirit of the child, who is not afraid to need;
who is not afraid of newness; who is not afraid to love.**

Prayers of the Community

Dale Bradshaw

First Reading ~ *Luke 11:1-10*

Fab Fernandez

One day Jesus was praying, and when he had finished, one of the disciples asked, “Rabbi, teach us to pray, just as John taught his disciples.” Jesus said to them, “When you pray, say, ‘Abba God, hallowed be your Name! May your dominion come. Give us each day our daily bread. Forgive us our sins for we too forgive everyone who sins against us; and don’t bring us to the time of trial.’”

Jesus said to them, “Suppose one of you has a friend, a neighbor, and you go to your neighbor at midnight and say, ‘Lend me three loaves of bread, because friends of mine on a journey have come to me, and I have nothing to set before them.’ Then your neighbor says, ‘Leave me alone. The door is already locked and the children and I are in bed. I can’t get up to look after your needs.’ I tell you, though your neighbor will not get up to give you the bread out of friendship, your persistence will make your neighbor get up and give you as much as you need. That’s why I tell you, keep asking and you’ll receive; keep looking and you will find; keep knocking and the door will be opened to you. For whosoever asks, receives; whosoever seeks, finds; whosoever knocks, is admitted.”

Second Reading

Genevieve Walker

~ adapted from Anne Lamott in "Help, Thanks, Wow: The Three Essential Prayers"

Prayer is us- humans being human -reaching out to something that has to do with the eternal, with vitality, intelligence, kindness... even when we are at our most utterly doomed and skeptical. God can handle honesty, and prayer begins an honest conversation.

My belief is that when you're telling the truth, you're close to God. If you say to God, "I am exhausted and depressed beyond words, and I don't really like You very much at all right now, and I recoil from most people who say they believe in You," that might be the most honest thing you've ever said. If you told me you had said to God: "It is all hopeless, and I don't have a clue if You exist, but I could use a hand," it would almost bring tears to my eyes, tears of pride in you, for the courage it takes to get real- really real. It would make me want to sit next to you at the dinner table.

So prayer is our sometimes real selves trying to communicate with the Real, with Truth, with the Light. It is us reaching out to be heard, hoping to be found by a light and warmth in the world instead of darkness and cold.

Response Praise the Source of Faith and Learning No. 411

Reflection Back To School
Teach Us To Pray

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Offertory We Are An Offering MCC NoVA Choir
by Dwight Liles

❧ 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 O God, Who Teaches Us To Live No. 581

Benediction and Sending Forth Rev. Emma Chattin

Postlude

❧ Go in Peace ❧