

**METROPOLITAN COMMUNITY CHURCH  
OF NORTHERN VIRGINIA**  
*Spirit, Community, Action – Inside & “Out”*  
*Celebrating 41 Years*  
*First Sunday in Lent February 26, 2023*

*There is a book at the Sanctuary entry where prayer requests may be entered. There is also a Square device at the entry of the Sanctuary if you would like to make your Offering Donation via credit card.*

*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

Gathering Words ~ *adapted from Howard Thurman*

One: In the quietness of this place,  
surrounded by the all-pervading presence of the Holy,  
my heart whispers:

Many: ***Keep fresh before me the moments of my High Resolve,  
that in good times or in tempests,  
I may not forget that to which my life is committed.***

One: *When I am empty or in need, when I am tempted or blocked by obstacles,  
when I want an easy way out of the wilderness,*

All: ***Keep fresh before me the moments of my High Resolve,  
that in good times or in tempests,  
I may not forget that to which my life is committed.***

Prayers of the Community

Dale Bradshaw

First Reading ~ *Matthew 4:1-11*

Then Jesus was led into the wilderness by the Spirit, to be tempted by Satan. After fasting forty days and forty nights, Jesus was famished. The tempter approached and said, “If you are the Only Begotten of God, command these stones to turn into loaves of bread.” Jesus replied, “Scripture has it, ‘We do not live on bread alone, but on every utterance that comes from the mouth of God.’” Next Satan took Jesus to the Holy City and placed him on the parapet of the temple, and said, “If you are the Only Begotten, throw yourself down; for it is written, ‘God will tell the angels to take care of you’, and ‘With their hands they will support you, so that you may never stumble on a stone.’” Jesus answered, “Scripture also says, ‘Do not put God to the test.’” Satan then took Jesus to a very high mountain and showed him all the dominions of the world in their magnificence, promising, “All these I will give you, if you fall down and worship me.” At this, Jesus said to Satan, “Away with you, Satan! Scripture says, ‘You will worship the Most High God; God alone you will adore.’” At that, Satan left, and angels came and attended Jesus.

## **Second Reading ~ adapted from Father Richard Rohr in Seeing Our Shadow**

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

Archaic 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.

Our problem is not our shadow self nearly as much as our over-defended ego, which always projects its own faults onto other people and hates them there, and thus avoids its own conversion and redemption.

## **Song of Response**

### **Reflection**

#### **The Temptations**

**Rev. Emma Chattin**

## **Community Dialogue**

## **Offering Invitation**

### **Offertory**

**We Are An Offering**  
by Dwight Liles

**MCC NoVA Choir**

## **❖ Welcome To The Table! ❖**

**Rev. Emma Chattin**

**Invitation To The Table**

**Consecration & Words of Institution**

**Sharing The Open Meal of Christ**

**Community Blessing ~ Rev. Emma Chattin**

## **Closing Song**

### **Benediction & Sending Forth**

**Rev. Emma Chattin**

## **Postlude**

## **❖ Go in Peace ❖**