

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.

July 28, 2024

Like Life, The Order of Worship is Subject to Change

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 Amanda Udis-Kessler*

Fab Fernandez

One: We would go deeper.

Many: We would become the selves we cannot even imagine today.

One: We would become courageous.

Many: We would delight in growing beyond who we are.

One: We would know unutterable joy.

Many: We would be filled with gratitude.

One: May we go deeper.

Many: May our time together open our hearts and sharpen our minds.

One: May our learning know no end.

Many: May we find the sacred within and around us.

One: May we see the beauty in each other's faces.

All: May we find our way to the depth of our being, and there know holiness.

Prayers of the Community

Dale Bradshaw

First Reading ~ *Jeremiah 17:5-8*

Margot Scheiffley

YHWH says:

“Cursed are the strong who depend on human ways
and make mere muscle their strength,
and whose hearts turn away from YHWH.

They shall be like a shrub in the desert
with no hope in the future.

They shall live in the parched places of the desert,
an uninhabited land of salt.

(continued)

Blessed are those who believe, trust, and rely on YHWH.
They shall be like a tree planted by the waters,
sending out roots toward the stream,
never a worry through the hottest of summers;
its leaves shall stay green,
remaining serene and calm, not anxious through droughts,
and never ceasing to bear fruit.

Second Reading ~ *adapted from “Promise Yourself” by Christian Larson*

To be so calm that nothing can disturb your peace of mind.
To give so much time to the growth of yourself
that you have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear.
To think well of yourself and to proclaim this to the world,
not in loud words, but in great deeds.
To live as such in faith
so long as you are true
to the best that is in you.

Song of Response Like A Tree Beside The Waters No. 313

Reflection Biblically Hot

“... Surviving The Hottest of Summers ...”

Rev Emma Chattin

Rite of Membership

Fabricio Fernandez Lolita Fernandez Jaime Fernandez Maru Figueroa
Tony Lacaria Lucas Maertin Margot Sheiffley David Teodosio Jen Yi

Offering Invitation

Offertory **We Are An Offering** **MCC NoVA Choir**

>Welcome To The Table!

Rev. Emma Chattin & Lee Shadwick

Invitation To The Table Consecration & Words of Institution
Sharing The Open Meal of Christ Time of Individual Prayer and Blessing
Community Blessing Kurt Jaeger

Closing Song Let Justice Flow Like Streams No. 588

Benediction and Sending Forth Rev. Emma Chattin

Postlude

Go in Peace