

# METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

*Celebrating 41 Years*

*Spirit, Community, Action – Inside & “Out”      October 2, 2022*  
**World Communion Sunday**

*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*

---

Gathering Music

Jorge Martinez

Welcome & Announcements

Rev. Emma Chattin

Words of Illumination and Centering

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

Gathering Words

Kate Gilligan

~ adapted from MCC Statement of Faith

One: Metropolitan Community Church is one chapter in the story of the church, the body of Christ;  
**Many: We are people on a journey, learning to live into our spirituality**

One: We don't all believe exactly the same things.

**Many: And yet in the midst of our diversity, we build community,**

One: Community that is grounded in God's radically inclusive love for all people.

**Many: We are part of an on-going conversation on matters of belief and faith.**

One: Our chapter begins when God says to us:

**ALL: “Come and See”.**

Community Prayers

Dale Bradshaw

First Reading~ Psalm 37:1-9

Lee Shadwick

Don't be vexed by those who are evil,  
and don't be envious of those who do wrong.

making your vindication as sure as the dawn  
and your integrity as bright as noonday.

They'll soon fade like the grass,  
and wither away like unwatered plants.

Be still before YHWH and wait patiently;  
don't fret about those who prosper in their way  
and carry out their schemes unchallenged.

Trust in YHWH, and do good,  
and you'll dwell in the land and enjoy security.  
Delight in YHWH,  
and you'll be given the desires of your heart.

Let go of your anger, and leave resentment behind.  
And stop worrying! It leads only to evil.  
For the wicked shall be cut off,  
But those who put their hope in YHWH  
shall inherit the earth.

Commit your way to YHWH, and trust in YHWH;  
God will take action,

**Second Reading** ~ *adapted from Frederick Buechner in "Wishful Thinking"*

Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still yet to come, to savor to the last morsel, both the pain you are given and the pain you are giving back—in many ways it is a feast fit for a Royal. The chief drawback is that what you are eating away at is yourself, and the skeleton at the feast... is you.

**Third Reading** ~ *from Susan Griffin*

I can be angry. I can hate. I can rage. But the moment I have defined another being as my enemy, I lose part of myself, the complexity and subtlety of my vision. I begin to exist in a closed system. When anything goes wrong, I blame my enemy... Slowly all the power in my life begins to be located outside, and my whole being is defined in relation to this outside force, which becomes daily more monstrous, more evil, more laden with all the qualities in myself I no longer wish to own. The quality of my thought is then diminished. My imagination grows small. My self seems meager. My enemy has stolen all of these.

**Response**

MCC NoVA Choir & Community

No. 459  
Verses 1,3

**Reflection**

What's Eating You

Rev. Emma Chattin

Community Dialogue

**Offering Invitation**

Marcie Babey

**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

**Closing Song**

MCC NoVA Choir & Community

No. 575

**Benediction & Sending Forth**

Rev. Emma Chattin

**Postlude**

❖ Go in Peace ❖