

METROPOLITAN COMMUNITY CHURCH OF NORTHERN VIRGINIA

February 23, 2025

Epiphany VIII

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.

Spirit, Community, Action – Inside & “Out” Celebrating 43 Years of Being Out in Northern Virginia

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

Prayers of the Community

Starlene Keppel

First Reading ~ Luke 6:17-26

Fab Fernandez

Coming down the mountain with them, Jesus stopped in a level area where there were a great number of disciples. A large crowd of people was with them from Jerusalem and all over Judea, to as far north as the coastal region of Tyre and Sidon — all people who had come to hear Jesus and be healed of their diseases, and even to be freed from unclean spirits. Indeed, the whole crowd was trying to touch Jesus, because power was coming out of him and healing them all.

Looking at the disciples, Jesus said: “Blessed are you who are poor, for the reign of God is yours. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you’ll laugh. Blessed are you when people hate you, when they scorn and insult you and spurn your name as evil because of the Chosen One. On the day they do so, rejoice and be glad: your reward will be great in heaven, for their ancestors treated the prophets the same way. But woe to you rich, for you are now receiving your comfort in full. Woe to you who are full, for you’ll go hungry. Woe to you who laugh now, for you’ll weep in your grief. Woe to you when all speak well of you, for their ancestors treated the false prophets in the same way.”

Second Reading

Vanessa Lambert

~ adapted from Rev. Dr. Howard Thurman in “Meditations of the Heart”

I will lift up mine eyes. Scarcely knowing it, I have become increasingly self-centered, my mind focused upon all the details of my life and the endless trivialities of a daily routine. I hover over all my little aches and pains, my petty annoyances, my frustrations... Then, out of no place comes sometimes a gentle, sometimes a startling reminder, and I lift up mine eyes... I will lift up mine eyes to life, that I may read the guideposts along my way and not miss the important turning in the road. I will lift up mine eyes to love, that I may not close the door of my heart to the knocking hand, the tender cry, the anxious reach. I will lift up mine eyes to God, that I may meet the divine spirit, not only in the high place, the great moment, the penetrating call, but also in the byways, the little duties, the stinging irritations. And for me this is enough.

Third Reading

Margot Sheiffley

~ adapted from Kate Bowler and Jessica Richie in "The Lives We Actually Have: 100 Blessings for Imperfect Days"

Just when we thought we could almost be done with this, another shoe drops. There are no finish lines. We long for the simple joys of times past, those everyday pleasures we can barely remember, but still hunger for. A great night's sleep. Less financial stress. The ease of making future plans. The wish that our faith would give us an exemption from all that is too painful.

Blessed are we who look to you, God, in the midst of troubles that are too great for us, that have gone on far too long, and we see no end to. Who dare to say, now would be a good time for help to come, for this to be over, once and for all. God, send us help. Bring solutions for the desperate, protection for the vulnerable, comfort for the suffering, strength to the caregivers, wisdom to those in charge. Infuse us with the courage to suffer with hope.

Sustain us and orient us to the reality in which we now live. Help us pace ourselves. Keep us awake. Lift up our eyes to what might be done, right now.

Response

O For a World

No. 575

Reflection

A Different Way

THE Way

Rev. Emma Chattin

Community Dialogue

Offering Invitation

Cornelius Butler

Offertory

We Are An Offering

MCC NoVA Choir

by Dwight Liles

❧ Welcome To The Table! ❧

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 Ken Williamson

Closing Song

Let Justice Flow Like Streams

No. 588

Benediction and Sending Forth

Rev. Emma Chattin

Postlude

❧ Go in Peace ❧