

**TODAY** (11 am Service - video feed available in the gym)

Jonathan Griffiths, Lead Pastor

• Communion Services at 9 & 11 am (all communion bread is gluten-free)

NEXT SUNDAY

Greg Kopczyk, Youth Pastor

DESIRING GOD: Forgiveness (Psalm 32)

• P2C: Every Student Sunday



The Hub - If you are new, drop by The Connect Hub in the Lobby by the main entrance. We would love to welcome you with a free coffee and a gift to say thank you for joining us today. You can also fill out the Connect Card in the seatback in front of you. Either way, we'd love to know that you joined us today.



The Kids' Hub - We have moved to the east side of the gym! Parents and children are invited to come by between the two services (10:15–11:00 am). This is a kid-friendly space where parents can connect with other parents and adults on Sunday morning while supervising their children.

PRAY Every Student Sunday**Aug 19 - Every Student Sunday**

In Canada, there are close to 300 colleges, universities, and CEGEPs where over 2 million students study each year. Their greatest need is Jesus and they are the future influencers of people and nations. Let's begin praying for the students of our nation.

Join us as we also pray corporately for students during the services on Aug 19.

NOTEWORTHY



Aug 15 • Teach me to Study the Bible: Inductive Study • 6:30 pm • Rm 205

Do you long for a greater, more personal understanding of God and His Word? With Inductive Study, God Himself becomes your teacher as you learn how to “hang on His every word” and discover truth for yourself. It’s life-changing! COST: \$25.

Aug 28 • Being a Disciple: Counting the Real Cost Workshop • 6:30 pm • Rm 205

This 3-hour workshop by Precept Ministry brings you face to face with what it means to deny yourself and follow Christ, as well as to introduce you to a proven method of studying the Bible. Register at metbiblechurch.ca/events for either class.



Aug 26 • Church-Wide Prayer • 6 pm • Gym

We will be praying for our ministries, missionaries, and church. Please make it a priority to join together as a church family in prayer as we engage people with the gospel, establish believers in the gospel, and equip servants of the gospel. Light refreshments served after prayer.



Sept 1 • Men’s BBQ • 5 pm • Gym

All men are invited to this free event of teaching, building connections, and great food. Guest speaker David Jackman will teach on the topic “Ambition - Blessing or Curse?” Freewill offering will be accepted. Register at metbiblechurch.ca/men.



Oct 12-14 • Revive - Women’s Fall Retreat • 6:30 pm • Camp IAWAH

Let’s move toward personal renewal by *looking up* to the One True God, *looking in* at our true selves, and *looking out* at the world God asks us to love. All women are welcome to this weekend retreat with guest speaker Kala Ann Thompson. Cost is \$168 per person. Register at metbiblechurch.ca/women.



Follow us on Social Media @metbiblechurch

To be a part of our online community and to keep up-to-date on everything going on at The Met, follow and/or like us on social media.

- facebook.com/metbiblechurch

- instagram.com/metbiblechurch



Aug 26 & Sept 2 • Church Photos • After each service • Lobby

We are excited to be able to work toward populating our online Met Photo Database so we can better know and serve the many people in our church. In order to do this well we will need your help. Stop by one of our photo booths outside the Sanctuary on your way out Aug 26 & Sept 2 to get your photo taken for our Met Database. This would be a great help to us in serving you better.



Benevolent Fund Offering

Our Benevolent Fund is used to meet critical financial needs in our church family and is dependant on your donations. This builds community as we share in meeting each others needs (Acts 2:45). If you are interested in contributing towards this fund, please mark it on your offering envelope. We thank you in advance for your willingness to donate towards this fund.

Need Prayer? Email metcare@metbiblechurch.ca

Emergency Prayer : Pastor Randy at rjost@metbiblechurch.ca

Office Hours: Weekdays 9 am - 5 pm, Sundays between worship services

📞 613.238.8182

📍 metbiblechurch.ca

📍 2176 Prince of Wales Drive

MINISTRY STARTUPS - For more details visit metbiblechurch.ca

Aug 12 • Filipino Fellowship • Sun • 12:30 pm • Rm 223

A weekly gathering that includes food and bible study after the second service on Sundays. The event is conducted in English so all are welcome to join us for a joyful time together. Details at metbiblechurch.ca/internationals.

Sept 6 • METYoung Adults • Thurs • 7 pm • Theatre

Join our Young Adults (18-25 yrs) for a time of worship, prayer, teaching, small groups and fellowship. Join the Facebook group: [facebook.com/MET Young Adults](https://facebook.com/METYoungAdults) or visit metbiblechurch.ca/ya

Sept 8 • South Asian Fellowship • Sat • 6:30 pm • Rm 205

A weekly gathering for people from South Asian region. We worship Christ by singing, sharing testimonies and preaching. The event is conducted in English and Tamil bilingually. Food is provided. Details at metbiblechurch.ca/internationals.

Sept 11 • METYouth (Gr. 6 - 12) • Tues • 6:30 pm • The Met (Outside)

METYouth will kick-off a new year of ministry with a carnival. Bring your friends, build community and get to know new friends while playing carnival games and having tasty treats. All Junior and Senior High students and parents are welcome. For details visit metbiblechurch.ca/youth.

Sept 14 • Spanish Fellowship • Fri (bi-weekly) • 7:30 pm • Rm 223

We gather together for a time of growing in our faith in Christ and have quality time with our church family. Bible study conducted in Spanish. Details at metbiblechurch.ca/internationals.

Sept 15 • Chinese Fellowship • Sat (Monthly) • 7:30 pm • Fireside Rm

The Chinese Fellowship provides friendship, sharing, networking and caring opportunities to the Chinese congregation at The Met. The regular monthly meetings on the third Saturday is typically conducted in Mandarin. It starts with a potluck dinner, followed by singing hymns, sharing/testimonies, small group discussion/Bible study and ends with prayer time. Details at metbiblechurch.ca/internationals.

Sept 20 • AWANA • 6:30 pm • The Met

AWANA is a METKids Club for children between ages 2 (by Sept 1 of the current year) and Grade 6. It is a discipleship-focused, gospel-centered, mid-week club for boys and girls. Register at metbiblechurch.ca/kids.

More start-up dates coming soon...

VOLUNTEER OPPORTUNITIES

Welcome Team

We are still in need of individuals to serve as ushers, greeters, security team members, hub hosts, & first-aid team members. To sign up, visit metbiblechurch.ca/serve.

Café Volunteers

We are looking for bakers, cashiers, and baristas and will provide all training required. Sign up today at metbiblechurch.ca/serve.

Children's Ministry

We are looking for teachers, small group leaders, greeters, musicians, LITs, and nursery and check-in volunteers for the 9 or 11 am services. If you are available to help out for 1-4 Sundays a month, please stop by the Children's check-in kiosk by the Gym or visit metbiblechurch.ca/serve to sign up.

Host An Intern In Your Home

Would you consider serving as a host home and provide housing for an intern for the 2018-2019 ministry year and beyond? If interested, please email us at intern@metbiblechurch.ca or call the church office.

