

# Today at The Met

**Sermon:** Chosen, Included and Sealed (Ephesians 1:11-14)  
Jonathan Griffiths, Lead Pastor

**Songs:** To God Be The Glory • Come People Of The Risen King • And Can It Be • Come Thou Fount • Before The Throne Of God Above • Subscribe to our Spotify playlist of all of the songs that we sing here at The Met. Search "The Met - Sunday Worship Playlist" on Spotify

## Classes:

Engage: The Word of God - What is the Bible? • 9am • Room 211-213

Establish: The Unfolding Story of God - Biblical Theology • 9am • Room 205-209

Equip: The Families of God - Healthy Homes • 9am • Fireside Room

Baptism Class (Youth and Adult) • 11am • Fireside Room

## Next Week:

**Sermon:** The Darkest Hour (Mark 15:37-16:8)

Rupert Bentley-Taylor. (Rupert served as Pastor at Widcombe Baptist Church in Bath, England for many years, and also the former President of the Fellowship of Independent Evangelical Churches in the UK)



**Sermon Notes**  
follow along with  
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user: metguest  
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# Take your next steps

What is your next step in your walk of faith?

## Connect

If you're new, we'd love to connect in person. We've got a free coffee and cookie for you at The Hub to say thank you for joining us today. You can also fill out the connect card in the seatback in front of you and drop it in the offering plate when it comes by. Connect with our discipleship Pastor, Adam Callaway, to find out what your next growth step in your faith could be: [acallaway@metbiblechurch.ca](mailto:acallaway@metbiblechurch.ca)

## Serve

We are the body of Christ and every member has a role to play. Use the gifts that God has given you to serve Him and His church. Serve with one of our ministries by going to [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## Give

We have lots of different ways you can worship God through giving. Check out [metbiblechurch.ca/give](http://metbiblechurch.ca/give) for more information.

# Ministry Startups

[metbiblechurch.ca/events](http://metbiblechurch.ca/events)

**SEPT 6** • METSeniors • Thurs (Weekly) • 9:30AM • Gym

**SEPT 6** • METYoung Adults • Thurs (Weekly) • 7:00PM • Chapel

**SEPT 7** • Floor Hockey • Fri (Weekly) • 9:00PM • Gym

**SEPT 8** • South Asian Fellowship • Sat (Weekly) • 6:30PM • Room 205

**SEPT 9** • Adult Sunday Classes • Sun (Weekly) • 9:00AM • Room 205-213

**SEPT 9** • Quizzing • Sun (Weekly) • 1:00PM • Room 205

**SEPT 10** • Basketball • Mon (Weekly) • 7:00PM • Gym

**SEPT 10** • METMen Bible Study Fellowship • Mon (Weekly) • 7:00PM

**SEPT 11** • Bridges • Tues (Weekly) • 6:00PM • Bronson Center

**SEPT 11** • METYouth Carnival • Tues (Weekly) • 6:30PM • The Met

**SEPT 12** • Woman to Woman • Wed (Weekly) • 9:15AM • Gym

**SEPT 12** • Women's Fitness • Wed (Weekly) • 12:00PM • Gym

**SEPT 12** • Women's Evening Edition • Wed (Weekly) • 7:00PM • Gym

**SEPT 12** • Men's Study and Group • Wed (Weekly) • 7:00PM • Lounge

**SEPT 14** • CSB (Boys 6-18 yrs) • Fri (Weekly) • 7:00PM • Gym

**SEPT 14** • Spanish Fellowship • Fri (bi-weekly) • 7:30PM • Room 223

**SEPT 15** • Chinese Fellowship • Sat (Monthly) • 5:30PM • Fireside Room

**SEPT 19** • Choir and Orchestra • Wed (Weekly) • 7:00PM • Chapel

**SEPT 20** • Awana (Kids 2 yrs - Gr. 6) • Thurs (Weekly) • 6:30PM • Gym

**SEPT 22** • EQUIP Mornings • Sat (Quarterly) • 9:00AM • Gym

**OCT 4** • METMen Bible Study • Thurs (Weekly) • 6:30PM • Lounge

*More startup dates to come soon...*



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Engage.  
Establish.  
Equip.



SEPTEMBER 16, 2018

# Welcome

Welcome to The Met! We are so glad to have you with us today. We gather like this each Sunday to encourage one another to trust and follow Jesus throughout the week. We do this as we pray and sing and, centrally, as we hear from God's Word.

Our mission here at The Met is to glorify God by making disciples of Jesus Christ, together **engaging** people with the gospel, **establishing** believers in the gospel, and **equipping** servants of the gospel, in our nation's capital and the nations of the world. Whether you are a committed believer or a curious skeptic, you are welcome here.



We have lots of opportunities for kids to hear about the love of Jesus in a way that they can understand.

**9AM Sunday School:** For children from newborn-grade 6

**10:15AM METKids Hub:** Join us in the Gym for a chance for kids to run and burn off some energy, and for parents to connect in between services

**11AM Sunday School:** For children from newborn-grade 6

# This week at The Met

## MONDAY

Men's Bible Study Fellowship • 7:00PM • RM 265

## TUESDAY

METYouth (Junior High and High School) • 6:30PM • 2nd floor

## WEDNESDAY

Woman to Woman • 9:15AM • Gym (Childcare provided)

Women's Evening Edition • 7PM • Gym

Men's Bible Study and Community Group • 7PM • Lounge

Prayer Focus • 7PM • RM 211

## THURSDAY

METSeniors • 9:30AM • Gym

METYoung Adults • 7PM • Chapel & 2nd floor

## FRIDAY

Christian Service Brigade (CSB) • 7PM • Gym

# Family News

This section of our bulletin will contain news of events in your life and family. If you want to share an event such as a birth, wedding, passing of a loved one, anniversary or word of thanks with the church family please send it to [care@metbiblechurch.ca](mailto:care@metbiblechurch.ca) and place "Family News" in the subject line. (Information will be published at the discretion of the METCare Team)

**Refugee Family Update:** We are excited to be able to share that our Refugee team has been working hard on the application to sponsor a second family to come to Canada. The application has been submitted and approved and has now been sent to the Canadian government. Please continue to pray for this process as we intentionally pursue supporting another Christian family.

**Missionary of the Week:** Pray for Mark and Ruth Anna Dana serving with First Nations Communities, that God would develop a team to help with outreach and for their role in training candidates towards church planting.

## **We are Hiring**

The Children's Ministry Assistant will provide exemplary administrative support to the Children's Ministry Director and Children's programs on a full-time basis. More details at [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

# Events [metbiblechurch.ca/events](http://metbiblechurch.ca/events)

## SEPT 22 • METYA & 25-35 Worship Night • 7PM • Chapel

This regional worship night is hosted by The Met and is for anyone aged 18-35. It will be an evening of musical worship, prayer, and fellowship.

## SEPT 22 • EQUIP MORNING • 9AM • Gym

This helps equip Bible teachers to handle God's Word with faithfulness and clarity. Rupert Bentley-Taylor will be teaching on the book of 2 Peter. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## SEPT 23 • MARRIAGE PREP COURSE • 11AM • Room 209

This 5 week course is based on the "Alpha Marriage Preparation Course" and is required for those who are being married at The Met or by a Met Pastor. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## SEPT 24 • GRIEF SHARE • 7PM • Fireside Room

This support group is for anyone who has lost a loved one and is looking for support as they journey through grief. This 10 week class uses video and group discussion to come alongside those coping with loss. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## SEPT 28-30 • METYOUTH RETREATS

**Jr High (Gr 6-8)** - Join us at Echo Lake and discover how God works, even when you can't see it. Lindsay Callaway will teach on the book of Ruth.

**Sr High (Gr 9-12)** - Join us at Circle Square Ranch and discover four different ways we need to "Awaken" in our Christian walk. Curtis Dyck from Bethel, Kingston will be the guest speaker. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## SEPT 30 • CHURCH-WIDE PRAYER • 6PM • 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 will be served after prayer.

## SEPT 30 • Newcomers' Reception • After both services • Fireside Room

If you are a newcomer to The Met, stop in to meet other newcomers and chat with Met leaders. Light refreshments will be served.

## OCT 12-14 • Revive! Women's Retreat • 6:30PM • Camp IAWAH

Move toward personal renewal by looking up to the one true God, looking in at your true self, and looking out at the world God asks us to love. Guest speaker: Kala Ann Thompson. Register at [metbiblechurch.ca/women](http://metbiblechurch.ca/women).

## FRIENDS FOR DINNER • Thanksgiving

Make a lasting difference here and overseas through the simple act of inviting an international student for dinner at Thanksgiving time. Sign up in the lobby today or visit [friendsfordinner.ca](http://friendsfordinner.ca)

*Register for these events and more at [metbiblechurch.ca/events](http://metbiblechurch.ca/events)*