

# Today at The Met

**Sermon:** Carried To The Table (I Thessalonians 5:16-18)

Greg Kopczyk, Youth Pastor

*Special Thanksgiving offering collected (use designated envelopes)*

**Songs:** Doxology, Forever, Here I am to worship, Every Promise Of Your Word, Come People Of The Risen King • Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.

## 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

Marriage Preparation Course • 11am • Room 209

## Next Week:

**Sermon:** Brought from death to life (Ephesians 2:1-10)

Jonathan Griffiths, Lead Pastor

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



### Sermon Notes

follow along with  
free YouVersion app



### WIFI

user: metguest  
pass: met@church

# 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 muffin at The Hub to say thank you for joining us. Fill in the Connect Card in the chair seatback and drop it in the offering plate for more information and to help us get to know you better. Connect with our discipleship Pastor, Adam Callaway to find out what the 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 filling out the card in the seatback in front of you or visit [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## Give

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



Instagram & Facebook:  
[@metbiblechurch](https://www.instagram.com/metbiblechurch)

2176 Prince of Wales Drive  
[info@metbiblechurch.ca](mailto:info@metbiblechurch.ca)  
[metbiblechurch.ca](http://metbiblechurch.ca)  
613-238-8182

Engage.  
Establish.  
Equip.



October 7, 2018

# Welcome to The Met!

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

Our mission at The Met is to glorify God by making disciples of Jesus Christ, through **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 newborns to children up to 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 newborns to children up to grade 6

## Weekly at The Met

**MONDAY** - Thanksgiving

**TUESDAY**

METYouth (Junior High and High School) • 6:30PM • 2nd floor  
Men's Bible Study Fellowship • 7PM • RM 265

**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  
GriefShare • 7PM • The Hub  
Christianity Explored • 7PM • Fireside RM

**THURSDAY**

METSeniors • 9:30AM • Gym  
Awana • 6:30PM • Gym  
METYoung Adults • 7PM • Chapel  
Men's Bible Study • 7PM • Lounge

**FRIDAY**

Christian Service Brigade (CSB) • 7PM • Gym

## Family News

Announcements of births, weddings, passings, anniversaries and salvations are welcome for this Family News section.  
Email [care@metbiblechurch.ca](mailto:care@metbiblechurch.ca)

**Special Thanksgiving Offering:** We are directing our Thanksgiving offering to two opportunities this season. First, to assist those affected by the tornadoes through Samaritan's Purse. It is expected that this operation will cost Samaritan's Purse around \$100,000. Second, we have an opportunity to support what God is doing in and through our expanded internship training program. Please consider partnering financially with us as we seek to equip the next generation of Gospel workers in Canada to engage people with the Gospel. These special offerings are over and above our regular giving. Please use the designated envelopes in your bulletin or indicate your preference clearly on any envelope. If no preference is designated we will split the donation.

**Missionary of the Week:** EDWARDS - Daniel Edwards is engaged in spreading the Gospel among the people of the Arab World. This is done primarily through partnership gatherings, discipleship conferences, leadership training, and online ministry in various countries in the Middle East and Africa. Pray for Daniel's upcoming travel and events taking place this fall, and for his family who remain home in his absence.

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

**OCT 11 • THE HAVEN - SINGLE MOMS' BIBLE STUDY • 6:30PM • THE Hub**  
This group meets twice monthly and provides a safe place for single moms to fellowship together and support each other while building their faith in Christ. Register at [metbiblechurch.ca/women](http://metbiblechurch.ca/women).

**OCT 13 • UNDERSTANDING ISLAM & REACHING MUSLIMS FOR CHRIST • 8:30AM - 4:30PM • Fireside Rm**  
Join us for a 1-day seminar hosted by Met Missionary, Amal Gendi, intended to help us learn how to reach Muslims with the Gospel. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

**OCT 14 • MET25-35 ENGAGING OTTAWA • 5PM • Chapel**  
Engaging Ottawa with the Gospel, will be an opportunity to connect with people, worship God, and hear a message from Pastor Adam from Acts 17. If you are attending with children, please let us know by emailing us at [met25-35@metbiblechurch.ca](mailto:met25-35@metbiblechurch.ca), so we can plan for this event.

**OCT 14 • AMAL GENDI MEET & GREET • 10:15-11 AM • Mission's Kiosk**  
Stop by the Mission's Kiosk on the 2nd floor to meet with Met Missionary Amal Gendi and find out more about work in the field.

**OCT 14 • COMMUNITY GROUP LAUNCH • 12:30PM • Gym**  
Hear from our Discipleship Pastor, Adam Callaway, as well as Pastor Jonathan Griffiths about the church's vision for community groups. Lunch will be provided along with a chance to sign-up to be a part of a group! Register at [metbiblechurch.ca/community](http://metbiblechurch.ca/community).

**OCT 14 & 21 • MEMBERSHIP COURSE • 11AM • Rm 211**  
Interested in becoming a member or learning more about what we believe? Register for this 2-part course at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

**OCT 21 • HYMNS OF FAITH • 6PM • Sanctuary**  
Featuring The Met Choir and Orchestra. The evening will include a great selection of timeless and favourite hymns, all done in a traditional yet enhanced format. It will be a great opportunity for hymn lovers of all ages to come together, enjoy, and sing out the classic hymns of our faith.

**OCT 25 • HARVEST FAIR • 6:30PM • Gym**  
This is a free, fun evening for all kids with their parents. There will be carnival games, bouncy castles, a feature presentation, prizes, and much more. You can be a part of reaching out to our unchurched neighbours by serving as a volunteer. Sign up at [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve)

**OCT 28 • Members' Meeting • 4PM • Sanctuary**  
We will be voting on the bylaws – quorum is required. Meeting notice, agenda and proposed amendments are posted on the bulletin boards in the Lobby and online at [metbiblechurch.ca/member](http://metbiblechurch.ca/member).

**NOV 11 • YOUTH AND ADULT BAPTISM CLASS • 11AM • Rm 211**  
Baptism is an important step of obedience after deciding to follow Jesus. Join us for these classes to prepare you to publicly declare your faith and show your love and commitment to Jesus. Next Baptism Service: Nov 25.