

Engage.
Establish.
Equip.



THE MET

December 2, 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**.



MET
KIDS

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

Today at The Met

Sermon: ADVENT 1 - Putting on the New Self (Ephesians 4:17-24)

Jonathan Griffiths, Lead Pastor

Songs: I Stand Amazed (How Marvelous) • He Who is Mighty • Jesus Messiah • Glorious Day (Living He Loved Me) • O Great God • *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

Next Week: Advent 2 - Love

New Sermon Series: Glory In The Highest

The Son Who Would Reign (Luke 1:26-38)

Jonathan Griffiths, Lead Pastor



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 have 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

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.

Give

We have many different ways for you to worship God through giving. Check out metbiblechurch.ca/give for more information.

Weekly at The Met

MONDAY

Men's Bible Study Fellowship • 7PM • RM 265
GriefShare • 7PM • Fireside RM
Drop-In Sports: Basketball • 7PM • GYM

TUESDAY

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

WEDNESDAY

Women Inviting Women: Christmas • 9:15AM • Gym
Women Inviting Women: Christmas • 7PM • Gym
Men's Bible Study and Community Group • 7PM • Lounge
Prayer Focus • 7PM • RM 211

THURSDAY

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

FRIDAY

Christian Service Brigade (CSB) • 7PM • Gym
Drop-In Sports: Floor Hockey • 9PM • GYM

Family News

Announcements of births, weddings, passings, anniversaries and salvations are welcome for this Family News section.

Email care@metbiblechurch.ca

Operation Christmas Child: Thank you to everyone who filled shoeboxes for children around the world. As a church family, we collected a total of 1,151 boxes! Please pray for the children who will receive these boxes that will put smiles on their faces and open hearts to hear the gospel message.

Missions Conference: Our Missions Conference total is \$38,841.30. Thank you for your generous giving!

Missionary of the Week: For over 25 years, Tom Kartzmark has served as Ottawa's Airport Chaplain, which he describes as "a prophet in the wilderness serving institutions as Christ's official Ambassador, being visible and available". Pray that God would continue to draw troubled hearts to encounter Himself through the Chaplain's presence.

Events

Register at metbiblechurch.ca/events

FRIENDS FOR DINNER - CHRISTMAS

There are hundreds of international students in our region who are eager to enjoy a Christmas meal in a home away from home. Sign up at the kiosk in the Lobby or go to friendsfordinner.ca. Register by Dec 11.

TODAY • 2019 DONATION ENVELOPES • LOBBY

Numbered donation envelopes for 2019 will be available for pick up today, Jan 6 and Jan 13 in the Lobby across from the Chapel.

DEC 6 • WHITEOUT: YOUNG ADULTS CHRISTMAS BANQUET • 7 PM • GYM
Young Adults (18-25 yrs) are invited to the annual formal YA Christmas banquet. Cost: \$15. Register by Dec 3 at metbiblechurch.ca/christmas.

DEC 8 & 9 • "THE KING IS HERE" - CHRISTMAS PRESENTATION • 6 PM • SANCTUARY
Join us for our annual Christmas musical presentation featuring a full choir and orchestra as well as a kid's choir. Invite your friends and family.

DEC 8 • INTERNATIONAL FELLOWSHIP CHRISTMAS SPECIAL • 5:30 PM • GYM
Everyone is welcome to join The Met International Fellowship as they celebrate the birth of Jesus by singing, proclaiming the Word, and partaking in an international potluck. Invite your friends and bring a dish to share. Register at metbiblechurch.ca/christmas.

DEC 10 • GriefShare - Surviving The Holidays • 7-9 PM • FIRESIDE RM
This is a 1-session video and discussion class for anyone who has lost a loved one and is looking for support as they journey through grief during the holiday season. Register at metbiblechurch.ca/christmas.

DEC 15 • METYOUTH HIGH SCHOOL CHRISTMAS PARTY • 6:45 PM • LOUNGE
METYouth High School will have a semi-formal Christmas Party. Join us for an evening of delicious food, games and friends!
Register at metbiblechurch.ca/christmas.

DEC 16 • MET 25-35 FAMILY FRIENDLY CHRISTMAS DINNER • 4:30 PM • GYM
Invite your friends and join us for a Christmas Dinner and activities. New clothing and toiletry donations will be accepted for Restoring Hope Ministries. For costs and registration visit metbiblechurch.ca/christmas.

DEC 18 • METYOUTH JUNIOR HIGH CHRISTMAS PARTY • 6:50 PM • GYM
JH students will spend time doing Faith in Action for some local ministries followed by Christmas-themed games, food and crafts.
Register at metbiblechurch.ca/christmas.

DEC 24 • "GLORY" - CHRISTMAS AT THE MET • SANCTUARY
Join us for our Christmas Eve services at 2, 4, and 6 pm in the Sanctuary. Children's Program available at 4 pm for newborns to 2 yrs old.
Free shuttle bus is available. Details at metbiblechurch.ca/christmas.

METKIDS VOLUNTEERS NEEDED - We are looking for 60 volunteers to serve on Sundays in various capacities including music leaders, check-in desk, small group leaders, large-group Bible teachers, and people to hold babies and play with toddlers. Every role is a vital part of this ministry of making disciples of Jesus Christ. Visit metbiblechurch.ca/serve to sign up or talk to one of the kids' ministry staff. We'd be glad to have you on the team!



The Gift

December 5th
9:15AM & 7PM

Women Inviting Women: Christmas

A fun event for all women!

Featuring

Arise School of Dance



THE KING IS HERE

MET CHOIR & ORCHESTRA PRESENTATION
with MET KIDS CHOIR

DEC 8 & DEC 9 • 6PM

Details at metbiblechurch.ca/Christmas

CHRISTMAS EVE AT THE MET

DEC 24 • 2PM • 4PM • 6PM



Instagram & Facebook:
@metbiblechurch

2176 Prince of Wales Drive
info@metbiblechurch.ca
metbiblechurch.ca
613-238-8182