

Engage.  
Establish.  
Equip.



THE MET

January 13, 2019

# Welcome

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**.

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## METKIDS Volunteers Needed

We are still in need of 36 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 an opportunity to be a part of the team that welcomes kids in Jesus' name and shares the love of God with them, making an eternal investment in precious lives. Sign up at [metbiblechurch.ca/serve](https://metbiblechurch.ca/serve).



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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

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# Today

## Sermon

Live Your Life Knowing It Will Have An End (Psalm 90)  
Guest Speaker: Francois Turcotte (SEMBEQ)

**Songs:** This Is Amazing Grace • How Great Thou Art • O Lord My Rock  
And My Redeemer • Christ Is Risen • O God Our Help In Ages Past •  
*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 • Rm 211-213  
Establish: The Unfolding Story of God - Biblical Theology • 9am • Fireside Rm  
Equip: The Families of God - Healthy Homes • 9am • Rm 205-209

**Newcomers' Reception** • 10:15am & 12:15pm • Fireside Rm  
**Numbered Envelope Distribution** • By the Chapel entrance

## Next Week:

Putting Off The Old Self (Ephesians 4:25-32)  
Jonathan Griffiths, Lead Pastor



**Sermon Notes**  
follow along with  
free YouVersion app



**WIFI**  
user: metguest  
pass: met@church

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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 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 at [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](https://metbiblechurch.ca/serve).

## Give

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

# This Week

## MONDAY

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

Drop-In Sports: Basketball • 7PM • GYM

## 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 • 7PM • LOUNGE

Prayer Focus • 7PM • RM 211

ALPHA • 7PM • FIRESIDE RM

## THURSDAY

Awana • 6:30PM • GYM

Men's Bible Study • 6:30PM • LOUNGE

METYoung Adults • 7PM • CHAPEL

## FRIDAY

Capitalize • 9AM • SANCTUARY

Christian Service Brigade (CSB) • 7PM • GYM

Drop-In Sports: Floor Hockey • 9PM • GYM

Capitalize: City Wide Celebration • 7PM • SANCTUARY

## SATURDAY

Capitalize • 9AM • Sanctuary

# Church Family News

Our prayers are with Nancy Tooke and family in the passing of Nancy's parents within days of each other over the Christmas week. The celebration of life for both of them was held yesterday in Niagara Falls.

Floyd Shepherdson passed into the Lord's presence on Monday, January 7, only 6 weeks after his wife Carol passed away. The celebration of Floyd's life will take place on Saturday, February 2 at 11 am in The Met Chapel.

**2019 Director Nominations:** Members and adherents may nominate men for both the Ministry and Property Corporations by Feb 28, 2019 via email at [nominations@metbiblechurch.ca](mailto:nominations@metbiblechurch.ca) or through the church office. Qualifications can be found at [metbiblechurch.ca/resources](http://metbiblechurch.ca/resources).

**Missionary of the Week:** Allan and Florrie McGuirl at Galcom International provide durable technical equipment for communicating the Gospel worldwide. Pray for a license for Christian radio in Quebec. Plans are also underway to install a station in Guinea Bissau.

# Events

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

## **JAN 13** • NEWCOMERS' RECEPTION • 10:15 AM & 12:15 PM • FIRESIDE RM

This opportunity is for newcomers within the last six months to find out more about The Met and connect. Light refreshments will be served.

## **JAN 20 & 27** • MEMBERSHIP CLASSES • 11 AM • RM 211/213

This 2-part class is open to anyone who is interested in learning more about who we are and most importantly, what we believe at The Met. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **JAN 22** • BIG GIVE VISION MEETING • 7 PM • FIRESIDE RM

The MET participates in this national movement of generosity. Come and share your ideas and be part of casting the vision for our June 1, 2019 MET BIG GIVE event. Email [biggive@metbiblechurch.ca](mailto:biggive@metbiblechurch.ca) for details.

## **JAN 27** • BAPTISM CLASS (YOUTH AND ADULTS) • 11 AM • RM 215

This class covers the essential biblical teaching on salvation and baptism and helps individuals prepare their testimony to be shared during their baptism. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **JAN 27** • PARENT/CHILD DEDICATION CLASSES • 11 AM • FIRESIDE RM

This 3-week class helps parents catch the vision of their calling to raise a godly generation. These classes are mandatory in order for children to be dedicated at The Met. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **JAN 27** • SHORT TERM TRIP INFO SESSION • 12:30 PM • FIRESIDE RM

Are you interested in participating in a Met 2019 short term missions trip? Come out to hear about our MET 2019 opportunities in Poland, Rapid Lake, & Guatemala. Questions? Email [swinn@metbiblechurch.ca](mailto:swinn@metbiblechurch.ca)

## **JAN 29** • RYLE SEMINARY: HISTORY OF CHRISTIANITY • 6:30-9:30PM • RM 215

This 11-week course provides a solid introduction to the formative years of Christian history in order to foster understanding and appreciation for this period of our faith's past, and its lasting contribution to the church thereafter. Register at [ryleseminary.ca](http://ryleseminary.ca).

## **FEB 1-3** • YOUNG ADULT RETREAT (17-26 YRS) • CIRCLE SQUARE RANCH

Whether you are an extrovert, or an introvert, whether you know anyone at The Met or are here by accident, this weekend is for you. Early bird rate of \$110 ends Jan 22. Registration closes Jan 28. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **FEB 10** • Members' Meeting • 4 PM • CHAPEL

Mark the date. The 2019 Budgets to be presented. Voting member proxy forms available at [metbiblechurch.ca/member](http://metbiblechurch.ca/member).

**WEATHER CANCELLATIONS** - Weekday morning programs will be cancelled if school buses do not run. Evening program cancellations will be assessed by 3pm. **Sunday Mornings:** A decision to cancel morning services will be made by 6:30 am. Cancellations will be communicated on our website ([metbiblechurch.ca](http://metbiblechurch.ca)), broadcasted on CHRI, CFRA, and a message will be available on The Met office greeting (613- 238-8182 x 260).

REGISTER AT CAPITALYZE.CA



JAN 18-19

CAPITALYZE *Conference*



# KIDNAPPED BY TERRORISTS

JANUARY 20 · 6PM  
IN THE CHAPEL

## CRISIS CARE 101 WORKSHOP

with  
Melanie Willard

• • •  
FEBRUARY 20  
7:00PM



Instagram & Facebook:  
[@metbiblechurch](#)

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