

Engage.
Establish.
Equip.



THE MET

May 5, 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**.



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

METKids Special Events • Summer Camps

Vacation Bible Camp • Jul 8-12

MetroHoops Basketball Camp • Jul 15-19

METKids Summer Camp • Jul 22-26

METKids Summer Camp • Jul 29-Aug 2

METKids Summer Camp • Aug 6-9

Registration is now open at metbiblechurch.ca/camps
Want to volunteer? Visit metbiblechurch.ca/serve

Today

An Invitation to Paradise

The Journey Complete (Luke 24:36-53)

Jonathan Griffiths, Lead Pastor

Songs: Come Thou Fount of Every Blessing • This is Amazing Grace • Yet Not I But Through Christ in Me • Be Unto Your Name • Amazing Grace (My Chains are Gone). *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

Classes:

Establish: The Unfolding Story of God - Biblical Theology • 9am • Fireside Rm

Equip: The Families of God • 9am • Rm 205-207

Marriage Preparation Class • 11am • Rm 209

MET25-35: Christianity in the Workplace • Panel • 5pm • Chapel

Next Week:

An Invitation to Paradise

For All We Received - Thankful (Psalm 139:13-16)

Greg Koczyk, Youth 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 baked treat 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 Pastor Adam Callaway, to find out what the next growth step in your faith could be at 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.

This Week

MONDAY

Men's Bible Study Fellowship • 6:55PM • 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 • FIRESIDE RM
Men's Study: Creation to Babel • 7PM • LOUNGE
Christianity Explored • 7PM • RM 205
Prayer Focus • 7PM • RM 211

THURSDAY

Seniors • 9:30AM • GYM
Awana • 6:30PM • GYM
Men's Study: Discipleship Explored • 6:30PM • LOUNGE
METYoung Adults • 7PM • CHAPEL

FRIDAY

CSB (Christian Service Brigade) • 7PM • GYM

Church Family News

Ottawa Area Flooding

Have you, or someone you know been affected by the recent flooding? We would love to help, please contact the church office at metcare@metbiblechurch.ca or call 613-238-8182.

Missionary of the Week

Harrison and Flo Airo, serving with Word of Life International are involved in outreach to Kenyan youth through camp ministry, Bible clubs in schools, short-term Bible school, Bible quizzing, sports tournaments, drama, and music. Pray that God will continue to meet their needs and expand their ministry.

We're Hiring:

Assistant Coaches • 4 students (16 years+) to assist with our METKids Summer Camps. We are also looking for 8 students (ages 13-15) to volunteer as Coaches In Training.

Visit metbiblechurch.ca/camps for information and to apply.

Custodial Team • Are you oriented to aspects related to facility and maintenance? We are looking for the right person to provide part-time custodial support. Apply at employment@metbiblechurch.ca.

Events

MAY 5 • MET25-35 CHRISTIANITY IN THE WORKPLACE • 5PM • CHAPEL

An opportunity for MET25-35's to hear from panelists who have had success in their walks with Christ and in their professional lives. This is a potluck event, bring a ready-made meal to share with the group. Children are welcome but no childcare will be provided.

MAY 11 • MET25-35 TULIP FESTIVAL PICNIC • 11AM

MET25-35's, bring your family and enjoy a stroll through the gardens at the Tulip Festival followed by a picnic lunch (bring your own). Meet at Commissioners Park, at the statue of "The Man with Two Hats".

MAY 12 • FIRST PLACE OPTIONS: OPERATION BABY BOTTLE

On Mother's Day, pick up a Baby Bottle in the Lobby. Fill it with money in support of First Place Options as they minister to those struggling with unplanned pregnancies. Return bottles on Father's Day, June 16.

MAY 24 & 25 • GRANDPARENTING MATTERS SEMINAR • CHAPEL

Join us and find inspiration, ideas and tools to help you realize your potential to grandparent in a meaningful way. Friday 6:45-9:15pm, Saturday 9am-12:30pm. Register at metbiblechurch.ca/events.

MAY 26 • MEMBERS' MEETING • 4PM • CHAPEL

Meeting notice, agenda, and director bios are posted on the bulletin boards and online at metbiblechurch.ca/member. Members will vote on directors and budgets. If you are not able to attend, please appoint a proxy to vote on your behalf. Proxy Forms are available online or in the church office (reception).

JUN 1 • THE BIG GIVE • 10AM-2PM (RAIN OR SHINE)

Invite your friends, family and neighbours for a fun day with bouncy castles, Little Ray's Reptiles and much more! We need many volunteers to help welcome our guests, sign up at metbiblechurch.ca/events.

JUN 21-23 • MET25-35 SUMMER RETREAT • FRONTIER TRAILS

A great opportunity for MET25-35's to get away for some time of fellowship, to sit under the teaching of God's Word, and to enjoy some wonderful food at Frontier Trails in Eaganville, ON. Our theme will be God's Kingdom Story. Register at metbiblechurch.ca/events.

JULY 8-12 • VACATION BIBLE CAMP • 9AM-12:30PM

VBC is right around the corner! Would you be free to help on any of the following volunteer teams: kitchen, registration, crafts, check-in, decorations, games or leading? If so, we need you! Please sign up at metbiblechurch.ca/serve.

JULY & AUGUST • METKIDS SUMMER CAMPS • 8:30AM-4PM

This year the METKids team is hosting 3 week-long summer camps for kids aged 5-12 (July 22-26, July 29-Aug 2, Aug 6-9). Visit metbiblechurch.ca/camps to register and for more information.



GRAND PARENTING MATTERS!

SEMINAR

MAY 24 - 25

\$40: PERSON
\$75: COUPLE

Please register at
metbiblechurch.ca/register



MAY 26 • 4pm

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RAIN OR SHINE!

THE MET

The Big GIVE 2019

FUN EVENT FOR ALL AGES!

JUNE 1ST

10AM - 2PM



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

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