



Dear Met church family,

We are greatly looking forward to this weekend's services and to the start of our sermon series in the life of Abraham. We would like to provide a little more insight into what you can expect if you are able to join us on site. This Sunday we are reintroducing two live services at 8:45 and 11:15. These service times enable us to make sure the facility is cleaned and disinfected for both services. The doors will be open twenty minutes before each service. Please [register here](#). For those unable to join us in person, the virtual service broadcast will be available beginning at 8:45.

Over the last two weeks we have been preparing a video to share with you to welcome you back, and to show you what it looks like to be at the church building on Sundays. Please [follow this link](#) to view the video, and please feel free to share the link with others who might be contemplating joining us for a service.

We will also be celebrating Communion on site this Sunday (using sanitary pre-packaged units of wafer and juice). We are acutely aware that a number will not be able to join us on site due to health concerns. Our elders have been giving very careful thought to this issue, and we wanted to take a moment to share some of the thinking that has undergirded our approach. Two main concerns have driven the prayerful deliberations of the elders: honouring the Lord through preserving the sanctity of the ordinance, and loving the church family well through ensuring that no one is left out due to health considerations. The Scriptures make it clear that the remembrance of the Lord's death is something that properly takes place when we "come together" (1 Corinthians 11:17) and that carries significant spiritual ramifications (1 Corinthians 11:29). For those reasons, we have not wanted to go the route of a "YouTube Communion" experienced purely online, without any physical gathering or effective spiritual oversight.

We are so thankful that we are able to gather and conduct Communion services once again – and we want to encourage all who are able to attend to make a priority of being with us. However, for those who cannot yet attend, we do wish to make provision for you. Rather than encourage you to simply partake in front of the TV and so have a diminished and unsatisfactory participation, we would prefer to offer you an in-home Communion during the week facilitated by one of our pastors, elders or deacons. You may know that we have long maintained the practice of offering in-home Communion for those who are shut-in for health reasons. We wish to extend that opportunity for all who need it at the present time. You can use the [Providing Care](#) link to request in-home Communion, or simply call the church office (613-238-8182). Depending on the number of requests we receive, it may take us some days to reach everyone, but we are committed to doing so. We want to express our love for one another in a tangible way through making these visits, and we trust that they will be a blessing and encouragement to many.

One further note: We are incredibly grateful to the Lord (and to you!) for the way in which we have been able to avoid division over the practicalities of church life during the pandemic. This season has presented us as an eldership with a fairly constant stream of difficult decisions and challenging circumstances to navigate, and we have felt the support of the church family throughout. As with everything during the pandemic, we are having to improvise and innovate when it comes to the Lord's Supper. We are thankful to you for bearing with us as we attempt this approach and evaluate it going forward. Thank you for partnering with us to "maintain the unity of the Spirit in the bond of peace" (Ephesians 4:3) during these challenging times.

We trust you will find this new season a time of rich spiritual growth and service of the Lord Jesus as we together seek to engage people with the gospel, establish believers in the gospel, and equip servants of the gospel.

With every blessing in Christ,

Jonathan Griffiths, Randy Jost and Chris Shadbolt