

Engage.
Establish.
Equip.



THE MET

February 2, 2020

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

FEB 23 • SUNDAY SCHOOL SOCIAL • 1PM • GYM

Come and enjoy a time of fun and fellowship with other Met Families. Bring your own lunch and we will provide drinks and dessert. Table Games will be available for parents and kids to organize a time of fun with each other.

MAR 17 & 18 • MARCH BREAK CARNIVAL • 8:30AM-5PM

Two fun-filled days for kids ages 5-12. There will be carnival activities, sports, group games, Lego, a faith-based skit, and more. Come and bring your friends! Register at metbiblechurch.ca/events.

2020 VBC & Summer Camps

Registrations for VBC and Summer Camps are now open! For more information: metbiblechurch.ca/kids.

Today

Treasuring Christ Together

Treasuring Christ at His Table (1 Cor. 11:17-34)

Jonathan Griffiths, Lead Pastor

Songs: O Worship the King, Is He Worthy, The Passion, Behold the Lamb. *Subscribe to our Spotify playlist "the Met - Sunday Worship Playlist" to listen to the songs we sing here at the Met.*

Classes

Establish: The Doctrines of God - Systematic Theology • 9AM • RM 205

Equip: The Families of God – Healthy Homes • 9AM • FIRESIDE RM

METYouth Superbowl • 6PM • THEATRE

Next Week:

Treasuring Christ Together

Treasuring Christ Through Devotion to One Another (Rom. 1:1-20)

Jonathan Griffiths, Lead Pastor



Sermon Notes

follow along with the 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 Dave Rennalls to find out what the next growth step in your faith could be at drenalls@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

Precept Bible Study • 7PM • RM 205
METMen's Bible Study Fellowship • 6:55PM • PRAYER RM
Drop-In Basketball • 7PM • GYM

TUESDAY

BRIDGES Meal Prep • 2PM • KITCHEN
METYouth (Junior High and High School) • 6:30PM • THEATRE
BRIDGES • 7PM • OFFSITE: PEACE TOWER CHURCH

WEDNESDAY

METWomen^{AM} • 9:25AM • GYM
METMen's Discipleship Group • 7PM • LOUNGE
Alpha • 7PM • FIRESIDE RM
Prayer Focus • 7PM • RM 211
METWomen^{PM} • 7PM • THEATRE
Discipleship Explored • 7PM • RM 238

THURSDAY

METSeniors • 9:30AM • GYM
Awana • 6:30PM • GYM
METYoung Adults • 7PM • CHAPEL

FRIDAY

METMoms Playgroup • 10AM • GYM
Fun & Faith Date Night Tour • 7:30PM • SANCTUARY
Christian Service Brigade (CSB) • 7PM • GYM
Drop-In Hockey • 9PM • GYM

SATURDAY

Awana Grand Prix • 9AM • GYM
South Asian Fellowship • 6:30PM • RM 205

Church Family News

Missionary Focus

Amanda serves in a country in Central Africa with over 70 unreached people groups, the majority of whom are Muslim. She mostly works in Christian education, equipping local Christian educators, while developing relationships with the community. Pray for Amanda as she returns to Africa after home assignment. Pray for her Arabic and French to come back easily and for wisdom to choose which training to undertake. Pray for meaningful evangelistic conversations.

Nominating Committees

The Nominating Committees have been struck for both corporations (Ministry and Property). For more information about the process: metbiblechurch.ca/member-resources.

Short-Term Missions Application Deadline • FEB 9

Partner with Met missionaries and ministry partners both locally and globally through trips to Rapid Lake (Quebec), Poland, and Guatemala. There are also opportunities to serve with Samaritan's Purse relief efforts and Met City Outreach. Applications due Feb 9. For more information: metbiblechurch.ca/stm2020.

Events

TODAY & FEB 9 • DONATIONS RECEIPTS

2019 charitable donation receipts will be distributed starting today and on Feb 9 in the lobby near the chapel. These receipts exclude PCO and CanadaHelps online donations; check your email for these receipts. Questions? Email Lorena at lseverson@metbiblechurch.ca or call the church office at 613-238-8182 (x221).

FEB 7 • METMOMS PLAYGROUP • 10AM • GYM

A monthly playgroup for Met moms with babies and preschoolers.

FEB 7 • THE DATENIGHT TOUR • 7:30PM • SANCTUARY

This is a great night to get out as a couple and laugh together. Tickets are available in the church office for \$15 each or online at funandfaith.ca for \$18 each.

FEB 9 • MEMBERS' MEETING • 4PM • CHAPEL

Check-in begins at 3:20pm. Arrive early and enjoy light refreshments before the meeting. The meeting notice, proxy forms, and 2020 budget documents are posted on the lobby bulletin boards and online at metbiblechurch.ca/member-resources. Members will be voting on the 2020 budgets. Quorum is required and all members are encouraged to vote (either in person or via a proxy). Questions? Email info@metbiblechurch.ca.

FEB 9 OR 11 • MARRIAGE SEMINARS • 9AM OR 7PM • FIRESIDE RM

Be strengthened and encouraged in your marriage. There are two options for this multi-week seminar, on Sunday mornings and Tuesday evenings. Register at metbiblechurch.ca/events.

FEB 14-15 • THE JOURNEY - METYOUTH LOCK-IN RETREAT • 6:30PM • GYM

This overnight retreat will be high energy and filled with meaningful reflection. Supper and breakfast will be provided. Doors open at 4pm, and the retreat ends Saturday at 10am. The cost is \$15. Register at metbiblechurch.ca/events.

FEB 16 • HUMAN SEXUALITY AND CHRISTIANITY • 7PM • CHAPEL

Hear from a panel of Met ministry staff on issues of human sexuality, LGBTQ+, and how to engage with these issues as a local church. This event is geared towards people ages 18-35 but is open to anyone.

MAR 7 • MET25-35 WINTER RETREAT • 9AM • GRACEFIELD RETREAT CENTRE

This will be a day of fellowship, teaching, and outdoor activities. Greg Koczyk will be speaking. The cost is \$40. Register at metbiblechurch.ca/events.

SHORT TERM
MISSIONS TRIPS

APPLICATION DEADLINE • FEBRUARY 9



Feb 9 • 4pm • Chapel

MET
KIDS

MARCH BREAK

CARNIVAL

MARCH 17 & 18 | 8:30-4:30
metbiblechurch.ca/registrations



Instagram & Facebook:
@metbiblechurch

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