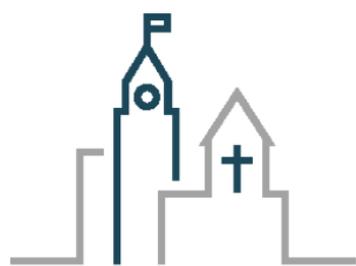


Engage.  
Establish.  
Equip.



THE MET

May 19, 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

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## 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](https://metbiblechurch.ca/camps)  
Want to volunteer? Visit [metbiblechurch.ca/serve](https://metbiblechurch.ca/serve)

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# Today

## New Sermon Series: Who is Like Our God?

The Eternal God (Ps. 90:2, Rev. 1:8, John 8:58)

Jonathan Griffiths, Lead Pastor

**Songs:** All The Earth, Living Hope, Before The Throne Of God Above, 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:

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

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

Parent / Child Dedication Class • 9am • Rm 209

Marriage Preparation Class • 11am • Rm 209

Missionary Update: Arvind & Karisa • 6pm • Gym

## Next Week:

### Who is Like Our God?

The Omnipotent God (Gen. 18:14, Ps. 24:8, Dan. 4:34f, Lk. 1:37)

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 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](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

Church Office will be closed

## 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

Adoption/Fostering Night • 7PM • CHAPEL

Christianity Explored • 7PM • RM 205

Prayer Focus • 7PM • RM 211

## THURSDAY

Seniors • 9:30AM • GYM

METYoung Adults • 7PM • CHAPEL

## FRIDAY

Grandparenting Matters! Seminar • 6:45PM • CHAPEL

Drop-In Sports: Floor Hockey • 7PM • GYM

## SATURDAY

Grandparenting Matters! Seminar • 9AM • CHAPEL

# Church Family News

## Samaritan's Purse Disaster Relief

We are thankful to once again partner with the Samaritan's Purse Disaster Relief Team as they minister to our neighbours affected by the recent flooding. We will be hosting the team as they assist homeowners with the cleanup of their damaged homes. If you would like to help prepare and serve meals for the team or assist in the cleanup efforts please visit [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve) or contact the church office at 613-238-8182 for more details. The team is in need of a few volunteers who are bilingual to assist with the relief efforts on the Quebec side.

## 2018 Audited Financial Statements

Statements for the Ministry and Property Boards will be presented at the Members meeting on May 26. They are also available online at [metbiblechurch.ca/give](http://metbiblechurch.ca/give). Paper copies of statements and can be obtained in the church office (reception).

## Missionary of the Week

Arvind and Karisa serve in South Asia, where Arvind is a Pastor and the Executive Director of a Theological School. They are focused on training and developing Indian Christian leaders. Please pray for a project their church is involved with to purchase a second property to build a larger church building and pastoral training centre. Pray for a new Saturday evening service they are starting in their church, to reach young professionals in the city. Pray for their son, who has been provisionally diagnosed with a speech disorder.

# Events

**MAY 22 • FOSTER/ADOPTION INFORMATION NIGHT • 7PM • CHAPEL**  
Presentations from CAS, SAFE Families, a panel of foster/adoptive parents. Displays and resources will be available. Please RSVP at [fosteradottawa@gmail.com](mailto:fosteradottawa@gmail.com).

**MAY 24 & 25 • GRANDPARENTING MATTERS SEMINAR • CHAPEL**  
Join us to 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](http://metbiblechurch.ca/events).

**MAY 24 & 25 • METYOUTH HIGH SCHOOL SPRING RETREAT**  
This will be a time to focus on four people from scripture who were used by God through our theme "You Can('t) Do It". Grade 12 students can attend the Grad Retreat on May 23 before the weekend begins. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

**MAY 26 • MEMBERS' MEETING • 4PM • CHAPEL**  
Check-in begins at 3:15pm, come early and enjoy light refreshments beforehand. Meeting notice, agenda, and director bios are posted on the bulletin boards and our member page. Members will vote on directors and budgets. If you are not able to attend the meeting, please appoint a proxy to vote on your behalf. Proxy Forms can be found on our member page at [metbiblechurch.ca/member](http://metbiblechurch.ca/member), paper copies can be obtained in the church office (reception).

**MAY 31-JUN 2 • METYOUTH JUNIOR HIGH SPRING RETREAT**  
If you are a Junior High student you will not want to miss our Spring Retreat where our theme will be "Face to Face with Jesus". Come learn more about Jesus, play some fun games and hang out together. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

**JUN 1 • THE BIG GIVE • 10AM-2PM (RAIN OR SHINE)**  
Invite your friends, family and neighbours to this opportunity to share the unconditional love of God through radical generosity with a fun event for all ages. The BIG GIVE will feature food, bouncy castles, Little Ray Reptiles and more as we strive to **ENGAGE** our community with the gospel in a meaningful and casual way. Help us make this a great event by volunteering, inviting a friend or coming as a family [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

**JUN 9 • BAPTISM CLASS • 11AM • FIRESIDE RM**  
If you are interested in being baptized at The Met, join us for our Baptism class. This will be an opportunity to take an in-depth look at what baptism is. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

**JUN 17-20 • TIMOTHY TRUST SUMMER SCHOOL • 9AM-4PM**  
This four-day training course in biblical exposition will be an opportunity to grow in the faithful handling of God's Word. It will include lectures, discussion, model sermons and practical workshops in which participants will deliver short expositions and receive feedback. Led by Pastors Jonathan Griffiths and Adam Callaway, this course is open to anyone who wishes to develop their Bible-teaching skills. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).



# GRAND PARENTING MATTERS!

SEMINAR

## MAY 24 - 25

\$40: PERSON  
\$75: COUPLE

Please register at  
[metbiblechurch.ca/register](http://metbiblechurch.ca/register)



MAY 26 • 4pm

69

THE MET

The Big  
**GIVE**  
2019

RAIN OR  
SHINE!

FUN EVENT  
FOR ALL AGES!

**JUNE 1ST**  
10AM - 2PM



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

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613-238-8182