

Engage.  
Establish.  
Equip.



**THE MET**

July 21, 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 up to 23 months

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## METKids Special Events • Summer Day Camps

**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)

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# Today

## Why and How to Defeat Our Fears

Daniel Gilman, RZIM

**Songs:** Joyful Joyful We Adore Thee, Christ Is Risen He Is Risen Indeed, Cornerstone, Tis So Sweet to Trust in Jesus (How Firm a Foundation), All My Ways Are Known To You *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

## Next Week:

### Who is Like Our God?

The Loving God

Jonathan Griffiths



**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

METKids Summer Camps • 8:30AM • GYM

## TUESDAY

METKids Summer Camps • 8:30AM • GYM

METYouth - Ice Cream Party • 6:30PM • GYM

## WEDNESDAY

METKids Summer Camps • 8:30AM • GYM

Prayer Focus • 7PM • RM 211

## THURSDAY

METKids Summer Camps • 8:30AM • GYM

METYoung Adults Bible at the Beach • 7PM • MOONEY'S BAY

## FRIDAY

METKids Summer Camps • 8:30AM • GYM

# Church Family News

## **We're Hiring: METTykes Coordinator**

For further details on this role, please visit our website at [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

## **Missionary Focus**

In preparation for church planting and discipling in France, Shane and Michelle Cooke have finished the first year of French language study. their children Liberty and Van have also been attending a local school and have done really well. Pray for the Cookes who will be moving in August from the north of France to the south of France, where they will join the WEC church planting team. They will also be renewing their paperwork to be able to stay in France. Please pray that this will go smoothly. Pray also for the children who will be saying goodbye to friends and looking for new meaningful friendships in the South.

## **Family News**

Our condolences to Linda Lim and family on the passing of her father Henry. Praise that he accepted the Lord just weeks ago.

# Events

## **JUL 28** • CHURCH WIDE PRAYER • 6PM • GYM

Please join us as we pray for our ministries, missionaries, and church family. A time of fellowship is held after the prayer time and light refreshments will be served.

## **AUGUST 8** • METSENIORS • 11:00AM

METSeniors will be enjoying a picnic lunch at Andrew Hayden Park. Bring your lunch and lawn chairs for a time of fellowship together. Please note that the event will be cancelled if it rains.

## **AUG 11** • BACKPACK COLLECTION • UPSTAIRS MISSIONS KIOSK

We will be collecting backpacks filled with supplies for neighbouring communities beginning on July 14. Pick up a list of supplies needed at the upstairs Missions Kiosk and return the backpacks by Aug 11th. Aug 14th is backpack distribution day which is a fun day of games, snacks, and ENGAGING with our Banff/Ledbury neighbours. For more information go to [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **AUGUST 18** • MET 25-35 EAT TOGETHER • 6:00PM

MET25-35s are holding a BBQ at Britannia Beach in response to the #EatTogetherOttawa campaign ([www.eattogetherottawa.ca](http://www.eattogetherottawa.ca)). The event is pay what you can but let's be generous as all proceeds will be donated to the Ottawa Food Bank. Please register at [metbiblechurch.ca/registrations](http://metbiblechurch.ca/registrations) by August 14.

## **SEPT 19** • AWANA

Early registration is now open to children of current Awana volunteers and Met families. General registration will be open on August 4. Please register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events) as early as possible to guarantee a spot for your children.

## **CHILDREN'S MINISTRY SUNDAY SUMMER VOLUNTEERS**

The Sunday Children's Summer Program is in need of volunteers who are 16 years of age and older to invest in the lives of young children throughout the summer. If you are able to serve even one Sunday please sign up at [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## **MET YOUTH SUMMER ACTIVITIES**

MET Youth will be hosting some awesome summer activities. If you are between grades 6 and 12, join us on Tuesday nights! July 23: Ice Cream Party, July 30: Nerf Night, August 6: Escape Room Night at The Met. For more information, email Caleb at [cbonney@metbiblechurch.ca](mailto:cbonney@metbiblechurch.ca).

## **MISSIONS VOLUNTEERS**

Do you have an interest in Missions, whether locally or globally? We have a variety of volunteer needs in order to help support The Met's Missions Ministry and our Missionaries around the world. For more information or to find your fit, email [missions@metbiblechurch.ca](mailto:missions@metbiblechurch.ca).



CHURCH - WIDE  
**PRAYER**  
SUNDAY JULY 28 // 6PM



**MET KIDS**  
*Summer Camps*  
JULY 22 - 26 | JULY 29 - AUG 2 | AUG 6 - 9

COST: \$180 - EARLY BIRD: \$170 (BEFORE MAY 1ST) | PLEASE REGISTER ONLINE



 **operation  
backPack**

Fill a backpack, and drop it off at the upstairs missions kiosk by **August 11th**  
*Distribution on August 14th*



Instagram & Facebook:  
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