

Engage.  
Establish.  
Equip.



THE MET

September 15, 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**.



MET  
**KIDS**

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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# Today

## So Great A Salvation

Leading Many To Glory (Hebrews 2:5-3:3)  
Jonathan Griffiths, Lead Pastor

**Songs:** This Is Amazing Grace, Crown Him (Majesty), I Exalt Thee, He Who Is Mighty, How Deep The Father's Love For Us *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

## Classes:

Engage: The Word of God – What is the Bible? (Rm 211-213)  
Establish: The Doctrines of God – Systematic Theology (Rm 205-209)  
Equip: The Families of God – Healthy Homes (Fireside Rm)

Parent Orientation • 9-9:20AM • CHAPEL  
Baptism Class • 11AM • FIRESIDE RM

## Next Week:

### So Great A Salvation

Holding Firm To The End (Hebrews 3:4-4:1)  
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](http://metbiblechurch.ca/serve).

## Give

We have many different ways for you to worship God through giving. Check out [metbiblechurch.ca/give](http://metbiblechurch.ca/give) for more information.

# This Week

## MONDAY

Men's Bible Study Fellowship • 6:55PM • PRAYER ROOM  
Drop-In Basketball • 7PM • GYM

## TUESDAY

METYouth (Junior High and High School) • 6:30PM • THEATRE

## WEDNESDAY

METWomen<sup>AM</sup> • 9:15AM • GYM  
METWomen<sup>PM</sup> • 7PM • THEATRE  
METMen Discipleship Groups • 7PM • LOUNGE  
Prayer Focus • 7PM • RM 211

## THURSDAY

METSeniors • 9:30AM • GYM  
AWANA • 6:30PM • GYM  
METMen Discipleship Group • 6:55PM • LOUNGE  
The Haven • 6:30PM • HUB  
METYoung Adults • 7PM • CHAPEL

## FRIDAY

Christian Service Brigade (CSB) • 7PM • GYM  
Drop-In Floor Hockey • 9PM • GYM

## SATURDAY

METMen's Breakfast • 8AM • GYM  
Chinese Fellowship • 5:30PM • FIRESIDE ROOM  
South Asian Fellowship • 5:30PM • CAFE

# Church Family News & Events

## Special Offering

The Met is partnering with Samaritan's Purse to support relief and gospel work in the Bahamas after the devastating hurricane Dorian. A special offering over, above regular giving, will be taken today. Please use the special envelopes provided or give online with a note indicating "Samaritans Purse".

## Missionary Focus

Through Love-N-Care Ministries, Allan and Charlene Hiller reach out to new immigrants to Canada by providing for basic needs. Pray for the Hillers as they navigate the best way forward for charitable status. Pray for Solomon, a co-worker, as he ministers to new asylum seekers and refugees from Eritrea. Pray as they look to add another co-worker.

## METCHOIR AND ORCHESTRA • WEDNESDAYS 6PM & 7PM • SANCTUARY

Choir and Orchestra is starting again! If you are over 16 and musical, we would love to have you. Orchestra will begin at 6pm and Choir at 7pm.

## SEPT 19 • AWANA • 6:30PM • GYM

AWANA starts this Thursday. We still have some spots remaining for general registration and some short wait lists. If you are interested in volunteering, we also would love to have you join the team! Please register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events) for easy check in.

# Events

## **SEPT 21 • MEN'S BREAKFAST • 8AM • GYM**

This is an opportunity to engage with other men, hear from speaker James Ellingson (a former CFL player and Grey Cup Winner), and enjoy a hot breakfast. Bring your son for a morning out. Be a part of what God is doing in the hearts of men at the Met. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events). Suggested donation of \$10.

## **SEPT 22 • PRE-MARRIAGE PREPARATION COURSE • 11AM • RM 205**

This 6-week class is for couples who wish to prepare for marriage at the Met or wish to be married by a Met Pastor. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **SEPT 29 • MEET & GREET • 10:15AM & 12:15PM • FIRESIDE ROOM**

If you are new to The Met and looking for ways to make connections with others in our church community, we invite you to join us for our relational and informational Meet & Greet – where we can get to know each other in an informal, relaxed setting. We'd love to get to know you!

## **SEPT 29 & OCT. 6 • MEMBERSHIP CLASS • 11 AM • ROOM 211**

This 2-part class is open to anyone who is interested in learning more about who we are and what we believe at The Met. Take this opportunity to learn about how you can become an intentional part of all that God is doing in our community. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **SEPT 30 • GRIEF SHARE • 6:30PM • FIRESIDE ROOM**

This support group is for anyone who has lost a loved one and is looking for support as they journey through grief. This 10-week class uses video and group discussion to come alongside those coping with loss. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## **OCT 4 • METWOMEN PLAYGROUP • 9:30AM • GYM**

This monthly gathering, on the first Friday of every month, is an opportunity for women who are regular Met attendees and have small children at home to connect with one another and be mentored by older Met women. For more information: [metwomen@metbiblechurch.ca](mailto:metwomen@metbiblechurch.ca).

## **OCT 5 • METWOMEN'S HIKE • 9AM • GATINEAU PARK P13**

Women and girls of all ages are invited to a fall hike in Gatineau Park. Meet at 8 am at the Met to carpool OR at 9 am at P13; the Wolf Trail. Through this hike, connect with other women in the church and enjoy the great outdoors. For more information: [metwomen@metbiblechurch.ca](mailto:metwomen@metbiblechurch.ca).

## **OCT 5 • ESTATE PLANNING SEMINAR • 9AM**

This is a free planning seminar from Capital Memorial Gardens and Funeral Services. For more information: [info@metbiblechurch.ca](mailto:info@metbiblechurch.ca).

## **OCT 9 • ALPHA • 7 PM • FIRESIDE RM**

Alpha is a 10-week course that provides an introduction to the Christian faith through engaging video presentations and conversation around tables. Refreshments served. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

YOUTH AND ADULT  
**BAPTISM**  
classes

SEPT 15 • 11am

[metbiblechurch.ca/registrations](https://metbiblechurch.ca/registrations)

Celebrate what Christ has done in your life



*Meet & Greet*

**NEW TO THE MET? JOIN US!**

**SEPTEMBER 29**

FIRESIDE ROOM • 10:15 & 12:15

THE  
**DISCIPLE-MAKING PARENT**  
CONFERENCE

Raising your children to love and follow Jesus Christ  
October 19 | Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events)



Instagram & Facebook:  
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