

A blurred background image of a lecture hall with students sitting in rows of seats, viewed from behind. A dark blue diagonal overlay covers the right side of the image.

**FALL**  
2019





# LETTER FROM THE PASTOR



*Dear friends,*

We are delighted to share with you this overview of our Met ministries for the Fall of 2019. As you can see, there is a wonderful variety of opportunities to enjoy digging deeper into the Word of God together here. As you will know if you are a regular part of our church family, our mission here at the Met is to glorify God by making disciples of Jesus Christ, together *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. Through each of the ministries outlined in this guide, we seek very deliberately to be "on mission", making disciples to the glory of God. We trust and pray that in the weeks ahead, you will be encouraged to grow as a disciple of the Lord Jesus as you take part in this rich variety of programs and events.

We count it a privilege to serve you and to partner with you in ministry. Thank you for being a part of our church family.

Warmly, in the Saviour's name,

Jonathan

# WHO WE ARE



At The Met, we desire to be **BIBLICALLY FAITHFUL**, preaching and teaching the truth of God's Word to change lives. We purpose to be **MISSIONS- MINDED**, bringing the good news of Jesus Christ to our city, country and world. We endeavor to be **REGIONALLY INVOLVED**, supporting the larger work of Christ in the capital region of Ottawa. We are committed to being **PEOPLE-DEVELOPING**, discipling believers to serve Christ at The Met and beyond. We long to be **RELATIONALLY STRONG**, nurturing Biblical friendships that allow people to walk through life alongside one another.





# OUR MISSION

OUR MISSION is to glorify God by making disciples of Jesus Christ, together **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.

# SUNDAY AT THE MET

## SERVICES AT 9AM AND 11AM

Sundays here at the Met consist of two services that happen at 9am and 11am. During this time, we will worship through a time of music and preaching.

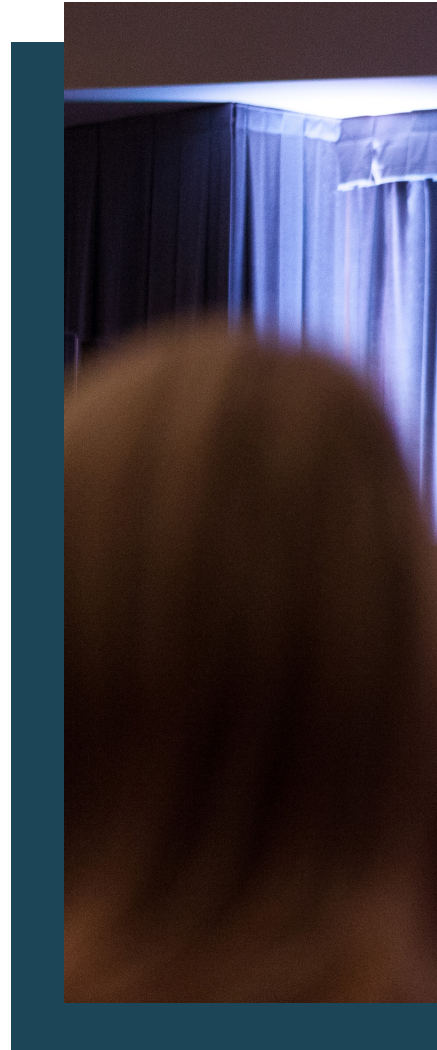
***WE ARE SO PLEASED TO OFFER SUNDAY SCHOOL AT BOTH SERVICES FOR CHILDREN AGED 0-12 YEARS OLD.***

## ADULT SUNDAY SCHOOL CLASSES ONLY AT 9AM

***ENGAGE*** - The Word of God | What is the Bible?

***ESTABLISH*** - The Doctrine of God | Systematic Theology

***EQUIP*** - The Families of God | Healthy Homes







# NEW TO THE MET?



## LOOKING TO CONNECT?

Are you new? Visit us at The Hub after the service to connect and enjoy some refreshments and receive a welcome gift! Looking for more information? Please visit our website at [METBIBLECHURCH.CA](http://METBIBLECHURCH.CA) or call our office at 613-238-8182 and we would be happy to help you with any questions you may have.

Did you know the Met is on social media? Find us on Instagram and Facebook at [@METBIBLECHURCH](https://www.instagram.com/METBIBLECHURCH)





## MEET & GREET | AFTER THE 1ST & 2ND SERVICE

If you are new and looking for ways to make connections with others in our church community, we invite you to come out to one of our Meet & Greet events. We can get to know each other in an informal, relaxed setting. You'll learn more about what we believe and where you can ask any questions you might have. Please join us for this opportunity to meet you and your chance to get to know us.

**SEPTEMBER 29 AND NOVEMBER 10**

# A TYPICAL WEEK AT THE MET



**SUNDAY**

**SUNDAY SERVICES 9AM AND 11AM**

**CHURCH WIDE PRAYER** (LAST SUNDAY OF EVERY MONTH)

**SUNDAY SCHOOL AT 9AM AND 11AM**

**MONDAY**

**DROP-IN BASKETBALL**

**METMEN AT 6:55PM**

**TUESDAY**

**METYOUTH AT 7PM (JR. HIGH AND SENIOR  
HIGH)**

**WEDNESDAY**

**METWOMEN AT 9AM (CHILDCARE PROVIDED) OR  
AT 7PM (CHILDCARE NOT PROVIDED)**

**MET CHOIR AT 7PM**

**METMEN AT 7PM**

**THURSDAY**

**SENIORS AT 9:30AM**

**AWANA AT 6:30PM AND MET YOUNG ADULTS  
AT 7PM**

**FRIDAY**

**CHRISTIAN SERVICE BRIGADE AT 6:30PM**

**DROP-IN FLOOR HOCKEY**

# SERVE

**HOW CAN YOU SERVE HERE AT THE MET?** At The Met we believe that every Christian should be involved in serving in the local church. Jesus lived and modelled a life of service for us and has called us to follow Him. We also seek to identify and understand how every Christian's spiritual gifts can be used for God's glory and for the building up of the body of Christ. There are many ways you can use your gifts to serve here at The Met fill out the form below to get started.

**[METBIBLECHURCH.CA/SERVE](https://metbiblechurch.ca/serve)**



**EACH OF YOU SHOULD USE WHATEVER GIFT YOU HAVE RECEIVED  
TO SERVE OTHERS, AS FAITHFUL STEWARDS OF GOD'S GRACE IN  
ITS VARIOUS FORMS - 1 PETER 4:10**

# MINISTRY DIRECTORY

**METWOMEN**

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**COMMUNITY GROUPS**

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**METCREATIVE**

**TIMOTHY TRUST**

**INTERNSHIP**

**CHRISTMAS**



# METWOMEN

JESSICA DYCK, *Director of Women's Ministries*

[jdyck@metbiblechurch.ca](mailto:jdyck@metbiblechurch.ca)

## WEEKLY METWOMEN | SEPTEMBER 11 - DECEMBER 4

10AM - GYM (*CHILDCARE PROVIDED*)

7PM - THEATRE

Women of all ages and stages come together at The Met on Wednesdays to understand more about Jesus and how to grow in relationship with Him. We thoughtfully study the Bible, pray for one another and share life each week. Our morning gathering has a kid's program for newborns to Senior Kindergarten, and our evening group offers renewal and encouragement after a busy day. There is also an online women's Bible study option that runs several times throughout the year.

## THE HAVEN SINGLE MOM'S BIBLE STUDY | SEPTEMBER 19 - DECEMBER 12

A bi-weekly Bible Study for single moms. Come and connect with other women parenting solo and see how God can be your haven in difficult circumstances. No childcare is provided but the study runs concurrently with AWANA (requires separate registration).

## WOMEN'S FALL HIKE | OCTOBER 5

An off-site event for Met women of all different ages to connect with one another in a casual setting, while enjoying the beauty of God's creation.



# METWOMEN CONTINUED

## MOM'S INITIATIVE | OCTOBER 4 - MAY 2020 | FIRST FRIDAY OF EVERY MONTH

This monthly gathering is an opportunity for women who are regular Met attendees with small children at home, to connect with one another and be mentored by older Met women.



# METMEN

RON RUDD, *Men and Family Pastor*

[rrudd@metbiblechurch.ca](mailto:rrudd@metbiblechurch.ca)

## **DISCIPLESHIP STUDY | SEPTEMBER 11 | WEDNESDAYS & THURSDAYS**

We look forward to spending time together each week in a community of fellowship, praying together and studying God's Word, to better know, trust and follow Jesus in our daily walk. We will consider Jesus, in the book of Hebrews and why He is better than anything else.

## **MEN'S BREAKFAST | SEPTEMBER 21**

A gathering of all our men aged 18 to 98 to kick-off the new year with a challenge to walk in a manner worthy. Men's Breakfast 8am to 10am. Special guest speaker James Ellingson.

## **BIBLE STUDY FELLOWSHIP | SEPTEMBER 9**

When we study and apply Scripture, we find ourselves in accord with God. The mission of Bible Study Fellowship is global, in-depth Bible classes, producing passionate commitment to Christ, His Word and His Church. This year we will study the book of Acts.

# COMMUNITY GROUPS

CALEB BONNEY, *Ministry Assistant*  
[cbonney@metbiblechurch.ca](mailto:cbonney@metbiblechurch.ca)

If you're interested in joining a group, contact Caleb Bonney. He would love to help in getting you connected. There are opportunities to join an existing group, or to start a new one. Groups will be going through Hebrews in the Fall as Pastor Jonathan preaches through this book.



# METKIDS

LOIS SHEPHERD, *Director of Children's Ministries*

lshepherd@metbiblechurch.ca

## **BEGINS SEPTEMBER 8 AT 9AM AND 11AM FOR NEWBORN TO GRADE 6**

A time for kids to join other kids as they have fun and make friendships while they learn the good news about Jesus Christ. Through songs, stories, teaching and discussion.

## **AWANA | 6:30PM | SEPTEMBER 19 - MAY 7**

AWANA is METKids Club for children between ages 2 and Grade 6. The word *Awana* is an acronym and comes from the Bible verse: 'Approved Workmen Are Not Ashamed' (2 Timothy 2:15). Awana is a discipleship-focused, gospel-centered, mid-week club for boys and girls.

## **CSB | 6:30PM | SEPTEMBER 13 - MAY 8**

Christian Service Brigade (CSB) is a METKids Club for boys between SK and Grade 12. CSB seeks to develop boys who grow as Jesus did in Luke 2:52: mentally, physically, spiritually and socially.

## **HARVEST FAIR | 6:30 - 8PM | OCTOBER 31**

This is a FREE, fun evening for all kids, with their parents! There will be carnival games, bouncy castles, a special feature presentation, prizes and much more. Come and have a fun evening with your kids and meet other families in the community. Invite your friends and neighbors!



# METKIDS CONTINUED

## **CHILDREN'S BAPTISM CLASS | 11AM | OCTOBER 27 & NOVEMBER 3**

If a child has accepted Christ as their personal Saviour, they may want to take this next important step in their spiritual journey, with the affirmation from their parents.

## **JELLY BEANS | 10AM | SEPTEMBER - JUNE 2020**

A Tuesday morning playgroup for Moms and their children 4 and under. Invite your neighbors and friends for an opportunity to develop friendships and share God's love.

## **SUNDAY SCHOOL SOCIAL | 12:45PM | SEPTEMBER 29, NOVEMBER 17**

A time for families to spend time in fellowship together in a casual setting. Each family brings their own lunch, we provide drinks and dessert. Some fun activities for kids.

**REGISTER AT [METBIBLECHURCH.CA](http://METBIBLECHURCH.CA)**

# METYOUTH

GREG KOPCZYK, *Youth Pastor*  
gkopczyk@metbiblechurch.ca

**WEEKLY - TUESDAYS | STARTING SEPTEMBER 3, 6:30 - 9PM**

MetYouth brings teens together throughout the year to explore important questions of life teens think through, to build their trust in God and to create space for establishing meaningful relationships with peers and mentors.



# METYOUTH CONTINUED

## **METYOUTH RETREAT | SEPTEMBER 27 - 29 (JH & SH)**

An opportunity for the youth at The Met to grow in their relationship with God and friends during a weekend away.

## **CHRISTIAN UNIVERSITY AND COLLEGE FAIR | OCTOBER 22**

Christian University and College Fair will bring about 40 Christian higher education schools to The Met for an evening focused on providing information and opportunities to students interested in pursuing post-secondary education in a Christ-centered setting.

## **QUIZZING | SEPTEMBER 8**

The quizzing year is divided into four semesters and each semester culminates with a quizzing tournament. The quizzing tournament enables quizzers to make new friends from other churches and to compete with quizzers from other churches in the Eastern Canadian District.

**REGISTER AT [METBIBLECHURCH.CA](https://www.metbiblechurch.ca)**

# MET YOUNG ADULTS

ADAM CALLAWAY, YA and Met 25-35 Pastor

[acallaway@metbiblechurch.ca](mailto:acallaway@metbiblechurch.ca)

## WEEKLY ON THURSDAY NIGHTS STARTING SEPTEMBER 12

We have shuttles coming from UOTTAWA, CARLETON and ALGONQUIN. Check our website for details. This is a time for young adults to fellowship and dig deeper into God's word through weekly preaching and small groups.

## YA KICKOFF | SEPTEMBER 12

MET YA is all about providing an opportunity for adults ages 18-25 to encounter the love of Christ through engaging music, community, Bible study and outreach. MET YA is designed to serve the young adult community by connecting college and university students, as well as young career professionals, in a place where tough questions can be asked and explored.

## YA FALL RETREAT | NOVEMBER 15

An opportunity to get away with other Young Adults for a time of rich study in God's Word, great food, fun and games. We have a great guest speaker lined up! Come and spend time with friends at Circle Square Ranch in Ardon, Ontario.

## YA FALL OVERNIGHT RETREAT | OCTOBER 11

A weekend overnight (Friday-Saturday) with tons of fun and food, studying through the Question: *What is a Christian Hedonist and should I be one?*

# MET25-35

ADAM CALLAWAY, YA and Met 25-35 Pastor

[acallaway@metbiblechurch.ca](mailto:acallaway@metbiblechurch.ca)

Whether you are single, married with no children or married with children, if you are between 25-35 come out to one of our events and engage with more people from The Met in the same life stage. You can check the Met website for upcoming events.

## ENGAGING PEOPLE WITH THE GOSPEL

An event for 25-35 to focus on the discipline and idea of evangelism in our city, relationships and lives. People who come will have the opportunity to grow in their convictions, understanding and tools for evangelism.



# METFAMILIES

RON RUDD, *Men and Family Pastor*

[rdudd@metbiblechurch.ca](mailto:rdudd@metbiblechurch.ca)

## **DISCIPLE-MAKING PARENT | OCTOBER 19**

A seminar for every parent to attend that loves their children. Our children will either live forever with Jesus or apart from him. In today's hostile culture, you must have a strategy and the Disciple-Making Parent seminar will give you confidence in your parenting journey. Register online under events on the Met website.

## **SPECIAL PARENTING CLASS | OCTOBER 20**

Chap Bettis joins us for this one-off special Sunday school class, geared to all parents. How do we deal with anger in the home and why is this so important? Join us Sunday morning at 11:00 in the Theatre.

## **PARENT/CHILD DEDICATION CLASS | OCTOBER 27**

This is a three-week class in preparing parents for dedicating their children to the Lord. Register online under events on the Met website.

## **HEALTHY HOMES - EQUIPPING THE FAMILY | SEPTEMBER 8**

A class that meets weekly in the Fireside Room at 9AM to strengthen the Christian home.

**REGISTER AT [METBIBLECHURCH.CA](http://METBIBLECHURCH.CA)**

# METMISSIONS

CHRIS SHADBOLT, *Executive Director of Operations*  
cshadbolt@metbiblechurch.ca

The Met supports over 50 missionaries all over the world. We are a church that is mission-minded and believe we need to go out into the world to share the good news of Christ.

## MISSION CONFERENCE | NOVEMBER 7 - 10

Celebrate Missions is an annual event that seeks to inspire, encourage and enlighten our congregation regarding missions. Several Met missionaries are invited from both around the world and right here in our city, to share more about their ministries and missions involvement at a variety of different events. This year, **CELEBRATE MISSIONS 2019** will feature an international dinner, missions workshops and on Saturday, exciting sessions designed to engage the Met family in missions.

# CULTURAL MINISTRIES

SIMON MAO, *Cultural Ministries Coordinator*

[smao@metbiblechurch.ca](mailto:smao@metbiblechurch.ca)

## **SOUTH ASIAN GROUP | SEPTEMBER 7**

The Met partners with South Asian Christian Fellowship of Ottawa (SACFOttawa) to engage Ottawa's South Asian community with the gospel, establish them in the gospel, and equip them to serve their communities. Our weekly meetings are open to everyone, and we meet every Saturday from September to June from 6:30 - 9:00 pm at the Met. Our weekly programs contain praise and worship, Bible study, prayer in Tamil and English, and are followed by fellowship.

## **CHINESE GROUP | SEPTEMBER 21**

Chinese fellowship provides friendship, sharing, networking and caring opportunities to the Chinese congregation at the Met who prefers to communicate in Chinese languages. We meet on the third Saturday monthly, 5:30-8:30pm, from September to June. We gather at the Met for Bible study, worship and potluck.



# CULTURAL MINISTRIES CONTINUED

## SPANISH GROUP | SEPTEMBER 14

The Met Spanish Fellowship is an all Spanish-speaking group focused on Bible study, prayer and fellowship. This is partnered with Spanish Bible teaching for children which runs during each meeting.

**JOIN US EVERY SECOND SUNDAY FROM 12:30-3:30PM**

*El grupo Hispano de la Met se enfoca en estudiar la Biblia, la oración y convivencia en español. Durante cada reunión también se lleva a cabo la enseñanza bíblica para niños. NOS REUNIMOS LOS DOMINGOS, CADA DOS SEMANAS DE 12:30 - 3:30PM*

## FILIPINO GROUP | SEPTEMBER 8

We invite anyone who needs a safe family atmosphere and friendly fellowship. We meet at the church after the second service, every Sunday from 12:30-3:00 pm. We have potluck lunch before the Bible study and sharing. The Bible study is conducted in English.

# METCARE

RANDY JOST, *Associate Pastor*

metcare@metbiblechurch.ca

## MOST

If you need help with handiwork, moving or yard work, we have a team of people who regularly use their skills to help support people with home maintenance projects.

## COUNSELING

The Met desires to walk through difficult seasons of life with people as they encounter various types of struggles (family, marital, personal, etc). Pastoral counseling is available from our pastoral staff. The Met will also provide referrals to professional counselors upon assessment.

## GRIEF

In the event of the passing of a loved one, the Met can assist with funeral arrangements, pastoral care and grief support. The Met also holds *Grief Share* classes.

*GRIEF SHARE is a 10-week course that provides help for people who are grieving the loss of a loved one, either recently or some time ago. It provides instruction, testimonials and table discussion around this often difficult topic.*

# METCARE CONTINUED

## **FINANCIAL SUPPORT**

The Met provides a number of financial support resources. Experienced financial advisors are available to confidentially discuss your personal financial concerns. Short-term or emergency financial assistance is also available to those who are in need. Periodically, the Met also provides a money management course.

## **PRAYER**

At the Met we are passionate about prayer. We have a prayer team that regularly prays for needs in our community. Our Deacons are also available for prayer and anointing.

## **VISITATION**

The Met Deacons care for those who are in hospital as well as those who have just come out of the hospital. They also spend time visiting those who are 'shut-in' or confined to their home environment. Deacons are also available to provide communion to those who are 'shut-in'.

# METCARE CONTINUED

## **BAPTISM CLASSES | SEPTEMBER 29, NOVEMBER 17**

At various times throughout the year we offer a baptism class, providing an in-depth look at what baptism is. Once you have completed the class, you may choose to declare your faith through baptism during one of our scheduled Sunday evening Baptism services.

## **CHURCH WIDE PRAYER | LAST SUNDAY OF EVERY MONTH**

Please make it a priority to join together as a church family and pray for our city, our country and our world. We will take time pray for our ministries, our missionaries and our church family. We will occasionally have guests come to share about various initiatives and ministries outside The Met. Prayer time is followed by a time of fellowship with light refreshments served.

## **WEEKLY PRAYER | 7PM | WEDNESDAYS**

This weekly gathering is led by Harold Browne, a Met Deacon who leads the group in a time of devotion and prayer every Wednesday evening at 7PM. He also produces a weekly Prayer Bulletin that is used for this meeting as well as made available to other small groups in the church.

# METCARE CONTINUED

## **MEMBERSHIP CLASSES**

This membership class is open to anyone who is interested in learning more about who we are and, most importantly, what we believe at the Metropolitan Bible Church. We will provide an overview of the Ministry Corporation, our Statement of Faith, bylaws as well as describe our leadership and organizational structure.

## **ALPHA**

Alpha is a 10-week course that provides an introduction to the Christian faith through engaging video presentation and conversations around tables. Refreshments served.

## **PRE-MARRIAGE COURSE**

This six-week course is held in the fall and spring for those who are preparing for marriage. The course is based on the "Alpha Marriage Preparation Course" and is required for those who are being married at the Met or by a Met Pastor.

# METSENIORS

RANDY JOST, *Associate Pastor*

[metcare@metbiblechurch.ca](mailto:metcare@metbiblechurch.ca)

## METSENIORS | 9:30AM | THURSDAYS

METSeniors meet every week in the Gym to sing hymns, hear from great speakers, as well as connect with one another. In a season of life that can at times be lonely, METSeniors is a great opportunity to come together with one another for intentional community.



# METCREATIVE

JASON MCNABB, *MetCreative Pastor*

[jmcnabb@metbiblechurch.ca](mailto:jmcnabb@metbiblechurch.ca)

## **MET CHOIR & ORCHESTRA (MCO)**

The MCO meets for rehearsal on Wednesday evenings, and leads congregational worship about two Sundays per month. Additionally the MCO does several outreach concerts each year for Christmas, Easter and more. Membership with the MCO is open to people aged 16 and up, or by approval of the MetCreative Pastor.

## **WORSHIP BAND**

Worship bands are made up of musicians who lead congregational worship in song. Musicians—instrumentalists and vocalists—may apply to serve on this team. An audition is required, as well as a servant heart and commitment to the ministry and direction of the Met Creative ministry. Individuals serve on a rotation basis, ideally about one to two Sundays per month, with a corresponding midweek rehearsal.

## **PRODUCTION TEAM**

The production team consists of people who serve the technical side of our public services. This includes Sunday worship services, special events and other opportunities. Various roles within this team offer a number of ways to get involved. No experience or former training is necessary, though considered an asset. All necessary training will be provided.



# TIMOTHY TRUST

JOEL LANE-SMITH

[jlanesmith@metbiblechurch.ca](mailto:jlanesmith@metbiblechurch.ca)

The Timothy Trust exists to equip expository Bible preachers for the revitalization of the Canadian church. Our core conviction is that God works powerfully through his living Word as it is faithfully taught and proclaimed. We believe that lives are transformed and churches strengthened when the Bible is taught with clarity and conviction.

## **TIMOTHY MORNING | 9-12:30PM | NOVEMBER 23**

The Timothy Morning is an event open to anyone who wishes to attend. Our speaker Todd Kelly will spend the morning giving an overview of a specific book of the Bible and equipping attendees to be able to teach the book of the Bible for themselves.

*Register at [metbiblechurch.ca/events](https://metbiblechurch.ca/events)*

# METINTERNSHIP

ADAM CALLAWAY

acallaway@metbiblechurch.ca

We provide an accredited seminary-level training course in Bible interpretation, exposition, theology, leadership and team building. Interns participate in a reading group, through books provided by the church in order to **DEVELOP THEOLOGICALLY**. Met Interns gain meaningful and significant **MINISTRY EXPOSURE** and **TEACHING OPPORTUNITIES** as well as mentoring from trained ministry professionals.



**TO APPLY VISIT [METBIBLECHURCH.CA/INTERSHIP](https://metbiblechurch.ca/interhip)**

# CHRISTMAS AT THE MET



**CHOIR & ORCHESTRA PRESENTATION** | *December 7, 8*

**YA CHRISTMAS CELEBRATION** | *December 12*

**MET 25-35 CHRISTMAS CELEBRATION** | *December 14*

**SURVIVING THE HOLIDAYS** | *December 16*

**YOUTH CHRISTMAS BANQUET** | *December 17*

**SPECIAL CHRISTMAS SUNDAY SCHOOL** | *December 22, 29*



# CHRISTMAS EVE

**CHRISTMAS EVE SERVICES | 2PM, 4PM, 6PM**

*Childcare available at:*

*2PM for 0-23 months*

*4PM for 0-4 years*

**FOR MORE INFORMATION VISIT [METBIBLECHURCH.CA/EVENTS](https://metbiblechurch.ca/events)**

