



FALL
2020



LETTER from the PASTOR



Dear friends,

We are delighted to share with you this overview of our Met ministries for the Fall of 2020. These are strange and challenging days for us as a society and as a church. We are all too familiar with the restrictions and limitations we all face. Nonetheless, we rejoice in the opportunities God has given us to continue our ministries in person (as we are able) and online. As you can see, our ministry teams have adapted with incredible energy and ingenuity to the present situation, and there are wonderful opportunities before us to enjoy digging deeper into the Word of God together in the weeks ahead.

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 days 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

Note about REINTEGRATION

Dear Met Family,

We are providing a safe and clean environment so that, when you are ready to reintegrate, we are ready for you. As you consider reintegrating into life at The Met on site, we want you to know that we are following the guidelines from both Ottawa Public Health and the Province of Ontario to create a safe and clean environment. While we are not able to present all the pre-COVID-19 ministry opportunities at this time, we are adopting a phased approach to reintegrating. We will continue to reintroduce ministries over time when it is safe to do so and when we can be certain we have the ability to maintain the levels of disinfecting. The protocols are in place to protect all of us. We want you to know that, before you arrive and after you leave, our custodial staff are cleaning and disinfecting.

We are delighted to provide you with this overview of the fall ministry opportunities. Please make sure you register for all events. The easiest way to do so is through our website or the Church Center app. You can expect registration forms for all events taking place in September to be open before the Labour Day weekend. Registration forms for events taking place in October or later will be open soon.

Thank you for wearing masks on site and for practising physical distancing. Both are required for on-site ministries. Off-site Met ministries are expected to follow the required protocols as well. I thank the Lord for His protection over our Met family and we look forward to partnering with you in ministry through this unprecedented time.

In His Name,

Chris Shadbolt,

Executive Director of Operations

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 8:45AM & 11:15AM (STARTING SEPT 13)

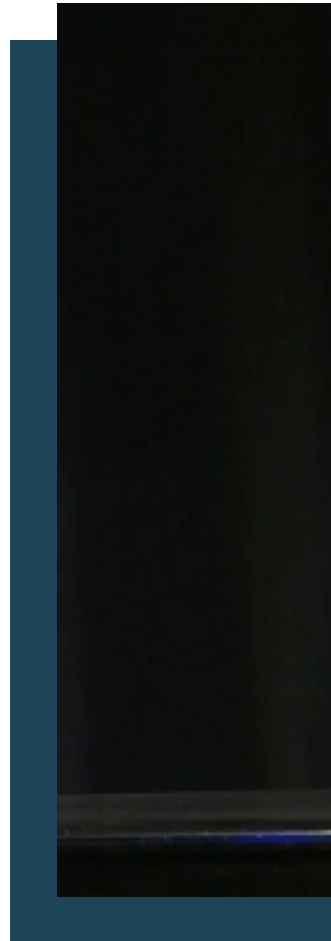
Sundays at The Met consist of two services, at 8:45AM & 11:15AM. The services are available for attendance in person, and are also streamed live online through our virtual page at metbiblechurch.ca/virtualchurch

AT SOME POINT WE HOPE TO BE ABLE TO OFFER LIVE NURSERY AND SUNDAY SCHOOL. OUR CHILDREN'S MINISTRY TEAM CONTINUES TO PRODUCE EXCELLENT SUNDAY SCHOOL MATERIAL, WHICH IS AVAILABLE AT METBIBLECHURCH.CA/VIRTUAL-METKIDS-INFORMATION

ADULT SUNDAY SCHOOL CLASSES

ESTABLISH - An Inductive, Interactive Study of 1 Peter | 8:45AM

EQUIP - Healthy Homes | Teaching material available weekly on demand





NEW TO **THE MET?**



Looking to **Connect?**

Have you recently started attending The Met? Are you looking for ways to connect? If you are attending our in-person services, look for our outdoor Hub tent, where one of our Hub hosts can help you get connected and share a welcome gift with you. Attending online? Fill out an online connect card at metbiblechurch.ca/connectform and we will reach out to you with a virtual welcome gift!



MEET & GREET

We also encourage you to register for our Meet & Greet Zoom calls happening on the last Monday of the month at 7PM. This is a great opportunity for you to meet some people in our Met community and for us to get to know you!

Email stharakan@metbiblechurch.ca to register for one of our Meet & Greet calls.

SEPT 28, OCT 26, AND NOV 30

A TYPICAL WEEK

AT THE MET



SUNDAY SERVICES AT 8:45AM AND 11:15AM
CHURCH-WIDE PRAYER (Last sunday of every month)

MONDAY METMEN AT 7PM

TUESDAY METYOUTH AT 7PM (JUNIOR HIGH and SENIOR HIGH)

WEDNESDAY METWOMEN AT 9:25AM OR AT 7PM
METMEN AT 7PM

THURSDAY AWANA AT 6:30PM
MET YOUNG ADULTS AT 7PM

SERVE

HOW CAN YOU SERVE 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. Visit the link below to get started.

metbiblechurch.ca/serve

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

- 1 Peter 4:10 (ESV)

MINISTRY DIRECTORY

METWOMEN

METMEN

METDISCIPLESHIP

METKIDS

METYOUTH

METYOUNG ADULTS

MET25-35

METFAMILIES

METMISSIONS

CULTURAL MINISTRIES

METCARE

METOUTREACH

TIMOTHY TRUST

METINTERNSHIP

METWOMEN

JESSICA DYCK, Director of Women's Ministries
jdyck@metbiblechurch.ca

METWomen Fall Study - Wise Words: a Study in Proverbs **Wednesdays Starting September 16 at 9:25AM or at 7PM**

Women of all ages and stages come together 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. New teaching is available each Tuesday evening on our YouTube channel (METWomen Ottawa), and small groups meet weekly online – through Zoom, Hangouts, or Facebook – or by email. Online groups take place on Wednesdays and Thursdays at a variety of different times to suit most schedules.

Women's Weekly Drop-in (Formerly Quaran"tea" Party) **Mondays Starting September 14**

A casual online gathering for women, including a short devotional and a time of sharing, followed by prayer.

Women's Nature Walk | September 12

Women and girls of all ages are invited to enjoy an easy, pleasant walk in the woods. This is a casual and fun way to connect with others from The Met.

Women's Fall Hike | October 17

Calling all women and girls to join this fun and challenging hike! Enjoy the fall colours while connecting with others from The Met. We will meet at the trailhead at 8:30 AM and begin hiking at 9:00 AM. To carpool, plan to be at The Met for 7:30 AM. Please wear proper footwear and bring a water bottle.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

METMEN

RON RUDD, Men's and Families Pastor

rrudd@metbiblechurch.ca

METMen Fall Study - Men @ Work

Tuesdays Starting September 15

Men spend the majority of their waking hours in employment or business. How does knowing Christ impact our working lives? Through the examination of the Scriptures, discussions with other men, and wrestling with real life examples, we will endeavour to learn how Biblical principles apply to our work for the glory of God. Whether you are starting your career or retired, there will be something for you.

Bible Study Fellowship

Mondays Starting September 14 at 7PM

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 Genesis.

Discipleship Group | Wednesdays Starting September 16

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. This fall we will be studying the book of Matthew.

Coffee Connection | September 19

We want to provide the opportunity to connect man to man in this time of social distancing. We will have hot coffee and tea to share, along with something to eat together. It will be a time to connect with men on our leadership team, share how you are doing, and tell us how we can better serve you. A short devotional time will provide focus, but most of our time will be simply to connect in these days of isolation.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

METDISCIPLESHIP

DAVE RENNALLS, Discipleship Pastor

drennalls@metbiblechurch.ca

Community Discipleship Groups

The vision for Community Discipleship Groups is for families, and couples, and single people from across different generations to meet together regularly for this purpose of discipleship, bringing their different backgrounds, spiritual gifts, and experiences to bear to build one another up in Christ. If you are not involved in a small group, we encourage you to get connected. The best way to do that is through the Church Center app. Use the "Groups" button to find a discipleship community group near your home and reach out to the group leader.

Library & Bookstall

The Met library is a tremendous asset for discipleship, and we encourage you to take advantage of it as we seek to provide materials that will build up the body of Christ. This fall, we plan to highlight books and other resources that complement our sermon series and other ministries. The COVID-19 situation continues to evolve, but we hope to have protocols set up to make those materials available at the library and for purchase at the bookstall.

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

METDISCIPLESHIP

CONTINUED

Membership Classes | October 18-25, December 6-13

The Met Membership Class is designed to inform prospective members about the details of our beliefs, structures, and ministries. The class will also outline the responsibilities and blessings of formal church membership. This class is required for anyone who wishes to become a member of The Met.

Evangelism Training | November 1

Many of us want to share the gospel with our loved ones and our neighbours, but find ourselves unsure of how to begin or what to say. We often feel fearful as we approach evangelistic opportunities and disappointed as we walk away. This class is meant to help us think clearly about the gospel message, overcome our fears, and provide some practical tips. Attending may be a step of faith, but our prayer is that it would result in more people sharing the gospel more clearly with more peace.

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

METKIDS

LOIS SHEPHERD, Director of Children's Ministries

lshepherd@metbiblechurch.ca

Sunday School | Starting September 13 at 9:15AM

At METKids, our goal is to partner with parents and families to help raise kids to experience the ultimate joy of being faithful followers of Jesus, wherever they are. This fall, we will start our program online only, by registration only. We are eager and hard at work planning for a return to in-person programming. Stay tuned for updates going into the fall/winter season.

Awana | Thursdays Starting September 17 at 6:30PM

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

Children's Baptism Class | October 25 - November 1

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

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

MET^YOUTH

GREG KOPCZYK, Youth Pastor

gkopczyk@metbiblechurch.ca

METYouth Live | Tuesdays at 7PM

METYouth brings teens together throughout the year to explore the important questions of life that teens think through, to build their trust in God and to create space for establishing meaningful relationships with peers and mentors. To begin this academic year, we will air our regular meetings online via our YouTube channel.

METYouth Small Groups

We are convinced that God brings people together for their mutual encouragement and strength in following Jesus. That is why small groups are an indispensable part of our METYouth ministry. All students are encouraged to join a small group (we organize both virtual and regional in-person groups) and meet together on Tuesdays to connect with each other, watch METYouth Live together, and grow deeper in knowing and following Jesus together.

Change Conference 2020 | October 16

We will join thousands of students all over Canada for an online experience like no other. Change Conference inspires and empowers students to live for Jesus and make a difference in the world.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

MET YOUNG ADULTS

ADAM CALLAWAY, Young Adults and MET25-35 Pastor

acallaway@metbiblechurch.ca

METYA | Thursdays Starting September 10 at 7PM

METYA is all about providing an opportunity for young adults ages 18-25 to encounter the love of Christ through engaging music, community, Bible study, and outreach. METYA 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.

Theology Roundtables

September 19, October 23, November 21

Come out for an informal yet engaging and interactive discussion on various theological topics, such as missions, racism, sexuality, and eschatology. In-person and virtual options are available for those who register.

Women's Conference | October 24

Come join an all-day event for young women to hear amazing sermons, ask questions to women leaders in ministry, and have musical worship.

Worship Night | November 1

Come out to The Met for a night of preaching, praise, and socially distanced fellowship. For those unable to come out physically, a streamed option to the METYA YouTube channel will be provided.

Watch Party | November 8

Come out to enjoy a fun night of watching Sunday Night Football or a movie with your friends! We will also play trivia together for prizes.

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

MET25-35

ADAM CALLAWAY, Young Adults and MET25-35 Pastor
acallaway@metbiblechurch.ca

Fall Bonfire | September 11

Come out to Dunrobin for a fun time together around the campfire with friends. We will enjoy some time of encouragement in God's Word and fun around the fire.

Theology Roundtables

September 19, October 23, November 21

Come out for an informal yet engaging and interactive discussion on various theological topics, such as missions, racism, sexuality, and eschatology. In-person and virtual options are available for those who register.

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Register through our **Church Centre App** or at metbiblechurch.ca/registrations

METFAMILIES

RON RUDD, Men's and Families Pastor

rrudd@metbiblechurch.ca

Grandparenting Summit | September 17-20

This free online event for grandparents will be available on demand for four days.

You can plan to watch this event on your own or with a group.

Parenting with Patience - Parenting Q&A

October 18 - April 18

These online sessions provide opportunities for parents to ask questions and hear from others about how we can continue to raise our children in the discipline and instruction of the Lord.

Child Dedication Class | October 20 - November 3

There is no more precious and joyful gift in life than that of a child. At The Met we highly value children and family life. One way that we can honour the institution of family is to give parents the opportunity to dedicate their children to the Lord. This is a three-week class to prepare parents for dedicating their children to the Lord.

METMISSIONS

CHRIS SHADBOLT, Executive Director of Operations

cshadbolt@metbiblechurch.ca

November is Missions Month

Throughout the month of November we will be providing insightful updates from our missionaries regarding their ministry during the pandemic. It is our goal that, by the time the end of November rolls around, you will have a better understanding about how we can be praying for our missionaries during these unprecedented times.

Short Term Missions Trips

We are unable to commit to any 2021 short term trips at this time. Our website and the Church Center app will provide updates as they become available.

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

CULTURAL MINISTRIES

SIMON MAO, Cultural Ministries Coordinator

smao@metbiblechurch.ca

South Asian Group

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, which are open to everyone, include praise and worship, Bible study, prayer in Tamil and English, and are followed by fellowship.

Chinese Group

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 of the month for Bible study, worship, and fellowship.

Spanish Group

The Met Spanish Fellowship is a Spanish-speaking group focused on Bible study, prayer, and fellowship.

El grupo Hispano de La Met se enfoca en estudiar la Biblia, la oración, y convivencia en español.

Filipino Group

We invite anyone who needs a safe family atmosphere and friendly fellowship. We meet a time of Bible study and sharing. The Bible study is conducted in English.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

METCARE

RANDY JOST, Associate Pastor

metcare@metbiblechurch.ca

Counselling

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

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.

Grief

In the event of the passing of a loved one, The Met can assist with funeral arrangements, pastoral care, and grief support.

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.

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.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

METCARE

CONTINUED

Visitation

The Met's 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'.

Church-Wide Prayer | Last Sunday of the Month

Please make it a priority to join together as a church family to 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.

Weekly Prayer | Wednesdays at 7PM

This gathering is led by Harold Browne, a Met Deacon, who leads the group in a time of devotion and prayer every Wednesday. 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.

GriefShare | September 14 - November 16

GriefShare 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.

Alpha | September 17 - November 19

Alpha is a 10-week course that provides an introduction to the Christian faith through engaging video presentations and conversations.

Register through our **Church Centre App** or at metbiblechurch.ca/registrations

METOUTREACH

SANDRA THARAKAN, Outreach Coordinator

stharakan@metbiblechurch.ca

Operation Christmas Child | November 1-15

Join us as we bless children around the world by filling shoeboxes with toys, hygiene items, and school supplies. These gifts bring joy and the eternal hope of the gospel to children in more than 100 countries. Children receiving shoeboxes are invited to participate in a 12-lesson Bible study called "The Greatest Journey", run by their local church. Since 2009, more than 23 million children have enrolled in this life changing Bible study. Help us spread the gospel to children around the world. Pack a shoebox, change a life!

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

TIMOTHY TRUST

ADAM CALLAWAY, Young Adults Pastor

acallaway@metbiblechurch.ca

Timothy Course | Mondays Starting September 14 at 9:15AM

The Timothy Course is a weekly, accredited, seminary-level training opportunity for both men and women, designed to equip people with tools for accurate Bible interpretation and faithful Bible proclamation. It is designed to develop some of the philosophical and practical skills needed for the complexities of handling the Scriptures, with opportunity to demonstrate skills acquired.

Timothy Morning | November 28

The Timothy Morning is open to anyone who wishes to attend. Adam Callaway will spend the morning giving an overview of the book of Ruth and equipping attendees to be able to teach Ruth for themselves.

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

METINTERNSHIP

ADAM CALLAWAY, Young Adults Pastor

acallaway@metbiblechurch.ca

Met interns receive excellent training through an accredited seminary-level training course in Bible interpretation, preaching, theology, and more. They participate in a reading group, with books provided by the church, in order to develop theologically. Met interns also gain meaningful and significant ministry exposure and teaching opportunities, as well as mentoring from trained ministry professionals.

TO APPLY visit **metbiblechurch.ca/internship**

Register through our **Church Centre App** or at **metbiblechurch.ca/registrations**

