



# **WINTER 2020**





# LETTER from the PASTOR



*Dear friends,*

We are delighted to share with you this overview of our Met ministries for the winter and spring of 2020. Once again, you will see that there is a rich 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. In 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 personally 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 all you contribute to our life together as a 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.

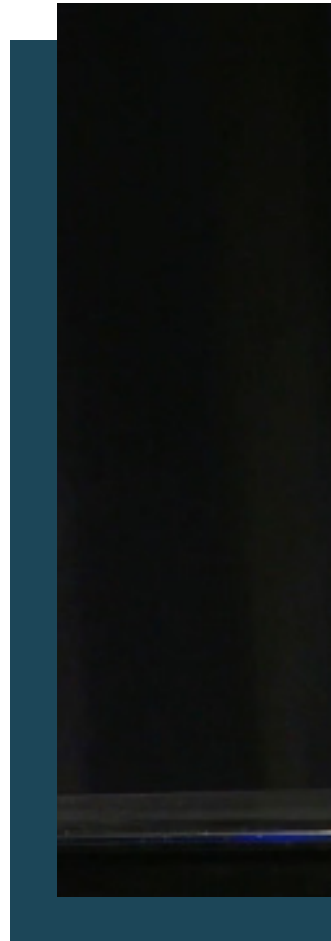
**WE ARE SO PLEASED TO OFFER SUNDAY SCHOOL AT BOTH SERVICES FOR CHILDREN AGED 0-12 YEARS OLD.**

## ADULT SUNDAY SCHOOL CLASSES 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?**

It's easy to feel lost in a church as big as the Met, which is why we offer a couple ways for you to get connected! The Hub is a great place to start.. it opens after the service on Sundays and is an easy way to get connected. We also encourage you to attend one of our regular Meet & Greet events where you will be introduced to some of our Met family and learn about what the Met's mission is and how it shapes what we do in our church, community and around the world.

Did you know we are on the socials?

Find us on Instagram and Facebook at [@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.

**JANUARY 12, MARCH 22, AND JUNE 28**

# 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** (JUNIOR 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 7PM**  
**DROP-IN FLOOR HOCKEY**

# 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](https://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

# MINISTRY DIRECTORY

METWOMEN

METMEN

COMMUNITY GROUPS

METKIDS

METYOUTH

METYOUNG ADULTS

MET25-35

METFAMILIES

METMISSIONS

CULTURAL MINISTRIES

METCARE

METCREATIVE

TIMOTHY TRUST

INTERNSHIP

EASTER



# METWOMEN

JESSICA DYCK, Director of Women's Ministries

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

## **Weekly METWomen | January 22 - May 13**

9:15AM - 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 kids program for newborns to SK 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. Join us this winter for our 15 week series - Into the Place of Rest: A Study in the Book of Joshua.

## **The Haven Single Mom's Bible Study | January 16 - April 9**

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).

## **METMoms Playgroup | January 10 - May 1**

First Friday of Every Month

This monthly gathering 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.



# MET**WOMEN** CONTINUED

## **Women's Spring Day Away | May 9**

Join other women ages 18 and up for a fun and meaningful day away at Camp Bonenfant in Dunrobin (30 mins from the Met). The morning will include a choice of workshops to attend and the afternoon offers a chance to relax and connect with others. Potential afternoon activities: hiking, canoeing, kayaking, a high ropes course, playing board games, drinking coffee or simply enjoying a little peace and quiet. The day will end with a campfire after dinner. Morning snack, lunch and supper are all provided with your registration. Cost is \$50 per person; come for all or part of this special day. This location is fully wheelchair accessible.



# METMEN

RON RUDD, Men's and Families Pastor

rrudd@metbiblechurch.ca

## **Men's Breakfast | January 18**

A gathering of all our men 18 to 108 to readjust our walk with Christ. We are happy to welcome Joe Smith as the guest speaker. Register Online for details.

## **Men's Leadership Training | January 26, March 8, April 19, & May 30**

A time to equip men who are leading other men in home studies, small groups and bible studies. 5:00 - 6:00 in room 205.

## **The Date Night Tour | February 7**

Clean Comedy For Couples is coming back to Ottawa! Come for two hours of laughter and encouragement featuring comedians Joey I.L.O. & Paul May, plus enjoy a live game show as five women and five men battle on Date Night Feud. Come prepared to laugh and enjoy an evening with your special someone. Buy tickets in the church office or online.

## **Marriage Seminar | Starting Feb 9 & 11**

This seminar is to strengthen marriages and to build them up, wherever you are in your marriage. There are two options in taking this seminar. Tuesday nights starting February 11 for 5 weeks, and Sunday mornings starting Feb 9 for 9 weeks.

## **Men's BBQ | May 30**

A gathering of men celebrating what God has done this last year as we have taken our next steps forward in walking with Jesus.

# COMMUNITY GROUPS

DAVE RENNALLS, Discipleship Pastor (effective January 2020)  
[drennalls@metbiblechurch.ca](mailto:drennalls@metbiblechurch.ca)

If you're interested in joining a group, contact the newest member of our pastoral team, Dave Rennalls. He would love to help in getting you connected. There are opportunities to join an existing group, or to start a new one. Group topics will be aligned with Pastor Jonathan's sermon series.



# METKIDS

LOIS SHEPHERD, Director of Children's Ministries

lshepherd@metbiblechurch.ca

## **Sunday Kids Program | Starting January 5**

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 | Starting January 9**

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' (2 Timothy 2:15). Awana is a discipleship-focused, gospel-centered, mid-week club for boys and girls

## **CSB | Starting January 10**

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.

## **Sunday School Family Social | February 23**

A time for families to socialize in a relaxed setting with opportunity to play games in the gym. Bring your own lunch; drinks and desserts provided.

## **Children's Baptism Class | May 3 & 10**

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.

## **March Break Camp | March 18 & 19**

Two fun-filled days for kids ages 5 - 12, which will include carnival activities, sports, group games, Lego, Bible teaching, and more. Come and bring your friends!

# METKIDS CONTINUED

## **VBC Volunteer Training | July 5**

We want all those who serve at VBC to be fully equipped to engage with the hundreds of kids we welcome through our doors each year. In order to make this happen, we provide mandatory training for all VBC volunteers. 6:30 - 8 p.m

## **Vacation Bible Camp | July 6 - 10**

One week of fun and learning for kids. Some activities include fun games in the gym, reading through a Bible story, eating snacks, playing table games, making crafts, and spending time in a small group with a leader and friends. The program runs from 8:30 - 12:30 each morning.

## **MetroHoops Basketball Camp| July 13 - 17**

Teaches basketball skills to campers in grades 3 through 8 (ages 7 to 13), and focuses on helping them have a good time and build relationships. When not on the court they discuss character development issues and faith principles in small groups.

## **METKIDS Summer Camps | July 20 - 24 | July 27 - 31 | August 4 - 7**

Three weeks of summer camps for kids ages 5-12, with a variety of fun activities. Different elective will be offered in each week and kids will be able to pick which elective they wish to participate in for that week.

# MET<sup>YOUTH</sup>

GREG KOPCZYK, Youth Pastor

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

## **Weekly MET<sup>Youth</sup> | Starting January 14**

MET<sup>Youth</sup> brings teens together to build their trust in God, explore important life questions they may be facing and create space for establishing meaningful relationships with peers and mentors.

## **Just Ask - Youth Apologetics Conference | January 11**

Just Ask is a conference that allows youth to ask questions about the truth of Christianity. In partnership with RZIM, we will come together and spend tons of time and Q&A. No question is off-limits! They all matter! And they have answers, because there is Truth that can truly give us Life!



# MET**YOUTH** CONTINUED

## **JH and SH Lock-in | February 14 - 15**

Junior and Senior High students come annually for a fun and meaningful night at the Met. Biblical, relevant teaching, praise and worship, a talent show, great food, and high energy games make it to be an unforgettable night.

## **No Other Name | April 10**

Every Good Friday, the youth of the Greater Ottawa Region comes together for amazing worship, an engaging speakers, mind-blowing entertainment, and exciting workshops. Good Friday is the only day in the calendar year that is still only about Jesus. Let's come together and lift Him high!

## **High School Graduation Banquet | June 12**

Before grade 12 students say their goodbyes to METYouth, we come together to celebrate their high school graduation. Friends, family, church family join in for an evening of memories, encouragement and great food.

## **Jr. and High School Retreats | SH May 22 - 24; JH May 29 - 31**

Our Spring retreats are all about re-focusing in the midst of a busy time and turning our eyes to Christ. Exams, transitions, and school-year tiredness all set in - refreshment awaits at JH and SH METYouth Retreat!

## **METYouth Summer Time | July 7 - Last Week of August**

METYouth keeps on going for the summer! Scripture, fun, food, friends - a great combination!



# MET YOUNG ADULTS

ADAM CALLAWAY, Young Adults and MET25-35 Pastor

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

## **Weekly METYA** | Starting January 9

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 Winter Startup - Ask Anything** | January 9

An exciting opportunity to come with any question you might have about Christianity, theology, culture, and more. This time around we are featuring our lead pastor Jonathan Griffiths. Questions can be submitted in advance or asked live.

## **YA Winter Retreat** | January 31 - February 2

Winter getaway to Circle Square Ranch for a fun time of games, rich time in God's Word, great food, and meaningful fellowship.

## **Panel on Sexuality and Christianity** | February 16

A panel featuring the Met's pastoral team seeking to provide Biblical insight into the issue of human sexuality in our post-Christian culture.





# MET25-35

ADAM CALLAWAY, Young Adults and MET25-35 Pastor  
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.

## **Panel on Sexuality and Christianity | February 16**

A panel featuring the Met's pastoral team seeking to provide Biblical insight into the issue of human sexuality in our post-Christian culture.

## **Winter Retreat | March 7**

A full day getaway for 25-35s in our region to have deep connections and meaningful time in God's Word at Gracefield Christian Camp and Retreat Centre.

## **Summer Retreat | June 21 - 23**

Please join us for what's becoming a cherished 25-35 tradition, our summer retreat! You're sure to enjoy engaging fellowship and rich biblical teaching with others in the same age and stage.

# METFAMILIES

RON RUDD, Men's and Families Pastor

rrudd@metbiblechurch.ca

## **Healthy Homes Class | Starting January 12**

This is a class to equip parents in raising a godly generation. We cover a multitude of subjects, all pertaining to the home.

## **The Date Night Tour | February 7**

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This seminar is to strengthen marriages and to build them up, wherever you are in your marriage. There are two options in taking this seminar. Tuesday nights starting February 11 for 5 weeks, and Sunday mornings starting Feb 9 for 9 weeks. Register

## **Weekly Child Dedication Classes | March 22 - April 5 & May 31 - June 14**

A three-week class to help parents prepare to dedicating their children to the Lord.

## **Child Dedication Services | April 19 & June 21**

A time that our parents are dedicating their children to the Lord in the presence of God and their church family.

# METMISSIONS

CHRIS SHADBOLT, Executive Director of Operations

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

## **The Big Give | June 6**

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 serving, inviting a friend or attending as a family.

## **STM Summit | March 28**

Anyone interested in participating in a Met short term trip is asked to participate in this half day training opportunity. Become better equipped in sharing the gospel, preparing your testimony, and crossing cultural boundaries, as well as engage in team building activities as you prepare for summer ministry.

## **Met Short Term Missions Trips | Summer 2020**

Partner with Met Missionaries and Ministry Partners in a variety of short term missions opportunities both locally and globally. Build relationships, aid local churches in facilitating ministry, and help assist with a wide array of ministry tasks in Rapid Lake, Quebec, Poland, and Guatemala, as well as Samaritan's Purse relief efforts and Met City Outreach initiatives. Visit [metbiblechurch.ca/trips](http://metbiblechurch.ca/trips) for more details.

# CULTURAL MINISTRIES

SIMON MAO, Cultural Ministries Coordinator

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

## **Spanish Fellowship | Starting January 5**

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

## **Filipino Fellowship | Starting January 5**

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.

## **South Asian Fellowship | Starting January 11**

The Met partners with the 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 January 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 a time of fellowship.

## **Chinese Fellowship | Starting January 18**

The Chinese Fellowship provides friendship, sharing, networking and caring opportunities to the Chinese congregation at the Met who prefer to communicate in Chinese languages. They meet on the third Saturday of every month, between 5:30-8:30pm, at the Met for Bible study, worship and potluck.

# METCARE

RANDY JOST, Associate Pastor

metcare@metbiblechurch.ca

## **Baptism Classes | January 26 & May 24**

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 baptism services.

## **Church Wide Prayer | Last Sunday of Every Month**

Please make it a priority to join together as a church family and pray. 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 is followed by a time of fellowship with light refreshments served

## **Weekly Prayer | Wednesdays**

This weekly gathering is led 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 and also made available to other small groups in the church.

## **Membership Classes | January 19 & 26 and March 29 & April 5**

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, and bylaws, as well as describe our leadership and organizational structure.

# METCARE CONTINUED

## **Alpha** | Starting January 15

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

## **Pre-Marriage course** | Starting April 19

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.

## **Christianity Explored** | April 22

Christianity Explored is a 7-week course that provides an introduction to the Christian faith through engaging video presentations and conversations around tables. Refreshments served.

## **METSeniors** | January 20 - June 4

A weekly gathering of people of retirement age for a morning of teaching and fellowship. The morning starts at 9:30 am with refreshments, moving into a time of worship followed by a guest speaker.

# METCREATIVE

JASON MCNABB, MetCreative Pastor

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

## **MCO Choir Camp** | February 29

Sing or play with the Met Choir & Orchestra this Easter! Join us for an intensive rehearsal and fellowship time from 9:00 am-3:00 pm as we kick off rehearsals for the Easter season. Lunch and refreshments will be provided.

## **Easter Sunday** | April 12

Easter Sunday AM Services (featuring the Met Choir & Orchestra).

Service Times: 8:30, 10:00, 11:30 am

## **MCO Spring Concert** | May 24

Come to a dynamic evening of music and celebration featuring the Met Choir & Orchestra. Starts at 7:00 pm.

# TIMOTHY TRUST

JOEL LANE-SMITH

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** | April 25

The Timothy Morning is an event open to anyone who wishes to attend. Our speaker 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.

## **Summer School** | June 15 - 18

Summer School is a 4-day training course to learn and grow in your ability to faithfully handle God's Word. Students will learn through lectures, discussions, interactions, and short presentations of bible passages.



# METINTERNSHIP

ADAM CALLAWAY

[acallaway@metbiblechurch.ca](mailto: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, through 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](https://MetBibleChurch.ca/internship)**

# **EASTER AT THE MET**



## **Good Friday Services**

9:00 & 11:00 am

## **Easter Sunday Services**

8:30, 10:00 and 11:30 am



**Easter stands at the centre of human history and at the very heart of our faith. Here is our opportunity to remember with gratitude the death of our Saviour and to rejoice in his victory over the grave. It promises to be a special time for us as a church family – and it promises to be a wonderful opportunity to invite friends and family to hear the true and powerful message of Easter. Why not be thinking and praying now about who you could invite to join us for Easter at the Met?**

