

Engage.  
Establish.  
Equip.



**THE MET**

June 2, 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 to children up to grade 6

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## METKids Special Events • Summer Camps

**Vacation Bible Camp** • Jul 8-12

**MetroHoops Basketball Camp** • Jul 15-19

**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)  
Want to volunteer? Visit [metbiblechurch.ca/serve](https://metbiblechurch.ca/serve)

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# Today

## Who is Like Our God?

The Unchanging God

Jonathan Griffiths, Lead Pastor

**Songs:** Come People of the Risen King, This I Believe, Great is Thy Faithfulness, How Deep the Father's Love For Us (with Just As I Am), Crown Him With Many Crowns. *Subscribe to our Spotify playlist "The Met - Sunday Worship Playlist" to listen to the songs we sing here at The Met.*

## Classes:

Establish: The Unfolding Story of God - Biblical Theology • 9am • Fireside Rm

Equip: The Families of God • 9am • Rm 205-207

Parent / Child Dedication Class • 9am • Rm 209

Marriage Preparation Class • 11am • Rm 209

## Next Week:

### Who is Like Our God?

The Independent God

Jonathan Griffiths, Lead Pastor



### Sermon Notes

follow along with  
free YouVersion app



### WIFI

user: metguest  
pass: met@church

# 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

Drop-In Sports: Basketball • 7PM • GYM

## TUESDAY

METYouth (Junior High and High School) • 6:30PM • 2ND FLOOR

## WEDNESDAY

Christianity Explored • 7PM • RM 205

Womens Small Group Spring Bible Study • 7PM • RM

Prayer Focus • 7PM • RM 211

Hope From Despair • 7PM • CHAPEL

## THURSDAY

The Haven Bible Study for Single Moms • 6:30PM • THE HUB

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

## SATURDAY

CanCare Lunch • 11AM • THE HUB

McCullough Meet & Greet • 6PM • THEATRE

# Church Family News

## Samaritan's Purse Disaster Relief

Volunteers are needed to serve onsite at the church or on the field helping clean up over 900 homes affected by the flooding. If you are willing and able to assist please sign-up at [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve) or contact the church office at 613-238-8182 for details. The team is in need of bilingual volunteers to assist with the relief efforts in Quebec.

## Missionary of the Week

Laurie & Andrea Boschman are serving with Hockey Ministries International. Laurie strives to reach every player and fan in the hockey world with the message of hope found in Jesus. This is done through summer camps in 30 cities, and chapel programs with the NHL. Pray for the upcoming camps, for those travelling, leading, and participating. Pray many would hear the gospel.

## We're Hiring: Executive Assistant and METTykes Coordinator

For further details on each of these roles please visit our website [metbiblechurch.ca/joinourteam](http://metbiblechurch.ca/joinourteam).

## Summer Camps

This year we have 3 new camps that we are adding to our regular run summer camps. Kids will have an opportunity to choose one of the electives for the week (lego, performing arts or sports) and on the Friday of each week there will be a different outing. So don't forget to register your kids for one of these great week long camps. Register at [metbiblechurch.ca/camps](http://metbiblechurch.ca/camps).

## Lego Donations

Do you have lego at home that's no longer being used? We are in need of lego donations for our 2019 summer camps. Donations can be dropped off at the church office.

# Events

## BOARD UPDATE

At our Annual General Meeting on Sunday, May 26, Peter Hall and Aaron Maley were elected as Directors of the Ministry Board and Jonathan Dyck, Andrew Harwood and Ted Lennox were elected as Directors of the Property Board. Doug McLellan and Mario Grenier (Ministry Board); Sam Hill and Mark Lott (Property Board) completed their terms and we want to thank them for their faithful service.

## JUN 5 • HOPE FROM DESPAIR • 7PM • CHAPEL

Come meet Tabitha and hear her story of hope and courage in the midst of suffering and despair. A Voice of the Martyrs event.

## JUN 6 • BIBLE AT THE BEACH • 7PM • MOONEY'S BAY BEACH

The Young Adults will be meeting at the North End of Mooney's Bay. Come play volleyball, hang out in the sun and hear Pastor Adam preach through Galatians.

## JUN 8 • McCULLOUGH MEET & GREET • 6PM • THEATRE

Join Met Missionary Matthew McCullough as he shares about the ministry he and his family are part of in Cambodia. Through discipling young men and women who felt they had no hope, they see them experiencing freedom in Christ. God is moving in Cambodia, come out and hear more.

## JUN 9 • SPAGHETTI LUNCH (TO BENEFIT STM TRIPS) • 1PM • GYM

Bring your friends and family to our 2019 Short Term Missions Fundraiser. The teams will be going to Rapid Lake, QC, Poland and Guatemala. Meet team members, find out about what they will be doing, and learn about how you can be praying for them. Vegetarian and gluten free options will be available. Donations are appreciated.

## JUN 17-20 • TIMOTHY TRUST SUMMER SCHOOL • 9AM-4PM

This four-day training course in biblical exposition will be an opportunity to grow in the faithful handling of God's Word. It includes lectures, discussion, model sermons and practical workshops in which participants will deliver short expositions and receive feedback. Led by Pastors Jonathan Griffiths and Adam Callaway, this course is open to anyone who wishes to develop their Bible-teaching skills. Register at [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## JUNE 21-23 • MET25-35 SUMMER RETREAT • FRONTIER TRAILS

An opportunity to get away for some time of fellowship with God's people, to sit under God's Word, and to enjoy some wonderful food at Frontier Trails in Eganville, ON. [metbiblechurch.ca/events](http://metbiblechurch.ca/events).

## JULY 8-12 • VBC VOLUNTEERS NEEDED • 9AM-12:30PM

If you are available to assist in anyway with VBC, please sign up now. We have over 200 children registered and are in need of volunteers to run the camp. Serve in crafts, snacks, running games or be a team leader. Sign-up at [metbiblechurch.ca/serve](http://metbiblechurch.ca/serve).

## JUN 23 • SUNDAY SCHOOL PICNIC & SOCIAL • 12:45-4PM • GYM

Join us for a fun event for all, especially families of kids in Sunday School. Come socialize and play games with other families. Bring your own lunch; desserts and drinks provided. There will be no childcare.

YOUTH AND ADULT  
**BAPTISM**  
classes

JUNE 9 • 11am

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

Celebrate what Christ has done in your life

# SPAGHETTI LUNCH

*to benefit the* 2019 MET SHORT TERM MISSIONS TRIPS

**SUNDAY, JUNE 9**

**1PM | GYM**

\* Donations Appreciated

**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



Instagram & Facebook:  
[@metbiblechurch](https://www.instagram.com/metbiblechurch)

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