

MET Spirit

Spiritual Learning For Life

Sunday Services

Early Communion: 9 a.m. in Founders' Chapel
Worship: 11 a.m.

Taize-style Service in the Sanctuary

Monday Sept. 23 at 6 p.m.

Midday Prayer with Rev. Jason Meyers

Tuesdays starting Sept. 10 from 12:10 - 12:30 p.m. in the Sanctuary

Yoga Church with Rev. Karen Bowles

Thursdays starting Sept. 12 from 12:10 - 1 p.m. in the Sanctuary

Contemplation Circles in the Heritage Room

Groups featuring silent meditation, intentional reading, and contemplative dialogue
Tuesdays starting Sept. 17 from 6 - 7 p.m. led by Rev. Meyers
Thursdays starting Sept. 19 from 7:30 - 8:30 a.m. led by Rev. Bowles

Breakfast and Prayer at Fran's

Wednesdays from 8:30 - 9:30 a.m. starting Sept. 12 (200 Victoria St.)

Bible Study

Breakfast and readings for the coming Sunday
Tuesdays starting Sept. 10 from 8:30 - 9:30 a.m. led by Sunday preacher
Saturdays starting Sept. 7 from 9 - 10 a.m. led by Christopher Hoover

MET Children & Youth

Music Groups starting Sept. 15

Sparklers (ages 4-6): 9:45 a.m. in MET Centre
Choristers (ages 7-11): 9:45 a.m. in MET Centre
Great Heart (ages 12 up): 12:15 p.m. in the Sanctuary



Fall 2019 Programs & Events

Sunday School starting Sept. 8

Through the year - developing #ForTheFuture, a play inspired by Gretha Thunberg

MET Community

Congregational Care

Lunch & Learn: *Music Can Heal with Debbie Danbrook*

Sept. 29 following service

Returning by popular demand, featuring the Shakuhachi (Japanese Zen flute)

Membership Course

4 week course providing a grounding in scripture, United Church of Canada theology, and the structure and workings of our church.

Saturdays from Nov. 3 - 24 at 10 a.m. (contact Rev. Meyers)

MET Arts

Ministry of Integrated Arts

Lunch & Learn: *Sing!*

Oct. 20 following service

A brief history of congregational song, with hymns old and new

Music at Metropolitan: *Like As The Lute Delights*

Season premier concert featuring Benjamin Stein, lute, and Emily Klassen, soprano

Saturday Nov. 16 at 7:30 p.m.

Open Art Studio in the MET Centre

All are welcome. Drawing, painting with acrylics, pencil, pastel

Mondays and Fridays from 10:30 a.m. - 12:30 p.m.

Tuesdays starting Sept. 17 from 6:30 to 8:30 p.m.

Knitting Circle

Inaugural session - all levels welcome. Basic supplies provided.

Tuesdays starting Sept. 17 from 6:30 to 8:30 p.m. in MET Centre

MET Outreach

Outreach

Lunch & Learn: *An Introduction to EcoJustice in our Church*

Sept. 15 following service, led by Rev. Meyers

Volunteer Opportunities Fair

Oct. 6 over coffee following service

Communicating with Vulnerable Persons Training

Oct. 6 and 20 following service

Out of the Cold Luncheon

Thursdays at noon starting Nov. 7 in MET Centre

Volunteers needed!

Community Services Town Hall

An update from the community services team and CAMH partners

Nov. 17 following service

Stay up to date at metunited.ca

For further information, contact:

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