

METRO CONNECT

METROPOLITAN BAPTIST CHURCH NEWSLETTER

NOVEMBER 2021

POINTING PEOPLE TO CHRIST, OUR LIVING HOPE.

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WORSHIP COMMUNITY MISSION

THINGS ARE COMING BACK

Those of you who know me well can attest that I am an avid sports fan. As I consume NFL games on Sunday, Monday and Thursday, I can't help but recognize how many people have reoriented themselves to coming back to stadiums to watch their favourite football team. Over the past 20 months we have seen so much isolation, physical distancing and depression. This pandemic has continued to teach us that church is much more than an hour and a half service on Sunday. More than ever it's time for an awakening of the body of Christ in an effort to pray, serve and point South Florida to the hope that is only found in Jesus.

PRAYING TOGETHER

The transformation of South Florida has to be fuelled and sustained by prayer. Let us pray for our friends, relatives, associates and neighbours. As we pray, we will ask God to heal the lostness, brokenness and pain of South Florida. So for the month of November, together with other local churches, we will pray for our region. Here is how you can join: (1.) Text the word "AWAKEN" to **844.986.4270** and (2.) Ask one friend, relative, associate or neighbour, "how can I pray for you this month?" We're so excited to be regathering and reconnecting so that we may continue in our partnership in the gospel. We are called to the mission of pointing people to Jesus who brings HOPE to the

lostness, brokenness and pain of our world.


SERVE TOGETHER

On November 13 we will serve at a couple of schools in our area. I met with principal Williams at Driftwood Middle and Mrs. Miller, Director at Steps 2 Progress Learning Development Centre, and they will soon inform us how we can serve these schools in our community. Also, we will try to help pay the pre-school tuition for some single parents in our community.

A WORD from Pastor Arthur



ENGAGING THE BIBLE TOGETHER

Lastly, we will be reading God's word together as a church. For the month of November we will gain wisdom as we walk through the book of Proverbs during our weekly **S.O.A.P.** There are many ways to study the Bible; many different study methods and guides to help us get the most out of God's Word. One popular and easy way of personally studying the Bible is by using a tool called **S.O.A.P.** Go to our website at **metrobc.us** for more information about **S.O.A.P.** You can also join our **S.O.A.P.** group on our church app. Search for "Metropolitan Baptist Church" in your App or Play store. 

In Service to the Master,
Arthur Connor, Jr. (Lead Pastor)
Metropolitan Baptist Church

My earliest memory of my Cousin Michelle was circa 1985. I was in the 4th grade and she loaned me her melodica - the one that came in the baby blue case with 2 latches on the side - yep, that one, so that I could play in my school's orchestra. I thought it was so cool that she allowed me to use it. After all, she was my big cousin Michelle. Sadly, due to a series of unfortunate events, I damaged it. Words cannot begin to describe the feelings of fear and dread that engulfed my mind when I contemplated having to explain this tragedy to her. What was I going to say? She would be so upset! I would be cast back into the insignificant pickney pile that I had just emerged from. Discussing all things melodica was my only shot at having a meaningful conversation with my super cool cousin. So I did the only thing that made any sense to me. When she arrived at the house to pick up the melodica, I ran and hid. At first in the closet, then behind my grandmother's Singer sewing-machine - the one with the foot pedal and the hand wheel - yep that one. Now, Michelle had stopped by with a friend and they were on their way to hang out and surf the internet. Goodness me! Surf the internet? What was that? It sounded sooo cool, so hip, so artical! (If you are a child of the 80's you know what that means). Well, that was Michelle. **ARTICAL!**

I watched with bated breath as my Aunt explained the situation to her. I was half expecting the earth to open up and swallow me alive, when I heard her chuckle. Through the slit of a half-opened eye I saw her examining the melodica. Then both my eyes, my mouth and my young heart flew wide open when I saw her close the case, flash her hand dismissively and light-heartedly tell my Aunt that it was ok. By now, my head had boldly rounded the side of the sewing-machine, directly in her line of sight. She looked in my direction, laughed and with a gently flourish, she turned and seemed to float on out of there. Into the night. To surf the internet. In 1985. **ARTICAL!**



Michelle JAMES! ARTICAL!

By STACY Warburton

Fast forward to 1998. Michelle was migrating to Florida and I was tasked with picking her up from the airport. We had not had much interaction in the 10 or so years since the "Incident", but I knew enough to keep me in my decade old state of awe. There was no Singer sewing-machine to hide behind at Miami International Airport, so I had to be enough. She was a Corporate Computer trainer now and an accomplished vocalist. Was she still going to be cool? Would she be kind? Was I cool enough? Oh brother! The things I put myself through. Well, she was cool and warm and kind and she talked to me like I was an old friend. Still **ARTICAL!**

In the years that followed, I watched her prayerfully navigate her professional life as she pursued advanced studies and launch into her career as an Instructional Designer. I didn't even know that was a thing. She also pursued her passion for music. On a few occasions, I asked her whether or not she would go pro and record an album, go on tour, get us front row tickets to the Grammy's. Her simple answer was no. Her heart was for ministry. She was content offering her talent in the service of her King in the church

community. She threw herself into ministering consistently here at MBC, serving on the Choir as well as the Praise & Worship Team, to this day. For decades, Michelle graciously blessed our hearts in song at almost every concert, funeral, banquet, wedding and festival sponsored by our church. From time to time, I still ask her to sing the Tramaine Hawkins classic "What shall I Do." That was my song!

He called her to serve as Co-Choir Director, Leader of the Praise & Worship Team and then as Music Director. Michelle will tell you that she is a shy introvert, but there was nothing shy or introverted about the way in which she rose to the challenges that these roles required. With great prayer, thought and preparation, she diligently led her teams through the process of planning, practice, implementation and execution. She was and still is an inspiration to all those who have had the opportunity to serve with her. Over the years, I have watched in admiration as Michelle has grown and matured in Christ. She never brings up the "Incident" and she's even cooler now than she was all those years ago. (If that's even possible) I'm not sure what God has planned for this new phase of her life, but if it's anything like surfing the internet in 1985, I know it's going to be **ARTICAL!** :-)






decided to Google a list of phobias one day, after reading about two types of fear: irrational fear, commonly known as Phobia, and rational fear. Did you know that **Hippopotmonstrosesquippedaliophobia** is the fear of long words? **Chaetophobia** is the fear of hair and **Kathisophobia** is the fear of sitting down. There is also **Dextrophobia**, the fear of objects at the right side of the body. There seems to be a phobia for everything, but I am yet to find what the fear of pressure cookers is called.

My parents taught me how to cook when I was in my early teens. One day, I wanted to surprise them with a hot, tasty, nicely prepared dinner. The delicacy for the day was 'Curried Goat' and I decided to use the pressure cooker, which was quicker than the cooking method my Mom normally used. In my Pressure Cooker 101 classes, Mommy told me about the dangers associated with that device and did warn me about using it only when she was around. But what did she know? I was way ahead of the curve and just as good a cook as she was, at least in my mind. I was born for this!

Turned out that it could have been the end of me. I somehow managed to improperly close the lid on that thing, and the pressure built up in the cooker caused such an explosion in the kitchen. It sounded like a bomb. I cannot even explain the fright that overtook me when I realized I was a mere two footsteps away from re-entering the kitchen, having briefly stepped out to watch G.I Joe on the television. The kitchen walls looked like they were painted in lime green. There was meat stuck to the ceiling and the lid from the pressure cooker broke some dishes. You can only imagine the hundreds of questions and thoughts that entered my mind. What if I was still in the kitchen when that happened? If I had died, would they have cooked Curried Goat

at the repast? What if one of my sisters was in the kitchen when the explosion occurred? How many females would have been denied the pleasure of beholding such a handsome face if it had gotten disfigured from the explosion? I am terrified of pressure cookers to this day and I refuse to use one. I am very afraid for my wife whenever she uses it. If anything bad were to happen, I don't know if I would be able to rescue her in time since I'm normally nowhere near the kitchen when she's using it. Whenever I hear the sound of the weight dancing to the terrifying rhythms of the pressure cooker's steam, I recall that day....I could have been scarred for life.

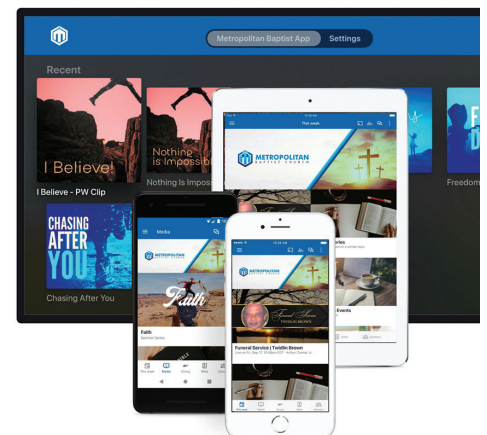
Fear is defined as a natural human instinct; a normal reaction to a perceived threat. A phobia on the other hand, is a completely irrational reaction to something that in reality poses no genuine threat to our safety. We all have our fears and some of us have both fears and phobias, but fear is not always an unpleasant emotion. Take the fear of the Lord for instance. The bible states that the fear of the Lord is the beginning of wisdom (**Prov. 9.10**). It does not mean that we cringe and tremble at the utterance of God's name. What it means is that we revere and honour Him. It means that we stand in awe of His excellence, majesty and greatness, while properly respecting His wrath and anger. It is a complete acknowledgement of all that God is, which comes through knowing Him and all His attributes. If we were to be honest with ourselves, we would have to admit that more often than not, we fear many other things ahead of fearing God. **Presscooknophobia** (my suggested name for a fear of pressure cookers) restrains me from using a pressure cooker, or entering a kitchen when one is in use.

May the fear of God restrain us from sin and keep us in His protection and provision. 



Metropolitan Baptist Church

Available in App Stores



The FOOD PANTRY

The Food Pantry has resumed regular food distribution. In the month of September we assisted 136 families consisting of 408 individuals.

The Food Pantry is open for distribution every 1st and 3rd Saturday monthly at 9:00a.m. Grocery items are needed, especially for the holiday season as we anticipate more people coming for assistance. As the holiday season approaches we anticipate more people coming for assistance. Only donations that are handed in to the office will be accepted. Anything left outside the building will be discarded.

A very special "Thank you" to all our volunteers. We appreciate you serving in this ministry.



Events UPCOMING

- FOOD PANTRY DISTRIBUTION**
Sat. Nov. 6 & 20 @ 9:00a.m.
- SERVE DAY**
Sat. Nov. 13
- HARVEST THANKSGIVING SERVICE**
Sun. Nov. 14 @ 10:00a.m.
- AWAKEN SERMON SERIES –**
"Live Like It Matters"
Sun. Nov. 21 & 28 @ 10:00a.m.



FINANCIAL REPORT FOR TWELVE MONTHS (October 1, 2021 – September 30, 2021)

Cash Inflow	\$427,122
Operating Expenses	\$371,294
Property Taxes	\$ 34,587
Difference (Excess Cash)	\$ 21,242

Submitted by Julius Adeyiga
(Accountant)



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"Bible Study is the metal
that forges a Christian."
– Charles Spurgeon



MEN'S BIBLE STUDY

SATURDAYS
5:00P.M
VIA ZOOM