



To all who are weary and need rest,
To all who mourn and need comfort,
To all who are lonely and need friendship,
To all who are complacent and need disturbing,
To all who sin and need a savior,
To all who are glad and would serve,
This church opens wide its doors.

Seventh Sunday after Pentecost

July 12, 2026

OPENING WORDS

Rev. Tiffany Triplett Henkel
Pastor

The Lord be with you.
And also with you.

PRELUDE

"Come Christians Join and Sing"

Micah Young

CALL TO WORSHIP

God of goodness,
We are called to joy
Making our moves with wild abandon
Sure of the love that buoys us
Sure of the laughter that awaits.
We are called to play
To play with God, with each other, with creation
Abandoning the grip of control, releasing solemnity
Basking in the warmth of God. In love, in light, in laughter.
Amen.
Amen.

PRAYER

Julia O'Brien
Deacon

*HYMN

"Come, Christians, Join to Sing"

Chalice 90

PASSING OF THE PEACE

The Congregation

** Please stand as you are able.*

LIFE OF THE COMMUNITY

Troy Messenger



Welcome Survey

<https://forms.gle/XQuFx98vDEUvyHy>

COVENANT OF CONCERNS AND THANKSGIVINGS

PASTORAL PRAYER

Rev. Jana Dye
Pastor

OFFERTORY

"How Can I Keep from Singing"

Micah Young



Online Giving

<http://mbcnyc.org/get-involved/give>

*DOXOLOGY

Praise God, from whom all blessings flow.
Praise God, all creatures here below.
Alleluia! Alleluia!
Praise God, the source of all good gifts!
Praise Jesus Christ, whose power uplifts!
Praise the Spirit, Holy Spirit!
Alleluia! Alleluia! Alleluia!

SCRIPTURE

Matthew 19:16-30

Deaglan Peacock
St. Peter's Volunteer

SERMON

"Focus on the Good"

Rev. Kym McNair

*HYMN

"Take My Life"
Verses 1, 2, 3, 6

Chalice 609

CLOSING WORDS

Rev. Tiffany Triplett Henkel

BENEDICTION

Rev. Kym McNair

POSTLUDE

"Seek Ye First"

Chalice 354

Service Notes

Cover art is by Paul S. Briggs.

Call to Worship is adapted from a liturgy written by Beth Merrill Neel on her blog, 'Hold Fast to What Is Good'.
Used with permission.

"How Can I Keep from Singing" is by y Reverend Robert Lowry (words and music).

"Come, Christians, Join to Sing" is by Christian Henry Bateman (words). Music is a Traditional Spanish Melody.

Harmony by David Evans

"Take My Life" is by Frances R. Havergal (words) and H.A. César Malan (music).

Postlude is composed by Karen Lafferty (words and music).



TODAY'S PREACHER

Rev. Kym McNair is the descendant of preachers, teachers and community organizers. She has spoken on panels, facilitated workshops for religious and civic organizations across Westchester, and assisted congregations with incorporating faith-based, anti-racism principles into their ministries. She is a contributor to "We Pray Freedom: Liturgies and Rituals from the Freedom Church of the Poor," and has received numerous accolades from religious, civic and government agencies for her work in advocating for the basic human right to be free from the imposition of power and control, and engage in relationships that uphold the principles of respect, equality and safety. In her role as Director for Faith Based Initiatives for Westchester County she will seek to enhance the relationship between Westchester County Government and local houses of worship. She finds restoration and joy in early morning walks with her rescue dog, Simba, tending to her vegetable and flower gardens, reading and watching sci-fi, fantasy and true crime and in being Titi to her twin nieces, Olivia and Lydia.

ANNOUNCEMENTS



A Great week at CLUE Camp!

A huge shout out to Metr/RMM staff and Church on Main in Blacksburg, VA for leading a great week of CLUE Camp. Our theme this year was "Mission Cup", a play off of the World Cup excitement happening in our backyard. We spent time at the park, played games, learned valuable lessons and took our favorite field trip to Coney Island.

Hell's Kitchen Farm Internship Program Begins!

This week was the launch of our 6-week Youth Farm Internship. We are thrilled to have 6 wonderful high schoolers in the program. They kicked off the internship by learning about the history of our rooftop farm, exploring the challenges of food insecurity, and getting their hands dirty with work in our growing beds. It is going to be a great summer on the roof!



Welcome, St. Peter's Episcopal!

We are so excited to welcome St. Peter's Episcopal Church from Arizona for their first visit to Metro/RMM. They will spend a week with us participating in our Urban Immersion Program. They'll learn about our programs as well as life and nonprofit ministry in NYC. Let's give them a big Metro welcome!



Metro Quarterly Business Meeting & Potluck

Sunday, July 26 following Morning Worship - In person and via Zoom

Please plan to join Metro's congregational meeting on July 26 following morning worship. In person attendees are also invited to bring a dish for a church potluck. More details, along with agenda & supporting documents will be sent out closer to date of the meeting.



Metro Mindfulness Team Awarded a Calvin Grant!

Metro's Mindfulness team - Laura Bergquist, Julia O'Brien, and Troy Messenger - are excited to announce that Metro has received a one-year, \$25,000 grant. The grant will help us build our contemplative practices through special events, retreats, study, and worship. This program is made possible through a Vital Worship, Vital Preaching Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc. Stay tuned for more!



Community Supported Agriculture (CSA)

Wednesday Pick Ups (4:30-7:30 PM) | June 17 - October 28, 2026

Join the CSA (Community Supported Agriculture) to receive weekly or bi-monthly fresh produce, to be picked up Wednesdays at Metro. Full, half, and subsidized shares are available. And there is still time to sign up for 10 weeks of fresh flowers! To learn more or to sign up, visit www.hkfp.org/csa.



Metro Skills and Talents Survey

Have you ever wanted to be more involved in volunteering for our different ministries but weren't sure where your skills and passions were most needed? Metro Deacons and Pastors have created a survey so we can get to know you better and pair you up with the projects and ministries that make you feel most alive! Use the QR code and let us know what you're most passionate about.



Let's Celebrate our Metro July Birthdays!

We're sending a huge Happy Birthday to all those in our beloved community who are celebrating another year of life this month!!



- Paula Nance- July 1
- Carole Collins - July 5
- Marcus Wilborn - July 6
- Ada Henkel- July 9
- Jessica Tezen- July 14
- Dick Tye- July 14
- Judith York- July 22
- Hudson Henkel- July 22

Have a birthday in July but don't see your name above? Click [here](#) to add your birthday information or reach out to one of your Pastors so we can celebrate you as well!



Annual Giving Monthly Update

Thank you for supporting the ministry and work of Metro Baptist Church through your tithes and offerings. For more questions regarding our stewardship efforts & focus, please feel free to reach out to Metro Trustee Sara Day (saraday468@gmail.com).

General offerings as of June 2026: \$109,416.00

Total Amount Budgeted for 2026: \$270,000.00

Metro Baptist Church

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Rauschenbusch Metro Ministries: www.rmmnyc.org

Hell's Kitchen Farm Project: www.hkfp.org

Affiliated and partnered with the Alliance of Baptists and the Cooperative Baptist Fellowship

Rev. Jana Dye	PASTOR
Stephena George	MINISTRY ASSOCIATE
J'Quay Gibbs	FOOD & JUSTICE ASSOCIATE
Rev. Tiffany Triplett Henkel	PASTOR
Anita Massengill	WORSHIP LEADER
Gillian Matherly	SUMMER INTERN
Cathy McGaughey	FINANCIAL ADMINISTRATOR
Rev. Dr. Troy Messenger	HYBRID WORSHIP COORDINATOR
Rev. LuAnne Prevost	PROGRAM MINISTRY COORDINATOR
Jesse Warkentin	WORSHIP LEADER