



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.

Ninth Sunday after Pentecost

July 26, 2026

OPENING WORDS

Rev. Tiffany Triplett Henkel
Pastor

The Lord be with you.
And also with you.

PRELUDE

"Variations on a Slovakian Folksong"

Jesse Warkentin

CALL TO WORSHIP

God does not call us to easy or comfortable lives.
God calls us to be present, embrace abundance,
And find grace in our struggles.
Let us worship the God who believes in us,
trusts in us, and abides with us.
**Let us worship the God who will ask much of us,
but will be beside us every step of the way.**

PRAYER

Carole Collins
Deacon

*HYMN

"All My Hope on God Is Founded"

Chalice 88

PASSING OF THE PEACE

The Congregation

LIFE OF THE COMMUNITY

Janice Ollivierre



Welcome Survey
<https://forms.gle/XQuFx98vDEUvyHy>

** Please stand as you are able.*

COVENANT OF CONCERNS AND THANKSGIVINGS

PASTORAL PRAYER

Rev. Jana Dye
Pastor

OFFERTORY

"Hold On"

Claire McConnell



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

Genesis 32:22-32

Ada Henkel

SERMON

"Who Will We Become?"

Gillian Matherly

*"All that you touch you change. All that you change changes you.
The only lasting truth is change. God is change."*

*HYMN

"My Hope is Built"

Chalice 537

CLOSING WORDS

Rev. Tiffany Triplett Henkel

BENEDICTION

Gillian Matherly

POSTLUDE

"Sonatina Mvt. 1"

Jesse Warkentin

Service Notes

Cover art is *Jacob Wrestling God 2* by artist Chris Cook.

"Variations on a Slovakian Folksong" is composed by Dmitri Kabalevsky (1904-1987) Op. 51, No. 3.

Call to Worship is adapted from a liturgy written by Eliza Buchakjian-Tweedy, Pastor at First Church Congregational, Rochester, NH. She blogs at <http://sermonizing.wordpress.com/>.

"All My Hope on God Is Founded" is by Joachim Neander. Stanza 3 attributed to Fred Pratt Green.

"Hold On" is from *Secret Garden* with lyrics by Marsha Norman & music by Lucy Simon.

"My Hope is Built" is by Edward Mote (words) and William B. Bradbury (music).

"Sonatina Mvt. 1" is composed by Aram Khachaturian (1903-1978)

TODAY'S PREACHER



Gillian Matherly is currently serving as Metro-RMM's Summer Intern. Originally from Waynesboro, VA, Gillian is a pre-law track student at the University of Virginia, studying Politics and Government, with a concentration in Public Policy. After volunteering with a team that cooked and helped serve Metro's community Thanksgiving meal last year, Gillian returned to NYC this summer as a resident intern and has been immersed in virtually all of our community and congregational offerings, including providing leadership for our Teen Center, Urban Immersion & Youth Farm Internship programs. And we are grateful to have her as our preacher today!

ANNOUNCEMENTS

Metro Church Business Meeting & Potluck

TODAY, July 26 following morning worship

Please plan to join Metro's 3rd Quarterly Church Conference of 2026 today following worship in-person & via Zoom. Full agenda with supporting documents can be found via this link or the QR code:

[3rd Quarterly Church Conference of 2026](#)

Potluck lunch is in the rear of the sanctuary for those joining in person.



Welcome, Evie Bergquist!

RMM/Metro's Newest Staff Member

Evie Bergquist joined our resident staff team this week and will be providing support to several of our community and congregational programs. Evie is a student from Wichita, Kansas who will be attending John Jay School of Criminal Justice in the fall and majoring in Forensic Science. She enjoys creating and consuming all forms of art, and looks forward to getting immersed in the vibrant communities and culture of this incredible city.

We're so excited to have Evie with us and we look forward to getting to know her more in the coming weeks!



Tuesday Teen Center

1:00-4:00 PM in July

RMM's Teen Center is open to all 6th-12th graders on Tuesdays 1:00-4:00 PM through the end of July. Come join other students for a casual time of games/activities, discussions, service projects, trips and general fun. Please note that a permission form must be filled out for each teen attending this summer. Please contact summer intern, Gillian Matherly, with any questions. Feel free to share with others.



Metro Mindfulness - First Events!

Mark your calendars for two exciting events led by our Mindfulness Team

Thursday, August 6 at 7:00 pm - Labyrinth Walk and Sound Bath

Join us for a contemplative evening featuring the music of guitarist Jesse Lewis while walking the labyrinth in the sanctuary at Broadway Presbyterian Church, 114th and Broadway.

Sunday, August 23 - Afternoon "Retreat." Stay after Metro worship to savor an afternoon of food, song, art, quiet, and reflection to kick off our year of mindfulness.

These two events are the first in our series funded by the recently received one-year grant from the Calvin Institute of Worship. The grant will help us build our contemplative practices in worship and daily life. 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.



Hell's Kitchen Farm Internship Week 3!

We are halfway through our summer HKFP Youth Farm Internship program! Teens and leaders enjoyed a field trip to Union Square Farmer's Market, where they spoke with vendors & farmers about their work. They harvested cucumbers & shishito peppers on the roof, as well as assisted with a delivery of food for our weekend food pantry. And they learned about green markets & regenerative farming. We're looking forward to seeing what kind of adventure Week 3 brings! Next week, the interns will travel a little farther out to visit our partner CSA farm in New Jersey!



Hell's Kitchen Farm Project

Open Farm Days (10:00 AM - 12:00 PM); Thursdays & Select Saturdays

Upcoming Dates: July 30; August 1, 6, 13, 15, 20, 27 & 29

Metro's rooftop farm is open for the season and all are welcome to visit or volunteer on the farm. Weather permitting, the farm will be open to the public every Thursday, as well as select Saturdays, each month. Check our website for the latest schedule and updates: www.hkfp.org. See LuAnne Prevost (lprevost@rmmnyc.org) with any questions. **Please note there is a 4-floor walk up to the rooftop farm.**

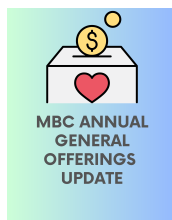
Let's Celebrate our Metro July Birthdays!

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

410 W. 40th Street, New York, NY 10018 | 212-594-4464

www.mbcnyc.org | mbc@mbcnyc.org

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

Evie Bergquist	PROGRAM ASSOCIATE
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