



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.

Tenth Sunday after Pentecost

August 2, 2026

OPENING WORDS

Rev. Tiffany Triplett Henkel
Pastor

The Lord be with you.
And also with you.

PRELUDE

"Concertino" Op. 107

Jessica Taskov
Flute

CALL TO WORSHIP

We lay down our arms
so we can reach out our arms to one another.
We seek harm to none and harmony for all.
Let the globe, if nothing else, say this is true.
That even as we grieved, we grew.
That even as we hurt, we hoped;
that even as we tired, we tried;
that we'll forever be tied together, victorious.
Not because we will never again know defeat,
but because we will never again sow division.
Scripture tells us to envision
that everyone shall sit under their own vine and fig tree,
and no one shall make them afraid.
**If we're to live up to our own time,
then victory won't lie in the blade,
but in all the bridges we've made.**

** Please stand as you are able.*

PRAYER

Julia O'Brien
Deacon

*HYMN

"I Will Sing of the Mercies of the Lord"

Chalice 87

PASSING OF THE PEACE

The Congregation

RESPONSE

"Holy Ground"

This is ho - ly ground; we're stand-ing on ho - ly ground,
for the Lord is pre-sent and where God is is ho - ly.
This is ho - ly ground; We're stand-ing on ho - ly ground.
For the Lord is pre-sent and where God is is Ho - ly.

The musical score is written on four staves in 4/4 time, key of B-flat major. It features a melody with lyrics underneath. The first staff has a triplet of eighth notes. The second staff continues the melody. The third staff has another triplet of eighth notes. The fourth staff concludes the phrase.

LIFE OF THE COMMUNITY

Troy Messenger



Welcome Survey

<https://forms.gle/XQuFx98vDEUvyHy>

COVENANT OF CONCERNS AND THANKSGIVINGS

PASTORAL PRAYER

Rev. Tiffany Triplett Henkel

OFFERTORY

"Praise to the Lord! "

Jessica Taskov



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

Micah 4:1-4

Bob Baer

SERMON

"The Hill"

Rev. Kym McNair

COMMUNION

*HYMN

"For Everyone Born"

For ev - ery-one born a place at the ta - ble, for ev - ery-one born, clean
For gen - ders di - verse a place at the ta - ble, re - vis - ing the roles, de -
For young and for old a place at the ta - ble, a voice to be heard, a
For gay and for straight a place at the ta - ble, a cov - e - nant shared, a
For ev - ery-one born, a place at the ta - ble, to live with - out fear, and

4
wa - ter and bread, a shel - ter a space, a safe place for grow - ing.
cid - ing the share, with wis - dom and grace all shar - ing the pow - er
part in the song, The hands of a child in hands that are wrin - kled,
wel - com - ing space, ex - press - ions of love di - verse as a rain - bow,
8
sim - ply to be, to work, to speak out, to wit - ness and wor - ship,

for ev - ery-one born, a star o - ver - head. And
for gen - ders di - verse a sys - tem that's fair.
for young and for old, the right to be - long.
for gay and for straight a cha - lice of grace.
11
for ev - ery-one born, the right to be free.

God will de - light when we are cre - a - tors of jus - tice and joy, com -
pas - sion and peace: yes, God will de - light when we are cre -
a - tors of jus - tice, jus - tice and joy!

CLOSING WORDS

Rev. Tiffany Triplett Henkel

BENEDICTION

Rev. Kym McNair

POSTLUDE

Jessica Taskov

Service Notes

Cover art is by Paul S. Briggs.

Prelude is composed by Cécile Chaminade.

Call to Worship is a passage from Amanda Gorman's poem "The Hill We Climb".

"I Will Sing of the Mercies of the Lord" is by James H. Fillmore (words and music).

"Holy Ground" is by Christopher Beatty (words and music).

"Praise to the Lord!" is arranged by Brant Adams, using the hymn tunes: Lobe Den Herren (from Stralsund Gesangbuch 1665) and Hyfrydol (by Rowland H. Pritchard).

"For Everyone Born" is by Shirley Erena Murray (words), and Brian Mann (music).

Music reprinted by permission, OneLicense.net #A725088.



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.

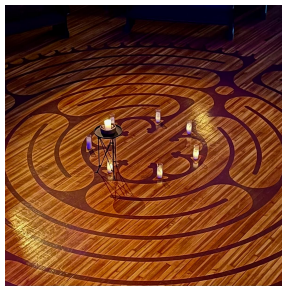
ANNOUNCEMENTS



Tuesday Teen Center

1:00-4:00 PM through August 11

RMM's Teen Center is open to all 6th-12th graders on Tuesdays 1:00-4:00 PM through August 11. 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 4!

We officially wrapped up our fourth week of the HKFP farm internship! This week teens and leaders enjoyed a field trip to the Javits Center and they were hard at work again on our rooftop harvesting beans and tomatoes, watering, pickling dilly beans, and weeding. We've got two more weeks left of the internship program and we look forward to finishing out the summer strong with more opportunities for learning and service throughout the first half of August.



Hell's Kitchen Farm Project

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

Upcoming Dates: August 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.*



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!

Let's Celebrate our Metro August Birthdays!

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



- Rowan Messenger - August 3
- Lorna Henkel - August 6
- Ari Messenger - August 7
- LuAnne Prevost - August 8
- Tiffany Henkel - August 13
- Leslie Lowe - August 18
- Sarah Henkel - August 22
- Trevor Richardson - August 27
- Chrisaleen Ciro - August 31

Have a birthday in August 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