



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.

Nineteenth Sunday after Pentecost

October 4, 2026

OPENING WORDS

Rev. Tiffany Triplett Henkel
Pastor

The Lord be with you.
And also with you.

PRELUDE

"We Gather Together"

Laura Bergquist

CALL TO WORSHIP

God, just as you brought your people out of captivity in Egypt,
You help deliver us from our pain and suffering.
We are called here today to celebrate God's love-
Remind us not to make an idol of worldly things like money, power, and prestige.
We worship a God of kindness and generosity,
And we must speak out when God's name is used in vain.
God guides us on how to live lives that are Holy and true,
May we follow God's wisdom and answer the call to live more justly.

PRAYER

Susan Rutter
Deacon

*HYMN

"How Firm a Foundation"

Chalice 618

PASSING OF THE PEACE

The Congregation

** Please stand as you are able.*

RESPONSE

"Sweet, Sweet Spirit"

Chalice 261

There's a sweet sweet Spir - it in this place, _____ and I
 know that it's the Spir - it of _____ the Lord; _____ there are
 sweet ex - pres - sions on each face, _____ and I
 know they feel the pres - ence of _____ the Lord. _____
 Sweet Ho - ly Spir - it, sweet heav - en - ly Dove,
 stay right here with _____ us, fill - ing us with _____ your love;
 and for these bless - ings we lift our hearts in praise; _____ with-out a
 doubt we'll know that we have been re - vived when we shall leave this place. _____

IFE OF THE COMMUNITY

Carole Collins



Welcome Survey

<https://forms.gle/XQuFx98vDEUvyHy>

COVENANT OF CONCERNS AND THANKSGIVINGS

PASTORAL PRAYER

Rev. Tiffany Triplett Henkel

OFFERTORY

"You're Not Finished Yet"

Emily Estep



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

Exodus 20:1-4, 7-9, 12-20

Karissa Thacker

SERMON

"The Fundamentals"

Rev. Kym McNair

COMMUNION

*HYMN

"Guide Me, O Thou Great Jehovah"

Chalice 622

CLOSING WORDS

Rev. Tiffany Triplett Henkel

BENEDICTION

Rev. Kym McNair

POSTLUDE

Laura Bergquist

Service Notes

Cover art is a six-foot fabric banner created for World Communion Sunday on October 5, 1997, featuring a design originally drawn in oil pastels by Dorothea B. Kennedy and translated into fabric by Gloriela Yau Dolak.

Prelude: Music from *Nederlandsch Gedenckelanc*, 1626. Arranged by Howard Helvey.

Call to Worship is written by Rev. Jana Dye, based on Exodus 20.

"How Firm a Foundation": Words from John Rippon's *Selection of Hymns*. Music is a Traditional American Melody.

"Sweet, Sweet Spirit" is by Doris Akers (words and music).

"You're Not Finished Yet" is by Mia Fields, Maggie Reed and Henry Seeley (words & music).

"Guide Me, O Thou Great Jehovah": Words by William Williams, translated by Peter and William Williams. Music by John Hughes.

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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



HKFP Honey Extraction

Next Saturday, October 10 | 2:00-3:00 PM

Our rooftop bees have been hard at work over the last year and our hives are full of honey! If you are interested in learning more about bees and experience a honey extraction, you are invited to join us next Saturday at 2:00 PM. And you might get to go home with a little bit of Metro honey 🍯! ***Please note the extraction will happen in Metro's basement (NOT ON THE ROOF).***

Open Farm Dates: October 8, 15, 17, 22, 29 (10:00 AM - 12:00 PM)

Also, Metro's rooftop farm to the public, 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.***



Evening with Poet, Speaker & Public Theologian [Drew Jackson](#)

Wednesday, October 21

Mark your calendars for the next offering in Metro's Mindfulness series. On Wednesday, October 21, we will host Drew Jackson, who is the Managing Director of Formation for the Center for Action and Contemplation. More details to come, but please mark your calendars for this next offering in our Metro Mindfulness series made possible by a grant from The Calvin Institute.



Winter Clothing Closet Opens TUESDAY, November 3!

Most TUESDAYS (November 3, 2026 - March 23, 2027)

Distribution: 1:15-2:30 PM | Volunteer Needs: 12:30-3:30 PM

RMM's Winter Clothing Closet reopens soon and we need YOUR HELP!



CLOTHING DONATIONS: We are in great need of the following new or gently used clothing items for adults: heavy winter coats, sweatshirts/sweaters, joggers/jeans, t-shirts, hats, gloves, scarves and underwear. You can drop off donations here at Metro (bin in rear of sanctuary).

VOLUNTEERS: Each TUESDAY, we will be in need of 15-20 volunteers to help distribute clothing to those in need. **You can sign up for one or more volunteer opportunities by scanning QR above.**



FALL Sale to benefit Winter Clothing Closet

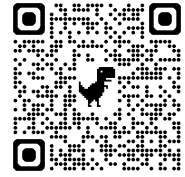
Saturday, October 17 from 1-5 PM, Metro's Basement

Come shop for some affordable, gently used fall clothing for a good cause! Our Clothing Closet volunteers have been hard at work organizing this sale. This will help Metro/RMM clear out precious and limited storage space to accept more warm winter clothing and proceeds will go directly towards the Clothing Closet. There will be coats, jackets, sweaters, blouses, tees, ties & socks priced anywhere from \$1 to \$20.



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 October Birthdays!

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

- Julia O'Brien - October 2
- Liam O'Brien - October 5
- Karissa Thacker - October 7
- Jesse Warkentin - October 27
- Matt Tucker - October 30

Have a birthday this month 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 August 2026: \$198,650.90

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