

metro
BAPTIST CHURCH

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.

Twenty Third Sunday after Pentecost *November 1, 2026*

OPENING WORDS — Rev. Dr. Troy Messenger
Metro Member

The Lord be with you.
And also with you.

PRELUDE — "Shout to the Lord" — Laura Bergquist

CALL TO WORSHIP

Blessed are the poor and vulnerable,
For they are beloved creations of God.
Blessed are those who are mourning,
For we know their grief is sacred.
Blessed are those who are gentle and humble,
For strength does not come through force.
Blessed are those who hunger and thirst for truth and justice,
For their cups will be filled.
Blessed are the merciful, the peacemakers, the persecuted.
Blessed are all of us who follow God's call to love,
no matter where it takes us.

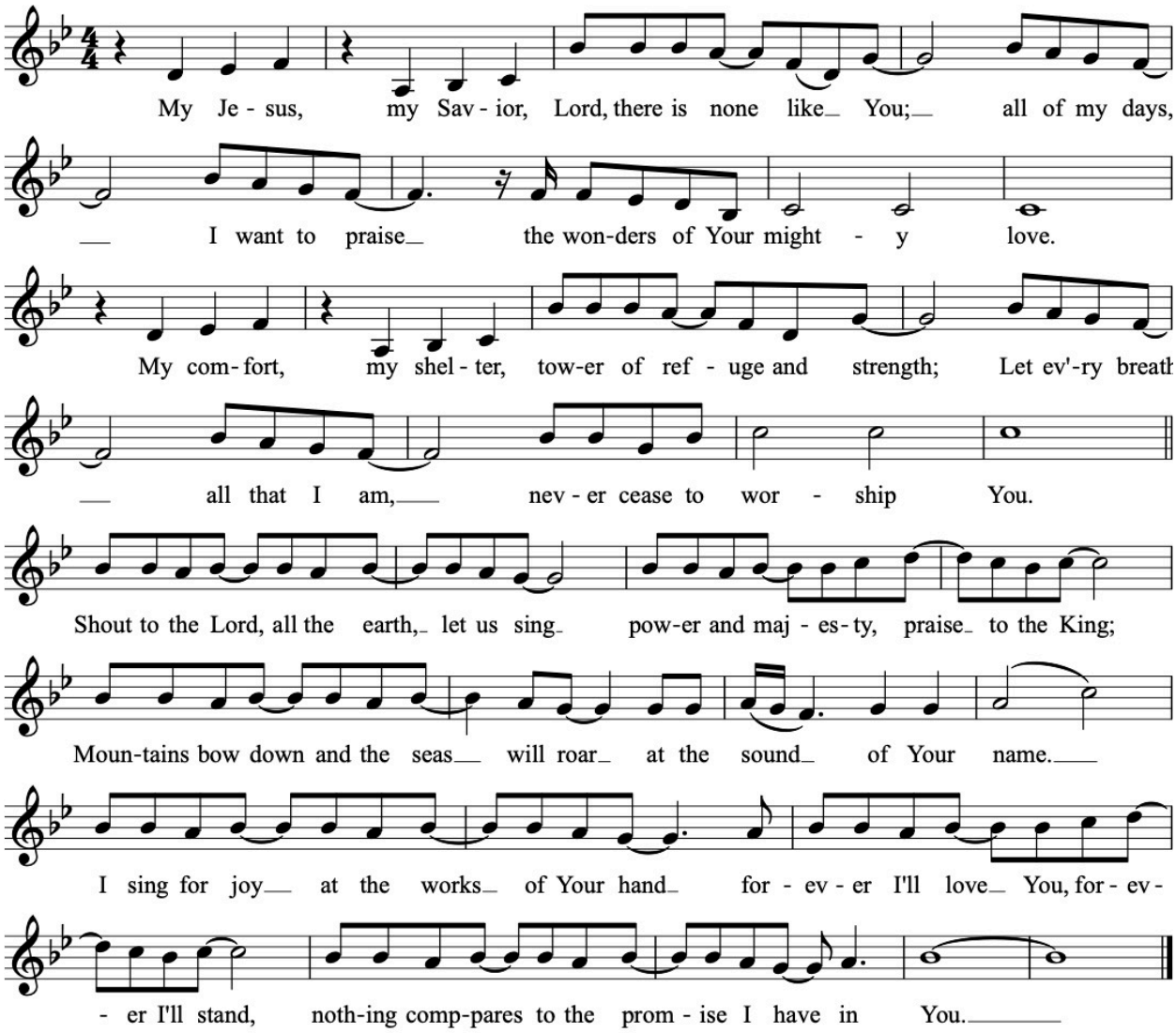
PRAYER — Cat Fernando-Rizzo
Deacon

*HYMN — "Love Divine, All Loves Excelling" — Chalice 517

PASSING OF THE PEACE — The Congregation

** Please stand as you are able.*

RESPONSE "Shout to the Lord"



LIFE OF THE COMMUNITY — Cat Fernando-Rizzo

Welcome Survey
https://forms.gle/XQuFx98vDEUvyHy

COVENANT OF CONCERNS AND THANKSGIVINGS

PASTORAL PRAYER — Julia O'Brien
Deacon

OFFERTORY	"In Christ Alone"	Laura Voss
	Online Giving http://mbcnyc.org/get-involved/give	Trevor Richardson

*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	Psalm 34:1-9	Michael O'Brien
SERMON	"Praise is Resistance"	Rev. Kym McNair
*HYMN	"Take My Life and Let It Be" (Verses 1-4)	Chalice 609
CLOSING WORDS		Rev. Dr. Troy Messenger
BENEDICTION		Rev. Kym McNair
POSTLUDE	"Take My Life and Let It Be" (Verses 5 & 6)	Chalice 609

Service Notes

Cover art is *There Are Many Churches in Harlem. The People Are Very Religious.* by Jacob Lawrence (1943).
Prelude is by Darlene Zschech (words and music). Arranged by Laura Bergquist.
Call to Worship is adapted from Matthew 5: 3-12.
"Love Divine, All Loves Excelling"is by Charles Wesley (words) and John Zundel (music).
"Shout to the Lord"is by Darlene Zschech (words and music).
"In Christ Alone" by Keith Getty and Stuart Townsend (words and music).
"Take My Life and Let It Be" is by Frances Havergal (words) and H.A. César Malan (music).
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Celebrating our Metro October Birthdays Today!

At the close of worship today, all are invited to enjoy some cake in celebration Metro's October birthdays:

- Julia O'Brien - October 2
- Liam O'Brien - October 5
- Karissa Thacker - October 7
- Ken Jennings- October 10
- Jesse Warkentin - October 27
- Matt Tucker - October 30

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



Winter Clothing Closet Opens THIS TUESDAY, November 3!

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

Distribution: 1:15-2:30 PM I 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).

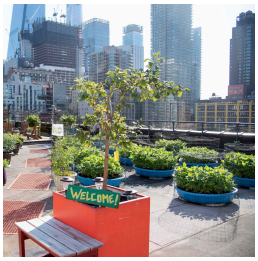
VOLUNTEERS: Each TUESDAY, we will be in need of 15-20 volunteers to help distribute clothing to those in need. **You can sign up for one or more volunteer opportunities by scanning QR above.**



Metro's Annual Meeting of the Corporation, 4th Quarterly Church Conference & Church Potluck

Sunday, November 8 following morning worship (in person & via Zoom)

Please plan to join for Metro's congregational meeting on November 8 following the 11:00 AM worship service. Full agendas will be sent out later this week. In person attendees are also invited to bring a dish for a church potluck.



Hell's Kitchen Farm Project Season Closing & Celebration

Saturday, November 14 I 10:00 AM - 12:00 PM

Thanks to so many of you, we have had an amazing farm season! As we prepare to close the season in a few weeks, we invite you to join us for our final public open farm experience. Join us on Saturday, November 14 to help with any final season tasks, enjoy some refreshments and celebrate the fruits of our labor during the 2026 growing season. More details come. 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.***



Metro Membership Classes

Sunday, November 15 after worship (in person at the Bergquists' home) AND Wednesday, November 18 at 7PM (Virtual, on Zoom)

Metro Pastors, in coordination with our Deacons, have scheduled an opportunity for anyone in our community who is not an official member of Metro but interested in learning more about what membership means. Come hear from leaders and longtime members of Metro about our church's history and values, and discern for yourself whether membershi p is the right choice for you at this time. If you have questions, please contact Pastor Jana (jdye@mbcnyc.org) and ***please use the QR code to RSVP if you plan to attend!***



Memorial for Rafael "Ralph" Domenech

UPDATED: Friday, November 20 at 5:00 PM

Metro Baptist Church Sanctuary (and will also be streamed virtually)

Beloved Metro custodian, Ralph Domenech, passed away on September 24 after a long battle with cancer. We are planning a memorial service to be held in Metro's sanctuary on Saturday, November 21 at 3:00 PM. All are invited to join in person or online. Please hold the date and time for now. Full details and updated information to come.



Nature Walk in Central Park with Herbalist Dawn Petter

Saturday, November 21 from 11AM to 12:30PM

Dawn Petter will lead us on a gentle walk in nature, providing the opportunity to reconnect with the wisdom and beauty of the plant world. Through mindful observation and attuning our senses, we'll explore the ancient relationship between people and plants and cultivate a sense of wonder immersed in God's creation.



Thanksgiving Community Meal

Thursday, November 26, 2025

Meal Served 11:30 AM - 1:30 PM

Volunteers Needed 11:00 AM - 2:00 PM

Metro will once again be hosting our annual community meal on Thanksgiving Day for any and all! This delicious, homemade meal will be served 11:30 AM - 1:30 PM. Volunteers are definitely needed. To learn more and to sign up to volunteer, follow this link or scan the QR code: https://www.signupgenius.com/go/9040F45A5AB28A0FD0-67195268-metrormm



Let's Celebrate our Metro November Birthdays!

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

- Maren Holmen - November 4
- Kathy Conry - November 15
- Claire McConnell - November 18

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 September 2026: $204,572.21
Total Amount Budgeted for 2026: $270,000.00

Metro Baptist Church

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www.mbcnyc.org I 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