

WORSHIP OUTSIDE OF THE WALLS



We encourage you to keep this guide
handy as we connect virtually.

WEEKLY SCHEDULE:

SUNDAY WORSHIP



9:00 AM / 9:30 AM

We invite you to join 9 - 9:30 am for moments of meditation. Service begins promptly at 9:30 am.

WAYS TO JOIN

zoom

<https://zoom.us/j/975804722>



www.facebook.com/metropolitanamec



iphone one tap: 13126266799,,975804722#
Android/landline: 1-929-205-6099, 975804722#

NOON DAY



Wednesday

12:00 PM

Metropolitan's ministerial team will continue hosting Noon Day/Intersect DC.

WAYS TO JOIN

zoom

<https://zoom.us/j/672511845>



1-929-205-6099
Meeting ID: 672511845#

PASTOR'S STUDY



Wednesday

7:00 PM

Pastor Lamar will continue to lead Bible Study every Wednesday at 7 pm.

WAYS TO JOIN

zoom

<https://zoom.us/j/125216351>



1-929-205-6099
Meeting ID: 125216351#

MET CAFE



Saturday

11:00 AM

Join Marty Lamar, Director of Worship and Creative Arts for coffee and conversation.

WAYS TO JOIN



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WE THANK YOU FOR REMAINING COMMITTED TO
CONNECTING AND GIVING AS WE MEET
VIRTUALLY.

QUESTIONS? ISSUES CONNECTING? EMAIL
VIRTUALWORSHIP@METROPOLITANAMEC.ORG

FOR OUR COVID-19 RELATED
UPDATES AND WAYS TO GIVE,
PLEASE VISIT
WWW.METROPOLITANAMEC.ORG/VIRTUALWORSHIP