

THE METROPOLITAN MONTHLY



AUGUST 2026 | VOLUME 8



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FROM THE PASTOR'S DESK



August: Our Sacred Sabbatical Month

“Come away by yourselves to a secluded place and rest a while.” — Mark 6:31

Beloved Metropolitan Family,

Grace and peace be unto you from God our Father and the Lord Jesus Christ.

As we enter the month of August, we once again embrace one of the treasured rhythms of our church family—our Annual Sabbatical Month. Throughout the years, this month has been intentionally set aside as a sacred season of spiritual renewal, personal reflection, physical rest, and deeper communion with God.

Please note that there will be no ministry meetings, committee meetings, Bible Study, or organizational gatherings during the month of August. This intentional pause allows each of us the opportunity to slow our pace, refresh our spirits, and prepare our hearts for the next season of ministry.

While many activities pause, our worship of God never does.

I lovingly encourage every member and every household to remain faithful by:

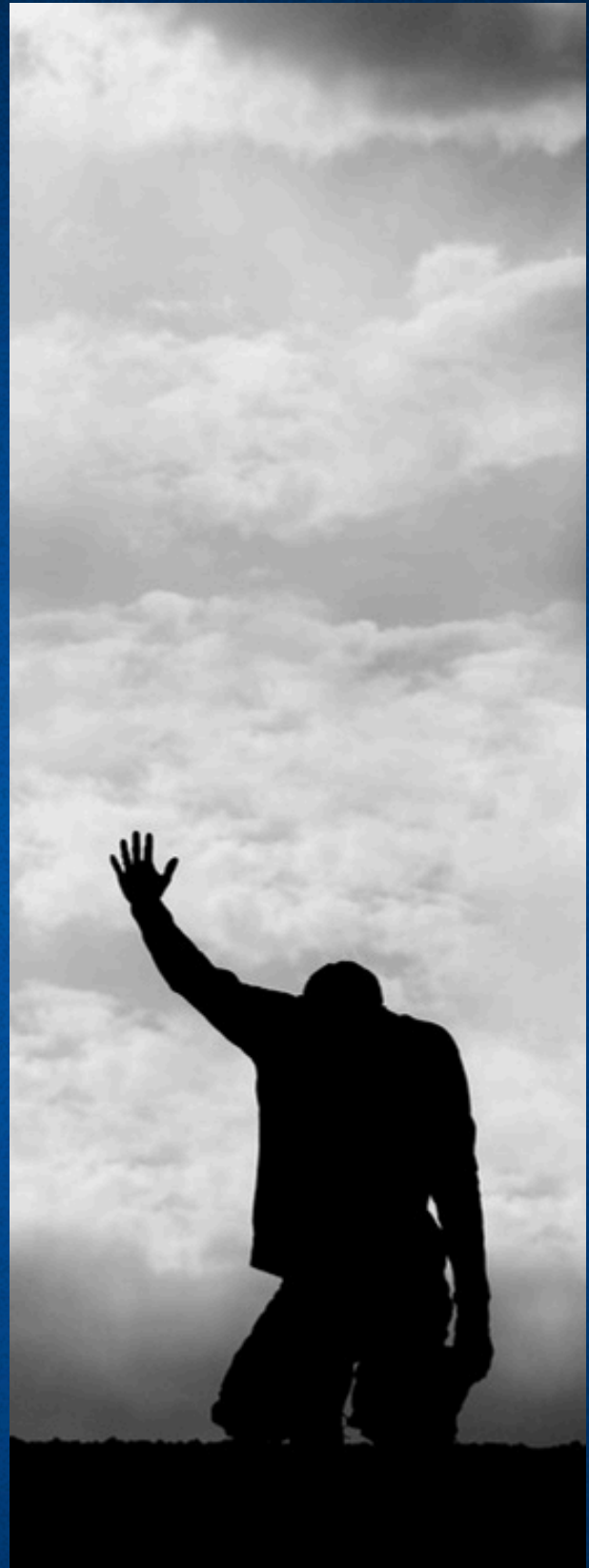
- Joining us each Sunday for Intercessory Prayer
- Attending Sunday School
- Worshipping faithfully during our 10:30 a.m. Worship Celebration
- Remaining committed in your Tithes and Offerings
- Continuing your daily prayer life
- Spending meaningful time in personal Bible study
- Encouraging family worship at home
- Staying connected with your church family
- Reaching out to members who may need encouragement
- Sharing Christ's love through simple acts of kindness within your community

A sabbatical is not a vacation from God — it is an opportunity to draw even closer to Him.

As your Pastor, I pray this month refreshes your spirit, strengthens your faith, restores your joy, and renews your vision as together we continue walking in God's Divine Blueprint... NEW DIRECTION.

May the Lord richly bless each of you.

**With gratitude, love, and prayers,
Rev. Leon R. Perry, III
Senior Pastor**





SO...WHAT IS A SABBATICAL?

Breaking down the true meaning of a spiritual sabbatical and why intentional rest is essential for faithful serving.

What Is a Spiritual Sabbatical?

The word Sabbath means to cease, to rest, or to pause. Throughout Scripture, God demonstrates the importance of healthy rhythms of work, worship, and rest.

A Spiritual Sabbatical provides an intentional opportunity to:

- Rest physically from busy schedules.
- Refresh emotionally and mentally.
- Reconnect deeply with God through prayer.
- Reflect upon God's faithfulness.
- Renew spiritual passion and purpose.
- Prepare for the next season of ministry and service.

Jesus Himself often withdrew to quiet places to pray, demonstrating that even while fulfilling God's work, moments of intentional renewal are essential.

Ways to Observe Your Spiritual Sabbatical

Throughout August, consider making these practices part of your daily life:

- Begin each morning with prayer and thanksgiving.
- Read one chapter of Scripture each day.
- Keep a devotional journal.
- Spend quiet time listening for God's direction.
- Worship faithfully every Sunday.
- Pray with your family.
- Reach out to encourage another member.
- Limit unnecessary distractions and spend more time with God.
- Read a Christian book that inspires spiritual growth.
- Practice gratitude by thanking God daily for His many blessings.
- Serve someone through an act of kindness.
- Reflect on the vision God has for your life.

**REMEMBER: REST IS NOT THE ABSENCE OF PURPOSE
— IT IS PREPARATION FOR GREATER PURPOSE.**

FAITHFUL STEWARDSHIP NEVER TAKES A VACATION

Even during Sabbatical Month, we remain faithful stewards of all God has entrusted to us.

Let us continue to:

- ✓ Attend Sunday School
- ✓ Worship each Sunday
- ✓ Pray without ceasing
- ✓ Support the ministry through our Tithes and Offerings
- ✓ Study God's Word at home
- ✓ Encourage one another
- ✓ Stay connected to our church family
- ✓ Invite someone to worship



TOGETHER WE CONTINUE BUILDING GOD'S KINGDOM.



LOOKING AHEAD...

SEPTEMBER 2026: Annual Church Revival

Prepare your hearts for a powerful season of revival!

This year our Annual Revival will be held each Wednesday evening throughout the month of September, as we gather for dynamic worship, fervent prayer, and life-changing preaching from anointed guest ministers whom God has prepared for this appointed season.

Revival Wednesdays

- Inspiring Guest Preachers
- Dynamic Worship
- Powerful Prayer
- Spiritual Renewal
- Fresh Vision
- Kingdom Fellowship

Additional information, guest speakers, and weekly themes will be announced soon.

Come expecting God to move in extraordinary ways!

*“Will You Not Revive Us Again,
That Your People May Rejoice in
You?” — Psalm 85:6*

CHRISTIAN EDUCATION

Greetings Love Family,

Please join the Christian Education Ministry's bible study lessons as we grow together in the knowledge of our Lord Jesus Christ.

Last month, we joyfully concluded our **"The Big Picture"** series. Together we journeyed from Genesis to Revelation, discovering the beautiful calling God has placed on humanity—to be active participants in His Kingdom agenda. The series closed with a powerful challenge for every believer to stand firm in the faith by living holy, set-apart lives for God's glory. If you missed any sessions, we encourage you to re-watch these revelation-packed lessons on our church's Facebook page.

In August, our lessons will continue building on the theme of standing firm in the faith in Christ Jesus—this time with a special focus on remembering and treasuring God's Word. In a world filled with voices that seek to deceive and distract, our confidence must remain steadfast in the Lord, who is the eternal Truth.

If you haven't already, make sure to submit your order for the new UMI book with Brother Max Bakana.

Stay Blessed Family!

OUR THEME FOR THE MONTH IS:
"DEFEND THE FAITH"

AUGUST 2026 FACILITATORS & LESSONS:

August 2nd

Brother Max Bakana

Embrace Salvation, Avoid Distractions
(Titus 3:1-11)

August 9th

Deacon Janice Thomas

Confident Love (1 John 3:11-24)

August 16th

Deacon Deborah Peters

Watch Out For Deceivers (2 John 1:1-13)

August 23rd

Reverend Darnette Solomon

Defend the Faith (Jude 1:1-25)

August 30th

Reverend Darnette Solomon

Living Waters (Revelations 22:1-7)

PRAYER MINISTRY

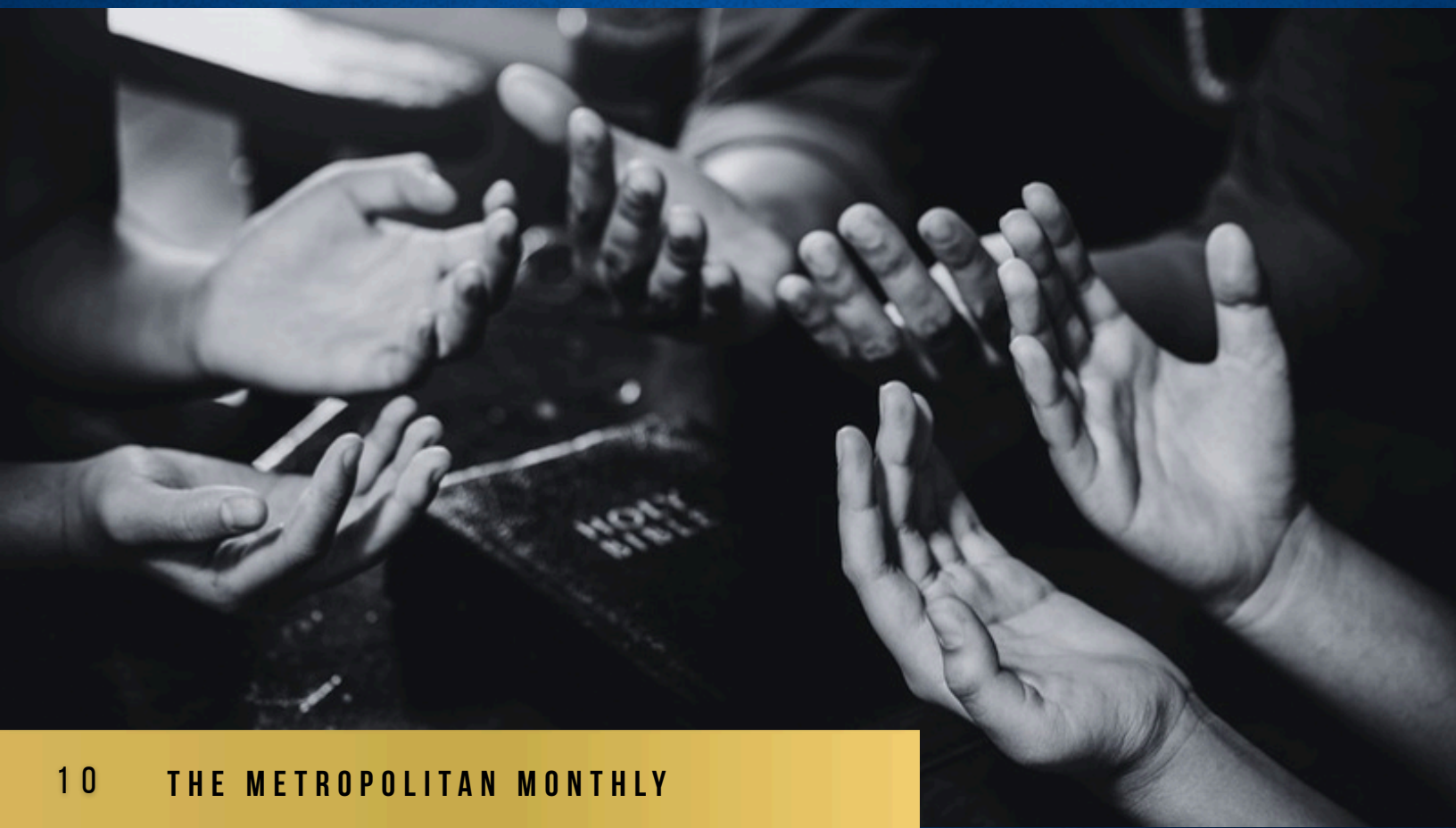
Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness"

—Lamentation 3:22-23

Morning by morning, God's mercies are new and never cease. What a wonderful privilege it is to come before the Lord in prayer, entering boldly before His throne of grace so that we may find mercy and strength for the journey.

Prayer is an integral part of our faith journey, and the Lord continues to inspire us to seek God's face in every facet of our lives. MCC family, you are warmly invited to join us for corporate prayer **every Sunday morning at 8:30 a.m. in the sanctuary.**

Won't you come and cast your cares upon Him, while also offering praise and thanksgiving for His faithfulness and for keeping us thus far?



JASA'S CORNER

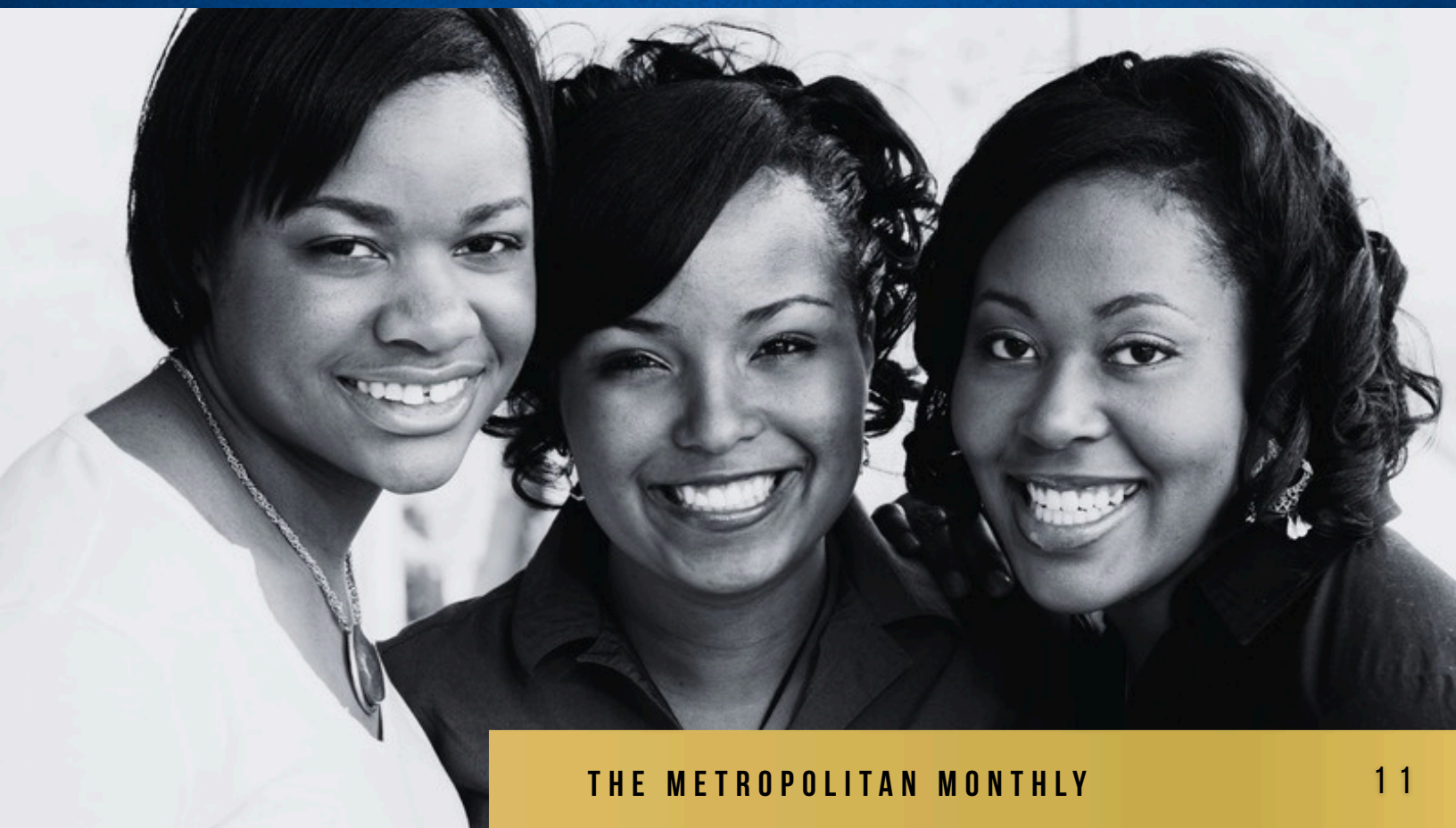
Greetings, Sisters of MCC!

As we enter our August Sabbatical month, we are reminded that God calls us to rest, just as He rested after creation (Genesis 2:2–3).

Rest is more than taking a break—it is intentionally spending quiet time in God's presence, reflecting on His goodness, and giving thanks for how far He has brought us and for the new direction He is leading us.

Take this opportunity to embrace God's divine blueprint for your life. His mercies are new every morning, and great is His faithfulness. May this season of rest renew your spirit and draw you closer to Him as you continue walking in His purpose.

Be sure to save the date for our next JASA Sister-to-Sister Check-In at the end of August. Women of every generation are warmly invited to gather for a time of fellowship, reflection, encouragement, and sharing our faith journeys together.





NEW MEMBERS ORIENTATION

Attention New Members!

If you have not yet completed the two-part New Members Class, you will have one final opportunity to do so and receive your Certificate of Completion.

The final opportunities to complete the class are Sunday, **August 2, 2026**, and Sunday, **August 9, 2026**.

The completion of two sessions is required to successfully complete the New Members Class.

We will present Certificates of Completion to all New Members who have successfully completed two sessions during our Sunday Morning Worship Experience on Sunday, **August 23, 2026**.

We encourage all eligible New Members to take advantage of these final class dates and complete this important step in your membership journey. We look forward to celebrating and recognizing you during our Certificate of Completion presentation on **August 23!**

YOU BELONG HERE!

PASTORAL ANNIVERSARY THANK YOU



Dear Love Family and Friends,

From the depth of my heart, thank you for sharing in the celebration of my 30th Pastoral Anniversary. Your presence, prayers, generous gifts, and loving expressions made this sacred milestone even more meaningful.

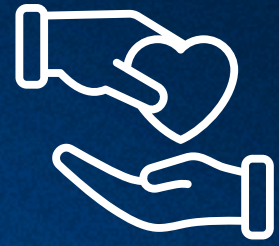
Thank you for honoring the covenant between Pastor and congregation and for being a treasured part of my life and ministry. Your love will always be remembered and deeply appreciated.

**With heartfelt gratitude & love,
Rev. Leon R. Perry, III**





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