



FIRST EVANGELICAL FREE CHURCH
5150 CHICAGO AVE S.
MINNEAPOLIS, MN 55417

NONPROFIT ORG
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO 32622

RETURN SERVICE REQUESTED

First Word

A CHURCH FAMILY PUBLICATION OF FIRST EVANGELICAL FREE CHURCH

AUGUST 2015

Join Us for the Upcoming All-Church Concert of Prayer!

If you have been with us at all this summer, you know that we are in the middle of a preaching series on prayer. Prayer has been integral to the Christian life since the very beginning, with rich, deep roots penetrating all the way back through the Old Testament to Adam and Eve's conversations with God in the Garden of Eden. Jesus himself, in addition to his own well-attested prayer life, taught on prayer, modeled prayer and on more than one occasion called and outright commanded his disciples to pray. Prayer—communication with God, is what makes the Christian Faith a relationship.

Not that we need more reason than all of that to pray, but we have more reason. Here at First Free, we have vision to see individuals become Christ centered and Christ sent together, and prayer is crucial to that vision. Prayer provides direction for our mission, so that we ensure we can ensure that we are about God's work, and not our own. Prayer provides the power—to make us more like Christ, to change hearts and transform lives, and ultimately to be obedient to God's call. We can do none of that on our own.

On Wednesday, September 2, at 6:30pm, we want to invite and encourage everyone to join us for an all-church concert of prayer. We want to put into practice—together—what we have been hearing. We want to thank God—together—for what he has already done and will do through the ministry of First Free. We want to seek God's leading and direction—together—as we kickoff another year of ministry. And finally, we want to intercede—together—for our neighborhood, for our friends, family and co-workers.

Please plan to join us, we would love to see you there!

First Free's Mission — To help individuals become Christ-centered and Christ-sent together.

Good Deeds BY PASTOR JOEL

When Peter explained the gospel for the first time to a group of non-Jewish people, he summarized Jesus' ministry with these words found in Acts 10:36-38, "As for the word of that he sent to Israel, preaching *good news* of peace through Jesus Christ (he is Lord of all),. . . how God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about *doing good* and healing all who were oppressed by the devil, for God was with him." (Italicized added)

All that Jesus did was summarized in good news and good deeds. How did Jesus do good deeds? One way was through a ministry of mercy. Mercy is God's attitude and action toward people in distress. The only qualification required for God's mercy is not someone's worthiness, but their distress.

One of the best pictures of mercy is in the deeds of the Good Samaritan. After others had passed by the beaten-up man who had been left in the ditch to die, the Samaritan saw him, went to him, bandaged his wounds, put him on his donkey, took him to the inn and paid the innkeeper for all expenses. At the end of that parable Jesus said the lawyer, "You go and do likewise."—not "You go and think likewise". The operative word is "do". The best way to tell if we are becoming like Jesus is when we serve and love as Jesus did.

Doing good deeds is a wonderful expression of

what it means to be Jesus like to our world. That is the reason we have set aside Saturday morning, August 8, from 9 a.m. to noon to serve our community.

On that morning we will be volunteering at two of our neighborhood schools—Hale Elementary and Field Community School (as well as here at First Free). Schools are the heartbeat of our community. And we have a wonderful opportunity to celebrate these important places and the people who occupy them by cleaning the grounds, weeding, pruning and doing some general landscaping.

Our good deeds can help create goodwill and goodwill is a wonderful platform for starting good conversations about the good news. When we serve in our neighborhoods, we not only share the transforming power of the good news, but we also become more like Jesus.

Come and join me as we serve our community in the name of Jesus.

CURRENT SERMON SERIES: *The Prayers of Pray-ers*

Aug. 2	Troy Holliday guest preaching	
Aug. 9	Praying for All People	1 Timothy 2:1-8
Aug. 16	Praying When God Is Silent	Mark 15
Aug. 23	Praying in the Battle	Ephesians 6
Aug. 30	Prayer: The Conversation of Friends	Genesis-Revelation

FIRST FREE:
OUR MISSION
IS TO HELP
INDIVIDUALS

BECOME
CHRIST-CENTERED
& CHRIST-SENT
TOGETHER

WANT MORE INFO?

Visit www.firstfreechurch.org

Visit our Facebook page!
Find us on Twitter
@ FEFCMpls

FIRST FREE STAFF

JOEL SUTTON
SENIOR PASTOR
joel.sutton@firstfreechurch.org

JAY POUND
ASSOCIATE PASTOR
jay.pound@firstfreechurch.org

JASON PENSA
STUDENT PASTOR
jason.pensa@firstfreechurch.org

BETH BROWN
CHILDREN'S MINISTRY DIRECTOR
beth.brown@firstfreechurch.org

MIKE GRAFF
WORSHIP PASTOR
mike.graff@firstfreechurch.org

DEE HUANCA & MAUREEN JUAREZ
FAITH COMMUNITY NURSES
nurses@firstfreechurch.org

ANNE PETERSON
OFFICE MANAGER
anne.peterson@firstfreechurch.org

SHELBY ANDERSON
DESIGN/COMMUNICATIONS ASSISTANT
shelby.anderson@firstfreechurch.org

SCOTT BECKETT
FACILITIES TECHNICIAN
scott.beckett@firstfreechurch.org

DAVID KRIESEL-KOLL
BUSINESS ADMINISTRATOR
david.kriesel-koll@firstfreechurch.org



SEE MORE INFO AT:
www.firstfreechurch.org

Summer Schedule @ FIRST FREE

AUG. 2 Baptism/Picnic @ Lake Nokomis
AUG. 8 Serve: Minneapolis
AUG. 9-SEPT.6 One Worship Gathering @ 9:15 a.m.

TO VIEW MORE DETAILED SUMMER SCHEDULE, VISIT FIRSTFREECHURCH.ORG/SUMMER-SCHEDULE

SERVE MINNEAPOLIS

Thank you to all who went out in the community last year and served—displaying being Christ-centered and Christ sent together! In preparation for Serve Minneapolis this year, here's some feedback from those who stepped out last year to serve in the community:

1. Where did you serve?

Dorothy Young: Jerry and I served at the Emergency Services on Franklin Avenue.

Kathie Solem: Hale School

2. What kind of projects did you do with your group?

Dorothy Young: We did some cleaning to get their sanctuary ready for Sunday. We sorted food, filled shelves and packed bags of groceries to be distributed.

Kathie Solem: Trimming the landscaping around the school; weeding the gardens.

3. What was a highlight for you?

Dorothy Young: It was great working together with the team and we felt we were of some help.

Kathie Solem: It was fun to work as a team and also have the opportunity to talk and laugh together while accomplishing a need in our community.

4. How did you see our mission (becoming Christ-centered & Christ-sent together) play out while serving the community?

Dorothy Young: We were especially glad to learn of this ministry and were impressed with their desire to meet needs in the community.

Kathie Solem: Laying aside the tasks that are on your own agenda for the day to help someone else (or in this case – show God's love thru a community effort). It is energizing to also see so many others from our church taking part in wanting to display Christ in tangible ways.

5. In what ways did you see God working where you were serving?

Kathie Solem: I believe every person you come into contact with – God uses it and has a purpose for it. They are divine appointments. Sometimes we don't or won't always know the impact. It may be a direct impact in your heart like feeling connected to your church community and being encouraged. God can also be encouraging and softening the hearts of the individuals that are employed at the school; and God also uses those interactions as you meet and get to know one another for other times in your life. God's thoughts and ways are so far reaching and we can never fully understand all that He is doing when we step out and help others. I believe all those you had the privilege to serve that day walked away feeling blessed.

Upcoming @ FIRST FREE

EXPRESSIONS — AUGUST 9 & 23 FROM 3:30-5:30 P.M.

A time of journaling for those dealing with chronic illness or pain. Join us from 3:30-5:30 p.m. in room 103.

SERVE MINNEAPOLIS — AUGUST 8TH @ 9:00 A.M.

Join us as we joyfully serve our neighborhood together Saturday morning on August 8th from 9:00 a.m. to Noon. We'll be serving at Hale Elementary, Field Middle School, and here at First Free. Sign up online at firstfreechurch.org/serveminneapolis or at the welcome desk today.

BAPTISM & PICNIC @ LAKE NOKOMIS — AUGUST 9TH @ 11:00 A.M.

Come celebrate what God is doing at First Free by joining us for baptisms and a picnic at Lake Nokomis on August 9th. Join us for our single worship gathering at 9:15 a.m. and then head over to Lake Nokomis for the baptism and picnic.

All are invited to attend the baptism and church family picnic! The church will provide sandwiches, drinks, and dessert. If you plan to come to the picnic, please bring your own chairs or picnic blanket, and something to share according to last name: A-F chips; G-K vegetable tray; L-S salads; T-Z fruit.

FARMER'S MARKET — CONTINUING THROUGH SEPTEMBER 30 FROM 4:00-8:00 P.M.

Come enjoy local grown food in our neighborhood starting June 17th from 4:00-8:00 p.m. Be sure to come back for more Wednesdays through September 30th. Located just across the street from First Free at the corner of 52nd Street & Chicago Avenue.

Meet our latest addition to the team of staff @ First Free, Anne Peterson!

Anne graduated from Hillsdale College last May with a double degree in English and Theatre. She moved back to Minneapolis to accept an eight-month dramaturgy internship at the Guthrie Theater. At the Guthrie, Anne worked on four productions. If you saw the annual production of "A Christmas Carol" this past winter, you may have read the program note she wrote. In addition to her internship, Anne worked at Maple Grove Free Church as their Communication Arts Specialist. She is also currently a volunteer script reader for a theater in Philadelphia. Anne is excited to join the team at First Free, her home church since she was a preschooler. *Welcome to the team Anne!*



CHURCH FAMILY NEWS

Congratulations to DJ and Danah O' Neil on the birth of their son Simon Harold O'Neil on Sunday July 26 at 11:56am! He was born weighing 7lbs 4oz and 20inches!

Fall Kickoff!

SUNDAY, SEPTEMBER 13TH @ 9:15 & 11:00 A.M.

FULL FALL SCHEDULE BEGINS (COMMUNITY GROUPS, SUNDAY CLASSES, STUDENT & CHILDREN'S MINISTRY KICKOFF)