

FOSTERING HOPE

Equipping foster youth & families to thrive!

Here are ways you can become a partner in our work:

- Pray intentionally with our Fostering Hope Prayer Cards
- Give at ffmc.org/give - select "Set Free/Fostering Hope"
- Donate gently used furniture & home goods at <https://fosteringhopeseattle.org/help/>
- Give needed items from our Amazon Wishlist at <http://tinyurl.com/FHAmazonwishlist>
- Shop from the monthly list provided at FFMC
- Volunteer at our 3rd Tuesday Foster Family Support Group - email hannah@ffmc.org
- Volunteer to help with inventory in our Supply Room - email fosteringhopeseattle@gmail.com

GLOBAL & LOCAL MISSIONS

FFMC has a strong commitment to support our global and local partners through our prayers and financial giving. Learn about world missions prayer needs at www.fmwm.org/pray. Support our partners by selecting "Global Missions" or "Local Missions" when you give. We have the amazing opportunity to experience the blessing of partnership in their holistic ministries, both in our city and around the world. Find a list of our mission partners on our website at ffmc.org/partners

TITHES

You can help Love, Connect, and Serve at FFMC safely and securely by giving online (Credit Card/Apple Pay/Google Pay): [FFMC.org/give](https://ffmc.org/give) or through the FFMC App

Checks can be mailed to:
3200 3rd Ave. W.
Seattle, WA 98119



**LOVE
PEOPLE
CONNECT
TO JESUS
SERVE
THE WORLD**

FFMC

March 3, 2024

FFMC.ORG OFFICE@FFMC.ORG
(206) 535-2075

LENT

Our 40-day journey to Easter began on Ash Wed, Feb 14th.

- Pick up our Lenten Devotional Guide on the FFMC app, at ffmc.org/Lent24, or in the sanctuary foyer
- praySeattle partnership every Wed in Demaray Chapel from 12-2 pm
- The Wesley Fast: Thursday at sunset through Friday at 3 pm
- Join in Unifying Prayer every day at 12:24 pm

MIDWEEK MIDDAY PRAYER

Each Wednesday of Lent we are partnering with praySeattle to host guided prayer stations, based on the Lord's Prayer in Demaray Chapel from 12:00 p.m. to 2:00 p.m. This is a self-guided time for you to reflect on Jesus' teaching on prayer. It's an invitation to intentionally experience the presence of God. Please come and go, during the 12-2pm open hours, at the 3rd Ave W. Chapel Entrance.

CONNEXT GROUP INFO SESSION

March 17th in the Sanctuary following the 10am Worship Service

Join Pastor Craig in a time focused on First Free's small group ministry called "ConneXt." Following worship, we will talk about what a ConneXt group is, hear from some existing members, and how you can make your own connection into deeper community at FFMC. We will be meeting in the sanctuary following worship.

YOUTH GROUP

FFMC Youth meets every Wednesday from 7pm-8:30pm. If you are in middle school or high school, join us for fun, games, and time to grow deeper with Jesus. For more information, please contact Jayde@ffmc.org.

FFMC MISSION TRIP OPPORTUNITY

We are excited to be sending another Missions Team to Colombia in early August! Teens through adults are invited to apply during the month of March, for this life changing opportunity to serve and learn together. Find the application at FFMC.org/partners (due 3/31). Contact Pastor Camille at camille@ffmc.org for questions.

KIDS CAMP

Kids Camp exists to empower spiritual formation and community in our children (nursery - 5th grade) by teaching them who God is, encouraging them to follow Jesus, to love God, and to love people. Kids Camp and the nursery are open during the 10 a.m. service. Please check in at the Kids Camp entrance, greeters are happy to offer directions. Children must be picked up in Kids Camp by a parent or guardian at the time of release.

For more information about Kids Camp or volunteer inquiries please contact Hannah@ffmc.org

EGGSTRAVAGANZA VOLUNTEERS

50-60 volunteers are needed for Eggstravaganza! The event will occur on Saturday, March 23rd with volunteer arrival between 7:30 - 8:00 am. We are looking for volunteers for roles such as set-up crew, pancake breakfast crew, craft table supervisors, games leaders, story time actors/readers, crossing guards, egg hunt supervisors, and clean-up crew.

If you are interested in one or more of the roles above, please register to volunteer at ffmc.org/events! Questions? Email Hannah@ffmc.org

YOUTH PARENT MEETING

Sunday, March 24 following worship in the office conference room

All parents of middle school and high school youth are invited to meet with Pastor Craig immediately following Sunday worship to hear the latest news and updates about youth ministry at First Free. The gathering will take place in the office conference room. Please contact Pastor Craig at craig@ffmc.org for more information.

CONNECT WITH FFMC

- Check out our Website at: FFMC.org
- Sign up for our Newsletter at: FFMC.org/Newsletter
- Find us by searching FFMC on the App Store, Google Play Store, Facebook & Instagram
- We also offer a blog at FFMC.org/blog and a podcast at FFMC.org/Podcast
- Need "assisted listening" during the worship service? Check with a greeter in the foyer to borrow a listening device