

## WAY OF DISCIPLESHIP

First Free Methodist Church is committed to making disciples of Jesus Christ who live these practices:

- PRAYING - Commitment to time with God
- PRAISING - Commitment to worship
- GROWING - Commitment to spiritual growth together
- GIVING - Commitment to generosity
- SERVING - Commitment to love people as Jesus calls us
- SHARING - Commitment to tell our story of Jesus
- RENEWING - Commitment to care for ourselves

## SERVE THE WORLD

### FOSTERING HOPE

Partner with us in equipping foster youth & families to thrive!

- Pray intentionally & give at [ffmc.org/give](https://ffmc.org/give)
- Shop the monthly top 10 list provided at [ffmc.org/partners](https://ffmc.org/partners)
- Donate furniture & home goods
- Give items from our Amazon Wishlist
- Volunteer with our Foster Support Group or Supply Room

<https://fosteringhopeseattle.org/help/>



### GLOBAL & LOCAL MISSIONS

Our FFMC ONE Ministry Fund supports the mission work of our Local and Global Partners with \$81,333. Your gifts to the ONE Ministry Fund and prayers for these partners are essential as they tangibly share the love of Jesus.

#### Global Partners:

- Hany and Joanne-Middle East
- Ricardo Gomez-Impact Latin America
- Eric Spangler-Asia
- Tanya Mendakoff-Ukraine & Russia
- Terry McGill-Sister Schools-Uganda
- Dave & Donna Jacobsson-Congo
- Suzanne Emery-Mesa Global
- Phyllis Sortor-Nigeria
- Kevin Austin-Set Free Ministries

#### Local Partners:

- REST (Real Escape from Sex Trade)
- Penny's Place
- Operation Nightwatch
- Queen Anne Helpline

LOVE  
PEOPLE  
CONNECT  
TO JESUS  
SERVE  
THE WORLD



February 23, 2025

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

# EVENTS

## CONNECT WITH FFMC

- Download the FFMC app with this QR code
- Website: [ffmc.org](http://ffmc.org)
- Newsletter: [ffmc.org/newsletter](http://ffmc.org/newsletter)
- Podcast: [ffmc.org/podcast](http://ffmc.org/podcast)
- Blog: [ffmc.org/blog](http://ffmc.org/blog)
- Facebook/Instagram: [seattleffmc](https://www.facebook.com/seattleffmc)
- YouTube: [@firstfreemethodistchurch206](https://www.youtube.com/@firstfreemethodistchurch206)



Get the app

## ASH WEDNESDAY WORSHIP

Wednesday, March 5 at 7 pm

Ash Wednesday worship features hymns, prayer, silence, and reflection as the 40 day Lenten Season begins. Our Lenten series “Believe” begins that same night as we discover how to hold on to faith in tough times.

## NEW MEMBER CLASS

Beginning March 9

Join Pastor Craig for this four-week class that explores what it means to be a part of the Free Methodist Church here in Seattle. The class is open to anyone who wants to know more. Classes meet on four different Sunday mornings following Sanctuary Worship on the 4th floor of the Wilson Building in the Library. Register soon at [ffmc.org/events](http://ffmc.org/events).

## FIRST FREE KIDS IN WORSHIP

Beginning Sunday, March 16th, elementary-aged children will join their families for the first part of the service to experience worship and sharing the peace. They will be dismissed to Sunday school during the call to action.

The nursery will be open before the service for younger children, and the family viewing room remains available.

We look forward to worshipping together as a church family!

## FOSTER YOUNG ADULT AND FAMILY SUPPORT GROUPS

Tuesday, February 25 at 6:30

A new Connect / Reflect Group for youth in extended foster care is starting. Dinner at 6 -6:30pm in the Fine Center. Activities and sharing (6:30 – 8pm). Foster parent group with childcare too.

Foster Support Night will be every 4th Tuesday. Help needed: transportation, cooks, clean-up, childcare, & Spanish speakers.  
Email: [camille@ffmc.org](mailto:camille@ffmc.org)

# WEEKLY MINISTRIES

## FIRST FREE KIDS

Open Sunday during Worship 10am-11:30am

First Free Kids welcomes children (nursery – 5th grade) to follow Jesus, to love God, and to love people. Please check in at the First Free Kids entrance. For more information about First Free Kids or volunteer inquiries please contact [firstfreekids@ffmc.org](mailto:firstfreekids@ffmc.org).

## 6th-12th GRADE YOUTH GROUP

Wednesdays 6:30-8:30 pm - dinner included!

To find out more about joining youth group or how to support this ministry, check out [FFMC.org/youth](http://FFMC.org/youth).

## SUNDAY GROUPS

- Abundant Life Young Adult Group - post secondary - early 30s interactive Bible study
- Koinonia - Building community through group discussion and prayer
- Samaritans - Led by guest teachers focused on Bible study, faith, and outreach



All groups meet in the Fine Center following the service. Scan the QR code or navigate to [ffmc.org/groups](http://ffmc.org/groups) to learn more.

## ConneXt GROUPS

ConneXt Groups, consisting of 6-8 people, intentionally grow our discipleship while sharing life together. Find open groups and meeting times using the QR code or [ffmc.org/connex](http://ffmc.org/connex).



## GIVING

Give securely (Credit Card/Apple Pay/ Google Pay)

- FFMC App
- [ffmc.org/give](http://ffmc.org/give)
- Text to give: text [ffmc98119](tel:ffmc98119) to 888.364.4483

Mail checks: 3200 3rd Ave W, Seattle, WA 98119

