

## 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)
- Tacoma Free Methodist Church Plant
- Penny's Place
- Queen Anne Helpline
- Operation Nightwatch

LOVE  
PEOPLE  
CONNECT  
TO JESUS  
SERVE  
THE WORLD



February 9, 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

## SUPER SERVER SUNDAY

We are looking forward to this opportunity to recognize, today during our worship service, the people who faithfully serve on different ministry teams throughout the year. Following the service, everyone is invited to a celebration with a light lunch at our “Super Sunday Café,” hosted by our FFMC Staff in the Fine Center.

## HELP WITH FRIDAY NIGHT DINNER

Friday, February 21 at 4:30 pm

We’re looking for enthusiastic volunteers to help make Friday Night Dinner a memorable evening for our NQACC families! Join us in creating a warm and welcoming experience by lending a hand with:

- **Set-Up:** Help prepare the space for an inviting evening.
- **Serving:** Assist with distributing sandwiches and supplies for cookie decorating.
- **Clean-Up:** Ensure everything is tidied up at the end of the night.
- **Sugar Cookie Baking:** Bake delicious cookies in advance for the decorating activity!

Your time and energy will help bring our community closer together. Sign up today and be part of something special! To volunteer or learn more, go to [ffmc.org/events](http://ffmc.org/events).

## 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.

# 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

