

# What's happening at First Free?

For a full schedule of events and activities, visit [firstfreechurch.org/events](http://firstfreechurch.org/events)



## Board game night



Join us **Sunday, August 3 from 3-10 p.m.** as we build a new community of board game enthusiasts. If you enjoy casual games, card games, strategy games, thematic games, or war games, this is the night for you! Feel free to bring your favorite games, a friend, or just yourself! Email Garth at [gonatwick94@gmail.com](mailto:gonatwick94@gmail.com) for info.

## Music in the neighborhood



On **Tuesday, August 5 at 7:00 p.m.**, enjoy live, local music at Carbone's on Cedar Ave as our resident drummer Allan Guindon and his band "Art Department" play a variety of instrumental tunes. Come bless a local business, invite a friend, and connect people in our church to others in the community. Contact Allen Guindon for more information: [allenguindon@me.com](mailto:allenguindon@me.com).

## Safety Team volunteers needed



We're seeking men over the age of 18 to join the church's Safety Team, which plays a vital role in protecting our congregation and property on **Sunday mornings**. As the first point of contact, you'll welcome newcomers, identify any health or safety issues, and help ensure a safe environment for everyone in our building. Email [paul.anleitner@firstfreechurch.org](mailto:paul.anleitner@firstfreechurch.org) for more information.

## Financial information as of June 30, 2025

	YTD Actual	YTD Budgeted	Variance to Budget	Fiscal Year Budget
Total Income	\$ 1,147,376	1,305,903	(158,526.80)	1,305,903
Total Expenses	\$ 1,320,965	1,305,903	(15,062.07)	1,305,903
<b>Surplus / (Deficit)</b>	<b>\$ (173,589)</b>	<b>0</b>	<b>(173,588.87)</b>	

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# Sermon Notes

Pastor Paul Anleitner • July 27 2025

## PRACTICES: LAMENT

### PSALM 22

#### What is lament?

"God, instead of just trying to \_\_\_\_\_ from you, or to merely \_\_\_\_\_ to someone else, I'm going to wrestle \_\_\_\_\_ about this.

#### The Biblical Pattern of Lament

1. Address God \_\_\_\_\_ .
2. \_\_\_\_\_ complaint.
3. \_\_\_\_\_ .
4. Expression of trust in the \_\_\_\_\_ of God.

#### Practicing a Prayer of Lament

In the spaces below each step in the Biblical Pattern of Lament (above), write out your own lament.

## Worship Songs

- *Steadfast*, Sandra McCracken, Joshua Silverberg, and Leslie Jordan.
- *Be Still My Soul*, J. L. Borthwick, Jean Sibelius, and Katharina Amalia von Schlegel.
- *All Who Are Thirsty*, Brenton Brown and Glenn Robertson.
- *In the Valley*, Jonathan Robinson, Rich Thompson, and Tim Challies.