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VBC: JUNE 25-29, 9AM - NOON

Register online at firstfreechurch.org/vbc

WORK DAYS: COME WHEN YOU CAN, SNACKS PROVIDED!

Check our web page for work days in June!

The weeks before VBC, check in with Beth (beth.brown@ firstfreechurch.org) to see what else is needed! Some projects can be taken home.



Join us after the second worship gathering on Sunday the 24th and help us finish setting up. Lunch will be provided!

VOLUNTEER TRAINING DATES

Thanks for serving with us! Come to one of the required volunteer training sessions:

June 13th: 6:30-8:30 pm *or* June 14th, 6:30-8:30 pm

Let Beth know if you are unable to attend

TWIN CITIES MN PERMIT NO 32622



Killing Giants BY JOEL SUTTON

Giants are tough.

Even though they might be a long way off, you can hear them coming, can't you? You might be able to run, but you cannot hide. You might as well come out and fight.

They cast a long shadow over everything we aspire to do, every dream we hope to pursue, every new land we seek to inhabit. Today we would call them bullies, but they are the same old giants.

And like the soldiers of Israel, we ask, "Who will go out and fight Goliath? Who will climb into the ring with the champion?" Paralyzed and hypnotized, the Israelite camp sat demoralized in their tents. Every morning and every evening, for 40 long days, this giant intimidated and threatened and struck fear into "all the men of Israel."

But on the 41st day, everything changed. That is when David showed up. Fresh from the sheep fields and from the awesome presence of God, this young shepherd could not believe his eyes. Nor could he listen to the giant's threats. Refusing to buy into his brothers' excuses, David stepped out with an unbending confidence in his mighty God.

Scripture tells us what happened next. "So David prevailed over the Philistine with a sling and with a stone and struck the Philistine and killed him. There was no sword in the hand of David." (1 Samuel 17:50).

What an interesting counterstrategy. Did you catch it in that sentence? "No sword in the hand of David." Goliath was covered with armor - like he was a battleship. But not David. Goliath had a spear the size of a wooden beam. But not David. David's choice of weapon was a simple sling and five smooth stones and faith in a giant God.

Killing giants isn't accomplished by using their technique. David trusted in God's word and God's ways. He was confident that God was with him. It kept him free from fear, it made him deaf to threats, it gave him a cool composure amidst the chaos and it cleared his vision.

Of course, the name Goliath won't be found in any of our phone directories. The giants we face go by different names: fear, worry, discouragement, guilt, anger, temptation, loneliness. Call them what you will, they are still

Which giant is giving you grief? Perhaps Fear has your number. Maybe Loneliness has locked you out. Whatever giant may be bullying you, the Bible reminds us that God is the greatest Giant of all. He goes before you and with you. Don't run. Don't try a larger club. The hand of God is on your shoulder. Be like David. Turn your Goliath over to Jesus, the giantkiller. Explain to your powerful God how anxious you are for Him to win this victory.

In our summer sermon series, we are going to look at 12 of the most intimidating giants we face. I want to invite you to grab your sling and a few stones. Yes, Goliath was a shade over nine feet tall, but all it added up to was a bigger dent in the pavement. Remember, the bigger they come, the harder they fall.

Anyone ready to go kill some giants?

Giant of Loneliness

CURRENT SERIES: KILLING GIANTS

JUNE 3 Giant of Fear JUNE 10 Giant of Worry JUNE 17 Giant of Discouragement

JUNE 24 Giant of Jealousy JULY 1 Giant of Temptation JULY 8 Giant of Guilt

Giant of Procrastination JULY 15 JULY 22 Giant of Anger JULY 29 Giant of Anxiety

AUG. 12 Giant of Resentment

AUG. 5



Dominican Republic Mission Trip

A group from First Free and Christus Victor Lutheran Church in Apple Valley worked with Kids Alive in the Dominican Republic April 7-15. Kids Alive provides orphans and homeless or otherwise vulnerable children with safe shelter, nutritious meals, medicine, and education through residential homes and care centers.

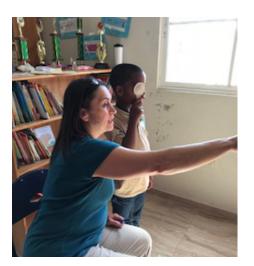
While there, they did vision and hearing screenings on over 250 children as well as some staff who had never been checked before. They also took the heights and weights of each student so the dietician could have data to see if the kids lose weight when not in school and not receiving school lunches. In addition, the group helped the baseball team in their English class and brought 9 suitcases of donations and some funds to provide a new art and music therapy program for traumatized kids.





Front Row I-r: Angel Tatum, Jodi Bri, Brian Bri, Mark Poston

Back Row I-r: Maureen Juarez, Barb Damlo, Deanne Luke, Cheryl Vatsaas, Felix Juarez



Church Family News

- Congratulations to Allie and Micah Danielson on the birth of their daughter, Abigail Marian May, who was born on April 26th.
- On May 13th, 5 children were dedicated: Jeffrey & Katie Bormes dedicated Louisa June Bormes, Mike & Kaitlin Graff dedicated Amelia Ann Graff, Bryant & Hannah Dittmer dedicated Wallace Christian Dittmer, Eric & Susan Stabnow dedicated Daniel John Stabnow, Celijoann Gonzalez & Travis Morgan dedicated Mason Matthias Morgan.
- Congrats to our high school grads: Anne-Marie Akinpelu, Joshua Bostrom, Emma Burns, Korrina Chantland, Jasmyn Danielson, Lily Dutton, Sabrina Hansen, Thomas Kirby, Patrick Olson, Avery Powers, and Grace Stoelzing.
- Congratulations to those who graduated from post-secondary programs this spring! James Holliday graduated from Dakota County Technical College with a welding degree. Katie Goodman graduated with a Masters Degree in Clinical Social Work from St. Catherine University/University of St. Thomas. Angie Hansen graduated from Normandale with a nursing degree.

Summer Worship Schedule

JUNE: Two worship gatherings, 9:15 & 11:00 a.m.

JULY 1 - SEPTEMBER 2: Starting July 1st, we'll be switching to 10 @ 10! For 10 Sundays, there will be one worship gathering at 10:00 a.m.

Children's Ministry Summer Info

JUNE: *Preschool and nursery* meet during both hours. *K-5th graders* meet all together from 9:15-10:30, starting in the gym for Base Camp then heading to the Creekside Room with Beth. *6th graders* will join the student community group in room 108.

JULY & AUGUST: K-5 kids stay with family in the service. Preschool and nursery available.

PRESCHOOL LEADERS NEEDED! Sign up to teach 1 or 2 Sundays at firstfreechurch.org/children.

Welcome to Paul Anleitner!

We are very pleased to introduce Paul as our new interim worship leader. At the end of May, as Mike Graff steps out of his role as our Worship Director, Paul will step in to lead our worship ministry on Sunday mornings. He will be in this role until we call our full-time Worship Pastor.

Paul graduated this past month with a Masters in Christian Thought from Bethel Seminary. He comes to First Free with 15 years professional experience leading worship in a variety of churches. He has served as a Worship Pastor at Redeeming Love church in Maplewood and as



the Worship Leader at Excelsior Covenant Church in Excelsior. He also was the Associate Pastor at Awaken Community East, an Evangelical Covenant church plant in Maplewood. Paul and his wife Keri have three children (Justice, Autumn, and Ryder). Paul has a heart that desires to both lead people to form proper thoughts about God and encourage them towards a whole-hearted communion with God.

Worship Pastor Call Committee Update

The Worship Pastor Call Committee continues to search for our next full-time Worship Pastor. If you know of anyone who might be a good fit for the position, please direct them to our website at firstfreechurch.org/worship-pastor. Thank you to everyone who filled out the Congregation Survey regarding the Worship Pastor position. We appreciate your feedback and insights. Please continue to pray for us as we continue the search and pray that God would lead the right person to First Free.

This Month @ FIRST FREE

JUNE

Adult Seminar: June 10, 17, & 24

From Bubble to Bridge: Educating Christians for a Multi-faith World

For three weeks in June, Dr. Sara Shady, a professor at Bethel University, will equip us to build better relationships with our neighbors, friends, and coworkers (Our High-5). As believers, it is easy and in some ways natural to isolate ourselves within a Christian "bubble." And yet, we also recognize as a church that God has called us to reach those he has put in our lives.

This is a great opportunity and we hope you will join us. The seminar will be offered both hours in room 103. Learn more about Dr. Shady's book, "From Bubble to Bridge: Educating Christians for a Multi-faith World", on Amazon.

Farmers Market: Starting June 13

Come enjoy locally grown food in our neighborhood starting June 13th, 4:00-8:00 pm. Located in our church parking lot, every Wednesday through September 28th.

VBC: June 25-29, 9:00 to Noon

At Shipwrecked VBC, kids learn how Jesus rescues through life's storms. Sign up to volunteer and register kids online at firstfreechurch.org/vbc.

Marketfest: June 27

We are partnering with the Nokomis Farmers Market to put on this outdoor community event on Wednesday, June 27th, 6-8:00 p.m. All are invited! Enjoy the farmers market, food trucks, inflatables, free drawing for prizes, and more with our church family and our neighbors!

JULY

Worship at the Falls: July 22

Join us for worship at Minnehaha Falls on Sunday. July 22nd at 10:30 a.m.