



FIRST EVANGELICAL FREE CHURCH
5150 CHICAGO AVE S.
MINNEAPOLIS, MN 55417

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FALL MINISTRY LAUNCH DATES

WOMEN'S NEIGHBORHOOD BIBLE STUDY:

WEDNESDAY, SEPTEMBER 12

Join us Wednesday, September 12th, 9:30-11 a.m. at the church as we start a new study. Free childcare provided for kids ages infant to 5 years.

YOUTH GROUP KICK-OFF and VELOCITY PARENT CONNECTION

WEDNESDAY, SEPTEMBER 12

Welcome to another great start of the school year with Youth Group resuming September 12th at 6:30!

Parents: join us from 6:30 to 7:00 to learn more about what Velocity Student Ministries is all about, some of the events we'll be doing this year, and how to stay connected.

CREEKSIDE CLUBS

WEDNESDAY, SEPTEMBER 19

Creekside Clubs start September 19th at 6:30 p.m. for kids grades 1-6. See you there!

MEN UNITED:

FRIDAY, SEPTEMBER 21

Join us for teaching, accountability, and community on Friday mornings, 6:15-7:30 a.m. Room 103.

SMALL GROUPS SIGN-UP:

SEPTEMBER 16, 23, & 30

Sign up for a small group that will launch the first week of October. These small groups will meet for eight weeks and begin to explore what it means to be a community together. Questions? Contact Jay Pound for more details.

First Word

A CHURCH FAMILY PUBLICATION OF FIRST EVANGELICAL FREE CHURCH

SEPTEMBER 2018

Three-Legged Stool BY JOEL SUTTON

Have you ever tried to sit on a one-legged stool? Or a stool with just two legs? Hard to do, isn't it? Stools with one or two legs will never hold you up for long. What you need is a three-legged stool.

Just as three legs are required to sit on a stool, three essential ingredients are required to live and grow in our Christian journey. The first ingredient is the Holy Spirit working in your life. The second is Scripture. And the third is other believers.

When a crisis hits or struggles come, those are times when I need the Holy Spirit's power, the Bible's truth and other believers' love and support. If I can find a way to keep those three "legs" under me, then when everything breaks loose I will have the resources to deal with the crisis.

Hebrews 10:24-25 says, "Let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit

of doing, but let us encourage one another ..."

Did you notice the secret in this passage? The way to be stirred up to love and good deeds is by "meeting together" and meeting together by definition involves being with other people.

Spirituality is not exclusively vertical,; it also involves the horizontal. It involves how I live with others. We grow spiritually through our interactions with other people - others who help us see ourselves, who coach us, who push us, love us and call out the best in us.

This is why here at First Free, our strategy for helping you become Christ-centered and Christ-sent is to get you into God's Word and get you into community. Small groups are critical to your spiritual growth. Unless you are developing relationships with other believers, you are not growing.

This fall we are going to focus on what a God-like community looks like by

studying the Apostle Paul's letter to the Philippians. Philippians is known for some of its more memorable sentences:

- "For to me to live is Christ and to die is gain."
- "Rejoice in the Lord always. I will say it again, Rejoice."
- "I can do everything through him who gives me strength."

But each of these sentences are tied closely to Paul's overall message to the church for the need of unity and being on mission together.

This fall we are also going to strongly encourage you to begin practicing what God is teaching us by getting into a small group. In the month of September, we will be inviting each person to sign up for a small group that will launch the first week of October. These small groups will meet for eight weeks and begin to explore what it means to be a community together.

Why not right now plan on joining one of these small groups? Make sure that you are sitting on the three essential "legs" of the Christian faith.



FALL SERIES | TOGETHER: ON MISSION FOR CHRIST

SEPT. 9	God at Work	SEPT. 30	Standing United
SEPT. 16	Advancing the Mission	OCT. 7	Down the Ladder
SEPT. 23	A Win-Win Situation	OCT. 14	Living Before a Watching World

OUR MISSION:
TO HELP
INDIVIDUALS
BECOME
CHRIST-CENTERED
& CHRIST-SENT
TOGETHER

WANT MORE INFO?

Visit www.firstfreechurch.org
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SEE MORE INFO AT:
www.firstfreechurch.org

NEW SERVICE TIMES THIS FALL!

Join us at 9:00 and 10:30 a.m. starting September 9th

Exciting news! Our Sunday morning worship times are new this fall. Starting September 9th, our first service will start at 9:00 a.m. and our second service will begin at 10:30 a.m. Each worship gathering will be one hour long with fellowship time in between services at 10:00.

Here are some reasons why we're making this change:

1. 9:00 is a more natural starting time than 9:15.
2. The new times will allow us to be out before noon, which again is a more natural end time and more visitor friendly.
3. The earlier and shorter service times will benefit our families, especially those with younger children and our children's ministry volunteers, who currently are often in the building until well after noon.

We look forward to seeing you on Sunday, Sept. 9th at 9:00 or 10:30 a.m.!

CREEKSIDE FRIENDS CHILDREN'S MINISTRY THIS FALL

New Check-in System! New Children's Welcome Area!

- This summer we launched our new electronic check-in system! Starting on September 9th, all children will need to get checked in at a check-in station before heading to their classrooms. Nametags and security codes will be printed and children in grades 3 and younger must be picked up by the parent/caregiver with the code. We are excited to be able to track accurate attendance, gather up-to-date family information, and most of all, to be a safer place for children!
- Watch for the Creekside Friends Welcome Crew on Sunday mornings to answer any questions!
- Families will receive a text if they are needed to assist with their child!
- Children move up to new classes/grades on Sept. 9th. Preschoolers move up if their birthday is before September 1st.
- **We need more adults and teens to serve in the nursery! Please contact Keri Graden at keri.graden@gmail.com to sign up!**

Welcome, Winford!

Meet our new office manager, Winford Morrisey

Winford is a Michigan native. He grew up in a small household off Lake Michigan where the only things that matter are church and football (GO BLUE). Winford came to Minnesota with his beautiful wife Jasmine who he has had the honor of being married to for 5 years and 8 months (on August 26th). Together they have one child, and her name is Jaley Skyy. When Jaley is not watching Barbie, dressing up like a princess, reading Barbie books or playing with Barbie dolls, she is usually running around looking for ways to entertain others. Outside of being with family, Winford enjoys football, pizza, music, coffee, bowling, having conversations, all things HGTV and traveling. He is in love with his new job, and he can't wait to meet you all on a personal level.



New Council Member Interview:

TIM LUND

Tim is one of the 3 new council members elected for 2018-2020. We asked Tim a few questions to get to know him better.

Tell us a little about yourself.

I grew up at First Free, my parents were Cliff and Estella Lund. Mom started attending First Free when it was down on 12th Ave. in Minneapolis.

Four days after graduating from High School I was in Navy Boot Camp in San Diego. I was a signalman sailing on a destroyer first and then an amphibious ship spending 6 months off the coast of Viet Nam. After my naval service I ran restaurants running my own Country Kitchen after which I managed Chi-Chi's Mexican Restaurants. Leaving restaurants, I found a career in professional business-to-business sales. After being laid off in 2002 I started my own painting business which I still own and operate today.

Sylvia and I are part owners of the family farm where she grew up. A beautiful setting west of Alexandria which is our get away. There we enjoy biking, fishing, and some outstanding duck, pheasant and deer hunting which I enjoy with our family.

Sylvia works for the Free Church National Office. My son Brian owns his own marketing business and my daughter Heather works for Excel Energy at the nuclear power plant in Monticello.

What is a fun fact about you?

I went into a jewelry store to have my watch fixed in Bemidji. Sylvia was the assistant manager in charge of repairs. It cost me a bit more than I expected as I ended up with the cost of the watch repair and a diamond ring. It was all worth it in the end but a bit expensive.

What excites you about where First Free is going?

What excites me about First Free is the vision our church has to see adults and youth come to a saving knowledge of Jesus then to help them to walk it out each day in their lives. This vision seems to cut across every program and age group within our church. This is why I'm excited to serve our church on the Council.



This Month

@ FIRST FREE

FALL KICKOFF: SEPTEMBER 9

Join us as we kick off the fall season! We'll return to two worship gatherings with community groups and K-6 classes starting up.

QUARTERLY CELEBRATION (BUSINESS MEETING): SEPTEMBER 10

Join us as we celebrate God's faithfulness to us on Monday, September 10th at 7:00 p.m.

TC MARATHON VOLUNTEERS: SIGN UP ONLINE!

Fall is almost here and the Twin Cities Marathon is coming on the weekend of October 7th! Join as we serve with our community at the Mile 9 Fluid Station. Follow the instructions at firstfreechurch.org/comingsoon to register.

DISCOVERING FIRST FREE: SEPTEMBER 23 & 30

Are you looking to take the next step at First Free? Discovering First Free is a 2 week class that explores the history, beliefs and vision of our church. Those who complete the class have the opportunity to become members. The class will be held on Sept. 23 & 30 during the 10:30 service. Contact the church office for more information or to register.

THE FAMILY WITH AGING MEMBERS: SEPTEMBER 9 & 16

Faithbuilders and others are welcome to 2 classes on The Family with Aging Members on September 9th and 16th. The Faith Community Nurses will share information and lead discussion about topics of concern related to aging. Faithbuilders meets in room 104 from 9:00-10:00 a.m.