

Our Mission:

TO HELP
INDIVIDUALS BECOME
CHRIST-CENTERED &
CHRIST-SENT TOGETHER

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YOUNG ADULT MINISTRY

By *Eliana Nordell*

Graphic Designer

Fresh out of college, I married my best friend and moved back to Minneapolis. Over the following two years, we both began multiple new jobs, moved twice, and had our first baby. Many of our college friends moved far away, or settled into churches across the city from us. We continued attending First Free and serving in various ministry areas, but did not spend much time with others in our stage of life.

Over the summer, our friends Emma and Colin Delisi began planning events for the young adults at First Free. It was then that I realized how in such a busy season, I had missed communing with other believers my age. I have loved reconnecting with and meeting other young adults.

This fall, the young adults will begin meeting during the community hour. If you're looking to meet others your age and study scripture together, I encourage you to join!

Navigating adulthood and growing in faith can be challenging in your twenties. I am so thankful that we have a welcoming, supportive, and loving community of peers at First Free.



MOMCO

Are you a mother who is pregnant or has a child from birth through school age? Are you looking for other moms in your stage of life to share with, fellowship with, and develop real friendships? Do you need somewhere to listen to informative speakers, participate in creative activities, and have some "me time"? Then MomCo is the place for you! Our MomCo group is a special place where you can meet other mothers passing through this unique stage of life and join together along this journey of motherhood.

MomCo is a place to make new friends, discover a wealth of helpful hints and smarter strategies when dealing with the challenges of motherhood. Our program offers a morning of food, fun, creative activities, guest speakers on relevant topics such as parenting, relationships, marriage, and more!

Our MomCo group meets for two sessions yearly—fall and spring (September through May). We meet at First Free twice a month, on Friday mornings from 9:30–11:30 a.m. We break for the summer and resume again in September with fun, friendships and opportunities for spiritual growth. Childcare is subject to availability.



MINISTRY EXPERIENCE IN THAILAND

By *Lucille Carter*



This Summer I had the opportunity to go to Chiang Mai, Thailand to Intern at Faithful Heart Foundation. Last summer, in 2023, when Matt and Audrey Pound came to visit our church I was moved by Faithful Heart's mission and reached out to see if there was a way I could get involved. I primarily was able to shadow and work with the social workers who worked at Faithful Heart.



Faithful Heart has several projects that I was able to learn about during my time there, family strengthening, children's homes, foster care, family reunification, and college scholarships. 4,500 children are growing up in government orphanages, most children end up in institutional care there not because they're orphans, but due to poverty, health issues, or the hope for better care. Faithful Heart is looking to help families stay together by supporting and strengthening them. Children in their foster homes receive family-based care instead of institutionalized care. Faithful Heart looks at each case individually and aims to specifically tailor each intervention to each case.

I lived at Faithful Heart with the Thai college students who graduated out of the foster homes, we would cook meals, spend time, and do life together. It was so sweet to experience daily life with them, I had the opportunity to learn about the language, cooking the food, and culture. I was also able to help with events we put on for the foster homes, like a day out to the movies, a cyber security class, or a health day.



I also spent a lot of time at the local church while I was there, Joy, the assistant director at Faithful Heart took me with to her church, Kingdom of God Church. I spent a lot of time with their young adults ministry, and even went on the church retreat to Chiang Dao. I was able to get really plugged into the community, which was so special. Local ministries and outreach in Chiang Mai are super connected and the community is very close. Even in a city of 127,240 it feels like everyone knows one another, it is like seeing "it takes a village" come to life. Thai people deeply desire to serve, encourage, and support one another. This experience has taught me so much about serving others, and loving others in a much deeper way; to really be self sacrificing for your neighbor. I am so thankful I was able to learn so much and absolutely blessed by this experience.

TESTIMONY OF A FAITH COMMUNITY NURSE

By *Jeanine Bruen*

Faith Community Nurse

A little over seven years ago I was considering becoming a Faith Community Nurse. I asked my mentor what a typical schedule was like for a Faith Community Nurse. My mentor laughed, "We start out each Monday praying and asking God where we are needed and the schedule fills up." I've now been a FCN for 7 years and I've found her words to be true. The schedule is not always predictable but it's always interesting. Allie Danielson and I share 18 hours/week as paid ministry staff. We are blessed to have the ladies that started this ministry 20+ years ago, Maureen Juarez and Dee Huanca still helping as volunteers in the ministry today.



I love making connections and relationships that grow deeper with time and prayer. I've felt that this ministry has been a great combination of my previous experience in medical surgery nursing, missionary nursing in Kazakhstan and clinic nursing. In hospitals and clinics, I wasn't always able to share my faith and pray with patients and families. In this role, I am able to use those experiences in the medical field and my missionary experiences to do holistic care.

I've been able to go to appointments with patients and be a medical interpreter- helping them understand some of the medical jargon and be able to pray with and for them through the process of appointments and lab work. I have walked alongside a family with alcoholism and have gone with members to Alanon. Families have called and asked for prayer and guidance in choosing a longterm care facility for a loved one, while others have wanted recommendations for the next step in their own health care.

No two days are exactly alike but we love being able to be the hands and feet of Jesus. We call, we text, we email, we visit, we send out cards, we listen and we pray, inviting others to help us be the body of Christ.

As Monday comes again we ask. "Ok Lord, what do you have for me to do this week?"

CHURCH FAMILY NEWS

- Our condolences to the family of Wayne Danielson who passed away at the age of 82.