



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

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# First Word

A CHURCH FAMILY PUBLICATION OF FIRST EVANGELICAL FREE CHURCH

SEPTEMBER 2016

## Fall Schedule

STARTING SEPTEMBER 11TH

### SUNDAYS

9:15 and 11 a.m. worship gatherings  
All adult community groups starting up

### STUDENT MINISTRY

**SUNDAYS:**  
Student Community Group: 9:15-10:25 a.m.

**WEDNESDAYS:**  
Youth Group kicks off September 14th,  
6:30-8:00 p.m.

### CHILDRENS' MINISTRY

**SUNDAYS:**  
Creekside Nursery and Preschool available all  
Sunday morning

Creekside Bible Time: 9:15 to 10:30 a.m.  
Friends Corner fellowship time: 10:30-10:50 a.m.

Creekside Church: 11:30-noon (kids stay with parents  
until dismissed during the second service)

**WEDNESDAYS:**  
Creekside Clubs resume September 21st, 6:30-8:00  
p.m. for grades 1-6.

## Risk Running the Race BY PASTOR JOEL

I am worn out.

Not from too busy of a summer. Not from chasing the dog around the block. But from watching the Olympics. Hasn't it been an exciting two weeks? What these amazing athletes can do takes my breath away. The Olympics always remind me of 1 Corinthians 9, where the Apostle Paul says,

"Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, let after preaching to others I myself should be disqualified."

Do you catch Paul's passion in this passage? He is not jogging or shadowboxing. He is not seeking to get across the line to get the prize. So what is Paul so passionate about? Sharing the gospel message with our neighbors.

Jesus said, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and your neighbor as yourself." We tend to be big on the first

part of that verse, but weaker on the second half. According to research, the average Christian has no non-Christian friends after they have known the Lord for two years. We find ourselves looking for those who are like us; those with whom we can be comfortable. We too easily become a holy huddle.

So how did Paul run to obtain the prize? What did he do in order to win others to Christ? He abandoned his rights and he adopted a servant's role. Read through chapter 9 of 1 Corinthians and you see all sorts of things Paul sacrificed for the sake of the gospel. He gave up the right to food and drink. He gave up the right to be married. He gave up the right to receive a salary. When Paul came to Corinth he was after Corinthians, not after Corinthian gold.

If you are going to mix it up with people and be a redemptive person you will have to sacrifice and recognize that loving your neighbor and sharing the gospel is

*In this next school year of 2016-2017, commit to spending one meal (breakfast, lunch, supper) a month with someone who is far from God for the intentional purpose of building a relationship with them. Take a risk, not for me - but for Christ. And for your neighbors.*

a top priority. You will also have to adopt a servant's heart. Paul says, "For though I am free from all, I have made myself a servant to all, that I might win more of them." Serving your neighbors is a huge testimony to God's love.

Any way you look at it, Paul was willing to take a risk. His passion pushed him beyond his comfort zone. He sacrificed and he served. All for the sake of the gospel. Redemptive people are like Paul, they are risk-takers.

As the school year begins, I want to challenge you to take a risk. To push the envelope. To step outside your comfort zone. In this next school year of 2016-2017, commit to spending one meal (breakfast, lunch, supper) a month with someone who is far from God for the intentional purpose of building a relationship with them. Take a risk, not for me - but for Christ. And for your neighbors.



## OUR CURRENT SERMON SERIES: RISK

SEPTEMBER 11	Four Friends for a Friend	OCTOBER 2	Throw a Party!
SEPTEMBER 18	Worth the Risk	OCTOBER 9	Open Door?
SEPTEMBER 25	Share or Hoard?		

CHECK OUR WEBSITE OR THE MONTHLY BULLETIN FOR MORE INFO

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

## WANT MORE INFO?

Visit [www.firstfreechurch.org](http://www.firstfreechurch.org)  
Visit our Facebook page  
Find us on Twitter  
@FEFCMpls

## FIRST FREE STAFF

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SEE MORE INFO AT:  
[www.firstfreechurch.org](http://www.firstfreechurch.org)

# Speed BUMP 2016

*Speed BUMP is a missions trip designed to introduce youth to urban ministry and issues of the city. A group of First Free students stepped out and participated in urban missions and service learning over the course of four days in August. Ben Nordell gave us this summary of the trip:*



Speed BUMP was a fantastic four days for our group. We had 8 junior high students and 3 adult leaders attend. We started out Sunday morning with a worship service at Payne Avenue EFC in St. Paul, a small diverse church in a lower-income area. We had lunch with some of the members and heard a bit about the history of the church and how they are trying to reach their community. Sunday continued with a city tour of the Phillips neighborhood of Minneapolis learning about the cultural and religious diversity right in our own back yard. Did you know that there are over 100 languages spoken, and almost 30 witch covens in that neighborhood? Those are just a couple of the fascinating facts we learned.

On Monday we spent the day at New Salem EFC learning about and practicing street evangelism in the neighborhood and then helping with numerous projects around the church buildings. Tuesday we ventured all the way to Richfield and learned about Arrive Ministries, a

Christian organization that accepts refugees from the government and helps them in their transition to life in the US. That afternoon and evening we partnered with First EFC of Maplewood and worked in their community garden which reaches out to their community by providing nearly 1200 garden plots many to Hmong and Karen refugees. We also helped with their weekly children's garden club which is a VBC style program they put on for the kids while their parents tend to their gardens.

We ended our trip on Wednesday doing some service projects at the Eastside Salvation Army in St. Paul, including serving lunch that they provide to anyone in the community which includes many very poor and homeless people. Then we had a relaxing, fun afternoon at the Apple Valley aquatic center and dinner and discussion at Pizza Ranch.

It was a busy, fun, informational trip, particularly highlighting the vast diversity of culture, religion and need so near to all of us.

## Church Family News

We extend our deepest condolences to the family of Bill Dupont, who passed away on August 4th. His funeral was held Monday, August 15th here at First Free.

We extend our deepest condolences to the family of Helen Andersen, who passed away on August 24th. Her funeral was held Monday, August 29th here at First Free.

Congratulations to Eddy Pierre Louis and Sabina Emile, who were married on August 20th here at First Free.

## Meet our new council member: DAVID GRADEN

*David is one of three new members on our council this year. We asked him a few questions to get to know him a little better.*

### Tell us a little about yourself.

I am a sales manager for an orthopedic implant company. I have 3 daughters (Finley 6, Rudy 4, and Scout 1) with my beautiful wife, Keri (married 7 yrs). I enjoy cars, guitars and the great outdoors at the family cabin.

### What is your connection to/history with the church?

I was raised at Trinity Free Church in Lakeville where my parents are still members. When Keri and I moved back from Kansas City to Minneapolis, we wanted to find a church where God was at work. We wanted His hand on our marriage and our kids. After walking out of our first Sunday visit to First Free 5 years ago, we knew we had found a home with this church family.

### What made you decide to become a council member?

Frank Cupersmith called me one day and asked if I'd consider. Needless to say, I had concerns about their vetting process. After a meeting with some other council members, they signed me up. It turns out my insecurity about age, appearance, or tenure wasn't an issue. God is pretty gracious like that.

### What excites you about where First Free is going?

With a focus on being Christ-centered and Christ-sent in South Minneapolis, we have the challenge and opportunity to continue serving a community that is in need of compassion, support, influence, and leadership. I am excited about the reach we will continue to have outside the walls of our church and how we are constantly looking for ways to do more. I like the feeling that we're being led out of our comfort zone as we address so many evolving issues...it reminds us that God is in control.

### What things related to the church's mission would you like to see happen/improve?

The mission is happening with or without us, God will be sure of that! I'd like to see us continue to be good stewards of that mission. We can hold ourselves more accountable as individuals, small groups, community groups, etc to think outside the box and find ways to jump on board and use our abilities to serve.



## This Month @FIRST FREE

### Fall Kick-Off: Sept. 11

Join us as we kick off the Fall season here at First Free! We'll be returning to our two Worship Gatherings at 9:15 & 11:00 a.m. with our community groups and K-12 classes starting up.

### Men United: Sept. 9

Join us Friday, September 9th at 6:15 a.m. in room 108 for the kick-off of Men United. Men United exists to train men to be who God designed them to be in their homes, workplaces and neighborhoods through Biblical teaching, accountability and a closer connection to Christ and each other. This September we will start a series on conflict resolution. For more information, or a link to purchase the workbook, contact Pastor Jay at [jay.pound@firstfreechurch.org](mailto:jay.pound@firstfreechurch.org)

### Expressions: Sept. 11 and 25

Expressions is a support group for those dealing with chronic illness or pain. Join us from 3:30-5:30 p.m. in room 103.

### Women's Neighborhood Bible Study: Sept. 14

Join us Wednesday, September 14th, 9:30-11 a.m. at the church as we start a new study entitled "Heaven-Finding Our True Home." Free childcare provided for kids ages infant to 5 years. Questions? Contact Patty at [pattymellema@gmail.com](mailto:pattymellema@gmail.com).

### Directory photo updates: Sept. 11, 18, & 25

Update your church directory photo and information on Sunday, September 11, 18, & 25. Photos will be taken after both worship gatherings.

### The Deep: Sept. 21

Come, be refreshed and encouraged. Join us for a time of worship and prayer at The DEEP on Wednesday, September 21st at 6:30 p.m. Childcare will be provided.

### Farmer's Market: through Sept. 28

Come enjoy locally grown food in our neighborhood from 4:00-8:00 p.m. every Wednesday through September 28th. Located just across the street from First Free at the corner of 52nd & Chicago.

### Marathon Sunday: October 9

We have reserved spots for 40 volunteers to help serve at the fluid station, at mile 9, during the Twin Cities Marathon on Sunday, October 9th. Sign up online on our website or at the Welcome Desk. All others are welcome to join us at the cheering section. Then join us for our single worship gathering at 11:00 am after the marathon!

### Connections: starting October 16

Looking to get connected? The Connections Community Group meets for four weeks on Sunday evenings for a potluck style dinner at Peter and Erica Lehner's house from 5-7 pm. There you will get a chance to know other adults from First Free as well as learn about the different opportunities to get connected. Try Connections this coming October 16, 23, 30 and November 6 by signing up via welcome card or by calling the church office.