

**BUEGE
CAITY**



**SEND
International**

The first year of language study went by like a whirlwind, and this spring was filled with many surprises and challenges. (Seems like a theme for me.) It felt like there was no rest for the weary, and culture shock was hitting me and my teammates hard. In April I realized that I needed to take a step back from the busyness of life here and refocus on what was important. I was given an opportunity to go to Moscow for a retreat specifically for women like me who live and work in this part of the world. The main idea throughout the retreat was that God holds all things together. Work, families, school, challenges, relationships—we don't have to worry about what is happening or what will happen in our lives because God is in control. It was a very timely reminder for me, as I was in the middle of culture shock and really didn't know how I could keep everything together with how crazy everything felt. I was also greatly encouraged by the women I met who had already been in Russia for a number of years. At the end of May, my team took a trip out of the city and spent a week together, resting and discussing our plans and goals for the future. It was a sweet time of fellowship, laughter, and prayer with the whole team together. I headed home from the vacation feeling refreshed, focused, and excited for the task that lies before us. The week away was exactly what I needed to break out of the fog that I had been in those past few months. After we got back from our trip, we quickly finished up the semester of language study. The month of June flew by, and the one thing that has continued to stick out at me is the need for rest. I am thankful for the opportunities that I had this spring, and I am looking forward to the small respite that I will have this summer. I am continuing to make good progress in language learning. Much of this is due to having a Russian roommate who is very enthusiastic about helping me learn. She puts up with my quirks, makes me laugh, and encourages me on the hard days. One of my teammates is heading home for an extended home service. Please be praying for her health and for safety in travels. One of the families on my team is in need of full-time teachers to help with their kids' educational needs. I want to be able to find a good balance between resting and keeping up with language school this fall.

FAMILY MATTERS

PRAYER

Pray for my friend Gary, who had a relapse after having heart surgery. He was hospitalized again last week, but is in recovery now. (Ron Heitman)

Pray for Mark's sister Cindy and her family in the sudden home going of Cindy's husband, Gene Reinhardt, on Aug. 24, 2018. Pray for peace and comfort from God's love. (Mark & Bev Lucas)

Pray for our new Global Partners Tim & Emily Dennison and two young daughters, who left the U.S. for ministry in Asia on Aug. 28. (Lorri Whorton)

Pray for Al's brother Bruce and family on the unexpected death of their 28-year-old son, Keith on Aug. 26. (Al & Ann Fenderson)

FIRST FREE SUNDAY MORNINGS

(Unless otherwise noted in *This Week at First Free*)

WORSHIP SERVICES

Blended - 9 a.m.
Contemporary - 10:45 a.m.

EARLY CHILDHOOD

Great attention is given to provide the best possible care for our infants through Pre-K. Silent paging, security IDs, and a separate nursing mothers' room help to make a safe and secure environment for your little ones.

Birth-Age 5 - 9 & 10:45 a.m.

ELEMENTARY/YOUTH

Summer Rest K-12 - **Classes resume Sept. 9**

PRAYER MEETINGS

The First Free family is invited to join together in prayer. God hears our prayers! Some pray silently, others pray out loud. Everyone is welcome!
Sundays: 8:30 a.m. & 5 p.m. - Room 202
(Times subject to change; see *This Week at First Free*.)

SERMON RECORDINGS

Recordings of this morning's message (and any prior Sunday's message) can be found on our website, or a CD may be ordered by emailing Tara Larsen (tlarsen@firstefc.org).

ADULTS

Mini-Congregations are our Sunday morning adult Bible study and fellowship groups. Get to know a group of people more intimately as we encourage one another to be fully devoted followers of Christ. **Please note:** All classes resume next Sunday morning, September 9.

9 a.m.	Room
The Bridge	101
Faith Connections	102
Body Builders	103
@the.CORE (2 nd , 4 th /5 th Sundays)	201

10:15 a.m.	Room
The Point	JH Youth Center

10:45 a.m.	Room
Bereans	201
Disciplemakers	202
Faithful Followers	204
Koinonia	HS Youth Center

INFORMATION TABLES

For more information on the following ministries, visit the table(s) in the Lobby:

- OCC Fundraiser
- Women in the Word
- Growth Through Discovery
- Children's Ministry

PRAYER NETWORK for urgent requests

Paige Lincoln (651.785.8220)
Carol Jaehnert (651.776.9859)

PRAYER, PRAISE OR FAMILY HAPPENING

Submit by filling out a gold communication card. Drop it in the offering plate, the box at the Welcome Center, turn it in to the church office, or email lwhorton@firstefc.org.

BULLETIN ANNOUNCEMENT DEADLINE

Must be in writing or email to ckeller@firstefc.org by noon on Tuesday.

BUILDING USAGE

All building use must be reserved through the church office by completing a Reservation Request form. Forms can be found on our website or picked up in the church office.

Welcome

FIRST EVANGELICAL FREE CHURCH SERVICES | 9 & 10:45 A.M.

*We exist to glorify **GOD** by making and maturing disciples of **JESUS CHRIST** to minister to the world with the Gospel by the **HOLY SPIRIT***

THINK IT RIGHT, LIVE IT RIGHT

Live Strong

EPHESIANS 6:10-20

PASTOR DAVID CAPISTRANT

HIGHLIGHTS

NEWCOMERS LUNCH

FALL KICK-OFF

SHORT-TERM MISSION REPORTS



If this is your first time at First Free, you are our guest, and we extend a warm **WELCOME** to you! Be sure to pick up a Welcome Gift at our Welcome Center and plan to join us at a Newcomers Lunch, offered monthly.



Join us for **COFFEE & fellowship** in the Lobby between services.



HEARING Assistance devices are available at the Welcome Center.



Please silence all **MOBILE DEVICES** during the service.



**FIRST EVANGELICAL
FREE CHURCH**

2696 HAZELWOOD STREET
MAPLEWOOD, MN 55109
P 651.777.5180 WWW.FIRSTEFC.ORG



Please let the pastoral staff know when you are admitted to a **HOSPITAL** by calling 651.777.5180.

BIBLICAL STUDY PROGRAM

Biblical Study Program to Turkey and Greece: If you are interested in the Journeys of Paul and Churches of Revelation study program scheduled for April 26–May 9, 2019 please contact Pastor Todd at tolson@firstefc.org or 612.756.3888. Deposit deadline is Sept. 15.

NEWCOMERS LUNCH

TODAY | 12:30 p.m.
Lower Fellowship Hall

Come meet our Pastors and hear about our Church over lunch. If you are new to First Free, are interested in learning more and getting connected, join us! Pastor Dave, along with some of our staff, will share about the mission and vision of First Free and how you fit into it. Childcare provided.

CHRISTIAN GROWTH SEMINAR

Sat., Sept. 8 | 9 a.m.–4 p.m. | Worship Center

The 2018 Christian Growth Seminar will be held here at First Free. EFCA Pastor, Brad Bigney, author of the book, *Gospel Treason, Betraying the Gospel With Hidden Idols*, will be the speaker. Register at www.bc-alliance.org.

KICK-OFF SUNDAY

Sept. 9, All elementary, youth, and adult Sunday morning programming begins!

SUMMER SHORT-TERM TRIP REPORTS

Sun., Sept. 9 | 6–7:30 p.m. | Activity Center

Join us for dessert and celebrate how God is moving in the world through short-term missions. Reports will be from those who went to China, Laos and London.

ENCORE RETREAT

Mon.-Tue., Sept. 10-11

Ages 55+ can enjoy the beautiful surroundings of Camp Shamineau as you experience praise, worship, fellowship, recreation and a challenge from God's Word. Registration is required. Cost varies by housing and meals. Contact Harry & Louise Swanson (651.777.6878) or Lorri Whorton (651.777.5180) with questions. Registration deadline is Sept. 4.

OCC FUNDRAISER

Operation Christmas Child will be selling M&M's in the Lobby today Sept. 2 & 9 between services to help raise money toward the shipping cost of shoeboxes. One dollar per tube. Return the tube filled with quarters and receive a free tube in return.

CHILDCARE

Women in the Word is seeking to hire (we will pay you!) additional high school through adult-aged childcare assistants and substitutes for our Toddler-Homeschool childcare classrooms. We operate from 9:15–11:45 a.m. each Tue., Sept. 11–May 14, taking breaks for holidays. We are looking for people who can commit to assisting a class for the year, as well as for those who can sub on an as-needed basis. If you are available to serve our moms and kids on Tuesdays, please contact Jackie Keane at 612.325.7893 or jackieakeane@hotmail.com.

MOM'S DAY AWAY

Mom's Day Away is in need of an assistant teacher for infants on Wednesdays, from Sept. 5, 2018–May 15, 2019. Hours are 8:45 a.m.–3:15 p.m. Rate is \$10.25 per hour. If you are interested, contact Paige Lincoln (651.785.8220).

GRIEF SHARE

Mon., Sept. 10 | 10 a.m. | 202

A supportive and encouraging 13 week session for helping you through your grief journey. Cost of workbook is \$20. To register call Diane Johnson (651.777.0041) or Carolyn Schultz (651.777.0029).

ENCOUNTER: A NIGHT OF WORSHIP & PRAYER

Sun., Sept. 16 | 5:30 p.m. | Gym (meal)
6 p.m. | Youth Center (worship)

We invite the church family to Encounter: A Night of Worship & Prayer. Childcare provided through Grade 5. Coffee and a light meal will be served.

TREATS FOR COLLEGE STUDENTS

We need a few people to bring treats on Sunday mornings once a month for our college ministry. There are about 20 students and treats can be home baked or store bought. Be creative—bring peanuts, donuts, bagels, yogurt and granola, fresh fruit etc. Contact Chris Keller (651.288.1063 or ckeller@firstefc.org) if you can help!

ALL CHURCH PICNIC AND MOVIE

Sun., Sept. 23 | Harvest Campus
4:30 p.m. picnic | 6–8 p.m. movie

Come and enjoy fellowship at the all-church picnic at our Harvest Campus! Bring a dish to share for the potluck. We'll have fun outdoor activities, time of worship and testimonies, followed by a movie night.

mini-Congregations (resume Sept. 9)

These adult classes are focused on training disciples through studying Scripture, fellowship and prayer. The age ranges listed are indicators of typical attendance, but **mini-Congregations** are open for anyone to attend!

FIRST HOUR 9 A.M.

The Bridge

20s & 30s
9 a.m., Room 101
Contact: Paul Rothermel and Luke Long

Faith Connections

9 a.m., Room 102
Studying Colossians and John
Contact: Jim & Nancy Zugschwert

Body Builders

All Ages
9 a.m., Room 103
Studying God in Relationships
Contact: Jon & Chris Gustafson

@the.CORE

30s to 50s
2nd/4th/5th Sundays
9 a.m., Room 201
Studying Acts
Contact: Tim & Suzanne Lindquist

SECOND HOUR 10:45

Bereans

50s–80s
10:45 a.m., Room 201
Studying the millennium
Contact: George & Jeanne Howse

Koinonia

50s–80s
10:45 a.m., Youth Center
Studying 2 Corinthians
Contact: Jim & Lee Winberg

Faithful Followers

70s+
10:45 a.m., Room 204
Studying Jeremiah
Contact: Harry & Louise Swanson

Disciplemakers

All Ages
10:45 a.m., Room 202
Studying Romans
Contact: Marty & Sandy Dennison



Men, join us Sat., Sept. 15 and help make this fellowship a great monthly men's get-together! Teaching from God's Word on topics relating to men led by Pastor Jim or another pastor with donuts, bagels and coffee!

BRIDGES DATE CHANGE

The Bridges Seminar that was scheduled for Sept. 8 will be held at a later date.

GRACE GROUP

God Reigns Against Cancer's Efforts
Wed., Sept. 12 | 4:30 p.m.
Olive Garden, Maplewood

Women who have or have had cancer meet to share news, personal experiences, helpful information, encouragement and prayer. Caregivers are always welcome. If you have questions, contact Pat Plooster (651.777.3322) or Diane Johnson (651.777.0041).

THIS WEEK AT FIRST FREE

Today, September 2

8:30 a.m. – Sunday Morning Prayer – 202
9 a.m. – Blended Worship – WC
Nursery, Preschool
10:15 a.m. – The Point – YC
10:45 a.m. – Contemporary Worship – WC
Nursery, Preschool
12:30 p.m. – Newcomers Lunch – FH
5 p.m. – Prayer Meeting – 202

Monday, September 3

Holiday – Building & Office Closed
6:30 p.m. – No Men's Basketball – Gym

Wednesday, September 5

9 a.m. – Mom's Day Away – 212

Thursday, September 6

7:30 a.m. – Men's Prayer Meeting – 202
9 a.m. – Mom's Day Away – 212
6:30 p.m. – Gun Safety – FH
6:30 p.m. – Men's Basketball

Saturday, September 8

9 a.m. – Christian Growth Seminar – WC

AC - Activity Center
PO - Pastor Todd's Office
WC - Worship Center
FH - Lower Fellowship Hall
YC - Youth Center
HG - Harvest Gardens

LIBRARY HOURS

Sunday: 9:00 am-12:15 pm
Tuesday: 11:45 am-2:15 pm
Wednesday: 8:15 am-12:15 pm
Thursday: 8:15 am-2:15 pm

PRAY FOR OUR MILITARY

Air Force
Nathan Persons

Air Force National Guard
Roger Hall, Jr.
Taylor Nielsen

Air Force Reserves
Dale Buetow

Army
Sean Brownlee
Kyle Fenstermacher
Jonathan Laansma

Army National Guard
Andrew Beach
Matthew Longendyke

Marines
Paul Addington
Peter Gillen

Navy
Jarrod Schad

WORSHIP THROUGH GIVING

AUGUST 26, 2018

GENERAL GIVING*



Offering: \$26,813
Receipts: \$1,854,384**
Expenditures: \$1,850,378**
Net change: \$4,006

SHORT-TERM MISSIONS

Offering: \$465
Receipts: \$117,746**
Expenditures: \$120,252**
Net change: (\$2,506)

* Average weekly need is \$35,403 to meet our 2017/18 budget
** For the period 7/1/17–6/30/18

RENOVATION IS UNDERWAY!

RESTROOM RENOVATION		PROJECT COST	THIS WEEK	TOTAL RAISED	REMAINING NEED
		\$140,000	\$800	\$117,757	\$22,243

ELDER CORNER

Members of First Free should have received a letter regarding the nomination of Elders for 2019. Please be in prayer for wisdom as members consider those qualified to serve in the role of Elder. Also, please pray for the men who are called to this position. Nomination cards should be handed in no later than Sunday, Sept. 16.

–In Christ, the First Free Elder Board