

City Lights

Outreach Opportunities

First Free Methodist Church | 2010/2011 Edition | 206-281-2240 | www.ffmc.org

We believe a cornerstone of spiritual growth is living out one's faith through service. Our congregation commits its resources and finances to assist in the care of the entire person. We encourage and want to assist every member of our church community to continually be involved in the service of others. Please prayerfully consider volunteering your time at one of the agencies we support. -Pastor Bonnie Brann
Associate Pastor of Congregational Care & Outreach

Haller Lake Christian Health Clinic

This clinic has been serving the low-income uninsured and underinsured population of Seattle for five years. They provide medical and dental care and individual, couples and family therapy. Services cost \$5 per visit. To volunteer, contact Dr. Esther Henkle at esther_cjh@yahoo.com or Rosemary Kneeling at dkneeling@gmail.com.

Family Promise

Each week of the year, a church in our city provides a week of food and shelter for families that have recently become homeless. Quarterly, we join Queen Anne Presbyterian Church to host these local families by providing a week of food and shelter in one of our buildings. 30-50 volunteers are needed to assist with meals and overnight stays. To find out more about dates and needs, contact Lorena Palmer at Lmnkp@juno.com.

Food Bank

Two receptacles are located in both the Sanctuary & Gym foyers for collecting food donations to Ballard Food Bank and Northwest Harvest. (Some helpful items to donate include oatmeal, whole grain pasta, brown rice, tomato products, canned fruits and vegetables, canned fish and meat, shelf-stable milk, canned stew or chili, baby formula, canned milk, infant cereal and baby food.) For more information please contact Renee Dudley at dudler@spu.edu.

First Church's Big Brothers

A ministry of FFMC, providing a big brother for boys from single-parent homes within our congregation in cooperation with King County's Big Brothers Association. To be a big brother, contact Jim Skadan at jimskadan@comcast.net.

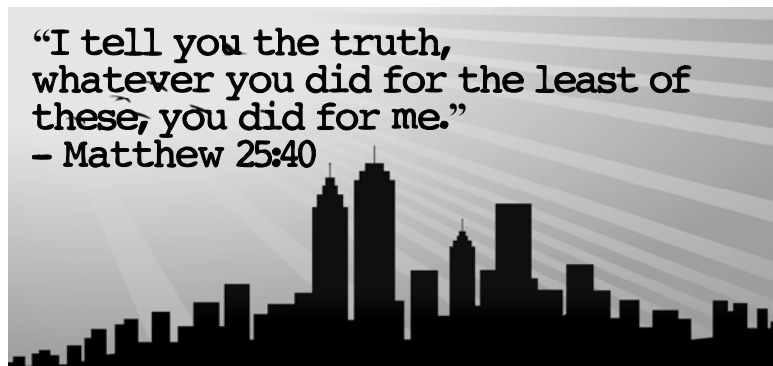
Made With Love

This ministry of FFMC uses their skills in making hand-made gifts and baskets for various ministries in need. Meets Tuesdays at 10am in Room 425—anyone is welcome to attend! For more information, contact Susan Hirayama at (206) 365-5726.

New Horizons

Founded 30 years ago, this ministry serves the homeless youth of our city in practical ways: providing meals, showers, clothing, laundry, case management, hospital and jail visitations, housing & treatment referrals and counseling. For volunteer training information, contact New Horizons at (206) 374-0866.

"I tell you the truth,
whatever you did for the least of
these, you did for me."
- Matthew 25:40



Operation Nightwatch

This is a ministry of bringing “Christ’s presence to the streets” by clergy walking the streets in the late evening. Operation Nightwatch also provides meals and a referral center for shelters. Volunteers assist with clients, answer phones and provide food. Contact Reverend Rick Reynolds, a member of our church, who is the Executive Director of Operation Nightwatch at (206) 323-4359 or Vi Walls at wallsfv@comcast.net.

Queen Anne Care Center

FFMC volunteers provide a weekly devotional and musical service for residents on Sunday mornings. Volunteers also assist residents by turning pages and talking with them. New teams needed! For more information, contact Helen Bishop at bishophelen@hotmail.com.

Queen Anne Helpline

A local social service agency that provides assistance for Queen Anne residents who are in crisis. Volunteers are needed for phones, special mailing projects and the Christmas tree lot. Contact Pat Sobeck, Executive Director, at (206) 282-1540.

R.O.A.R

R.O.A.R.’s mission is to help keep the “working poor” from becoming homeless and to help the homeless into sustainable long-term housing. Amber Joy is a FFMC Urban Missionary, working at R.O.A.R. To volunteer, please call Janet at (206) 634-1977 x4.

The Giving Tree

Each Christmas season, FFMC provides “giving trees” in the foyers that give to organizations and local families in need. Starting the first Sunday in Advent, ornaments are available on the trees. For more information, contact Sue Perrin at cperrin@spu.edu.

Union Gospel Mission

Since 1932, this Christian mission oversees shelters and meal programs, ministries for youth, education, senior ministries, prison ministries and substance abuse programs. Volunteers are always needed, contact Union Gospel Mission at (206) 722-3683.

Urban Impact

Formerly Northwest Urban Ministries

Urban Impact empowers others through community development. Rainier Avenue Health and Fitness Center strives to bring holistic health to the community. Urban Impact’s afterschool program offers tutoring, computer training, learning centers and summer day camps. FFMC also supports the King County Youth Chaplaincy program at the juvenile detention center sponsored by Urban Impact. Contact Cheryl Weeks at cheryl@misaine.com.

