



City Lights Outreach Opportunities

First Free Methodist Church | 2008/2009 Edition | 206-281-2240 | www.ffmc.org

We believe a cornerstone of spiritual growth is living out one's faith through service. We encourage and want to assist every member of our church community to continually be involved in the service of others. Our congregation is committed to serving our local community by committing its resources and finances to assist in the care of the entire person. Please join us in prayerfully considering volunteering your time at one of the agencies we are supporting.

— Pastor Bonnie Brann

Associate Pastor of Congregational Care & Outreach

City Team

Located on Elliott Avenue, City Team provides 300 meals a day, sleeps 150 people a night and has many in their Recovery Program. City Team is a Christian agency that meets the needs of homeless men and men-in-transition. On the fourth Friday of each month, First Church team members provide a meal for 150 men. To volunteer, contact Jim Johnson at (206) 257-0432 or Corey Hays (206) 283-8664.

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 Pastor Bonnie Brann at (206) 281-2240.

First Church's Big Brothers

A ministry of FPMC, providing a big brother for boys from single-parent homes within our congregation in cooperation with King County Big Brothers Association. To be a big brother, contact Jim Skadan at (206) 525-3007.

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. A group of licensed health care providers (doctors, nurses, dentists, etc.) offer many services such as x-rays, tooth extractions and counseling. Services cost \$5 per visit. To volunteer, contact Dr. Esther Henkle at (206) 599-6706.

Life Choices

A health clinic counseling clients to make life-affirming choices about relationships, health and pregnancy. Volunteers are needed who are interested in becoming a hotline or nurse counselor. Contact 425-644-8231.

Made With Love

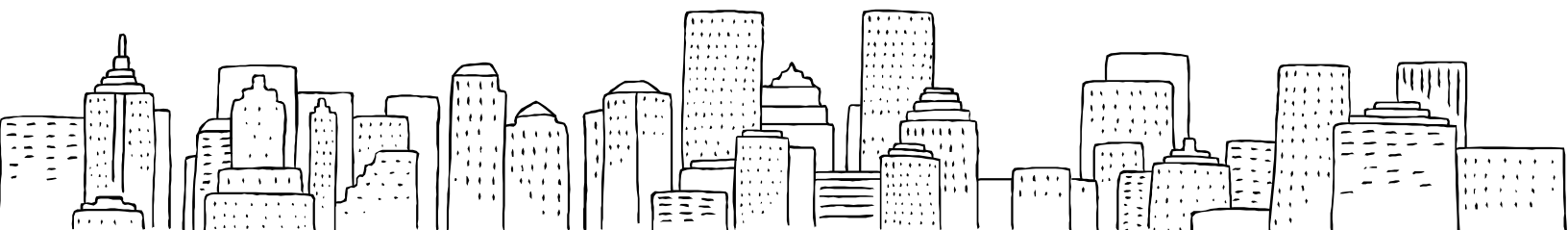
A craft group using their skills in making hand-made gifts and baskets for various ministries. Meets Tuesdays 9:30-12:30pm at FPMC in Room 425—anyone is welcome to attend! For more information, contact Susan Hirayama at (206) 365-5726.

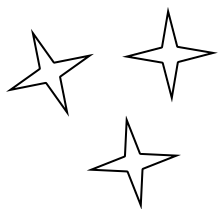
New Beginnings

A local social service agency providing shelter, advocacy, and support for battered women and their children. To volunteer, please call (206) 926-3016.

New Horizons

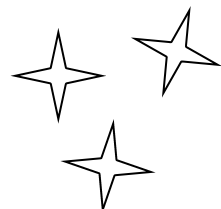
Founded almost 30 years ago and directed by Rita Nussli (of Rainier Avenue Free Methodist), this ministry serves the homeless youth of our city in practical ways: providing meals, showers, clothing, laundry, case management, hospital and jail visitations, housing & treatment referrals and counseling. 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



NW Family Life

Opening its doors in 1989, NW Family Life assists individuals and families facing the pain of domestic violence through counseling, preventative education and treatment including a “State Certified Domestic Violence Treatment Program”. For more information, contact Dana Goodman of NW Family Life at (206) 363-9601.

Operation Nightwatch

A ministry of bringing “Christ’s presence to the streets” by clergy walking the streets in the late evening. Operation Nightwatch also provides a referral center for shelters each night. Volunteers needed to assist with clients, answer phones and provide food. Reverend Rick Reynolds, a member of our church, serves as one of our Urban Missionaries in Seattle and is also the Executive Director of Operation Nightwatch at (206) 323-4359 or Vi Walls at (425) 778-5687.

Queen Anne Care Center

FFMC volunteers provide a weekly service for residents on Sunday mornings. A short devotional and music are provided by the volunteers. Volunteers also assist residents by turning pages and talking with them. New teams needed! For more information, contact Helen Bishop at (206) 281-2240.

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.

Rainier Avenue FM Church

FFMC joins Free Methodist churches in the Pacific NW Conference to “accomplish together what we could never do alone.” FFMC has committed to raise \$100,000 from within our church family to help support the remodel and building project at Rainier Avenue Free Methodist Church. Community leaders have described Rainier Avenue FM Church as an “anchor ministry contributing significantly to the stabilization and transformation of Rainier

Valley”. Checks can be made out to “Seattle Ministry Fund/RAC”. For more information, contact Pastor Bonnie Brann at (206) 281-2240.

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 which offer opportunities to give to organizations and local families in need. Starting the first Sunday in Advent, ornaments will be available on the giving trees. For more information, contact Sue Perrin at (206) 283-5779.

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 or Justin Mack at (206) 322-6801 x102.

Urban Impact

Formerly Northwest Urban Ministries

A Christian multi-ethnic group striving for social, mental, physical and spiritual transformation. 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 “Mekong Kids!” offer tutoring, computer training, learning centers and summer day camps. To join FFMC’s tutoring group, please contact Cheryl Weeks by emailing cheryl@misaine.com.

