

March 7-13th This Week's Schedule

Tuesday, March 9th

7:00pm Kaleo Rm 426

Wednesday, March 10th

10:00am Focus Women's Bible Study Rm 428

5:45pm Dinner 260A

6:00pm Handbells Sanctuary

6:15pm Prayer Gathering Rm 428

6:30pm Children 3rd Floor, Nursery, Room 6

6:30pm Junior & Senior High Youth Group Youth Center

6:45pm The Gift of Years Adult Class 260DE

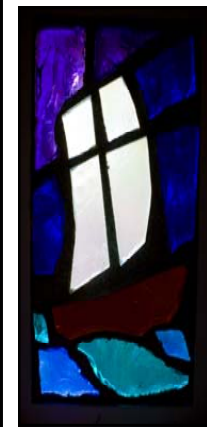
6:45pm Nooma Discussion Adult Class 260B

7:00pm Sanctuary Choir Glen Room

8:00pm Finance Committee Conf Rm A

Thursday, March 11th

12:00pm Solos Luncheon Fine Center 260B



Journey of Prayer

"Lord Jesus Christ,
fill us, we pray, with Your light
that we may reflect Your wondrous glory.

So fill us with Your love
that we may count nothing too small to do for You,
nothing too much to give,
And nothing too hard to bear."

Saint Ignatius Loyola

For information on children, youth & adult classes being offered each Sunday, visit one of our welcome centers— either in the Sanctuary foyer or back corner of the gym— for an information packet.



March 7, 2010

Life In The Church

Spring Wednesday Night Adult Classes

Starting on April 7th, the following 2 adult classes will be available at 6:45pm for 7 weeks:

Love & Logic Parenting—facilitated by Pastor Jan

A certified *Love & Logic* instructor will lead this 7-week course. Be more confident, relaxed, and have more fun as a parent or grandparent with these practical skills for kids of all ages. Cost for the 7-week course is \$40 per person or couple (compared to at least \$100 in other venues). Registration forms can be found at www.ffmc.org or in the front office and returned with registration fee to the office or to Jan. (Some scholarships available; please contact jan@ffmc.org.)

A Psalm-Shaped Life-led by Pastor Mark

We will be revisiting the Psalms to experience their impact on the personal and corporate life of prayer and faith.



A Worshiping Community Extending Christ's Invitation to
Become and to Live as His Disciples.

Community

News and Notes

Believers Baptism by Immersion

Baptism will occur on Easter Sunday, April 4th. If you would like to receive baptism at the end of the Sanctuary service, please contact Pastor Mark (Mark@ffmc.org or 206-281-2240).

Earthquake Relief

You may continue to support Haiti earthquake relief or Chile earthquake relief through FFMC. Designate your gift "Earthquake-Chile" or "Haiti."

Interim Pastor Job Description

The job description (3-6 months beginning about July 1st) was approved by the LBA and is posted on www.ffmc.org. Click on "The Latest." There are also paper copies in the gym and Sanctuary foyers.

Pacific Northwest Conference Delegate Nominees

Next Sunday, March 14th, there will be an insert ballot inviting you to elect six PNW Conference Delegates. These are lay representatives from FFMC to the annual conference gathering on June 18th and 19th at Warm Beach. They also serve as liaison between FFMC and PNWC. Those who have agreed to be nominated are as follows:

John Glancy	Nate Wetzell	Colleen Steelquist
Lawrence Holliday	Adrienne Meier	Kim Ward
Chet Lewis	John Weschler	Kristin Stendera
Nancy Edwards	Serena Severance	

Prayer Pal Magnets for Pick Up

If you signed up to be a prayer pal with our Children's Ministries, please come pick up your prayer magnet with the name of your "pal," located on the table in the Fine Center foyer on the 2nd floor. Thanks for including FFMC kids in your Prayer Journey!

Daylight Savings Reminder

Remember that next Sunday, the 14th, is Daylight Savings. "Spring your clocks forward" to avoid being late to church!

Connect

Opportunities to Get Involved

Solos Luncheon

You're invited to come and be encouraged at the SOLO Luncheon this Thursday, March 11th from 12-1:30pm in the Fine Center, Room 260B. "Come and Rest" is the theme based on Matthew 11:28-30. Lunch is free, donations appreciated. RSVP via communication card or call the church office at 206-281-2240.

Lenten Prayer Service—Journey of Prayer

As we continue on our churchwide Journey of Prayer, you are invited to join in an evening of Lenten Reflection next Sunday evening, March 14th at 7pm in the Sanctuary. The evening will include moments for personal prayer and reflection, a meditation by Pastor Abbott and guided prayer for the future of our church.

The Gift of Years—Wednesday Night Class

This Wednesday, we welcome guest teacher Lynne Marie Wiegert to the "Gift of Years" adult Wednesday Night class at 6:45 in 260DE. Lynne will speak about Exercise—Motivation to Live Optimally.

Easter Eggstravaganza! Invite Friends!

Pick up a postcard in either foyer today and invite young families to this great event on April 3rd, the Saturday before Easter Sunday. Everyone is welcome to the pancake breakfast at 9am; activities for ages 3-8 begin at 10pm. Please contact jan@ffmc.org with questions or to be part of the team!

Service

Opportunities to Serve

Bread for Operation Nightwatch

Could you help Operation Nightwatch by making a "bread run" twice a month? The bread is picked up midday the 1st and 3rd Monday at Fran's Bakery on 6th Ave. South and delivered to Operation Nightwatch. Call Rick at 323-4359.