

Meet faithful crew members who make your S



Bob Goodman



Mary & John Londborg

Have you ever wondered how it got there as your glazed doughnut half was washed down with that hot cup of coffee during Sunday morning fellowship time? Paulette Goodman can surely tell you! She's been coordinating coffee time at First Free for years. She pulls in nearly each Sunday morning to cut out dozens upon dozens of doughnuts, brew around 150 cups of coffee, mix gallons of juice and direct the group of volunteer helpers who assist with this weekly routine. Someone picks up the boxes of doughnuts from the Melo-Glaze bakery and deliver them to church before the first service begins. They are carefully cut, arranged on platters, and set out along with coffee, juice and tea on several nicely decorated tables complete with cream, sugar and even flowers! In a matter of minutes the congregations swarm the room, gobble up the doughnuts, guzzle the coffee, has a wonderful time visiting with one another, the lights are dimmed and everyone moves on to ABF. As the room empties, volunteers clear the tables, empty the trash cans, sweep up our crumbs and wash the coffee pots. Several of our First Free families have found this ministry to be a place where they can serve together.



Paulette Goodman

You can often catch a glimpse of Mary Longborg helping out in the kitchen on Sunday mornings. She co-ordinates the kitchen and serves with Paulette Goodman. Mary takes care of placing food and supply orders including those delicious doughnuts. She can be seen running the show when we have a special event like the Easter brunch or all-church potlucks. Mary is the one who gets on the phone to track down people to make around a hundred egg bakes for Easter brunch. She finds people available to set up and serve, she keeps things warm and tasty before the meal begins, and then coordinates the cleanup when everyone has been satisfied.

Thank you Paulette and Mary for the important work that you do! These times of fellowship and sharing food together are wonderful moments of building our community here at First Free. Thank to you and your volunteers for making these times possible.

Sunday morning worship experience possible.

If you've ever peeked in the nursery on a Sunday morning, you've seen Lori Peterson and Mary Bostrom at their finest! These faithful women are on the front lines each week caring for the young children in our congregation. Lori and Mary serve in the nursery during both worship services, fellowship time and the ABF hour. From changing diaper to sanitizing toys to giving lots of encouraging words, these faithful women do it all. Without our nursery, many of our Sunday school teachers, ABF leaders, greeters, worship team leaders, sound/visual techs and others wouldn't be able to serve in their roles. Not to mention all the parents who wouldn't have the opportunity to participate in the services and ABF hour free of distractions.

Parents can truly focus on worshipping and learning knowing that their little ones are in the best of hands. Youngsters can come to church confident that they'll see a familiar face when they leave mommy or daddy's arms.

Our nursery is a vital part of the smooth execution of Sunday mornings at First Free. Thank you to Lori Peterson, Mary Bostrom and all who volunteer in the nursery ministry. We appreciate all that you do.

"I am so grateful for Lori and Mary's ministry in the nursery. It is a huge blessing to have moments of quiet to worship, and to be taught, to fellowship without having to divide my attention. Their genuine and thorough care for each of the kids in the nursery is very reassuring and puts my mind at ease when I'm away from my children. I praise God for them!"

(Lisa McCowen, mother of Hannah, 21/2 and Matthew, 8 mos.)

Mary Bostrom



Lori Peterson

Get Involved!

Nursery—Meet our little stones and those in our congregation who care for them. Serve one hour once a month. Contact Beth Brown, Children's Ministries Director, for more information, 612-724-1918, beth.brown@firstfreechurch.org.

Coffee Time—Setup and/or cleanup for our Sunday morning fellowship time. Volunteers serve one Sunday morning every two months for about one and a half hours. It's a great time for you and your family to serve together. Contact Paulette Goodman for details, 952-435-6007, goodman_robert@hotmail.com.

Special Events—Help out by providing food, serving, set-up or clean-up as you are able when special events come up at First Free. Our kitchen coordinators will contact you to check your availability when volunteers are needed. Contact Mary Lomborg if you are interested in this ministry, 612-724-9266.

Newsletter—Join a team committed to putting together First Word, our monthly newsletter. Share ideas, interview members of our congregation, write, take pictures and much more. Contact Erika Garcia if you are interested, 612-253-4056, erikajgarcia@gmail.com.