

*First Evangelical Free Church exists to:*

**BRING** people into a relationship with Jesus, **CONNECT** them to God's family, **MATURE** them in their faith, and **EQUIP** them for ministry so God's name will be **EXALTED!**

**Our Current Series:**  
***January 3-April 18, 2010***

**12 Tests**

*Developing a Faith That Works*

When it comes to your faith, how and where does it show up? We will begin this new decade by taking 12 tests from the book of James that will spur you on to develop a faith that works!

*February Tests:*

February 14—How Do You Manage Your Mouth? (James 3:1-12)  
February 21—Outreach Sunday (Guest Speaker)  
February 28—How Do You Control What You Do? (James 3:13-18)

**Contact Us!**

The staff at First Free would love to hear from you today!

**Pastoral Staff**

Senior Pastor, Joel Sutton ([joel.sutton@firstfreechurch.org](mailto:joel.sutton@firstfreechurch.org))

Worship & Connecting Pastor, Eric Twietmeyer ([eric@firstfreechurch.org](mailto:eric@firstfreechurch.org))

Youth Pastor, Mark Meyers ([mark.meyers@firstfreechurch.org](mailto:mark.meyers@firstfreechurch.org))

**Ministry Staff**

Children's Director, Beth Brown ([beth.brown@firstfreechurch.org](mailto:beth.brown@firstfreechurch.org))

Director of International Ministries, Sam Song ([songo110@umn.edu](mailto:songo110@umn.edu))

Parish Nurses, Delores Huanca & Maureen Juarez ([parishnurses@firstfreechurch.org](mailto:parishnurses@firstfreechurch.org))

Intern, Aaron Rusnak ([aaron.rusnak@firstfreechurch.org](mailto:aaron.rusnak@firstfreechurch.org))

Intern, Phil Hintz ([phil.hintz@firstfreechurch.org](mailto:phil.hintz@firstfreechurch.org))

**Administrative Staff**

Facilities Technician, Scott Beckett ([scott.beckett@firstfreechurch.org](mailto:scott.beckett@firstfreechurch.org))

Office Administrator, Olivia Lueth ([olivia.lueth@firstfreechurch.org](mailto:olivia.lueth@firstfreechurch.org))

Administrative Assistant, Karna Anderson ([karna.anderson@firstfreechurch.org](mailto:karna.anderson@firstfreechurch.org))



**WELCOME**  
where the difference is... the relationship

## Sunday Mornings:

**Creekside Friends**

9:30 –12:00 PM:

**Nursery** (Infant–2 Years)*Cuddlebugs* (Infant–Age 1) & *Creepers* (Ages 1–2)**2's Climbers** (2 Years)**Preschool** (3–5 Years)*Hoppers* (Age 3) & *Critters* (Ages 4–5)

Parents, please sign your child in and receive a pager.

**\*\* Creekside Bible Time \*\*****Children's Bible Time (K-6)** \_\_\_\_\_ 9:30-10:30 AM**Creekside Kids (K-3)** meet in Creekside Rooms #102A-D**Creekside Kids (4)** meet in Room #101**Creekside Explorers (5-6)** meet in Rooms #301 - 302**Zion Youth Church** (Gr. 7-12), 9:30 AM, meet in Room 108

10:30-10:55 AM:

**K-3 Friends' Corner:** Room #102**4-6 Friends' Corner:** Room #101**\*\* Creekside Children's Church \*\*****Children's Church (K-6)** \_\_\_\_\_ 11:30 AM-12:00 PM**Gr. K-3 - Room 102; Gr. 4-6 - Room 101**

## Wednesday Evenings:

**Creekside Clubs**

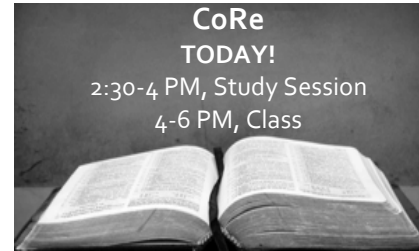
6:30-8:00 PM

**Girls Rock!** (Gr. 1-6)**Tree Climbers** (Boys Gr. 1-2)**Stockade** (Boys Gr. 3-6)**Zion Student Ministry**

6:30-8:30 PM

**Zion Youth Group** (Gr. 7-12)

\*Please use South Entrance\*

**CoRe****TODAY!**

2:30-4 PM, Study Session

4-6 PM, Class

## Sunday Mornings:

**Adult Bible Fellowships****9:30 AM****Life (Room #104)** ~ Jeff & Andrea Spranger*Singles, Couples & Parents with Young Children—30s***Parents of Teenagers (Room #103)** ~ Jim & Joyce Friesen**Sojourners (Room #105)** ~ Vince & Heidi St. Clair*Singles, Couples & Families – Late 30s, 40s, Early 50s***11:00 AM****Metamorphosis (Room #109)** ~ Wayne & Julie Danielson*Post High School, College & Early Career***Seekers (Room #108)** ~ Audrey Sollie, Bob Gu, & Steve Mondy*Multi-culture Class***Seniors (Room #105)** ~ Char Boyles & Bob Chapman*Singles & Couples – 65+***Agape (Room #103)** ~ Mark & Deb Holman*Singles & Couples – 50s & 60s***Makarios (Room #109)** ~ Eric & Susan Stabnow*Singles, Couples & Newlyweds in their 20s*

\*Combined with Metamorphosis this week!\*

**Prayer Group (Library)** ~ Facilitator: Grace Elasky**Outreach Weekend!***Much Given, Much Required***9:30-11 AM, February 20**

Breakfast &amp; Missionary Panel

*Childcare Provided*

\*Register at the Welcome Desk or

contact the church office\*

**9:30 & 11 AM, February 21**

Main Speaker: Rev. Danté Upshaw

*Marie Sandvik Service Project***7 PM (Worship), 8 PM (Serving****Meal),****February 21**

No Registration Required

Q? Contact Kelli Benner

(651-456-9367)



Pick up your Camp Shamineau discount scholarship now at the **Creekside Canteen!** First Free happily gives scholarships to all kids going to camp...just fill out a form! Note that Camp is offering a "Super Discount" for summer camps if you register by March 1st!

**Terrace on Chicago: Youth Fundraiser Dinner**

Reservations Accepted: TODAY-Feb. 28

Dinner: March 6

Two Seatings Available: 5 PM &amp; 7 PM

Come and learn about the Ministry Trips the students of First Evangelical Free Church will be taking this summer and support them financially.

**Outreach ABF/Children's Sunday Schedule:****9:30**

*Youth*, Herb Bloomquist (Camp Shamineau); *Life*, Dave Boeltl (Overcomers—Native Ministry); *Sojourners*, Tim Dahlin (LATN—Latino Ministry); *Parents of Teens*, Dick Hardin (Damascus Way—Post Prison); *4-6th Grade*, Carolyn Dahlin

**11:00**

*Metamorphosis/Makarios*, Herb Bloomquist; *Agape*, Tim Dahlin; *Seniors*, Dick Hardin; *Seekers*, Dave Boeltl; *K-3rd Grade*, Carolyn Dahlin

**This Week @ FEFC...February 14-20**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>14</b> <b>2 Services</b> <b>9:30 &amp; 11 AM</b> 12:15 PM Seekers' Potluck 2:30PM CoRe Study Session 4 PM CoRe	<b>15</b> 7 PM Quarterly Business Meeting 8:30 PM Men's Basketball	<b>16</b> 6:45 PM Choir 7:45 PM Worship Team	<b>17</b> 9:30 AM WNBS 6:30 PM Clubs & Youth Group 6:45 PM Prayer	<b>18</b>	<b>19</b> 9:15 AM MOPS	<b>20</b> 9:30 AM Outreach Breakfast & Panel Discussion

**Quarterly Business Meeting**  
*This Monday, 7 PM*

The following people have been nominated for church leadership positions: *Council Chair*—Alan Peterson (re-elect); *Council At-Large*—Jeff Dutton, Jim Friesen, Johanna Holliday (re-elect), Jeremy Kobielush; *Auditing Committee*—Charlotte Boyles, Mark Holman, Ron Sollie.

**Warm up your smile!**

Fotobook pictures will be taken *TODAY* through Feb. 21st in the gym after first service and the foyer after second. Update your contact info. too!



**EXALT**

*"O For A Thousand Tongues To Sing"*

*"Forever"*

*"By Faith"*

*"Here I Am To Worship"*

**Prayer**

**Offering**

*"James Song"*  
(Children Dismissed 2<sup>nd</sup> Service)

**Message**

Pastor Joel Sutton

*"How Do You Manage Your Mouth?"*  
James 3:1-12 (Pew Bible Pg. 1173-1174)

**Have One?**



Zion Youth Group needs to borrow it for their Fundraiser Dinner! Place card tables in labeled gym closet by Feb. 28th!

**Chinese New Year!**

Seekers Class will celebrate this traditional holiday with a potluck at 12:15 PM **TODAY**.



**Winter Parking Restrictions Are In Effect!**

Do NOT park on the **EVEN** side of streets surrounding First Free (excluding Chicago Ave and 52nd St. **East** of Chicago) from now until April 1st.

**Minnehaha/Nokomis Grief Support Group**

Mondays,  
Now-Mch. 29  
4:30-6:30 PM  
Trinity Lutheran Church of  
Minnehaha Falls  
*Contact*  
*Marilyn Fisher*  
*with questions.*  
(724-9311)



**Fiscal YTD Giving:**  
**January 31, 2010**

*Local Ministries:* \$479,515  
*Budget:* \$513,037  
*Outreach:* \$123,405  
*Budget:* \$131,704

**First Time Visitor?**

If you are new to First Free, we extend a special welcome to you today. We hope that you will find the following information helpful:

**Information Request:** We ask each attendee to *fill out the enclosed Welcome Card* and place it in the offering plate each week. Our church uses this information for First Free communications only...plus, we would just like to get to know you! *Information will not be shared with outside sources.*

**This Morning's Offering** is for those who call First Free their church home. You are our guest. Please do not feel obligated to participate.

**Restrooms** are located below the foyer and across from the gym. A handicap accessible restroom may be found by the nursery near the North Entrance.

**Nurseries, Classrooms, and Children's & Adult Ministry:** Stop at the Welcome Center for maps! Class times and locations are located on the inside of this bulletin.

**A Gift!** We invite you to also stop by the **Welcome Center** to receive a gift and additional information about our church. *Thank you for joining us today!*

**Test 6:***How Do You Manage Your Mouth?*

James 3:1-12

Our tongue is . . .

. . . tremendously \_\_\_\_\_ . (vv. 3-5)

. . . potentially \_\_\_\_\_ . (v. 6)

. . . humanly \_\_\_\_\_ . (vv. 7-8)

. . . unnaturally \_\_\_\_\_ . (vv. 9-10)

Your tongue reveals \_\_\_\_\_ . (vv. 11-12)

Your tongue is the \_\_\_\_\_ to your \_\_\_\_\_ . (v. 2)

How do I manage my mouth? (v. 7-8)

By the \_\_\_\_\_ of the \_\_\_\_\_ . (Acts 2:2-4)

Take Home Idea: \_\_\_\_\_ of \_\_\_\_\_ is revealed by  
the \_\_\_\_\_ of your \_\_\_\_\_ .*Coming Next Week:***Outreach Weekend***Guest Speaker: Rev. Danté Upshaw*

\*Pastor Joel Sutton; February 14, 2010

***Sermon-Based Discussion Questions***

(For Small Groups, Adult Bible Fellowships, or Personal Use)

What thoughts, ideas, or heart changes occurred from the sermon?

Have you ever ridden or bridled a horse? If so, describe the process of taking control of the horse with a small bit. Note how such a powerful creature can be controlled by a small bit.

Similar to how a horse is controlled by a bit, how are we able to control our tongues or how we speak?

If powerful forces can be controlled by a bit or an oar, how is it that we can curse and praise from the same mouth?

How can our lives be controlled by what we say? What are some steps we can take to train our tongue and what we say to be holy and Christ-like?