48 HOUR NOTICE OF CONTRIBUTIONS/LOANS RECEIVED

(See Reverse Side for Instructions)

For House candidates report all contributions (including loans) of $1000 or more, received within 48 days of the election.

1. NAME OF COMMITTEE IN FULL: Friends for Jim McDermott
2. MAILING ADDRESS (Number and street): PO Box 21786
3. CITY, STATE, and ZIP CODE: Seattle, WA. 98111-3786
4. NAME OF CANDIDATE: Jim McDermott
5. OFFICE SOUGHT (State and District): WA 7th House
6. FEC IDENTIFICATION number: C00223073

Any information copied from such Reports and Statements may not be sold or used by any person for the purpose of soliciting contributions or for commercial purposes, other than using the name and address of any political committee to solicit contributions from such committee.

A. Full Name, Mailing Address and ZIP Code	Name of Employer / Occupation	Date (month, day, year)	Amount
Metropolitan Life Insurance Co. "Met Life" Political Participation Fund A, 1620 L St. NW STE 800, Washington D.C., 20036	N/A / N/A	9/18/00	$10,000
B. Full Name, Mailing Address and ZIP Code	Name of Employer / Occupation	Date (month, day, year)	Amount
C. Full Name, Mailing Address and ZIP Code	Name of Employer / Occupation	Date (month, day, year)	Amount
D. Full Name, Mailing Address and ZIP Code	Name of Employer / Occupation	Date (month, day, year)	Amount
E. Full Name, Mailing Address and ZIP Code	Name of Employer / Occupation	Date (month, day, year)	Amount

SIGNATURE (optional): Michael Steele

DATE: 9/19/00

For further information contact: Federal Election Commission, 999 E Street, NW, Washington, DC 20463, Toll Free 800-424-9530, Local 202-694-1100

FEC FORM 6 (11/93)