



The BODY BUILDER

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Seattle, WA 98117
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www.unitedefc.org

PREPARATIONS FOR OUTREACH ... SURVIVING AN ICE STORM ... MANY THANKS ... LOOKING AHEAD

Pray for
the events ahead...Give
praise for what God has
done.



This issue of the Body Builder reminds us to pray for the many outreaches and opportunities ahead, and give thanks for the faithful work and giving of so many.

This February we look ahead to many opportunities for service, for fellowship, for learning, and for encouragement. Let us be in prayer that God will help these ministries be what He wants them to be.

Pastor Mark leaves soon for Russia -- see details in this issue. Outreach Joplin is scheduled for June and anticipates a large group -- details in this issue.

Vermes, serving in Japan, will have a short visit here in April. The cleanup and rebuilding in Japan continues -- see the report on activities and thanks for your generous contribution. Mark and Jan Halstrom have just flown back from India -- we hope to include details next month. Our new church directory lists fifteen active missionaries, nine kids, and five retired missionaries that we partially support. About 15% of our budget is devoted to missions; however many dollars are given to missionaries and

outreaches from designated offerings beyond the budget. --read many thank you notes from missionaries that received additional Christmas money gifts due to your generous giving. Some of our missionaries are never mentioned in *the Body Builder* because of their work in creative access countries. Let us remember to pray for all our missionaries.

It may be winter now, but summer and camp season is coming. Now is the time to check camp schedules and register. Camp Cedarbrook and Black Lake Bible Camp brochures are available.

Our youth plan a February 11 Valentine Party, and are to participate in a 30-hour famine on February 24-25.

February 5 brings the Super Bowl and United's Big Game Bash. Kid's Clubs, Sunday School, ABFs, Worship Services, Small Group Bible Studies, Mom's Group and Choir continue and merit our prayers. ❖

Snow and an ice storm changed our schedules for a few days in January. Schools and some businesses closed, some of our people had power outages, and meetings were cancelled. Ron, our church custodian had extra duty clearing sidewalks. Now that we are back on schedule, we look ahead to the many events on the church calendar. Membership classes, for those interested in church membership, will be help on the Sundays of March 25 and April 1. April brings the Annual Business Meeting of the church and includes voting for church officers and approving the church budget. ABFs are planning special events and our Youth look forward to special events. Pray that God will be honored in all we do.

❖



Snow Begins in January

Pastor Mark's office lights show he is hard at work as the snow and ice storm starts and our church seagulls monitor traffic.

UNITED MEN

Bob Butcher encourages our men to attend the Men's Conference April 27-29 at Black Lake Bible Camp. Let Bob know that you plan to attend and Bob will be able to arrange convenient housing for the whole group.



ELEV8 Men's Conference: April 27-29, 2012

JOPLIN



Tornado aftermath



Michelle's brother's new car before (above) and after (below).



Fundraisers

February 19 - Spaghetti Red Lunch after church Spaghetti Red is chili served on top of spaghetti. It is a classic Joplin meal. See Donna Lepse to volunteer to help.

May 5, 6 pm - Talent Show Be awed and amazed by the talents within our community and then you will get to vote with your money by stuffing the jars for best of show. See Katy Wicks to volunteer to help or to sign up to show off your talent.

Prayer Team - Please begin to pray that we will bring hope to the people of Joplin through our actions as we attempt to meet some of their needs.

"Rejoice in our confident hope, be patient in trouble, and keep on praying. When God's people are in need, be ready to help them. Always be eager to practice hospitality."

Romans 12:12-13 NLT

Operation Joplin: June 23-July 1

Operation Joplin is a Mission trip that United is taking June 23-July 1, 2012 to Joplin, MO. Joplin, Mo was hit by an EF-5 Tornado on May 22nd of 2011. It wiped out nearly 8000 homes in the middle of town and left a path of destruction that was anywhere from three quarters to a mile wide and hugged the ground the entire seven mile length of Joplin killing 162 people. This area was mostly residential homes and schools. A report of the weather service said that this tornado was an act of nature but the fact that there were not more lives lost is an act of God. The majority of the homes were low or middle income families with forty percent uninsured. If you laid out the path of destruction on a Seattle map it would be from the Lighthouse at Discovery Park all the way across the city to Husky Stadium.

Carry each other's burdens and in this way you will fulfill the law of Christ. -Galatians 6:2 NIV
It will be a marvelous opportunity to help shoulder the burdens of those in Joplin who have such a long recovery ahead of them. During our time in Joplin we will seek to serve the community that was devastated by a tornado in May 2011 with special emphasis on those who endured loss resulting from the tornado's destruction. The timing of this trip will be close to the one year mark. Counselors tell us that this is a critical time for all of the

survivors. Many will just need someone to listen to their story and pray with them.

Everyone is invited. There are many needs and God can use the gifts and talents that with which He has equipped you. We will be working with Mission Joplin at FPBC. Mission Joplin seeks to "show Christ's love through providing for the physical needs of community members by providing, free of charge, things like food, clothes, dishes, toiletries, baby items and housewares." For more information go to missionjoplin.tv

We are also seeking opportunities to help Joplin in other ways while we are there. Most likely it will be through planting trees, construction or working with children. The details will be worked out as the trip gets closer, according to the needs in Joplin with consideration to the gifts and talents of our group. Applications are available at the information desk or from Michelle Wicks. If you plan to go we need your application and \$100 deposit by February 19th. The cost of the trip is \$600 (this is our best estimate and not expected to change). This includes:

Transportation - Air tickets, van rental and fuel costs (this is the majority of our costs)

Lodging - The group will stay at Forest Park Baptist Church (FPBC)

Meals - We will cook all of our own meals in a kitchen at the church. (You will be responsible for your own meals on the two travel days.

Welcome: Rose Adella Faith

Born December 31, 2011, to Steve and Megan Duarte



January 14, 2012 from Pastor Mark Wheeler

Dear Friends,

In less than 30 days, I will once again be in Russia. (Out of my 14 ministry trips since 1992, 11 have been to the former Soviet Union -- nine to Russia and two to Ukraine.) On this trip, I will be serving with John & Naomi Musgrave at the House of Grace in Tsibanobalka, Russia. The village is near the city of Anapa on the northern coast of the Black Sea.

The House of Grace is a guest house for Russian pastors where they can rest and renew along with their families, and where they can deepen their spiritual and emotional health. During the winter, they offer several 3-day concentrated courses for pastors and emerging leaders on different books of the Bible. Last year, I taught on the book of Joshua. This year I will be teaching on the life of David. Last year, Carol was able to join me. This year, I will be traveling on my own.

Thanks to your prayers and generous gifts, the trip is fully funded. The tickets have been purchased, hotel reservations made, visa secured, and my notes written. Over the next few weeks, I need to review the material and

look for ways to make it more interactive rather than all lecture.

Here's the schedule for the trip:

February 11-13 - Travel (Seattle - London - Moscow - Anapa - Tsibanobalka)

February 14 - 15 - Adjust & prepare

February 16 - 18 - Teach class

February 19 - Debrief

February 19 - 20 - Travel home

Please pray for me as I finalize my lessons.

In addition, pray for safe travel, good health, effective communication, and mutual encouragement with the participants.

Last year, I was able to provide periodic updates throughout the trip. Internet permitting, I will try to do the same this year. At the end of the trip, I will try to write a summary report. If you would prefer to receive the trip report rather than the periodic updates, just let me know.

In addition, updates will also be posted on:

[http://www.facebook.com/pages/](http://www.facebook.com/pages/House-of-Grace-Russia/246891597439)

[House-of-Grace-Russia/](http://www.facebook.com/pages/House-of-Grace-Russia/246891597439)

[246891597439](http://www.facebook.com/pages/House-of-Grace-Russia/246891597439) and my blog -

<http://wheelsms.wordpress.com/>.

PASTOR MARK HEADS TO RUSSIA



touchglobal

touch one life. eternally.



Thank you for your church's donation to the Japan Response Fund and making a difference in the lives of those recently impacted by the earthquake and tsunami on March 11. We are grateful for your partnership. You can read the most current update by visiting www.touchglobal.org/japan. The response to the earthquake has resulted in the deployment of a new Tohoku Region Team, consisting of five

ReachGlobal missionary families, who are working in conjunction with several national church movements, a number of international partners, and TouchGlobal to bring Gospel transformation amidst the ongoing relief and recovery efforts. Our team's vision is to: **Multiply healthy communities of Christ that transform the lives & neighborhoods of Tohoku, with an expanding gospel influence throughout Japan and the world.**

These five families are "all in" and moving forward. Opportunities for churches from all over the world to partner in the response are now available. As we move into the recovery stage of the response, we are working with our partners to meet current community needs, advance ministry and church planting opportunities, and assist the local churches in deepening their current post-crisis outreach ministry.

Pray for this ongoing recovery outreach. Over 150 churches have contributed to the earthquake response efforts, and we have been hosting teams from the US and our Asian partners. As soon as we can, we will be in touch to see if your church would be interested in sending a team to help in the recovery process. If you would rather not wait, feel free to contact us. Jerry Ehrhardt and Nick Doneff will be managing the responses: Jerome.Ehrhardt@efca.org or nick.doneff@efca.org Sincerely, Mark Lewis, Director EFCA TouchGlobal Crisis Response and Tom Shook, ReachGlobal Japan

In Memory of **Franklin Aicher**, age 92
Franklin died January 18, just 9 days after his birthday. Long time Ballard residents may have seen the Aichers pulling their baby buggy behind them, as they were both blind. Later they were seen riding their bicycles built for two, with the kids in front steering.

Franklin was a skilled piano repairman. He owned the piano shop on 15th Ave NW and NW 77th. He kept United's pianos tuned and in good repair. After retirement, the Aichers moved to Snohomish near family. He is survived by wife Betty, son Todd, daughter Beth and several grandchildren.

In Memory

In Memory of **Peggy Arnold**, age 91
Peggy passed away January 28, and is to be buried on Whidby Island, the island on which she was born.

Peggy attended United for over 30 years, and had been an active member of the Dorcas Circle at Crista.

She grew up in Coupeville, attended the local Methodist church and was a 4H leader. She attended Edison Technical School and met her husband there. They moved to New York for a few years, then back here where she worked for HUD and Health and Human Services. She is survived by her two sons.

Martin Luther
1483 - 1546



A Mighty Fortress is Our God

*"A mighty fortress is our God,
A bulwark never failing;
Our helper He amid the flood
Of mortal ills prevailing."*

I love this time-honored hymn. In a day when the songs sung in too many churches lack solid, scriptural doctrine, this great piece rests firmly on biblical truth. With Psalm 46 as his inspiration, Martin Luther proclaims God as our helper and Jesus as the man on our side.

Anyone who knows Luther's story knows his battle for truth. His name is synonymous with courage and determination -- the same character qualities we need in our own battles. When warriors are scarce and surrender is more popular than firm convictions, this hymn brings us back to those needed reminders.

Charles R. Swindoll, February in *Songs for all Seasons: 2012 Insight for Living Calendar*. ©2011 by Insight for Living. All rights reserved. Used by permission. www.insight.org

SAMMY SHARES

Testimony given at a recent youth event. by Sammy Lepse

“When I was little I loved to play make believe. I would plan out my whole life, most of the time that included becoming a princess and living happily ever after. I’ve always made plans for my life, realistic and not so realistic. But God has some very different plans for me. I recently came across this quote “If you want to make God laugh, tell him your plans.” That really made me think about how long I had been planning and stressing out about those plans.

Born Again

I became a Christian at 7 years old. I realized I was a sinner and my sin separated me from God. I believed Jesus died on the cross and rose from the dead to pay the penalty for my sin. In that moment I became a child of God. I had grown up in the church; it just felt like the natural thing to do. But it’s so much more than that. It is a life changing decision, and I’m so much better off because of it. Knowing that God has a plan for me takes a lot of pressure off. I no longer

have to worry about my future, it’s all in his hands. He has and will always provide for me.

Counting on God

One of the reasons I became a Christian was because I could always count on God to be there for me. I remember when I was younger and my Dad went on lots of business trips; I was always afraid that something would happen to him and he would never come home. It always made me feel better to tell God about my fears and know that he is there to protect my dad.

Getting a Whole Family

Another reason becoming a Christian meant so much to me is that you’re not just getting a heavenly father; you’re getting a whole family. Whenever I have a problem I know that I can talk to the people at United. They



Pastor Aaron Olson requested that Sammy’s testimony be shared here.

will always be there for me, because they are my brothers and sisters in Christ.

God is also there for me at all times, I can pray whenever I want and he’ll listen. He’s answered my prayers plenty of times, like when I was unsure of whether or not I should join band. I prayed that he would help me make the right decisions, and when I told my friends that I was thinking of joining all I got was positive responses. I have a feeling that was because of God, he helped me to decide what to do because it’s all a part of his plan for me.” ❖

Church Finances

General Fund	Actual Giving	Budget Plan	Expenses
January 2012	\$35,034	\$36,240	\$30,675
FY(April-January)	\$350,145	\$362,403	\$338,524

SUNDAY MORNING

9AM Sunday School and Adult Bible Fellowship

10:30 AM Worship Service

WEEKLY ACTIVITIES

Bible Studies, Mom’s Group, Teen Program, Children’s Clubs, Senior Events

STAFF

Dr. Mark Wheeler, senior pastor
Aaron Olson, associate pastor

ELDERS

Sam Franklin, Brent Barrett,
Tom Catey,
Floyd Gustafson, Mark Halstrom

DEACONS

Dale Anderson, James Beckman,
Sandy Brinkman, Mary Hawkinson,
Roy Petersen, Mary Ann Rhodes,
Dave Swenson, Cathy Vaux, Rick Vaux

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February 2012

United Evangelical Free Church

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Page of Thanks

Carolyn Ford

Dear United Church Family,

Just to let you know, I was finally able to verify that your generous Christmas gift did arrive safely. Thank you so much for that. We hope to have the Banna New Testament ready to submit for typesetting in April, and I expect to move then from Alduba (among the Banna people) to Addis Ababa (where the Kafa translation team is located). I am going to save your gift to use for the expenses involved in that move as they will be substantial. I look forward to having easier communication channels with the rest of the world when I move to Addis, but it will be heart-wrenching to leave Alduba and Banna friends. Praise God that He gives grace for every change.

Thank you, too, for your partnership by your faithful prayers and monthly support. May God bless you richly as you continue to seek first His kingdom and His righteousness.

Gratefully,

Carolyn Ford

John & Donna

Hi United EFC,

Thank you for the generous \$320 personal gift we received in December. This is indeed a special gift, and we can use it to enjoy a week of holiday. We welcome the chance for a break after the long semester at the university where John works.

Thanks so much for your faithful support, prayers and generous gifts. We are planning on starting furlough in November, so we should see you personally then.

Gratefully, **John & Donna**

Bob & Joan Verme

Dear Church Family,

We want to thank you for your very generous Christmas gift. What a rich privilege it is ours to be a part of United and to receive your constant love and support.

We covet your continued prayers for the ministry here. May the Lord grant that many souls will come to faith in Him this year.

Gratefully and with love,

Bob and Joan Verme

Eleanor Payne

Dear Friends in Christ,

I am writing you on behalf of my aunt, Eleanor Payne. Eleanor is very thankful for all the faithful years you supported her on the mission field and now help her while she is spending the last years of her life at Crista. Aunt Eleanor is ninety-five years old and is blessed by the love and caring from all the members of her home church.

This past November, Eleanor fell in her room at Crista and hurt her back. She walks slowly with a walker and sometimes needs a wheel chair. She enjoys being able to go to Chapel, the Dorcas meeting and visit with the friends she has made while living at Crista. She listens to the Bible on CD and works at playing hymns on a small accordion. Her memory is strong, especially for old friends at her church and in South Africa.

I know that Eleanor really appreciates your prayers for her. Since her vision is so poor, she cannot write to you anymore and this really bothers her. Her hearing is also poor, but she has an assisted hearing device from Dorothy Boe that helps her hear conversations.

Aunt Eleanor wanted to be sure I wrote to you to thank you for the Christmas money and the poinsettia. She has really enjoyed all the birthday cards, Christmas cards and visits. She talks about the UEFC church services and the young person who helps her with the assisted hearing device. She loves Rob and Carol because they pick her up at Crista and take her to church.

My family and I also thank you for sending support checks for her. It helps us rest easy that Eleanor, who gave her life to the Lord's work for more than 60 years, can spend her remaining days in simple comfort.

*Thanks, again. Blessings to you all!
In Christ, Diane Ishimitsu for*

Eleanor Payne

Carolyn & Art Seely

Dear United EvFree Friends,

Thank you for the lovely card with many signatures, and thank you for the generous gift.

We enjoy the Newsletter on email too!

In His love,

Carolyn & Art Seely

Nathan & Margie Jacobs

Dear United EFC Friends,

Thank you for your generous Christmas gift! We greatly appreciate your encouragement and support of MCT (Missionary Construction Team).

May God richly bless your ministry! Because of Him,

**Nathan & Margie &
family**

Linda Sauke

Dear United Family,

Your generosity at Christmas time was a great surprise and blessing to us. Wow! Thank you for your gift and the many other ways you support and encourage us in life and ministry. We appreciated your card with thoughtful, personal notes and wishes, and we feel privileged to be part of such a loving and supportive church family.

Blessings and happy New Year!

Sincerely,

Linda Sauke

Dorothy Holzwarth

Dear United Family,

Thank you so much for the beautiful Christmas card and the generous gift. I plan to use the gift towards a trip to New Mexico in January to visit my brother and family. Thank you too for the financial help all through the year.

Thank God for all of you,

Dorothy Holzwarth

From Rachel...

January 2012



Rachel.Martin@efca.org

Home address:
1024 Harding Ave
Ames, IA 50010
(515) 231-5037



Pray for ELIKYA Director MAMBO, for endurance and encouragement. A soap factory is being built which will be a source of income for ELIKYA and many widows.

Any gifts make payable to: EFCA, 901 E 78th St, Mpls, MN 55420 Rachel's account: 1389



Waiting on the LORD...

Many of you have been praying for me these past two months, and I thank you! I've had my two knee replacements, and I'm now working hard at physical therapy. I've been so grateful for family. My sisters and even nieces have taken turns caring for me. And I've gotten things done around the house that I needed doing for a long time, thanks to brothers-in-law and friends.

So November and December, and now January, have been quiet months work-wise. I had to cancel quite a few speaking engagements, not realizing how difficult therapy would be following my surgeries. I won't be traveling to Congo until May—so if your church would like me to visit, I would love the opportunity! For now, my goal is to get in and out of the car faster than my Dad does! But every week, I see improvement. In Congo, I am often called *Mwasi Makasi = Tough Woman*—but I surely haven't felt tough these past 3 months!

There is a team going to Congo this month. Pray for them as they teach well-drilling and do research at Tandala Hospital to see how we can best help there in the coming months and years. We just received WONDERFUL news concerning a large grant to help with renovations at Tandala. This is a huge answer to prayer as we realize that God has not and will not forget our brothers and sisters as they minister at Tandala. Jim Snyder, who oversees holistic ministries for ReachGlobal AFRICA, explains it in the paragraph below...

Help for TANDALA HOSPITAL!



From Jim...An organization called "World Hope Canada" has been seeking funds on behalf of the Congolese Ev Free Church (CECU). A large grant (up to \$400,000) has been approved for the development of Tandala Hospital, as well as some towards ELIKYA Center and the prevention of HIV and AIDS. This is an incredible blessing for the Congolese church!

For the hospital, the following needs will be met: electrical (generators and electrical wiring and distribution), potable water (3 wells and piping and plumbing throughout hospital), and a new surgical ward.

For ELIKYA: 2 wells and electrical needs, as well as the development of a "textbook" for ELIKYA students, their 9 month curriculum of training.

For HIV and AIDS ministry: printing of manuals for the prevention of HIV.

Rejoice with us for this answer to prayer, and pray as plans move forward over the next 4 years to accomplish all of this for God's glory. Some of you have been praying with us for years that God would intervene in the ministry of Tandala Hospital.



Leaving behind the fingerprint of Christ...

We have thousands of Congolese orphans needing sponsorship. Sign up on GF website:

www.globalfingerprints.org

Or email or call me with questions. It's only \$25/month! We are currently sponsoring 1,344 Congolese orphans!!



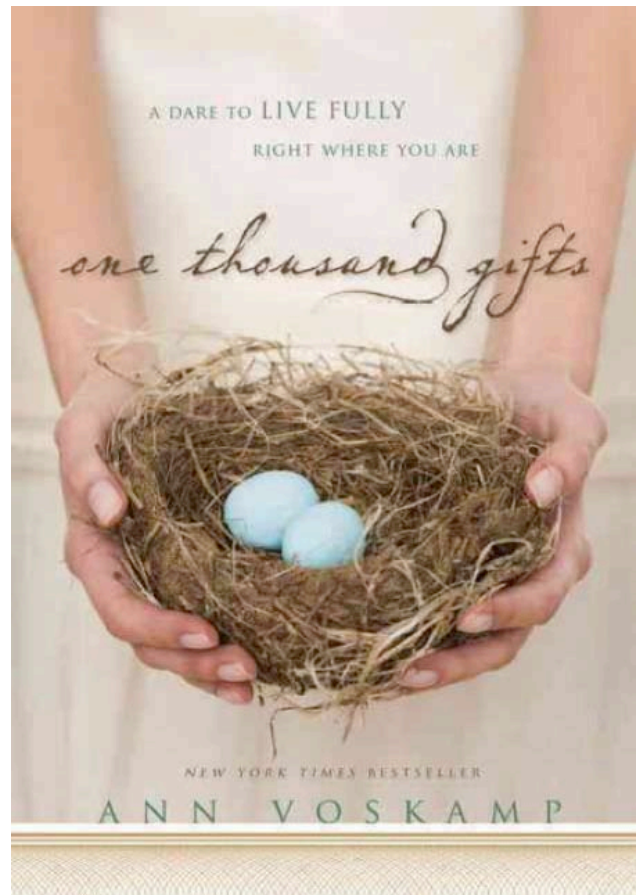
Françoise, GF treasurer, Lopango, GF program manager, and Rachel

"May the God of HOPE fill you with all joy and peace as you trust in Him, so that you may overflow with HOPE by the power of the Holy Spirit." Romans 15:13

With thanks and asking God to give you a blessed New Year,

Rachel

Rachel Martin, EFCA ReachGlobal (home) 1024 Harding Ave, Ames, IA 50010 (cell) 515 231-5037 (e-mail): Rachel.Martin@efca.org



Did you make any resolutions? If one was to read a good book, this book is highly recommended.

[One thousand gifts : a dare to live fully right where you are / Ann Voskamp.](#)

Just like you, Ann Voskamp hungers to live her one life well. Forget the bucket lists that have us escaping our everyday lives for exotic experiences. 'How,' Ann wondered, 'do we find joy in the midst of deadlines, debt, drama, and daily duties? What does a life of gratitude look like when your days are gritty, long, and sometimes dark? What is God providing here and now?' In *One Thousand Gifts*, Ann invites you to embrace everyday blessings and embark on the transformative spiritual discipline of chronicling God's gifts. As Ann discovered, when we give thanks, we find ourselves wildly loved by God. In expressing gratitude for the life we already have, we discover the life we've always wanted---a life we can take, give thanks for, and break for others. Let Ann's beautiful, heart-aching stories of the everyday give you a way of seeing that opens your eyes to thanksgiving, a way of being present to God that makes you deeply happy, and a way of living so you are not afraid to die. Come feast at the table of joy.

Submitted by Jan Petersen



Another year has passed and here's a big thank you to all those who had a part in supporting The MOB!

In the Ballard area, we did volunteer projects for seniors as old as 97, single moms, the disabled, a homeless couple, cancer patients, low-income seniors, widows, and the blind. We assembled tables and chairs, did an emergency move for a single mom and her children to an apartment, installed a bathtub for a disabled great-grandma, did yard work, hauled junk to the dump, painted an apartment, cleaned gutters, repaired a vacuum, cleaned moss off a roof, installed new faucets, installed shelves, poured a concrete sidewalk, fixed a thermostat, gave backpacks to the homeless, fixed a step and handrail, cut down trees, and many other small projects.

We also did things that are NOT easily seen, but are just as real ... we encouraged the discouraged, listened to complaints and past hurts, gave hope for the future, admonished the lonely to be a part of a church community, and touched heaven by praying with the people we met.

We believe that the GodFather (God the Father) was pleased with our efforts to show the love of Christ is a practical way. Love always shows itself in action. "...let us not love in word or talk but in deed and in truth." (1 John 3:18).

These acts of kindness by men (and women) from 6 different churches made a difference in many people's lives. I truly expect to see positive results in the lives of those we have helped. The law of the harvest says that planting good seeds always yields a harvest. We trust that God will become more real to those we have helped and that they will have a desire to draw closer to Him.

MOB meets Saturday, February 25, 8 am at Rock of Ages Lutheran Brethren Church.

