



# The BODY BUILDER



United Evangelical Free Church | 1420 NW 80th ST, Seattle, WA 98117



BOYS AND GIRLS PRESENT A WONDERFUL CHRISTMAS MUSICAL. THANKS BEV BYNUM AND ASSISTANTS.

## A Wonderful, Bittersweet Time of Year

This Christmas Season at United we enjoyed wonderful music and holiday events. The great sounds of our youth were heard as they presented their Christmas musical, directed by Bev Bynum and helped by her assistants. Our church choir presented the Christmas story in song and narration, led by Tim Sauke, and accompanied by Lisa Murray, Elizabeth Lewis and Celia Troth. Many Bridgebuilders enjoyed The Sounds of Christmas presented at Benaroya Hall by Seattle Pacific University. Following a tasty treat of soups and salads at our annual Soup Supper, many set to work decorating the church, led by Jeri Braun, while others cleaned up and prepared cookie plates to be distributed by our Deacon Board, then sang carols in the now elegantly decorative sanctuary. Our clubs and youth group sponsored

outreach Christmas parties. The all-church brunch was another tasty event enjoyed by many. It was coordinated by Cynthia Zylstra. Dorcas Circle held their annual Christmas Luncheon, and ABF's convened special events. Pastor Mark delivered messages on the birth of Jesus, from Luke chapter 2. He did not stop at verse 20, but gave us a fresh view of Anna and Simeon, important in the Christmas story.

On Christmas Day, at our worship service, we could see many from out of town, gathered with their families. Others from United were gone, visiting their families. And then, there were those that could not be with family. One elderly woman residing at Arden Rehabilitation and Health Center had no relatives at all. It was discovered that last Christmas she was depressed and did not want to get out of

bed. This year she received a gift from one of our members, crying in joy as she opened her only present.

This was a hard time for many. Some are out of work, others experiencing illness, recovering from accidents, or grieving the loss of a loved one. Gifts were provided for some in our congregation, and for Angel Tree kids -- those with a parent in jail. One person knitted eleven warm sweaters for children, to be distributed where needed. Nine were delivered to the Women and Children's Shelter of the Union Gospel Mission (Hope Place) and gratefully received.

We hope you had a Merry Christmas, but whatever your situation, we can have joy knowing Jesus loves us. The one who came as a baby, grew, taught, healed, died for us, rose and is Savior, King of Kings. ::



OUR PERFORMING YOUTH



GREAT JOB, KIDS.



EATING BEFORE DECORATING

# Notes of Appreciation: Our congregation has been generous in giving to those in need, to outreach ministries, to missions, to our budget, and Christmas gifts to our missionaries and our church staff. We're sharing thank you notes sent to us.

Dear Friends at United,

Thank you so much for your kind and generous gift! It arrived with the card in today's mail. We will put it towards the expenses of our upcoming trip to Bangladesh and India.

Thank you for your faithful prayer support.

**Mark and Jan Halstrom**

Thank you so much for the generous Christmas gift and the card signed by so many of our friends. Just seeing your names brings up many happy memories of times together!

May you continue to bless others as you have blessed us.

Love in Christ,  
**Art & Carolyn Grove Seely**

Dear United Family,

How can I adequately thank you for your extremely generous Christmas gift to me!?

Many thanks from my heart. I pray that 2012 will be a wonderful year for you. I hope we will follow what God said to Job in Job 37:14, "Stop and consider God's wonders!" Love in Him, **Janice Jantzen**

Evangelical Free Church Family: Thank you for the recent Staff Gift. As well, thank you for your general kindnesses and understandings throughout the year.

Much more than all, thank you for letting me serve our Church as your Custodian and whatever.

In Jesus Christ,  
**Ron Duck**

**YOUR BODY BUILDER EDITOR ENJOYS HEARING FROM YOU, AND IS PLEASED TO HEAR YOUR COMMENTS AND SUGGESTIONS. THANK YOU FOR YOUR INPUT THIS YEAR. HAPPY NEW YEAR!**

IT IS WELL WITH MY SOUL  
Horatio G. Spafford (1828 - 1888)

"Whatever my lot, Thou hast taught me to say ...  
'It is well with my soul.' "

If human beings have one thing in common, it is this; we all hurt. Everyone we meet is struggling with something or someone. Perhaps that is why this classic hymn, written under the most heart-wrenching of circumstances, resonates so tenderly with us. In 1873 Horatio Spafford's four daughters perished in an ocean shipwreck. Yet, he was able to experience the goodness of God. We, too, can say "it is well with my soul" in the tragedies of life -- but only when we trust Him.

**Charles R. Swindoll**

Charles R. Swindoll, January in *Songs for all Seasons: 2012 Insight for Living Calendar*. © 2011 by Insight for Living. All rights reserved. Used by permission. [www.insight.org](http://www.insight.org)



## COMING EVENTS



## MINISTRY OPPORTUNITY

Looking for those who would like to join the worship team. If God has given you the gift of music/ worship we would love to include you in our group. We can use singers, keyboard, percussion, guitars, etc. This does not have to be every Sunday. Please contact Jim Brinkman or anyone currently on the worship team.

# CLUBS CHRISTMAS PARTY



Thank you from our church staff:  
*The pastors and staff want to thank our congregation for the very generous gifts you gave us this Christmas. We appreciate and thank the Lord for all of you.*

General Fund	Actual Giving	Budget Plan	Expenses
Dec 2011	\$56,195	\$36,240	\$38,864
FY(Ap-Dec)	\$315,111	\$326,162	\$308,001

**Building a Joy-filled Community of Faith. Located on Crown Hill in the Ballard area of North Seattle**

## 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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January 2012  
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# PHOTOS FROM THIS YEAR



## LOOKING AHEAD

1. MOM'S GROUP -  
WEDNESDAYS AT 9:30 AM
2. CLUBS ON WEDNESDAYS AT  
6:30 PM (JAN 4 CLUB  
DINNER AT 6:00 PM)
3. CHOIR REHEARSALS ON  
THURSDAYS AT 7:00 PM
4. PARENT'S NIGHT OUT  
SATURDAY, JAN 21 5 PM
5. MOB BREAKFAST AND  
WORK TIME ON SATURDAY  
JANUARY 28 8 AM AT  
PHILADELPHIA CHURCH

## In Memory of Harlow Thomas

March 2, 1933 - December 8, 2011

After a long bout with cancer, Harlow Thomas was promoted to glory on December 8, 2011. Keep Marilyn Thomas in your prayers in this holiday season without Harlow.

Harlow was a successful business man, and an accomplished musician. He served as a percussionist in the Admiral's Band aboard flag ship carrier the *Oriskany*.

Harlow was faithful in church worship and ABE. He participated in a Sunday evening small group Bible study showing his love for the Lord and the Word. By his request he was buried with his drumsticks in hand at the Veterans Tahoma National Cemetery.

