



Body Builder

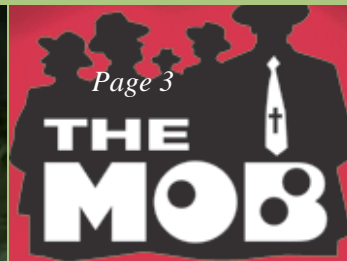


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THE MOB

March 2010

1420 NW 80th ST, Seattle, WA 98117

www.unitedefc.org

206.783.7224

office@unitedefc.org

United's Upcoming 2010 Vision Trip to Japan

Team members are: Alan Butcher, Doug and Helen Miller, Lyle Peter, Rick and Cathy Vaux. Please pray for the team as they make preparations for their two weeks with the Vermes in Japan, July 18 - 30. Donations for the team's expenses can be put in the church offering boxes. Make checks out to United EFC and mark them "Vision Trip."



world. Vermes requested a team to assist them in their work at Itoshima church plant. Through this venture we hope to encourage Bob, Joan, other staff and their congregation. When the team returns to Seattle, we believe they will more fully understand how to pray for the people and workers in Fukuoka, Japan, and supply our congregation with information that will help us pray specifically for needs of people in that region.

BB: What will the team do?:

OC: They will work with Vacation Bible School. Team members will take part in the Sunday Worship Service and in other tasks that Bob Verme will assign in accord with gifts and abilities.

BB: Where have short term teams from United served?

OC: Eastern Washington Indian Reservations; churches and camps in the Northwest; Alaska; Vancouver, B.C., Canada; Russia; Belgium; Ireland; Africa; and Japan. [We probably misses some areas.]

BB: Do you have some final thoughts about this venture?

What will our 2010 Vision Trip team do in Japan? We interviewed our Outreach Chairman to find answers for our faithful readers.

Body Builder: Why are we sending a team to Japan?

Outreach Chairman: Our purpose as a church is to glorify God. As part of our response to the Great Commission, we send and support missionaries at home and in various parts of the

OC: The 2010 Vision Trip to Japan represents United EFC. We would like everyone in our congregation to be part of the project. You can participate by praying, giving, and encouraging. People that sign up to pray for the team will get praise and prayer requests before and during the trip by email. Sign up sheets will be available soon for you to express what part you want to have in this project.



To our church family from Bob & Joan Verme

We want to thank you so very much for your most generous Christmas gift. You have always been so generous with your

love and care for us. We are grateful. We are sorry for being so long in getting this note to you. There was a mix up in the communication from the Home Office.

Oh how exciting it is to have the short-term team with us this summer. The Lord will give us a great time! May the Lord richly bless each of you.

Gratefully,
Bob & Joan Verme

Haiti Gift

Thanks to the generosity of United's church family, we were able to send \$3,607 to the Haiti Relief Fund at Free Church headquarters in Minneapolis.

In Memory of Winifred Hawkinson



1917 - 2010

Thank You

We are very grateful for the prayers and love shown us in many ways during the last weeks of our mother's life and following her death. Thanks to the many who provided lunch for our family and the reception following the memorial service. Thank you too for the beautiful basket of plants sent for the memorial service. We are blessed to be part of such a loving and caring church family.
Winnie Hawkinson Family

Coming Events

Keep your eyes open for coming events:



Saturday, April 3, 8 am
Men's Breakfast with an emphasis on Short term missions/ Men's Activities

Saturday, April 10, Noon
Deacon Board's Annual Senior Spring Fling Lunch

Saturday, March 20, 8 am
MOB Breakfast at Ballard Church

Tuesday, March 16, 7:00 pm
Town Hall Meeting

Tuesday, April 20, 7:00 pm
Annual Congregational Meeting

Change of Address

Mark & Jan Halstrom are moving at the end of March --
New Address:

7903 10th AVE SW
Seattle, WA 98106

Thank You from Ila Stensland

To the Church that has a terrific ministry to me: It's nice to have friends like you to lean on!



My dear Church, I so appreciate all the love and care you have continually given to me! The poinsettia and cookies were excellent! All eight of us enjoyed the yummy cookies. I was all smiles when I received the drawing from the fourth grader. Please relay my sincere thanks! I am enjoying living with my family. But getting the weekly bulletin, the "Body Builders" and phone calls is excellent.

In Christ's love, Ila Stensland



Loving God and Loving People

Christ's command to love God and love our neighbor requires more than just nice **thoughts**. It requires **action**.



MOB Report by Ray Braun

That's what I like about the Men of Ballard. You are men of action... demonstrating that your faith is real, not just a bunch of talk. We spur each other on to good deeds in meeting real needs. God's word teaches that true faith results in action. Many people are blind to the needs of others, who are truly stuck with a problem and need encouragement, as well as a helping hand. There are plenty of people sitting around in church, not doing *one* thing to reach out to our community and build a bridge to share the Gospel. Should someone dare to ask if their so-called Christian faith is living faith?

January Projects

Thanks to the guys who volunteered an extra couple of hours last month to help move Sandy, a 44-year-old developmentally disabled woman, from a Lake City apartment into her mother's home. Two weeks earlier the MOB cleaned carpets, spackled holes in the walls, took some items to the dump and checked out two malfunctioning light fixtures. Then the last Saturday of the month one of our men donated the use of his truck for the move. With five guys tackling the job, we got the moving done in two hours! Thanks, men!

February Projects

In February we installed rain gutters for a senior woman who lives in Ballard. We also painted a bedroom for a single mom, who is a live-in caregiver for her disabled mom. We cleaned rain gutters for an 89-year-old gentleman who attends a church on Crown Hill. He said he shouldn't be up on ladders. He'd much rather do it himself but knows he can't. We assembled some clothing racks and wall shelves for SMART, a single mother's clothing bank run by Philadelphia Church. Thank you men, for giving of your time.



March 20, Breakfast and Action

On Saturday, March 20, 8 am we will meet at Ballard Church. We have the opportunity to not only have fellowship with other men but to show God's love to our neighbors in a practical way. Following breakfast and getting acquainted, we will hand out the MOB "hit list" and spend a couple of hours serving those in need. RSVP to Ray Braun by leaving a message at 206-971-9600 or call him at work, 206-789-2723.

Hope you will join us. God will get the glory and you will get the joy!



Church Finances

	General Fund	Actual Giving	Budget Plan	Expenses
Feb 2010		\$27,260	\$35,374	\$28,185
FY(Ap-Feb)		\$371,588	\$389,111	\$366,033

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

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Body Builder

It's Summer Camp Registration Time

March 2010

Camp Brochures are available for Black Lake and Camp Cedarbrook

Youth in our church Sunday School, Club Program or Youth Group
are eligible for a \$60 scholarship to either camp--
and note some savings by paying early for some camps.

Black Lake Bible Camp

Junior Camps Grades 4-6

June 27 - July 3

August 1 - 7

August 8 - 14

Junior High Camps Grades 6 - 8

July 4 - 10

July 11 - 117

Senior High Camp Grades 9 - 12

July 25 - 31

Family Camp

July 18 - 24



Cascade Camp Cedarbrook

Boys Grades 3 - 12

July 11 - 17

Boys Grades 2 - 4

July 11 - 13

Girls Grades 3 - 12

July 18 - 24

July 25 - 31

Girls Grades 2 - 4

July 18 - 20

July 25 - 27

Girls Horse Specialty Grades 7-12

July 11 - 17



BODY BUILDER

Building a Joy-filled Community of Faith
SUNDAY MORNING

9 Sunday School & Adult Bible Fellowship
10:30 Worship

Located on Crown Hill in the Ballard
area of North Seattle 206.783.7224

www.unitedefc.org office@unitedefc.org

Bible Studies, Mom's Group, Teen
Program, Children's Clubs, Senior Events
STAFF:

Mark Wheeler, Senior Pastor

Aaron Olson, Youth Pastor

Bruce Snider, Music Director

ELDERS:

Con Anderson, Dale Brinkman,

Jim Brinkman, Ron Sauke, Brent Barrett

DEACONS:

Dale Anderson, James Beckman, Sandy

Brinkman, Nelia Frey, Susan Hern, Mary

Ann Rhodes, Rick Vaux, Dale Wallin,

Andrew Yoder