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Nick Krantz

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Jenny McCoy

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Adriana Cribb



It is an election year and I want to tell you who I am going to vote for and encourage your involvement as well. But I am not talking about the national elections (that is a whole other story). In the coming months I am going to vote with my heart - and in some cases, body - for some local nominees. These nominees are not people but they are all about people – people God wants to reach with His love...through us. I am talking about local Christian ministries.

There are many wonderful candidates out there and you may vote for some that I don't and I applaud you. The key is that we recognize that God has raised up many great Christian ministries through which the body of Christ in our region can bring the hope of the gospel to those who haven't heard and/or need healing and deliverance through the gospel.

Jeanette joins me in these votes. We will vote for Young Life through the "Fill the Bus" campaign to send youth inquirers to a Christ-focused camp this summer. We will vote for Care Net through contributing to the Baby Bottle campaign (Mother's Day to Father's Day) to help this ministry reach needy women and their unborn with the message of God's grace and life.

We will vote for World Concern through once again raising funds for their ministry to reach those being exploited in human trafficking and slavery. Here is where the body comes in – we will not just raise funds but join in the "Free Them 5K" on May 7 (me running and Jeanette walking) along with (we hope) a group of other Foster-Pres Tukkies.

Also, we will vote for the Genesis Project on June 25 with their annual "Freedom Walk" to raise funds for their ministry to rescue and rehabilitate women exploited in the sex trade in our south end region. A group of us FTPC men last year volunteered to help with parking and this year again I hope that a group of FTPC'ers can help not only with fund raising but also with either walking or volunteering.

One last important vote – we will continue to vote for the congregation to which the Lord has linked us: FTPC. We will vote with heart, body, and funds because through our local fellowship we can be equipped to serve Christ and enjoy rich fellowship so that all the other votes are made possible.

Yours in Christ's voting booth,

Pastor Nick

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INCOME

For January 2016

\$17,529.66

Through January 2016

\$17,529.66

EXPENSES

For January 2016

\$17,899.65

Through January 2016

\$17,899.65

March Missions: The Eubanks, Free Burma Rangers

Love each other

Unite and work for freedom, justice and peace

Forgive and don't hate each other

Pray with faith, act with courage

Never surrender

Our Vision

To free the oppressed and to stand for human dignity, justice and reconciliation in Burma.

Our Mission

To bring help, hope and love to people of all faiths and ethnicities in the conflict zones of Burma, to shine a light on the actions of oppressors, to stand with the oppressed and support leaders and organizations committed to liberty, justice and service. Good Life Club program in Kachin State. Working with others, over 70 Free Burma Ranger humanitarian relief teams bring help to people in the conflict zones of Burma. Since 1997, over 900 missions have been conducted to assist over 1,100,000 people.

Situation Update:

Over 60 years of civil war have left Burma one of the poorest countries in the world. During this time, successive military dictatorships killed thousands of their own people and displaced millions in resistance areas. Recent developments have created some positive changes while there is still ongoing oppression.

Good News:

1. Ceasefire negotiations ongoing with many ethnic groups and an overall reduction in fighting.
2. Hundreds of political prisoners released.
3. Some positive reforms.

Ongoing oppression:

1. Attacks continue in many ethnic areas.
2. There are still hundreds of political prisoners.
3. Major outbreaks of communal violence.

4. Humanitarian access blocked in many areas.

FBR Response

In a year, FBR conducts over 120 relief missions in 12 ethnic areas:

- People, horses, mules, trucks and boats carry thousands of loads of relief supplies to people in need.
- Medicine is distributed to treat over 80,000 patients who have little access to medical care.
- Clothing, tarps, blankets, food, soap, and other needed relief supplies are distributed for over 50,000 people.
- Five major leadership, relief team, and medical trainings are conducted for new and old teams.
- FBR's Jungle School of Medicine provides advanced training and medical services.

FBR Relief since 1997

Total teams trained: _____ over 260

Relief missions conducted: _____ over 900

Patients treated: _____ over 500,000

People helped: _____ over 1,100,000

CURRENT FULL TIME TEAMS: _____ 71

"When under pressure we might ask the question, 'What will become of me?' The real question is, 'What should I do?'"

"When we ask that question, we find the answer in love. We go compelled by that love in heart, mind, and soul:

- *We love the people of Burma and we want to help them. This is our heart.*
- *We believe that oppression is morally wrong. This is our mind.*
- *We go because the people of Burma are God's children and it is right to try to help them and to be with them. This is our soul."*

- David Eubank, FBR

(Continued on page 7)



March 2016 - Foster Tukwila Presbyterian

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 THE LORD'S WATCH 1:00-3:00 pm: Women's Bible Study 6:30 pm: Youth	2 7:00 am: Prayer	3	4 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	5 8:30 am—5:00 pm: Session Retreat 10:00 am: BNCCC Worship
4th Sunday in Lent 9:00 am: Generations 10:30 am: Worship COMMUNION 3:30 pm: MACC	7 10 am-12 pm: CEF 7:00 pm: AA 206-419-4822	8 1:00-3:00 pm: Women's Bible Study 6:30 pm: Youth	9 7:00 am: Prayer	10	11 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	12 8:00 am: Men's Fellowship 10:00 am: BNCCC Worship
5th Sunday in Lent 9:00 am: Generations 10:30 am: Worship GDOP FOR BURMA 3:30 pm: MACC 6:30 pm: Unleashing the Word Daylight Saving Time	14 7:00 pm: AA	15 1:00-3:00 pm: Women's Bible Study 6:30 pm: Youth	16 7:00 am: Prayer 11:00 am: KOBA	17	18 12:00 pm: Retirees & Seniors 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	19 10:00 am: BNCCC Worship
Palm Sunday 9:00 am: Generations 10:30 am: Worship POTLUCK 3:30 pm: MACC	21 7:00 pm: AA	22 1:00-3:00 pm: Women's Bible Study 6:30 pm: Youth	23 7:00 am: Prayer 12:00 pm: PrayTukwila 6:30 pm: Youth	24	25 <i>Good Friday</i> 7:30 pm: Good Friday Communion Service	26 10:00 am: BNCCC Worship
Easter Sunday 9:00 am: Generations 10:30 am: Worship SNACKPACK DRIVE 3:30 pm: MACC	28 7:00 pm: AA	29 1:00-3:00 pm: Women's Bible Study 6:30 pm: Youth 7:00 pm: Deacons	30	31		

April 2016 - Foster Tukwila Presbyterian



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	2 10:00 am: BNCCC Worship
3 9:00 am: Generations 10:30 am: Worship 3:30 pm: MACC	4 10 am-12 pm: CEF 7:00 pm: AA 206-419-4822	5 THE LORD'S WATCH 1:00-3:00 pm: Women's Bible Study 6:30 pm: FTPC Youth	6 7:00 am: Prayer	7	8 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	9 8:00 am: Men's Fellowship 10:00 am: BNCCC Worship
10 9:00 am: Generations 10:30 am: Worship 3:30 pm: MACC 6:30 pm: The River Unleashing the Word	11 7:00 pm: AA	12 1:00-3:00 pm: Women's Bible Study 6:30 pm: FTPC Youth	13 7:00 am: Prayer 6:30 pm: Session	14	15 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	16 10:00 am: BNCCC Worship
17 9:00 am: Generations 10:30 am: Worship POTLUCK 3:30 pm: MACC	18 7:00 pm: AA	19 1:00-3:00 pm: Women's Bible Study 6:30 pm: FTPC Youth	20 7:00 am: Prayer 11:00 am: KOBA	21	22 12:00 pm: Retirees & Seniors 4:00 pm: BNCCC Prayer 5:00 pm: BNCCC Youth	23 10:00 am: BNCCC Worship
24 9:00 am: Generations 10:30 am: Worship SNACKPACK DRIVE 3:30 pm: MACC	25 7:00 pm: AA	26 1:00-3:00 pm: Women's Bible Study 6:30 pm: FTPC Youth	27 7:00 am: Prayer 12:00 pm: PrayTukwila	28	29	30 10:00 am: BNCCC Worship

FREE THEM 5K To Stop Human Trafficking

Saturday May 7, 2016 | 9:00 AM | Shoreline, WA



Special Earlybird Pricing in January!

Join the Foster Pres Tukkies to Fight Human Trafficking!

The 8th Annual Free Them 5k to Stop Human Trafficking is on May 7th, 2016! Last year's event drew 1,500 participants and raised more than \$175,000 to help protect women and children worldwide. Visit <https://give.worldconcern.org/team/join?eid=38045> and select Foster Pres Tukkies from the scroll-down menu to register for this event. The earlybird price is \$25 for adults and \$10 for youth, so register as soon as possible. You will receive a personal web page to help raise support.

Register Today

As part of this event, you will receive a personal fundraising page when you register.

Participate as an Individual

Join a team

Create a team

Donate Now

KOBA Circle
 II:00 am
 March 15 &
 April 19, 2016

women's
 bible study

growing deeper, together

Tuesdays, 1:00-3:00 pm
 in the church parlor.

THE LORD'S WATCH

1st Tuesday
 of the Month

MARCH 25, 7:30 PM

GOOD FRIDAY
 service

**RETIRES &
 SENIORS LUNCHEON**

Noon, Fridays
 March 18 &
 April 22, 2016

March: What did your parents
 do for a living?

April: Growing up did you live
 in one house or several?

SPRING FORWARD

March 13

Global Day of Prayer for Burma

April 10, 2016, 6:30 pm



March 13, 2016



How You Can Help

1. Pray for the people of Burma and join in the Global Day of Prayer for Burma.
2. Encourage your government to help the people of Burma.
3. Work with your church, workplace, or school to raise awareness of the situation in Burma.
4. Sponsor an FBR relief team.
5. Donate relief supplies or volunteer your time.
6. Organize a Run for Relief for Burma.
7. Donate financially.

Donations can be sent in the following ways:

- Online at our website: www.freeburmarangers.org
- or
- Thai Christian Foundation – make a check payable to Thai

Christian Foundation, designating it to FBR in a separate note. Send it to 6116 N. Central Expressway, Suite 518, Dallas, TX 75206. The TCF tax ID is 75-1730295.

A Prayer

“Lord, you know us very well. We are very small and can do nothing without you. We need you as the newest people to do a mission like this. We lift everything up to you. Forgive us and prepare the way for us. Open our eyes to see what we should see. Open our hearts to feel what we should feel. Give us strength and boldness to do what we should do. Do not let us miss what we should do and guide us for your glory. In Jesus’ name we pray.”

- Prayer by Ka Paw Say, FBR, on the eve of a Karen headquarters mission to Arakan State.

April Missions: New Hope Health Center

New Hope Health Center serves the people of south King County in three ways:

Free Health Clinic

- Primary Health Care to all adults who have no medical insurance, regardless of income
- Counseling Services to all adults who have no medical insurance, regardless of income

New patients are screened on a first-come, first-served basis during our new patient screening sessions which take place on Saturday mornings at **Fellowship Bible Church, 15880 Military Road S, Tukwila, 98188.**

New Hope provides General Adult Physical Exams as well as:

- Chronic Disease Management
- Non-Emergent Acute Illness
- Minor Injuries
- Emotional & Behavioral Issues

Mobile Dental Van Program

New Hope is partnering with the Mobile Dental Program to provide free or low-cost dental care to low-income adults and the homeless who lack insurance or a realistic way to pay for treatment.

Dental Care is offered to all adults with no dental insurance and whose gross income is under 200% of the Federal Poverty Level. Patients are screened on a first-come, first-served basis during our new patient screening sessions which take place on Saturday mornings at **Fellowship Bible Church, 15880 Military Road S, Tukwila, 98188.**

Emergency Food Assistance

New Hope Health Center and Fellowship Bible Church have teamed up with the Emergency Feeding Program of Seattle/King County to provide food for people who are in crisis. The Emergency Feeding Program is NOT a food bank. These emergency food bags are provided to people in immediate hunger crisis with no food available to them from other sources. Each bag contains high quality, nutritious food, and should provide sustenance for 1-2 days. Distribution takes place during clinic hours Saturdays, between 8:30 am and 11 a.m.

Volunteer to Serve

Doctors, nurses, counselors, receptionists, educational specialists, grant writers, set-up and clean up crew, refreshment host/hostess, prayer counselor, office support staff, IT technicians, volunteer coordinators, supplies, managers, people gifted with administrative and organizational skills... the list goes on and on.

We are always looking to expand our board to include a greater representation of the Christian community.

If you feel the Lord leading you to participate in this ministry, either in one of the above areas, by giving financially, or even in an area that we haven't considered yet, please contact us. We would love to talk with you!

For more information
please visit newhopehc.org,
contact us via email at
info@newhopehc.org,





**FOSTER-TUKWILA
PRESBYTERIAN**

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"To Know Jesus Christ & to Make Him Known"

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RETURN SERVICE REQUESTED

**CELEBRATE
EASER**

SUNDAY, MARCH 27, 2016, 10:30 AM