



A PUBLICATION OF EVANGELICAL FRIENDS CHURCH MID AMERICA

### GETTING HEALTHY

All it took was one picture of me at Christmas-time! I could have submitted it for the "Save the Whales" poster. I purposed then, that I would spend 2010 in getting healthy. So now I am 25 weeks into a healthier lifestyle. I have lost 48 pounds and can now ride the stationary bike one hour without stopping. When you see me at the Ministry Conference, you will see a much slimmer version of what you saw last year. Of course, I am not where I was 50 years ago at 18, but I am much healthier than I was a few months ago. I still hurt when I get out of bed. I still complain about backs and knees and feet. I still get out of sorts at times (just ask Jan). I am not yet where I want to be, but, thank God, I am certainly not where I was 6 months ago.



Are there times when we look at pictures of our church and dislike what we see? We may see a church that is "overweight", doesn't exercise their faith, on a diet of spiritual junk food and not taking care of our major task, the Great Commission. How do we get healthy? Of course it isn't easy, and it isn't cheap. Don't think that there is some magic formula that can be supplied by EFC Mid America, Willow Creek Association, Saddleback Church or any other group. There is not one person or program that can make your church healthy. It takes commitment and hard work. It takes eating a lot of fruits and vegetables (spiritual ones). It takes lots of spiritual exercise, taking the good news outside the walls.

In a few weeks, the Evangelical Friends Churches of Mid America will gather in Wichita. We will consider what it means to "love the church to life". We will be challenged, perhaps as never before, to become all that God intends for us to become. Our resource leaders, Don Davis and Ron Crandall will speak the truth to us. Our workshop leaders will try to put flesh on some possibilities. You will go home challenged to become a healthy church. I pray that we will experience what the scripture describes as "a radiant church, without stain or wrinkle or any other blemish, but holy and blameless" (Eph. 5:27). That, Friends, is a healthy church.

David J. Robinson,  
General Superintendent



### COMING UP IN EFC-MAYM

**Ministry Conference:** July 22-24 on the Friends University Campus

**Family Camp at CQH:** September 4-6

### **LEADERSHIP INSTITUTE-NORTH**

The July session of the Leadership Institute-North will be Monday, July 5, 2010 at University Friends Church. Tony Wheeler will speak on Family Life Ministries in track 1, centering his discussion on creating successful and sustainable family ministries in our churches. David Williams will address the topic of Corporate Spiritual Guidance in the track 2 class. He will focus specifically on the discipline of corporate guidance within the local church and answer the question, "How do you turn church boards into communities of spiritual leaders?" The August Institute session will be Monday, August 2<sup>nd</sup>.

### **FRIENDS WOMEN RETREAT 2010**

The 2010 Friends Women Retreat will be September 17-19 at the Hyatt Regency Wichita. The main speaker will be Carol Sallee and the banquet speaker will be Gracia Burnham. The theme is the "The Journey" based on Psalm 25:4-5. Registration is due August 17<sup>th</sup>. See [friendswomen.com](http://friendswomen.com) for more details.

### **HERE COMES HOPE**

A group of students from Miami Friends Church in Miami, Oklahoma, led by Casey Holden and Jennifer Stanley, started a very special project called "Here Comes Hope" for EFM's Moringa Tree project, led by Debby Thomas in Rwanda, after their Saltshaker trip to Rwanda/Burundi in 2009. They are selling t-shirts with 100% of the profit going to *Ubuzima*, the kingdom-minded business that sells packaged Moringa tree powder while helping people learn Christian business methods to move away from poverty and create a Moringa powder market that the poor can afford. See a promotional video and information about how to get a t-shirt at their website [herecomeshope.org](http://herecomeshope.org).

### **FAIR TRADE FRIENDS COFFEE**

Fair Trade Friends Coffee is available for purchase at the Ministry Center or at Friends Community – Angleton. Whole bean or ground is \$8.50 a bag with \$1.00 profit per bag going to EFM. Pastor David Davenport from Friends Community Church in Angleton, TX has been involved in this venture with Jeff Davis from Evangelical Friends Church Southwest to help some Friends coffee growers in Guatemala get a fair trade price for their coffee, helping their community find opportunity to move away from poverty, and investing in Kingdom projects in the area. David Davenport has cast a vision for making this coffee available to Friends Churches to serve in church coffee makers and, of course, to any individual. For more information see [fairtradefriends.com](http://fairtradefriends.com).

### **OTHER NEWS FROM MID AMERICA:**

- Men and Boys Retreat in April at CQH had 104 participants. Thanks to Rich Miller from Glen Elder Friends Church for leading this retreat weekend.
- EFC-MAYM Camps at Camp Quaker Haven, held May 29 – June 12, were a great success. Thanks to all the churches who sent campers and counselors.
- Booker Friends Centennial Celebration is July 24-25.
- Bayshore Friends 75<sup>th</sup> Anniversary is September 5.

**Friends Ministry Center**  
2018 Maple  
Wichita, KS 67213

[efcmaym@efcmaym.org](mailto:efcmaym@efcmaym.org)  
[www.efcmaym.org](http://www.efcmaym.org)  
[www.friendsyouth.com](http://www.friendsyouth.com)