ctklife

WINTER 2024

Discover the power of your **yes**

MARCH 1-3 AT THE FIRS CHALET High School Retreat PAGE 9

CHRIST THE KING COMMUNITY CHURCH

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Pkhot

Say yes to something new this winter!

YES. Those three little letters pack a lot of potential.

A well-timed yes opens doors to opportunities, propelling us forward into new experiences and growth. A thoughtfully chosen yes is a declaration of openness, a willingness to take risks. Yes can mark the beginning of something life changing—not just for ourselves, but for the world around us.

So this winter, let's listen for God's voice and leave behind our "maybe," "I'll think about it," and "we'll see." There's so much he has in store for us if we'll just say **yes.**

We'd love to hear your story.

Email stories@ctk.church



Scan the QR code to email us your story

A Note from Grant Fishbook LEAD TEACHING PASTOR



Winter can be a challenge. Christmas is over. The shine of the New Year fades as fast as one unkept resolution. The clouds and rain

seem endless. But, if we take a moment and realize that the whole earth is simply taking a breath before the new life of spring, then there is hope!

I believe that winter is an amazing time to do solid spiritual work. With that in mind, we are going to kick off January and February with a "spiritual reset". The God who is the same vesterday, today and tomorrow has a lot to say about our past, present and future. We all have a past (but we don't need to get stuck there). We all have this present moment (which is precious if we'll grasp the sacredness of it). And we all have a future (that is secure if we trust God's plans over our plans). I'm excited to walk with you as we open our hearts to all that God has for us in a 6-week series called "Past/Present/ Future". To complement the series. I'm excited to make available to the CTK

family a 21-day devotional audio guide that I created for anyone who longs for a spiritual reset.

In the last couple weeks of February and early March, we'll kick off our global missions focus with a powerful series called "When One Person Says Yes". The Bible is full of individuals who were defined by a single yes to God. CTK is full of individuals who've made the same choice, and our world is different because of their yes!

Join me, because now, it's your turn to say yes to God. As part of our global missions emphasis, we're going to meet physical needs of people on the other side of the world. For your home to their home, from your table to their table, from your sole to their sole *(no, that's not a typo!)*, from your heart to their heart, we are all going to make this winter count by helping transform the lives of people we may never meet—but who Jesus knows and loves deeply!

It's going to be a transforming winter at CTK. I can't wait to see how God uses this season to prepare us for the new life of spring and Easter! *Grant*

Joy (and snow!) was in the air at the all-campus Christmas worship night in December.

Join us at our winter worship night on Thursday, February 22. See details on page 4

PHOTO: SCOTT SAYERS



A Note from Melonie Kemp NETWORK EXECUTIVE PASTOR



I am one of those

people who, at certain milestones in my year, reflect on the past year and look forward to the year to come—to take stock of what's

different (for better and for worse). The beginning of a new year is my favorite time to do this. And while each new day or year feels like a fresh beginning, it's simply a continuation of the journey we are all on with God.

Thankfully, God is not limited by time as we are. He sees the past, present, and future as *one* while we see our lives as segments or chapters in the span of a lifetime. So, at no point in my lifetime is God surprised. If I am stuck in my past, full of doubt or confusion about my present circumstances, or fearful of the future, it's not because God is hiding from me or isn't paying attention. I literally cannot hide from him, and at no time is he hidden from me. But I may not be looking *for* him and *to* him in all things.

Because my entire life is known to God, I can turn to him in every circumstance for understanding and insight, strength and courage, hope and direction. This is both great and challenging news! I am sharing with you an exercise that you can do on your own or with others—a few questions I bring before the Lord each January in the form of a prayer:

Lord, help me to see what you see. Give me courage to say yes to what you are asking me to change, with your help, and what you are calling me to next.

- Where am I stuck?
- What do I need to let go of?
- Where do I need to ask for help?
- Is there anything holding me back?
- Where am I ready for change?
- How am I using my gifts in your world?
- What's one small next step I can take?

In this edition of *CTK Life*, you'll find many opportunities to engage in this conversation on your own or in community. I hope you'll spend time with God to specifically reflect on these questions. I am praying for you the same courage I ask for myself as you move into what's next on your journey with God. Wishing you a courageous New Year! *Melonie*



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ON THE COVER High schoolers at the Firs Chalet at a past winter retreat. PHOTO: DREW YOUNG

for everyone

Gather with the whole CTK family for these winter events



Winter Connect Sunday

Sunday, January 21 After services in The Meeting Place

Experience the community in Christ the King Community Church! Join us after either service on Sunday, January 21 for some light snacks and an opportunity to connect with other CTKers! You may even discover opportunities to take next steps towards connection, service, or growing in your faith. Instead of rushing out the door, stay a few minutes and discover more of what CTK has to offer.

Head to The Meeting Place right after either morning service on January 21.



Annual Family Meeting

Sunday, February 18 12:30–2:00 PM in The Meeting Place

Join us after the 11:15 service on February 18 for our all-campus Annual Family Meeting. A light lunch will be served at 12:30 PM (*please RSVP*) and the meeting starts at 1:00 PM. We'll review 2023, hear from campus pastors, and voting members will have an opportunity to affirm new Church Council members. Sorry, no childcare available.

PLEASE RSVP for lunch by Wed., February 14 at ctk.link/family-mtg.

The meeting will also be live streamed at **ctk.link/familymeeting24** starting at 1 PM.



All-Campus Worship Night

Thursday, February 22 6:30-7:45 PM in the Worship Center

Come lift your voice along with friends from all our Whatcom County campuses for a night of worship and praise! Bring your friends and family as we gather together as one church body.

Please note: Childcare will not be available, so please plan accordingly. Suitable for age 10+.

MARCH IS THE MONTH TO CONNECT!

Want to meet new people and get more connected to your CTK family? Join us for one, two, or all three of these fun get-togethers in March!

Pickleball Night

Tuesday, March 5 6:00–8:00 PM at Volli Bellingham 4190 Cordata Parkway • \$10.00

Are you an avid pickleballer or are you curious what all the hype is about? Why not combine physical activity and personal connection with your church community? Come with us to Volli for the evening and play some pickleball! We'll be renting out a court or two and playing some rounds, getting some exercise, eating snacks, and making friends. Can't wait to see you there!

Register by Wednesday, February 27 at ctk.link/events so we know how many people to plan for.

Questions? Email Missy Elzea (missye@ctk.church).





All-Church Pizza Party

Friday, March 1 6:00-8:30 PM in The Meeting Place

Join us for a night of fun and games and getting to know other CTKers! Feel free to invite your friends, neighbors, and anyone else who likes pizza, games, and just hanging out. This all-ages evening will have a casual vibe, plus we'll throw in some optional challenges for your chance to win prizes. Come when you want, leave when you're ready.

Please RSVP Wednesday, February 28 at ctk.link/events so we know how much pizza to order.



March **Connect Sunday**

Sunday, March 17 After services in The Meeting Place With our focus on mission during the month of March, it seems fitting to have some snacks and celebrate a day set aside in honor of an Irish missionary, Saint Patrick. On St. Patrick's Day the Connections Team invites you to stay a while for some light refreshments, conversation with other CTKers, and maybe taking a couple minutes to learn more about the global partners that CTK supports through your generosity.

Join us in the Commons right after either morning service on March 17.

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Board Game Night

Tuesday, March 12 6:15-8:00 PM in Room 216 • FREE

Do you love board games and jump at any chance to play? Come enjoy a little friendly competition and meet some fun people at our Board Game Night! We'll offer a variety of games, eat some snacks, hang out, and get to know one another in a casual, fun setting. Bring your people or come on your own, and spend an evening making new friends (and hopefully, beating those new friends at some games)!

Childcare will be available for children ages 5th grade and younger by RSVP only (separate from adult RSVP).

The event is free, but please register ahead at ctk.link/events or contact Missy (missye@ctk.church). Childcare RSVP: ctk.link/kids-march12

Meal Prep Night

Tuesday, March 19 6:15-8:00 PM in The Commons \$30.00 for all supplies

We all have days when there's no time to think about dinner. So we've created an opportunity to come together, meet some great people, and get some meal prep done ahead of time. We'll prep three meals—two for you to keep and one to bless someone else in your life. Each meal will serve 4.

You'll be able to customize each dish to suit your preferences. Hate onions? Leave 'em out. Want more spice? Go ahead and spice things up. Let us do the shopping then join us for a taste of community (and probably some snacks)!



Pre-registration required by Tue., March 12 at ctk.link/events. All supplies provided with \$30 registration fee. Questions? Email Missy Elzea (missye@ctk.church) or call 360-733-1337.

kids



Baptism Class for Kids

Sunday, February 4 after services 10:30–11:15 AM or 12:15–1:00 PM in Room 210

Has your child expressed interest in being baptized? Our kids baptism class is the perfect next step.

We'll be baptizing in both services on Sunday, February 11, and we offer the kids' class the Sunday prior, right after either service.

A parent is asked to attend with their child. In most cases, we suggest 3rd–5th grade as a suitable age for kids to be baptized. The class will help you and your child determine their readiness to take this important step in their journey with Jesus.

No need to sign up—just show up! For more information contact Children's Pastor Duane Weaver at duanew@ctk.church.

visit kids.ctk.church

for the latest information, events, and opportunities to get connected



Every Sunday during the 9:30 & 11:15 AM services

Every Sunday, there's a place for kids—from newborn to 5th grade—to have fun, make friends, and learn how much Jesus loves them (and how to love him back)!

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Questions? Contact Pastor Duane Weaver (duanew@ctk.church or ext. 2236)

Nursery

Infants and Toddlers up to 23 mo

Your newest family members are very precious to you—and to us too. That's why we're intentional about creating a clean, safe environment where they will be loved and cared for while you attend the service. This is their first experience in God's house, so we focus on the love and joy of Jesus for these youngsters

Adventureland Preschool

Kids age 2–5 years old are ready to move, worship, and learn in much more active ways. Adventureland helps them discover the love of Jesus through games, musical worship, and Bible lessons that come to life. During this curious stage of their lives we want to encourage them to explore and discover a God who delights in them!

Base Camp Kindergarten-5th Grade

Every adventurer needs a base to venture out from, and that's what Base Camp provides for K-5th graders. It's a place to grow and discover God's truths while learning to love others well. As kids develop their relationship with Jesus, they will grow in their identity in Christ and learn to look out for "God opportunities" and avoid pitfalls that can cause us to lose our way.

Invest in the future!

Time is a limited resource, and how you spend yours could change a child's life. As a part of the CTK Kids volunteer team, you help form the foundation for kids to grow in their love of Jesus, their identity as a child of God, and their purpose in the world.

Our volunteers always serve as part of a team, and all curriculum and supplies are provided. Prep time is minimal, and you can serve on a schedule and with an age group that works best for you.

Join our team and invest your time in ways that will impact eternity!

To let us know you're interested, visit ctk.link/kids or email Katie Litovchenko at bhkidsadmin@ctk.church.



See what our volunteers have to say about their experience in CTK Kids. Visit ctk.link/servingkids



young adults

Take a fresh look at an ancient practice

Explore the spiritual practice of fasting this winter

For more than a thousand years, fasting was one of the central practices of Christ-followers, alongside other familiar practices like prayer, Scripture reading, or church on Sunday. Fasting was one of Jesus' most essential and powerful practices—and one of the best ways we have to integrate our entire person, including our body, into our pursuit of God.

Whether you've tried fasting once or



Young Adults Trivia Night

Thursday, January 18 6:00-8:00 PM in The Meeting Place \$10.00

Get ready to flex those brain muscles at our Young Adults Trivia Night. We'll have questions that cover a range of topics. Whether you're a trivia master or just enjoy a good time, this event is totally for you. Grab your squad or make new friends as we team up to build a vibrant

young adult community. Mark your calendar now for a night of fun and friendly competition.



RSVP by Wed. Jan. 17 at ctk.link/events or email Erin Drews (erind@ctk.church).

twice, engage with it regularly, or have never thought about it before, you're invited to join pastors Julie Burleson, Josh Lease and Jake Hruza as they guide you toward a deeper relationship with this ancient practice.

4 Mondays, March 4-March 25 6:00-7:30 PM in Room 215 • \$5.00

Register at ctk.church or contact Erin Drews (erind@ctk.church).



Young Adults After-Parties

3 Sundays, Jan 21, Feb 25, Mar 17 12:30-2:00 PM Locations to be announced

On a selected Sunday of every month, young adults will gather after the 11:15 service for a bite to eat and a chance to get to know each other. We want to create a culture of family and community around the table and provide spaces to connect with new people. Join us on January 21, February 25, and March 17.

Watch the weekly program (info.ctk.church) for locations.



Young Adults Saturday Morning Coffee

3 Saturdays, Jan 13, Feb 10, Mar 9 9:00-10:30 AM at Bakerview Woods 428 W Bakerview Rd

On the second Saturday of each month, join us for coffee and conversation at Woods on West Bakerview. Whether you're a coffee connoisseur or just looking for space to make new friends, we want you to join us! (Food and beverages are at your expense.)

No need to sign up—just show up!



Young Adults Super Bowl Party

Sunday, February 11 3:00-7:00 PM in The Meeting Place

Join us for a fun Super Bowl party filled with game-day excitement, friends, and nonstop fun. Whether you're a diehard fan or just in it for the commercials and halftime show, we'd love to hang out with you. Please RSVP by Saturday, February 10 to ensure we have enough snacks and soft drinks to keep the party going strong. No matter who you're rooting for, we're looking forward to celebrating the biggest game of the year together.



RSVP by Sat. Feb. 10 at ctk.church or email Erin Drews (erind@ctk.church).

Have questions about young adults ministry or any of these events? Email Pastor Jake Hruza (jakehruza@ctk.church).

students

STUDENT MINISTRY

Parent Gatherings

WINTER Sunday, January 21 SPRING Sunday, April 7 12:30–1:30 PM in The Meeting Place Alcove

Helping your teenager know and follow Jesus in 2024 is difficult, and it can feel like a lonely endeavor. So we want to connect with parents of all middle and high school students to discuss how we can help each other support and care for our teenagers well.

All parents are encouraged to join, whether you've been connected to UNITED for a long time or not at all yet. We have so many ways we'd like to partner with you and want to hear your ideas too. Join us!

See you right after the 11:15 service on Sunday, January 21 and Sunday, April 7.

WEEKLY GATHERINGS

Middle School United (MSU)

Every Tuesday starting January 9 6:30-8:30 PM • Meeting Place Alcove

Middle School UNITED is back for the new year on Tuesday, January 9! MSU is a community of middle schoolers from all over the county who get together every week to play games, pray, worship Jesus, hear from scripture, and welcome God's presence together. We'd love to have you join us. And don't forget to mark your calendar for Super Tuesdays fun outings on the last Tuesday of every month! Winter Super Tuesdays are Jan. 30, Feb. 27 and Mar. 26. Stay tuned for more Super Tuesday details.

No need to sign up—just come join us every Tuesday starting January 9.

High School United (HSU)

Every Sunday starting January 7 6:30–8:30 PM • Meeting Place Alcove

Our first High School UNITED of the new year is Sunday, January 7. HSU is a group of high schoolers who gather every Sunday to follow Jesus together. Our aim is to be an authentic, Christ-centered community that goes through life together, navigates tough questions, and encourages one another. At HSU, every person is seen and cared for, and everyone can show up as their real self, united in our love for God and one another. No matter where you're at in your faith journey, we would love to have you join us!

No need to sign up—just come join us every Sunday starting January 7.

Questions about High School UNITED? Email Pastor Josh Lease (JoshL@ctk.church)

MSU

HSU

Questions about Middle School UNITED? Email Logan Nelson (logann@ctk.church)



Youth Church

Every Sunday starting January 7 11:15 AM-12:15 PM in The Meeting Place

Youth Church is a space for both middle and high schoolers to participate in the church service with their peers. We watch the message real-time and participate in worship, plus students have time to connect with each other.

Join us in The Meeting Place every Sunday at the start of the 11:15 service.

HIGH SCHOOL DISCIPLESHIP



UNITED Next: Fasting

5 Mondays, February 26-March 25 5:30-7:30 PM in The Meeting Place • \$15

UNITED Next is an opportunity for high school students to take their next step in following Jesus together. During our winter session and in recognition of Lent, we will be focusing on the practice of fasting. Fasting, in large part, has disappeared from Christian spirituality. Many people have a deeply unhealthy relationship with food and their own body. Most people don't want anything to do with the practice of fasting. But what if we are missing out on one of the most important practices in Jesus' own life? Come join us as we share a meal and learn about

this practice together and how it can deeply enrich our lives and our relationship with Jesus.



Watch for registration in February at at ctk.church/bellingham/students



SPECIAL EVENTS



High School Retreat

March 1–3 at the Firs Chalet, Mt. Baker Cost: \$150.00

Attention all high school students— High School UNITED's annual retreat is March 1-3 and we want you to be there! The weekend will be a perfect time to get some space from our busy routines of school, family, sports, and so much more. We'll use that space to focus our attention and energy on building community and on being in relationship with God. It will be life changing!

We're staying at the Firs Chalet at Mount Baker and you can expect snow, good food, wild competitions, time to relax with friends, and group sessions where we worship God and dive into the Bible as a UNITED family.

Whether you're simply curious about God or really wanting to grow in your relationship with him, this will be a place for you. Registration is \$150 and limited financial assistance is available.

Find out more and register at ctk.church/bellingham/students. Registration closes Friday, February 16. Questions? Email Katie Hjort (katieh@ctk.church).



MIDDLE SCHOOL March Madness

Friday & Saturday, March 15 & 16 Starts at CTK Bellingham

March Madness for middle schoolers is coming March 15 & 16! This overnighter is a great place to build friendships in our community through the (controlled) madness of games and activities hosted at the church and other local venues.

When it comes to following Jesus, we believe there's power in friendship, and that friendships grow through shared activities and experiences. March Madness is one of the ways we help that happen for middle schoolers.

Stay tuned for more details and registration at ctk.link/events. Questions? Email Logan Nelson (logann@ctk.church).



Join the UNITED Student Ministry Team

We love students! We don't just see them as the church of tomorrow, we see God moving in their midst as the church of today. Volunteer leaders are essential to the success of our ministry, and we're always looking to build our volunteer team. And we promise you this: **if you'll partner with God as he transforms students, you'll be transformed yourself in the process!**

Interested? Contact Josh Lease, Student Ministries Pastor (360-733-1337 or JoshL@ctk.church).

families



Family Spiritual Growth

At CTK, we're committed to the health of families. Our Family Growth Opportunities provide quick, easy and fun ways to help you raise kids who know how much they're loved by you and loved by God. And that foundation will help them love and follow God for a lifetime.

You'll find Family Growth Opportunities on our social media platforms and our website at ctk.church/bellingham/families. Stop by for some encouragement

and equipping in your parenting!

Join the CTK Families Text Group

Subscribe to our text aroup to have helpful tips and updates right in the palm of your hands. Scan the QR code below or Contact Katie Litovchenko (KatieL@ctk.church).



Join the CTK Families text group

Watch CTK families tell how they have fun and serve together! Visit ctk.church/bellingham/families



Child Dedication

Class: Sunday, January 21 9:30-11:00 AM in Room 212

Dedication: Sunday, January 28 4:00-5:00 PM at CTK

There are so many responsibilities in raising our kids but none is more important than pointing them to Jesus. At CTK. child dedication is about equipping and supporting you to do this important work.



If you're committed to raising your child to love and follow Jesus, we invite vou to consider Child Dedication. To get started, you'll complete a child dedication questionnaire, then join other families for a class that will prepare you to dedicate your child to God and encourage your Godly parenting.

Following the class, we'll gather for a dedication ceremony on Sunday, January 28 where family and friends are invited to support you in this commitment to God and your child.

Start by completing our child dedication questionnaire by Sunday, January 14 at ctk.link/dedication.



Have questions about Family Ministry or any of these events?

Contact Family Ministry Director, Sydel McKim (360-733-1337 or sydelm@ctk.church).

Moms in Prayer

Every Wednesday Morning 9:30-10:30 AM in the Prayer Room (214)



Moms-praying for whatever your child might be going through can bring even more hope when you pray with other moms. Join us any or

every Wednesday morning to pray for your children, their teachers, and our schools using the promises in God's word. Replace fears with hope and connection with other moms to find encouragement and support.

No need to sign up, just show up any Wednesday.



Families Serving Together: Gardenview Village

Date and time to be determined

Families of all ages: come together with other CTK families to serve a potluck meal to residents of Gardenview Village, a 35-bed tiny home community in Bellingham that primarily serves individuals and couples experiencing homelessness who are 55+ and/or medically fragile. There's nothing like a family meal to spark connection and community!



Let us know you're interested by signing up at ctk.link/gardenview. We'll stay in contact as details come together.



Helping Kids Stay Afloat

Sunday, February 4 9:30–10:30 AM in Room 212

It's a stress-filled world we live in, and sometimes we get a sinking feeling (as kids and as parents). This 1-hour wisdom-packed class will encourage and equip parents of kids and teens. Through relationships and Godly principles, Marriage and Family Therapist Mike Black will teach us how to navigate a healthy family system in the midst of a chaotic world. Be ready to stand stronger, with more hope and tools, to help yourself and your kids thrive together.

Register by Thursday, February 1 at ctk.link/events





Family Skate Night

Sunday, February 18 4:30–6:30 PM at Lynden Skateway 421 Judson Street Alley

Calling families of all ages to join us for a ton of fun at the roller rink! Whether you want to burn off some energy, make memories, or break out the dance moves, this is sure to be an evening to remember. Bring everyone you know and get ready for prizes, games, family-friendly music, and so much more. Fuel the fun at the snack bar where you'll find food and beverages for sale. They also have skate carts to rent. It's always a great time to connect with other CTK families! Cost is just \$4.50 per skater.

No need to sign up—just show up!



Encouraging Spiritual Growth in Your Kids & Teens

Sunday, March 17 9:30–10:30 PM in Room 216

Parents—are you hoping your children will grow in their desire to know and follow Jesus? Would you appreciate more wisdom and guidance toward creating an environment that nurtures their faith? Join us for this 1 hour class that will equip you with resources and encouragement as you walk with your kids in the direction of Jesus.

Register by Friday, March 15 at ctk.link/events



FAMILY VOLUNTEER OPPORTUNITY Foster & Adoptive Parents Night Out

Friday, March 8 6:00–8:30 PM in Base Camp There's a saying that if you **tell** someone something, they may forget. If you **show** them, they may remember. But **involve** them, and they will understand. We want to provide parents an opportunity to involve their kids in the spiritual practice of serving others.

CTK is hosting an event to support and encourage foster and adoptive families in our community, and your family is invited to help make it happen!

With your help, we can say thank you for the important work these families do by offering the kids a night of fun while the grownups take a little time to recharge. Come help with crafts, facilitate games, or serve dinner—there are lots of ways to help. This service opportunity is ideal for families with kids 2nd grade and older, but some behindthe-scenes opportunities may work for families with younger children.

To learn more about serving, contact Sydel McKim (**sydelm@ctk.church** or 360-733-1337).

If you're a foster or adoptive parent, please come enjoy the night!

Register your kids to attend (8th grade and younger) by Saturday, March 2 and give yourself a night off.

Visit ctk.link/nightoff



all adults



Baptism Classes

In Person

Sunday, February 4 After either service in Room 211 (1-hour class)

Online via Zoom Monday, February 5 • 6:00-7:00 PM **Register online** for link

Jesus taught baptism as a way to publicly declare our decision to trust and follow him. If you're ready to take this important step, we'll be baptizing during both services on Sunday, February 11. To be included, come to one of our in-person baptism classes after either morning service on Sunday, February 4 or join the online baptism class on Monday, February 5. We look forward to hearing your story and explaining what baptism is all about.

For the in-person class, just show up.

For the online class, register at baptism.ctk.church and we'll provide the Zoom link.

Questions? Contact Erin Drews (erind@ctk.church or x2219).

For children 12 and younger, please see information on page 6.



Baptism web page

See also...

Parenting Classes & Workshops (pages 10-11)

Faith & Finances

12 Mondays, January 15–April 1 6:00-7:30 PM in Room 210



God cares about all parts of our lives, including our finances, and he offers us plans and principles for our finances in the Bible. The Faith & Finances group is a areat option if you are

struggling to make ends meet, stressed or hopeless about your family's financial future, or unsure how to navigate your current financial situation.

People come into this learning experience for many different reasons. Some are interested in the practical skills and others are curious about the spiritual component. Both are important, and so is building relationships and community within the class. That happens as participants encourage and pray for one another, share a unique perspective, or simply talk about hard things together. Our small group format creates that sense of safety to dive into what God has to say to us-individually and collectively.

REGISTER by Wed, January 10 at ctk.link/events or contact Keri Allen (keria@ctk.church or 360-733-1337).

Seniors' Bible Study & Lunch

2nd Thursday of Every Month 10:30 AM-Noon in the Meeting Place

Seniors meet monthly for fun, conversation, Bible study, and lunch together. Invite a friend (50+) and join us! Our fall gatherings are September 14, October 12, November 9, and December 14.

\$2 donation for lunch is appreciated.

Questions? Contact Stacy Koning (stacyk@ctk.church or 360-733-1337).

Men's & Women's Classes (pages 14 & 16)



Freedom from Anxiety

8 Wednesdays, January 24-March 13 6:00-7:30 PM in Room 215 \$30.00 for materials

More than ever before, anxiety is something many of us experience. The noise and the news can feel overwhelming and hopeless, and the crippling effects can show up in our emotions, thoughts, behaviors, and even our bodies. But God offers his presence and help, even in the thick of it. If you're longing for hope, healing, and purpose in the midst of your anxiety, join Pastors Ryan Ervin and Julie Burleson for this 8-week course. We'll learn helpful tools, explore root causes, and work together to come up with your next steps on a journey toward lasting peace.



Register by Sunday, January 21 at ctk.link/events. Questions? Contact Erin Drews (erind@ctk.church).

Unwanted

6 Wednesdays, Feb. 7-March 13 6:00-7:30 PM in Room 212

The guilt and stigma surrounding sexual struggles can paralyze us and keep us from seeking help and healing. Many of us feel ashamed and undesirable after years of sexual brokenness and addiction we never wanted to define our lives.

Based on original research from more than 3.800 men and women, Unwanted is a groundbreaking resource that explores the "why"

Beauty for Ashes

Resilience in Trauma and Grief 5 Tuesday nights starting February 20

7:00-8:30 PM in Room 215 • Free



Is it possible to "bounce back" from life's deep hurts and losses? This 5-session class explores the impact of grief and trauma and offers Bible-based

tools to develop a mindset of resiliency. Taught by Local Christian counselor and author Mike Black, you'll learn and process:

- How trauma and grief can hinder our spiritual and emotional growth
- Fixed mindset vs. growth mindset from a biblical perspective
- How trauma generates anxiety and tools to manage it
- Practical tools to bounce back from adversity or trauma, increasing your impact for Christ

Register online by Friday, February 16 at ctk.link/events. Questions? Contact Pastor Julie Burleson (x2215 or julieb@ctk.church).



Engage with the Spiritual Practice of Fasting

4 Mondays, March 4–25 6:00–7:30 PM in Room 215 • \$5.00

For more than a thousand years, fasting was one of the central practices of Christ-followers alongside other familiar practices like prayer, Scripture reading, or church on Sunday. Fasting was one of Jesus' most essential and powerful practices—and one of the best ways we have to integrate our entire person, including our body, into our pursuit of God. Whether you've tried fasting once or twice, engage with it regularly, or have never thought about it before, you're invited to join pastors Julie Burleson, Josh Lease and Jake Hruza as they guide you toward a deeper relationship with this ancient practice.

Register by Wed., February 28 at ctk.link/events. Questions? Contact Erin Drews (erind@ctk.church).





behind self-destructive sexual choices including pornography, promiscuity, and infidelity. The result is practical, life-changing guidance that will help you work toward freedom.

Addressing difficult issues with compassionate insight,

Unwanted covers abandonment and broken relationships; trauma and sexual abuse; the sex industry and pornography; violence against women; learning to love and care for yourself; healthy conflict and repair in your relationships; creating healthy boundaries.

Using Jay Stringer's book, **Unwanted**: How Sexual Brokenness Reveals Our Way to Healing, this 6 session class is taught by local marriage and family therapist, Dick Mattila. Participants receive a book, digital workbook, and insightful self-assessment to help form a tangible plan for health and wholeness.

Scholarships are available.

Register by Sunday, February 4 at ctk.link/events. Questions? Email Pastor Ryan Ervin (ryane@ctk.church).

table groups



Table Groups Launch Party

Wednesday, January 17 6:00–8:00 PM in The Meeting Place

In 2022 we launched a new type of small group called Table Groups, and this January we're launching more of them!

As we learn what it looks like to make space for other people in our lives, Table Groups are a way for people to pull up a chair and find their place. Table Groups are centered around a regular rhythm of sharing meals, praying, growing, and serving together. They bring together 10 to 15 people who live in the same part of the county who'll love and support each other in practical ways as they also find ways to serve those around them.

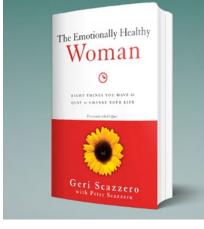
We believe we are most formed like Jesus in community, and we'd love to give you a seat at the table.

To join one of our new Table Groups, register at **groups.ctk.church** and join us for the launch party on Wednesday, January 17, 6–8 pm.

Questions? Email Pastor Carrie Butler (carrieb@ctk.church).



women



The Emotionally Healthy Woman

EVENING SESSION

8 Monday Evenings, Jan 29 - Mar 18 6:00-8:00 PM in Room 216 Sorry, no childcare available

MORNING SESSION

8 Wednesday Mornings, Jan 31–Mar 20 10:00 AM–Noon in The Meeting Place Childcare available with RSVP only by Wednesday, January 24

\$25.00 for materials

The journey to emotional health begins by quitting. Quit being afraid of what others think. Quit lying. Quit denying your anger and sadness. Quit living someone else's life. We all have something we need to quit. When you quit for the right reasons, at the right time, and in the right way, you're on the path not only to emotional health but also to the true purpose of your life.

In this 8-session Bible study our hope is to provide you a way out of inauthentic, superficial spirituality and into genuine freedom in Christ.

Register by Wednesday, January 24 at ctk.link/events Questions? Email Erin Drews (erind@ctk.church).

2nd & 4th Tuesdays starting March 12 9:30 AM-Noon in Room 215

Women's Sewing Group



Are you passionate about sewing, quilting, or crafting with fabric? Come and gather together with other women who love to sew. Our sewing group will be creating a variety of beautiful and useful items for many different opportunities and organizations.

We share a love for serving others, sharing tips, tricks, inspiration, and our love for all things stitching! All skill levels welcome. Upcoming gatherings are March 12 & 26; April 9 & 23; May 14 & 28; June 11 & 26.

No need to sign up — just show up! Questions? Email Pastor Stacy Koning (stacyk@ctk.church).

Moms in Prayer

Every Wednesday

9:30–10:30 AM in the Prayer Room (214)

Moms—praying for whatever your child might be going through can bring even more hope when you pray with other moms. Our Family Ministry hosts a weekly Moms in Prayer group. Join us any or every Wednesday morning to pray for your children, their teachers, and our schools using the promises in God's word. Replace fears with hope and connection with other moms to find encouragement and support.

No need to sign up, just show up any Wednesday.

Prayer Shawl Group

1st and 3rd Thursday of each month 10:00 AM-Noon in Base Camp

Join with others who knit or crochet to create shawls, blankets, hats, and scarves to give away to people dealing with a health crisis or difficult time in life. These items offer comfort and a reminder that the CTK family cares.



The group meets to knit and pray on the 1st and 3rd Thursday mornings of each month. You'll find great fellowship, various levels of experience, always helpful advice, patterns and supplies provided as needed.

Don't knit or crochet? Donations of yarn are always welcome and can be dropped off at the front desk.

If you'd like to participate, donate yarn, or know someone who would appreciate a shawl, email Pastor Julie Burleson (julieb@ctk.church).



A WOMEN'S CONNECTION EVENT FRIDAY, FEBRUARY 23 6:00-8:30 PM IN THE MEETING PLACE

NE THING is a special event for women centered around the idea that transformation is possible for everyone, and it often begins with one single, powerful revelation.

At One Thing you'll have the privilege of hearing from a panel of your own passionate and dedicated female CTK pastors, each sharing one pivotal moment or insight that has changed the course of their lives and ministries. Throughout the event, you'll be captivated by stories of resilience, hope, and faith as these pastors share their personal encounters with God and the wisdom they've gained on their unique spiritual journeys. Their testimonies will touch your heart, renew your spirit, and instill a renewed sense of purpose in your own walk of faith.

You'll also have the opportunity to worship together, connect and engage in discussions, and enjoy your pastor's favorite snacks!

\$20 • RSVP by Sunday, February 16 at ctk.link/onething

focused small group

Small Group for Adults With Developmental Disabilities

Tuesday Evenings 6:00-7:00 PM at CTK Please email before attending

CTK is proud to now have a small group for adults with developmental disabilities. It's suitable for people who can communicate verbally (or with accommodation) and are interested in understanding God, Jesus, the Bible, prayer, and how these are important in our lives. The room is wheelchair accessible and caregivers are welcome to attend as needed. We do our best to be accessible, accommodating, and line up with WTA paratransit bus service.

This group meets most Tuesday evenings but if you are new, please email Pastor Ryan Ervin (ryane@ctk.church) by Monday to RSVP and ask questions before attending the group for the first time.

hospitality

Join our hospitality team!

Help create a warm, welcoming atmosphere on Sundays



Have you ever walked into a place and instantly felt noticed, welcomed, and right at home? That's the experience our hospitality team loves to create! There's always room for new people on our team, so if you have a heart to help others feel wanted and welcomed, we would love to connect with you. If you've been attending for a while but haven't quite started to feel at home, we would love to help you get engaged. Take the first step. You'll be glad you did.

Stop by our table on Connect Sunday (January 21) to find out more, or email our Hospitality Director, Mikey Nikonchuk (mikeyn@ctk.church).

VOLUNTEER OPPORTUNITY Cafe Hosts

The way to a person's heart just may be through coffee!

Every week at CTK we serve hundreds of cups of coffee. Not to keep people awake for the message, but to make them feel at home. As a cafe host, you can serve a cup of coffee, offer a smile, and welcome someone to church. That cup of coffee may be just what someone needs to be ready to encounter Jesus. Volunteer about 45 minutes at any service time and frequency that works for you.

To let us know you're interested, visit ctk.link/cafe or email Lisa Benson at lisab@ctk.church.



production team



Lights, camera, action!

The CTK Production Team is responsible for a lot of behindthe-scenes roles when it comes to running our services like filming, sound, lighting and graphics. Did you know that most of our amazing volunteers had no previous training or experience when they started? Over time they've honed their skills to produce the beautiful, high quality worship services you enjoy.

The Production Team is hosting an info booth in the Commons on Sunday, February 25 before and after both services. If you're interested in becoming a volunteer, please stop by and some of the team will be standing by ready to answer your questions and find your fit.

Stop by the Production Team information booth in the Commons on Sunday, February 25.

Questions? Email Anna Claire Loftis (annaclairel@ctk.church).



men

Men's Snowshoe Adventure

Saturday, January 27 8:00 AM-4:00 PM Departs from CTK Bellingham



Join other CTK guys for a snowshoeing adventure on Mount Baker. We'll meet at CTK at 8:00 AM to carpool, and you'll provide your own snowshoes, cold-weather clothes, and sack lunch. Have kids? Bring them along to go sledding in the bowl. We'll be back to the church by 4:00 PM.

Questions about skill levels or renting snowshoes? Contact Pastor Ryan Ervin (ryane@ctk.church).

Register by Wednesday, January 24 at ctk.link/events.





Men's Biblical Deep Dive

IN PERSON

Tuesdays, 6:30–7:30 AM in Downtown Bellingham Wednesdays, 4:30–5:30 PM at Barkley Woods

ONLINE

Wednesdays, 6:30-7:30 PM via Zoom

If you want a thriving life of faith with Jesus, the spiritual practice of Bible reading is key. But is your busy calendar getting in the way? We know the challenge too well, so we've created Men's Biblical Deep Dive to fit within your workweek.

We use an ancient Jewish practice called *midrash* to "seek with care" practical wisdom from scripture and apply it to our lives today. Each session has three parts: 1) reading 3 chapters of the Bible, 2) open discussion to discover meaning together, and 3) applying wisdom to crucial areas of work and home life. Sessions last one hour and start/end exactly on time to reliably fit into your busy schedule.

We may add additional meetings, so check our website for updates. This is an ongoing experience, and you are welcome to join any time.

Register and see newly added sessions at ctk.church/bellingham/adults. Questions? Contact Pastor Ryan Ervin (ryane@ctk.church or x2228).

Learn more and sign up

weekly program

For CTK's first 30 years,

everyone who came through the doors of CTK on Sunday was handed a printed weekly program. You could always count on that little folded sheet to be a reliable, up-to-date source of information about what was happening at CTK. Inside, you'd find a connection card along with fill-in-the-blank sermon notes to help you follow along and remember what you were learning.

Now all that helpful information and resource is available on your smartphone, tablet or computer at **info.ctk.church**.

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Updated every week, the online weekly program has all the latest news, resources, and events you used to find in the printed version. And even better, it's loaded with **convenient clickable links** to help you guickly...

- Sign up for events & classes
- Share a prayer request
- View sermon notes (even fill in the blanks) and save them to your device or instantly email them
- Fill out a Connection Card
- Give online
- See current CTK job listings
- And more!

Check it out today at info.ctk.church



missions

UPCOMING MISSION TRIPS



John Mukolwe and Maasai women in Tanzania

Carrying the hope of Jesus to the nations

From a slum in Nairobi to a remote unreached people group; from leadership training to children's homes; from schools to medical clinics; from building homes for widows to pastoring a church; from business groups to feeding programs... the continuing thread that connects all of these is hope! Our CTK Global Partners in Kenya and Tanzania are bringing hope to the most vulnerable in society and offering Jesus' love, compassion and kindness to those they serve.

On our recent visit to Africa as CTK Global Ambassadors, we were humbled over and over by the beautiful sacrifices our partners make daily as they love and serve others. We saw them live out 1 John 3:16-18, "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth."

The needs are immense and can feel overwhelming, but our God is greater!

Brian and Tracy Hull, CTK Global Ambassadors

O f @ctkglobalambassadors

Watch videos and learn more at **ctk.church/missions**

Pamoja Love Outreach Trips to Africa



Tanzania: May 18–June 1, 2024

Focus area: Maasai people group, widows, orphans, single mamas' sewing group, children's ministry, medical outreach, serving the vulnerable in love.

In Arusha, Tanzania we partner with a local YWAM base with a vast array of ministry opportunities to join in.

You'll have the opportunity to work with widows, orphans, people with disabilities, and others in need. Our goals are to provide immediate aid *and* foster sustainable growth and self-sufficiency. In every interaction, we aim to reflect the love and compassion of Jesus.



Kenya: August 2024

Join us on this life-changing journey. Our team will immerse in diverse communities across Kenya offering hope, compassion, and tangible assistance to those who need it most.

For more information email Kim Ryan hello@pamoja.love. Learn more about Pamoja Love at www.pamoja.love.

Living Water International (LWI) Outreach Trip to Honduras

October 12-19, 2024

During Missions Month 2023, CTK raised \$50,000 for 5 wells in Choluteca, Honduras. Now you're invited to join a team from CTK as we participate in the mission of LWI: to demonstrate the love of God by helping communities acquire desperately needed clean water, and to experience "living water"—the gospel of Jesus Christ—which alone satisfies the deepest thirst.

Be a part of this exciting opportunity to join with LWI and link arms with the local church to provide water, for life, in Jesus name.

Activities may include helping drill a well, com-



munity outreach, hygiene training, sharing Bible stories, children's events, and more. Email Tracy Hull (tracyh@ctk.church) for more information.

food share & farm

Moving to a Year-Round Commitment to our Food Share Partners

You can help meet the growing need by regularly donating to our Food Share Ministry

The CTK Food Share ministry is an integral part of our community and helps our partners meet hunger needs all throughout the year. As many of us suspected, the aftermath of the pandemic has left many on the brink of food insecurity. Rising costs are forcing many to choose between buying groceries or paying essential bills.

During the summer, we're able to grow 100,000+ pounds of produce at the CTK Farm to share with our community. But when that season comes to an end, the hunger in our community doesn't go away. In fact, it increases as other bills go up in the winter months.

That's where we have the opportunity to remain engaged with the needs of our neighbors. Over the years, your donations of shelf-stable food have stayed mostly level. But the need has steadily increased.

The pandemic forced our partners to create new distribution methods. For example, the Bellingham Food Bank switched to a drive-through model at their North Bellingham distribution (which happens in the CTK parking lot). This allows more people to access food more easily than other distribution models. But many neighbors still depend on their neighborhood food distribution centers, especially when they have transportation challenges.

That's where we want to increase our year-round commitment to supply shelf-stable food in greater quantities to our 26 Food Share partners all across the county. *Will you help us?*

If you haven't already joined the Item of the Month Club, it's a simple way to be part of the fight against hunger in Whatcom County. It's easy! Just text "Food" to 360-800-4173 and we'll send you a monthly text message with a link to our Amazon wish list for the item our partners have requested for that month. You can also purchase locally and drop your donation in the Food Share bin in the Commons.

Joining the club is your commitment to purchase 2-3 items each month. If 100 CTKers follow through on this, we will see a significant jump in our ability to impact hunger outside the growing season.

God showed up in 2023 at the CTK Farm in ways we couldn't even imagine!

- 575 volunteers served 7,359 hours
- 239 volunteers gleaned 3,009 lbs. of food
- You donated **7,000** shelf-stable items requested by our partners
- Drivers spent 177 hours delivering our Food Share & Farm offerings
- Grew and distributed
 98,541 lbs. of fresh produce

visit ctk.church/servewhatcom to learn more and get involved



Join CTK Food Share's Item of the Month Club for text reminders!

If you'd like a text reminder each month on which Food Share item is needed, text

FOOD to 360-800-4173.

You'll be signed up for our Item of the Month Club! (Message and data rates may apply)



community partners

Community Partnerships Matter

What makes these vital relationships work?

In 2016, God set us on a pretty clear path to address the needs of our local community more strategically, more intentionally, and just plain more often! Specifically, we set out to invest in a set of relationships with respected nonprofits who were having significant impact in the areas we believed God was calling us to focus on:

- Kids & Families
- Homelessness
- Survivor Support
- Disabilities
- Hunger (featured, next page)

Today we have 14 community partnerships and 26 food share

partnerships that we engage with in so many different ways! Who is the "we" in that sentence? Is it the organization called CTK? Is it the staff or pastors or even the CTK Blessing team?

No, most of what we offer our community partners comes from you, the CTK family. It's the money you donate to the Blessing. It's the time you give to join a response team. It's the items you buy to support our partners' clients, the way you care, and the way you put your faith into action to show up for each of these organizations.

We recently asked you about our community partnerships, and here's what some of you had to say: "Our partnerships open the hearts of my non-believing friends and family toward CTK. Often when I mention my church, they associate it with our farm or our work with one of the community partners. I'm so proud of the work this church does to turn our hearts and eyes toward the people and circumstances that matter to the heart of God."

"We are a visible affirmation of the Christian mission, and our church community grows spiritually together when helping our partners."

"These partnerships impact the community by enabling people to see the love of God in action, countering the culture's stereotypes of Christians and the church."

Explore our community partnerships in depth at **ctkserves.org/partners**



On the Community Partners page...

- Learn the heart behind community partnerships
- Scroll to see a list of all our community partners



Click any partner's logo to...

- Watch a short video about the work they do in our community
- See what items their clients need most and how you can help out
- Visit the partner's website



Keep scrolling down to see...

- A video about the "why" of community partnerships
- The criteria we use to select our community partners

FEATURED COMMUNITY PARTNER CATEGORY: HUNGER

So that's why it's called CTK Food Share & Farm!

From a humble food pantry to a thriving ministry that serves our whole community

CTK joined the local fight against hunger in 1996, opening a small food pantry which grew into the CTK Food Bank, which inspired a local family to start the CTK Farm on land next to their business.

In 2016, we took a whole new approach to our efforts to be part of God's promise to fill the hungry with good things (Luke 1:53). In conversation with the other 11 food banks in Whatcom County, we zeroed in on the biggest gaps in the food safety net. Based on what we learned, we've spent the last 8 years:

- Growing fresh vegetables for food banks and meal programs that don't have access to other sources of produce
- Mobilizing drivers to get food to the outlets already established in the places of greatest need
- Cultivating true partnerships across Whatcom County so we're in a position to respond to the real needs as they change and grow

CTK Food Share is the name we go by in the community. We have so much respect for every one of our partners who distributes the produce grown on our farm and the shelf-stable food you donate. Each of our partners is reaching a specific community or people group who needs help putting food on the table. Each partner has staff, volunteers, and donors contributing to a specific outpouring of generosity they've been called to. We joyfully link arms with them day in, day out to make sure no one goes hungry on our watch.

So many of us are feeling the effects of inflation, the scarce housing market, and the childcare shortage. In God's economy, all of us are called in certain seasons to humble ourselves and receive help or, at other times, to sacrifice to care for others.

If you're a CTKer who's lost what little margin you had, we want to make sure you know where to find help! And if you're in a place where you can give, we're asking you to join us in sharing food with our partner organizations below.

Your generosity toward our Food Share & Farm reaches these partners...

Food Banks

- Bellingham Food Bank
- Foothills Food Bank
- Blaine Food Bank
- Salvation Army Food Bank
- Ferndale Food Bank
- Southside Food Bank
- Lord's Table Food Bank

Community

- The Bridge
- Seamar Health Clinic
- Lydia Place
- Mercy Housing— Sterling Meadows
- Birchwood Food Desert Fighters
- Bridge 2 Services

Kids

- Boys and Girls Club
- Common Threads
- Open Hands
- Bellingham Public Schools
- Meridian Public Schools
- Mount Baker Public Schools

Seniors

- Meals on Wheels
- Bellingham Senior Center
- Mercy Housing— Eleanor Apartments





See what some of our partner organizations have to say about the CTK Food Share & Farm. Visit ctk.link/foodstories

visit ctkserves.org/fsf-partners to learn more and get involved



community resources

You are not alone.

Many of us carry family burdens that others don't see — burdens that seem ours to bear alone.

But support and resources are available in our community, and we want to share some of those trusted resources with you.



Parents of Addicted Loved Ones palgroup.org

Parents of an adult child dealing with substance use disorder (either drugs or alcohol) can find hope and support through Parents of Addicted Loved Ones (PAL). PAL meetings help you find others who can walk with you. It's not an easy journey, but you don't have to go it alone.

A PAL group meets regularly in Blaine, and they invite you reach out for support. Contact Bev or David for more info at wamillards@comcast.net



Dementia Support Northwest dementiasupportnw.org

Since 1983, Dementia Support Northwest (formerly known as the Alzheimer Society of Washington) has served Whatcom County as an organization of volunteers, family, and friends of persons affected by Alzheimer's disease and other dementia-related illnesses. Their mission is to educate people about dementia-related diseases by supporting people with dementia and their caregivers, families, and friends. Dementia Support NW offers education, support groups, memory screenings, dementia training, and more.

Find out more at www.dementiasupportnw.org. Email alz@dementiasupportnw.org or call 360-671-3316.



NW Regional Council Aging and Disability Resource Center

Since 1978, the Northwest Regional Council Senior Information & Assistance program has been helping seniors and their families access a wide range of public and private resources. Their goal is to support the independence, dignity, and health of older adults and people with disabilities. Their services are free of charge to adults age 60 and over, people with disabilities, and friends and family members on their behalf. These include connection to needed resources for long or short-term care, caregiver support, housing, and more.

Contact the Northwest Regional Council at (360) 676-6749 or visit www.nwrcwa.org/aging-and-disability-resources-adr







rightnow MEDIA

CTK's Bible study library is now digital...

AND GIGANTIC.

Over 20,000 discipleship videos for kids, youth, and adults.

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www.rightnowmedia.org

RightNow Media is a great tool for taking the next small step in your spiritual growth. Like a Netflix of Christian Bible study, RightNow has more than 10,000 Bible study videos, sermons, and kid's videos online.

As a CTK attendee, you have unlimited access from your computer, mobile device, and even newer Apple TVs. Take advantage of RightNow Media for your personal study and growth or share with friends and family in small groups or one-on-one Bible study.

To get started, go to



service times

IN-PERSON & ONLINE Sundays at 9:30 & 11:15 AM

Children's ministry for 5th grade and younger available at both Sunday morning services

ONLINE-ONLY REBROADCAST Sundays at 6:00 PM



CHRIST THE KING COMMUNITY CHURCH

BELLINGHAM CAMPUS

4173 Meridian St • Bellingham, WA 98226 360-733-1337 • www.ctk.church

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