

At CTK, we value authenticity, simplicity, empowerment, relationship, and caring about the community we live in. One key way we serve is by empowering small groups to make a difference through our local partners who address important issues for those in the hardest life circumstances. The opportunity below is a chance to tangibly demonstrate God's care, compassion, and love for those around us. As your church, we hope this makes it easy for you to put the Great Commandment to love your neighbor as yourself into action!

ENGEDI REFUGE – FROZEN MEALS PROJECT

Who are we serving?

Engedi Refuge helps women who have been exploited sexually, including prostitution, to heal from emotional trauma and social rejection. We serve them by treating them with dignity and compassion. We demonstrate the love of Christ as we teach them practical ways to overcome challenges and embrace healthy living.

Who is helping connect us to their needs?

Engedi Refuge provides both safe housing for ladies coming from often very dangerous sex trafficking situations, and a comprehensive program that helps them heal and restore their lives so they are prepared for healthy and successful living. Engedi's program requires them to be at the Learning/Counseling Center for 30 plus hours per week. This location is on the Guide, just South of Lynden. Our residents come here every week day for classroom instruction, group discussions, clinical counseling and therapeutic activities. The Learning Center is designed to be a place of safety, peace, reflection, and inspirational education. Nutritious lunch meals help our residents in body and mind and is a wonderful way to show them some love and ease the Engedi food budget.

How are we serving?

Could your small group buy, prepare and individually package several balanced and nutritious lunch meals that could be kept in the freezer and heated in the microwave? Casserole, stew, chicken and rice...things like that. Some have gluten issues and some can't have red meat, so chicken and rice dishes are good for those. We have 12 people for lunch every day, so it would take 60 individual portions to cover one week. Think about having everyone over to help cook different aspects of the meals and then sit down to enjoy one of them together. Please make sure the portions make sense for one person, are in, microwavable containers, and get wrapped and labeled for content and date (whether it is gluten free or not, etc.).

Who do you contact to commit to this opportunity and work out the details?

When you have meals ready to drop off, contact Carma Roetcisoender, Executive Assistant; at Engedi.carma@gmail.com or (360) 922-7600. She'll find a time you (or the whole group) can come out for a quick tour and to drop the meals off.

If you need help in the process, Wendy at CTK is available (wendyp@ctk.church or 733-1337 ext 212) Please share your project with us by using the hashtag #CTKserves on social media!