

Panama is going through a political unrest right now.

In countries outside of the United States the people make their voice heard by closing streets and protesting. Though its very inconvenient it is their way of being heard by the government.

So far the protest in the city have not been violent. In Darien it is quite different. It is very violent, and the police have been physically attacked in one area.

They have put a lot of people in jail and it has gone from bad to worse. Please keep us in your prayers.

When things turned violent. I came into Panama city to be safe. Even though the roads are closed the protest are not violent in the city.

When you have unrest people get afraid and it's a good time to talk about where they would spend eternity if they died today. Usually many are born again during unrest. Death becomes reality as the situation turns violent in one instant.

> Please keep Panama in your prayers during this time of unrest.



WE ARE HAVING A CHILDREN'S CONFERENCE

THIS MONTH if the roads are open

The children are veryexcited.





Vida Ministries

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GROUP **OPPORTUNITIES**

JUNE 19-30 Construction Group

> **JULY 19 Bible School**

AUGUST 6-11 Men's conference

SEPTEMBER 17-22 Ladies conference



No matter what season of life you find yourself in He is always there alongside of you.

He loves to feel needed by His children.

The more we need and depend on Him the more

He reveals Himself to you.

Ministry Needs

We have about half of what we need to purchase a small pick up for the ministry. We lack about \$20,000. The radio station equipment has had some issues lately. Seems like we fix one nothing and another thing goes out.

We need some help in the area of construction. Work groups are such a blessing.

Prayer Requests

Please keep me in your prayers.

I have been having some pretty painful Back issues.

Please keep the village of Arrimae in your prayers. They are going through a real power struggle. Five of them are in jail for attacking a police officer.





COOKS RESIDENTS

Not much going on in the cook family

Zach turns 24 this month. Everyone else is just living life.