



*Please continue to pray for **Panama***

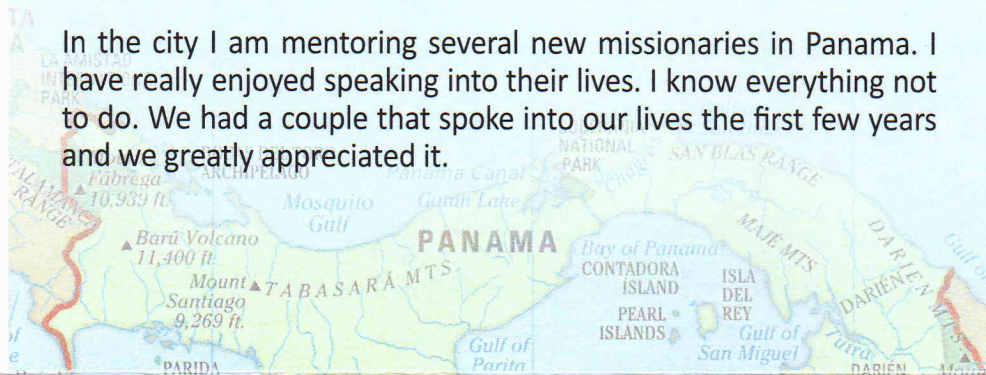
Panama has been in civil unrest for a couple of months now. There are many reasons why the people are protesting. Hopefully they will come to a settlement soon. In Panama City the main streets are closed due to protesting. They are peaceful in the city but not in the interior.

In the Darien things have gotten really out of control. People were throwing rocks at the police and injuring them. To the point they had to use gas to dismantle the violence. Many are in house arrest.

I am staying in the city until I feel safe enough to return to the Darien. Thank God our ministry is a well established work and I can run everything over my phone. We have a staff of 10 people who are well trained leaders that keep everything running forward.

Things are looking better so I think I will be able to move back to my home soon. I am a country girl so I will be glad to get back there.

In the city I am mentoring several new missionaries in Panama. I have really enjoyed speaking into their lives. I know everything not to do. We had a couple that spoke into our lives the first few years and we greatly appreciated it.



WE ARE HOPING TO HAVE A BIG CHILDREN'S CONFERENCE

THIS YEAR AS SOON AS THE PROTESTING STOPS.



Vida Ministries

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GROUP OPPORTUNITIES

JULY 19

Bible School begins again

Depending on
the protesting we
are putting our
**MEN'S and LADIES
CONFERENCES**
on hold right now.



amazonsmile

**WE ARE NOW AN
AMAZON SMILE CHARITY!**

*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 thing and another thing goes out.

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

Prayer Requests

We are still looking for a small pick up truck.

Please keep my health in your prayers.

I am having some back issues.

Please pray for peace in Panama.



COOKS RESIDENTS

HAPPY BIRTHDAY!

This is birthday month for the Cook family.

NOAH • BRITTANY • RICK • EMMA • CASEY

All have birthdays this month. No clue how old they all are.

Serving God in the Republic of Panama since 1981