



the VRUGGINKS

TRAINING LEADERS IN ASIA

vrugginks.com

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Run for Relief



In March the four Vruggink kids, our international church youth group teens, and many other friends joined together to run or walk a 5K at the "Run for Relief" event to raise funds and awareness for the suffering people in Burma due to the ongoing civil war in their country! We (Greg and Rachel) manned the shirt and donations table since we weren't physically able to run. It was a blessing for our family to be part of this special fundraiser. You can find out more information and donate to this wonderful organization at www.freeburmarangers.org Please continue to pray for the people of Burma as they fight to have a democratic country and struggle through the devastating effects of a civil war in their country.

Russian Friendship



This past semester Rachel became friends with Eugenia, a Russian mom who has a son the same age as Isaac. Rachel has been praying for opportunities to share the gospel with Eugenia as she's not a believer. This month Eugenia has spent hours sharing with Rachel the devastating effects the Ukraine vs. Russia war is having on her family. Her little family here in Thailand can no longer import their tea to Russia

which is their main source of income. Her extended family in Russia are struggling to find food. Her brother who worked for Apple has lost his job, and if anyone calls the "strategic initiative in Ukraine" a war they'll be put in prison. Please pray for Rachel to have wisdom as she listens to Eugenia and that even through the tragedy happening in Ukraine and Russia that gospel seeds will be planted in Eugenia's heart.

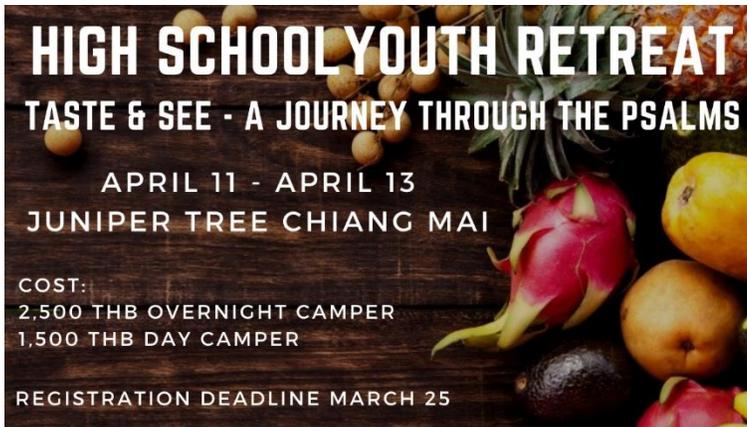
Greg's Health

Greg's health is improving slowly but surely. We often feel like there's a mini-war raging in his body where it can't figure it out if Greg's a friend or foe. He'll take two steps forward and then one step back, which can be discouraging, but overall we're feeling encouraged that his health is returning. This month the swelling in his right leg with a blood clot went down significantly and his hair began to grow back. Greg also developed a rash all over his body, which thankfully the doctor was able to treat with oral antihistamines. Greg's still struggling with extreme sensitivity in his hands and feet. Thank you for continuing to pray for Greg's health to improve and for him to remain cancer free.



On a positive note, this month ABTS published an article in the Beacon newsletter about Greg and his journey through cancer ([click here to read](#)). Greg said, "God is with you even in the midst of that trial. As those who have taken my OTBT class know, one of the major themes of the Old Testament (and the Bible as a whole) is God's presence with his people. I'm reminded of the exhortation in Joshua 1:9, 'Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.' Even when we do not know what God may be accomplishing in our trials, we can still rest in the knowledge that he is with us in whatever we go through."

High School Youth Retreat



This month we're coordinating a High School Youth Retreat! We have 52 teenagers, 8 leaders, and our kids planning on coming to "Taste & See" the character of our good God. The retreat is April 11-13. Greg will be teaching on "Taste & See...the Lord is King" from Psalm 95 and Rachel is teaching on "Taste & See...the Lord is Faithful" from Psalm 13. We have two other youth pastors coming to teach as well. Please pray for the times of worship, teaching, and discussion to impact the teens' hearts and lives.

Praises and Prayer Requests

Thank you so much for praising God with us and praying for our needs. Please email us with any prayer requests you have so that we can be praying for you as well!

- 1) Praise the Lord the four Vrugink kids and our international youth group was able to be part of "Run for Relief" to raise funds and awareness for the Free Burma Rangers! Please continue to pray for the people of Burma as they fight to have a democratic country and struggle through the devastating effects of a civil war in their country.
- 2) Praise the Lord Rachel's Russian friend, Eugenia, is opening up her heart with Rachel. Please pray for Rachel to be able to point Eugenia to the gospel of Jesus Christ.
- 2) Praise the Lord Greg's health is improving! Please pray for Greg's blood clot to safely clear, for the sensitivity in his hands and feet do dissipate, and for him to remain cancer free.
- 3) Praise the Lord we've been able to coordinate a High School Youth Retreat for 52 teens this month! Please pray for the times of worship, teaching, and discussion to impact the teens' hearts and lives.

Greg + Rachel

