



What is CHRISTIAN FRIENDS OF ISRAELI COMMUNITIES?



Christian Friends of Israeli Communities (CFOIC Heartland) was established in 1995 as a Christian response to the Oslo Peace Accords of 1993. Christians around the world were deeply troubled by Israel's major territorial concessions and felt compelled to stand with the people of Judea and Samaria.

CFOIC Heartland provides a much-needed vehicle for Christians to become better informed about the Jewish communities in the heartland of Biblical Israel, to visit these areas and to provide practical support for vital community needs.

Since its inception, CFOIC Heartland has stood steadfastly with those Jews who are at greatest risk in Israel, those whose core values are based on Biblical principles.

Through CFOIC Heartland, thousands of Christians from around the world have become valuable friends and supporters of the pioneers of Biblical Israel. Churches, ministries and individuals have visited the communities and biblical sites of Judea and Samaria and have connected directly with the people living there. They have provided financial support for community projects and have made a real difference for those living in the communities of Judea and Samaria.

INTERNATIONAL HEADQUARTERS

PO Box 752, Ginot Shomron, Karnei Shomron, Israel
Tel: 972-9-792-0958 email: Sondra@cfoic.com

NORTH AMERICAN HEADQUARTERS

PO Box 50833, Colorado Springs, CO 80949
Tel: 719-683-2041 email: kim@cfoic.com

Meet our Directors



Sondra Oster Baras
Director, Israel Office

Sondra Oster Baras was born and raised in Cleveland, Ohio in an Orthodox Jewish home. She spent time studying Bible in Israel as a young woman and completed her BA and law degrees at Columbia University in New York. In 1984, Sondra moved to Israel with her husband and two young children.

In 1985, the Baras family joined a group of North American Orthodox Jews who were building a new neighborhood in the town of Karnei Shomron. Sondra moved into the new neighborhood in 1987. Shortly thereafter, the first Intifada began, and Ms. Baras began advocating for the settlement movement. Since then, Sondra has been an active spokesperson for the communities of Judea and Samaria.

Sondra maintained contact with Christian Friends of Israeli Communities since its inception in 1995. In 1998, she became the Director of the Israel office, coordinating much of CFOIC Heartland's community support programs world-wide. She is tireless in her efforts to educate Christians, meeting hundreds of tour groups every year, introducing them to her neighbors and friends in Judea and Samaria. She also travels extensively every year, with visits to North America, the United Kingdom, the Netherlands and Australia, bringing a message from the Biblical Heartland to Christian audiences in their churches and homes, or through special Shabbat dinners where she shares the richness of her Jewish heritage and traditions in a unique setting.

Sondra Oster Baras and her husband Edward, a computer programmer, are the parents of five children and currently reside in Karnei Shomron.



Kimberly Troup
Director, US Office

Kimberly Troup was born in California, but moved to rural Kentucky at the age of 7. She was brought up in a Christian home and was home-schooled from 1984-1993, a home-school pioneer! From a very young age, her parents imbued her with Christian values which included a great respect for the Jewish people. The truths from the Bible that were planted in her played a major role in her life-long passion for Israel.

In 1996, Kim moved to Colorado Springs to attend Charis Bible College, from which she graduated with a ministerial license in 1998. She joined Christian Friends of Israeli Communities in March of 1998, and in 2002, she became the director of the US office.

Kim has been on ministry trips to Mexico, England, Ireland, and Scotland and has also traveled several times to Israel, most recently in 2013, as the leader of a CFOIC Heartland tour. Kim is passionate about Israel and committed to the settlement movement. Her faith in God's promises to Israel fuels her passion as the leader of CFOIC Heartland's North American office.

Kim lives outside Colorado Springs with her husband Greg and their three children.



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