

November 1, 2018 Update and Travel

*"Casting all your care upon him; for he careth for you." (1 Peter 5:7)*

Today marks seven weeks since my surgery. The x-rays last week showed a little more compression, but that was expected this time. The surgeon was pleased that the bone is in excellent alignment across the fracture, and is expecting healing. Last week I started out-patient physical therapy (perspiration and toil!). It has been interesting to see the approach of different people as they look at gait and rebuilding muscle strength. My current therapists want me to continue with the walker (rather than use a quad cane), but will gradually decrease dependence on it. I am making progress, but sure was stiff after yesterday's session!

Tomorrow I will fly to California for a three-church missions conference in the San Francisco area. Please pray that this time will be used of God to encourage these churches in their evangelism efforts at home and around the world. And please pray for me that God will use me even though I am moving more slowly than normal. My sister will be flying to California, and we will enjoy a few days of vacation after the conference.

**Praise** I was able to report to one church this past Sunday. My friend Janice kindly drove me there. It is nice to be able to do "small things," such as fix a simple meal and get the walker into the back of the car myself.

The last x-ray reports were encouraging. My bone density scan did not show osteoporosis.

**Prayer** Travel tomorrow will certainly be different than when I returned from Haiti on September 12, but will still have its own challenges. Please pray for safety, wisdom and opportunities to glorify God during the flights.

It may be necessary to move my return date to Haiti to later in January or even to February.

Please pray for wisdom and patience about this.

Please pray for the Wesco and Sinclair families in Cameroon. You may have seen the news about the shooting and death of Charles Wesco on Tuesday. These families need our prayers in this difficult, heart-wrenching time in their lives.

Each day brings something unexpected, sometimes just an irritation, but sometimes the start of what may be the hardest test we have ever faced. We are encouraged to give it all to our Father, again and again, because He cares more than we will ever know and will give us the help and comfort we need.

In our Lord's service,

*Dr. Anne*