

# Westerholm – eMail News

Friday, January 26, 2007

Friends and Family,

Greetings from Johannesburg! It has been six weeks since my operation, so I saw my surgeon yesterday to see how I was recovering. He thought that I looked good, although he said that he wanted me to remain in South Africa for another 2-4 weeks as I continue to heal. I also saw my physical therapist who has given me about ten different exercises and stretches to do twice a day. She had fun contorting me into all sorts of painful positions and I get to do that several more times before we return for home. I am really feeling well and mostly pain free. The surgery went well and now I just need to keep building up my strength and flexibility until I am back to normal.

While we have been down here, we have taken advantage of being close to health care facilities. Amy was also able to see the physical therapist since she was suffering some back pains as well. Maggie got some more of her immunizations and Amy and I both went to the dentist. We were grateful we went because the dentist discovered a crack in one of my fillings. She said that since I lived so far from good dental care, it would be best to go ahead and replace it. I was really thankful to be able to take care of it here rather than have future problems in Mozambique. Living so far from good medical care really makes us appreciate being able to just go around the corner to a hospital or doctor's office.

Of course another popular pastime for missionaries visiting the developed world is shopping. We have been buying medicines that are hard or impossible to get in Mozambique... especially for our dogs! Our Jack Russell, Sandy, came down with mange, so I was able to get some treatments for her. We have also bought medicines for ourselves and our teammates, since we try to keep a number of basic medicines on hand. Of course we are also buying some things for around the house that are difficult to find in Mozambique. It is amazing to be able to drive five minutes to a store and find a variety of inexpensive items, when we are used to driving up to five hours in hopes of finding an overpriced item of questionable quality!

I have also been working on a Bible study guide for the gospel of Mark over the past few weeks. The study guide consists of asking a lot of simple reading comprehension questions followed by application questions. The questions I ask tend to be very basic, but I have found that too often Mozambican Christians will read a passage of scripture and not be able to summarize or relate to someone else what they just read. When I tried telling someone the importance of reading their Bible they replied that reading it is like water in a river that just passes by. They read the words, but they don't understand what they just read! I believe that this study guide will be a useful tool for teaching not only the gospel of Mark, but also teaching people how to study the Bible. The study guide is almost completed and I hope in the coming months to try using it with several different groups and then printing it into a useable format for small groups.

Maggie is almost a week away from her first birthday! We can't believe how the year has flown by. She has had a busy first year; she has lived in three different countries! Maggie likes to say "papa"—whether I am around or not! She has also said "mama", but again I am not sure how much she understands. Her smile is as precious as ever and she has a mouth full of teeth now. Amy has even taught her to clean up by putting her toys in a box when she sings a clean-up-song. Once all the toys are in though, she wants to keep going so she begins to take the toys back out!

Otherwise we are doing well. Lord willing, our next newsletter will be from Montepuez and we will be back to work there. Our teammates are doing well, though they are ready for us to come back. In the meantime we are enjoying getting to know Christians here in South Africa and hope to make some lasting relationships here. Thanks again for all your prayers! God bless!

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Praise God For:

1. Chad's continued healing.
2. Providing us with a great place to stay.
3. Providing the car that we have been using free of charge.
4. Providing for all our financial needs in this time.
5. A great first year with Maggie!

Please Pray For:

1. The churches in Nanjua and Nanhupo to remain strong.
2. Chad's quick and complete recovery.
3. Our teammates, the Howells, who are beginning a work in a new village.
4. Wisdom as we decide when to head back to Montepuez.
5. Us to use our time well while we are in South Africa.

Donations to this ministry can be written to Cordova Community Church with the memo "Mozambique" and sent to:

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