



Helping train third world missionaries July 2022

Costa Rica, Here We Come! ... Well, Maybe Another Time

I had hoped that in this letter we would be sharing exciting news of a trip to Costa Rica for the July ProMETA annual staff meeting, but it appears that we won't make it this year. Our passports (out for renewal) did not make it back by the cut-off date for registering for the meetings. We were looking forward to meeting in person some of the people we are working with online but maybe another time! In the meantime, Robert continues to mentor and advise students and administrators online.

Leisurely Visit Erupts Into Busy Day



After finishing quarantine due to a guest in our home having covid, I recently got clearance from Mom's nurse to visit Mom again. First thing in the morning I went over prepared for a lovely leisurely visit. I wasn't there more than 15-20 minutes when Robert called to have me take him to the ER because his blood pressure was once again through the roof. So I quickly said good-bye to Mom and ended the too-short visit after a too-long hiatus from visiting. But here is a picture my brother Stu snapped during my brief visit.

The next several hours were spent at the ER with its usual hurry up and wait. Once his blood pressure was at an acceptable level, Robert was released—just in time to accompany me to a critical consult about my upcoming cataract surgery complicated by a previous eye surgery and possible glaucoma.

Matters of The Heart



In May I saw a new cardiologist (the old one was too far away). He heard a pronounced heart murmur, noted my history of *"severe mitral leaflet prolapse with eccentric mitral regurgitation"* and asked me to come back in June for a new echocardiogram to assess the current status. To my surprise, after looking at my new echocardiogram, he asked me, puzzled, what I was there for. "Mitral valve prolapse," I replied. He exclaimed, **"You don't have mitral valve prolapse!"**

I was astonished! Diagnosed in 1981, I have had periodic echocardiograms over the years to monitor the status of it as it worsened! Plus, he himself had heard the murmur the last time I was in his office and had seen my history. **But on the day of the new echocardiogram, he heard no murmur and saw no mitral valve prolapse!** Incredulous, he studied the echo again and decided that I had a tiny inconsequential prolapse. Later he amended his report to indicate that I had mild to moderate prolapse—still an improvement from the original severe condition. Mitral valve prolapse in my experience does not get better on its own. **I'm so grateful to God for this measure of healing!**

The cardiologist did note a stiff ventricle wall for which I am to have a stress echocardiogram tomorrow to rule out a blocked artery as a causal factor. Please join me in praying for healing for this too.

When Did I And My Peers Become Senior Citizens?! 🤔

In June I joined the septuagenarians! And I discovered that 70 is a great age to be! I still feel like a kid inside, yet I have all the perks of a senior citizen! Of course my body is showing signs of aging, but I hope that my spirit is growing stronger and more child-like in faith and trust. *"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."* Psalm 73:26

Praise and Prayer

- Pray for Robert's health and for energy to throw himself with vigor into the ministry he loves so much. The cardiologist is still running tests to see if we can get to the root of his blood pressure issues. Robert also has kidney and other health concerns.
- Praise God for the measure of healing of my mitral valve and pray for healing of the stiff ventricle wall the doctor discovered and for no clogged arteries!
- Mom needs prayer for a stubborn chest infection and UTI that she has been fighting.



ER waiting room

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