Dear Family and Friends,

This past week i learned that being sick in a foreign country is not a fun thing. After arriving back from Uganda, I ended up getting food poisoning and spent most of Sunday night on the bathroom floor. The bad news was everyone in the family ended up sick that night too, but that also meant that I didn't have anything more serious like malaria or typhoid. On tuesday I thought I was recovered, but I had a slight relapse and ended up feeling sick and throwing up again. God is very faithful though, and I am now fully recovered.

So needless to say I pretty much rested the entire week, which was a bummer because Beka's mother was visiting. I saw her a little bit, but pretty much remained in bed. Her visit here was great though, and as an answer to pray she bought Ryan and Beka a new stove/oven and a refrigerator. (Previously there was no where to store extra food so we were having to go to the market and store everyday.) I also ended up missing Bible study and Sunday School training. But hopefully it will work out where I can go to Bible study when we return back to Kakamega.

We are leaving tomorrow at 7am for Nairobi, where we will be for a week helping a team put a roof on a staff house. From there we will be headed for Mombasa which is on the coast of the Indian Ocean. Someone said something about swimming, so it should be a good time!

For any who are interested I thought we were going to eat Fred last week, but that didn't work out. Since then he has taken to crowing outside my window at about 4 in the morning and continuing until the sun rises. So I'm hoping we eat him soon. However Beka informed me that he will be coming to Nairobi with us. I'm like great 6 hours in the car with the crazy chicken.  Oh well, I hope he taste good.

Prayer:

-Please pray for continued health and no more food poisoning or other illnesses.

-Please pray that God will be at work in the hearts of the kids that we are going to work with this coming week.

-Please pray for safety as we travel and please please pray that the car will hold up and that there will be no breakdowns.

Thank you everyone for all of your prayers while I was sick. It was very encouraging and much appreciated!

In Him,

Jen