

## Prayer Letter

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### April 2009

*Dear friends*

I had quite forgotten just how glorious springtime in the UK can be. I think it's just one of the many things that I appreciate more since going to live and work overseas. Every country has its own special beauty and Angola is no exception. But being back in England at this particular time has been great.

A little bird has whispered in my ear that it would be a good idea if I wrote a brief update, to explain why some Link Up visits were cancelled, to let you know how I'm progressing since my return from Angola in December and to tell you about my future plans.

I realise that not all of you are not on my monthly e-mail update list and so would not have been aware that the last six months in Angola were particularly difficult. To be fair, it's a challenge most of the time but this was above and beyond the norm. In brief, there were a couple of work situations that were not easy to manage. I also had immense hassle with the yearly renewal of my work visa, a close family member was undergoing hospital tests and I suffered recurrent bouts of malaria. If all of these situations has happened on their own then it might have been easier to cope but, of course, such things rarely do happen in isolation and the long-term cumulative effect of it all was that I arrived back in the UK physically, emotionally, mentally and spiritually exhausted and desperately in need of some rest and relaxation. For this reason, and on doctor's orders, my Link Up visits were cancelled and I apologise to all the people who had put hard work into their particular visit and were then told that I wasn't going to get there! I realise that it was disappointing, and probably a bit annoying too, but I just wasn't up to it.

I've been home for four months and, although I can't put my hand on my heart and say that I feel completely recovered, I can say that I'm feeling better than when I first arrived home. The combination of physical rest, good



home-cooking and no malaria has done me the world of good. However, I'm still not feeling as though I'm back to being 100 per cent and would appreciate your continuing prayers for a full recovery.

As for the future; well, the current plan is that I return to Angola in June. The date is still to be confirmed. If anyone wishes to be in contact with me, my mobile number is 07502 497914 but please don't call before 9.00am or after 9.00pm. I sleep late and go to bed early. I'd like to thank all who have sent cards and telephoned or contacted BMS to find out how I'm getting on. It's been so good to receive your words of encouragement, expressions of love and reminders that you are continuing to pray for me and care about me.

*With love*  
**Joan**

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