

Dear Friends and Family,

My work and stay in Kenya is continuing and being added upon. Let me explain:

My main project, working in the clinic at Kithioko, is always a blessing. I love to greet people as they enter the clinic, take their vital signs if my supervisors ask me to, and counsel them in nutrition if that is needed. I pray with those I counsel and enjoy their response to God's goodness. The nutrition research is also going well. I began collecting data this week and already have 8 subjects! Only 42 to go.

Other areas of ministry:

- making relationships with the people I meet (staff at the clinic, fellowship with the church in Mwingi where I live, random people I meet on the matatus and street)
- I am going to be speaking in many areas of Kenya to youth and HIV patients concerning nutrition, spiritual issues, and perhaps Christian sexual education.

There is much more for me to do here than I could have imagined, but only God can see it through. I am thankful to my Serving In Mission friends in Nairobi who continue to stay in touch and keep me accountable to my relationship with Him. However, it is no matter of force to get me to spend time with my Father. It is my joy, my comfort, and my strength! Sometimes, when I'm having a rough day, He is the only thing which keeps me going.

My sweet grandmother wanted to know about food:

Kenyans, at least in this part of the country, tend to eat the same food every day. chai in the morning (tea boiled with milk and sugar)
ugali (dense flavorless cornbread) or chapati (oily tortilla)
with

- boga (tomato, onion, khale, potato, margarine) soup perhaps with goat or beef
or

-gidari (beans and corn) mixed and fried

-they have many fruits that they eat like oranges, bananas, papaya etc..

It may sound boring but it keeps my appetite steady.

My first speech to the youth will be at a youth conference in Kithioko this Saturday and somewhere else on Sunday.

Please pray that God's message would be known and not mine.

Your short term missionary in Kenya,

Drew