

Dear friends

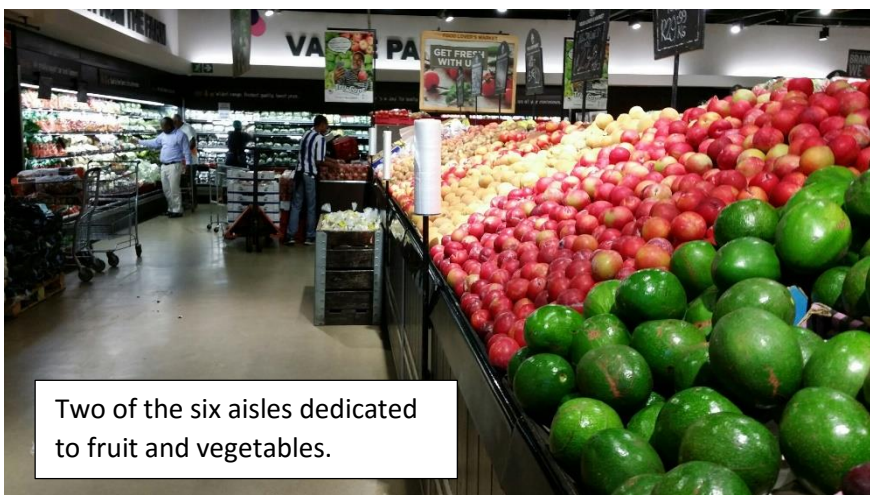
It is so lovely to enjoy the closer and greater amount of interaction we currently experience with our brethren in the Durban area. However, it does lead to a severe “time-crunch” problem for both of us. And, I have to admit, part of that is simply that our bodies and brains do not “move” as fast as



they used to! Ladies in my classes used to tell me that it was difficult for them, as older women, to learn things. I thought they were exaggerating, but now I see that I really misjudged them! I got out my Zulu vocabulary lists the other day in preparation for our trip to Zimbabwe and discovered that I have forgotten the simplest words that I used to know SO

well! ☺ However, that is no excuse to stop trying, and so Les and I work on memorizing verses, based on a blog site we visited over a year ago: <http://growinggodly.com/1/post/2014/09/simplifying-memorizing.html#sthash.LCsOZRCw.dpuf> Last year we only managed to memorize about 60 verses – but we can still say all of those verses! ☺ Every day we say the current verse, one of the almost-current verses, depending on if it’s an even day of the month or an odd day of the month, the verse for the day of the week, and the verse for the day of the month. When we finish memorizing a verse, we move it to even, move even to odd, odd to the day of the week, and the day of the week to a day of the month. Since we tend to memorize several verses together, we have not yet filled all our days of the month, but I assume that when we do, we will start over on “1” and add an extra verse per day to what we review. (By the way, next year I will work on my spelling! LOL!)

As far as day-to-day living is concerned, life seems so ordinary. We live in a city much like any other



Two of the six aisles dedicated to fruit and vegetables.

city. Once a week we get in our air-conditioned car to shop for groceries, travelling on roads that look much like roads in the USA (except the cars are all on the “wrong” side of the road). We shop in stores that look much like stores in the USA, except perhaps for “Food Lover’s Market.” Over half of that store is

dedicated to fresh fruits and vegetables, including several fresh herbs and vegetables that I have no idea what to do with! One of these days, when I have time, I will get my Indian friends to teach me. In the meantime, I have discovered the unique and enjoyable taste of dhania (coriander leaves) and jeera (cumin). Les is so happy because Indians grow okra, and steamed okra is one of his favourite foods. It is just a pity that our stomachs can no longer handle the spicy, tasty curries and brenyanis that the brethren are so fond of cooking. We are still pretty much on our Whole30 diet. Les has so much more physical energy and mental focus. He has added some things back in to his diet and is thriving. I am still struggling to see what I can add and what I can't.

Top picture, L to R: okra, chillies, Indian Karela, 3 different kinds of beans. Bottom: L to R: Green beans, brinjals (eggplant, bottom), some kind of cucumber (top), a type of soft-skinned gourd that tastes nothing like crook-neck squash, curry bananas (they don't turn yellow and get soft), two different sizes of baby brinjals, and I have no idea what those long ridged vegetables are – sometimes they are a foot long!



My Tuesday evening class has been such a challenge – and such a blessing. Since my 13 weeks with them at the beginning of last year, the women have grown so much in their ability to study God’s word and apply it to their lives. This year, the first week I taught, I listed several topics that women might like to study and asked them to choose. The “hottest” topic was, by far, “anger!” So a few weeks ago we had two classes on anger. In the first class we learned about general strategies for overcoming sin, and I gave the women some verses and told them to go home and read them and come up with Biblical strategies for managing their anger. They did a great job! They also came up with additional verses, and the second week, after discussing their findings in groups, we put the verses all together, organizing in them under sections such as “how to generally be a person who is slow to anger,” and “what to say when you speak to a person who angered you.” I took them home and made a booklet out of them (attached). However, if you want to print it, you will have to reformat it from A4 size paper to Letter size. (Some antiquated cultures still resist the metric system! LOL!)

As always, I close by thanking you for your love expressed in many ways, but especially in prayer. Please pray for us to have physical strength and wisdom to do what is right in God’s eyes in all the different situations we find ourselves in, as well as for rain so that the people of southern Africa can have water and the food they need at prices they can afford.

With love, Linda Maydell