## **Algaba Report on June 2023**

Dear Brother Mark and Family,

I hope this letter finds you and your family in good health. I also extend my warm greetings to all the brethren there, especially the elders, preacher, and deacons, in the precious name of our Lord and Savior, Jesus Christ.

I wanted to update you on my recent activities and work over the past month. Here are the details:

June 8:

In the past few days, my blood pressure has been unstable, and now it reads 202/107. I feel very dizzy and nauseous.

June 9:

I was confined to Paete General Hospital.

June 11:

Late in the afternoon on Sunday, I was discharged from the hospital.

June 15:

My wife and I went to San Antonio to visit and restore Brother Bobby and his family, they promised to attend the Sunday service in Jasaan. But my feet are still not stable as they are swollen at night. I am still unable to walk properly. I noticed that my doctor is primarily focused on my creatinine levels rather than my cholesterol. Cholesterol is the cause of uric acid, which, in turn, causes my swollen feet. Swollen feet requires me to take pain relievers, but pain relievers contribute to my creatinine levels. I have studied this matter thoroughly. I have been using pain relievers since 2016, and it was too late when the doctor discovered my high creatinine levels. However, I have another blood chem test coming up this July, and I will request my doctor to focus on my cholesterol as well.

June 16:

I stayed at home due to my swollen feet until Saturday.

June 17:

I stayed at home due to my swollen feet.

June 18:

Sunday service in Nasaan. My topic was "Be careful that he does not fall" (I 10:12) - topical, net version.

June 19:

Although I can drive my car, my main problem right now is walking due to my swollen feet. I am preparing for my upcoming trip to Mindoro. I spoke with Brother Danny Sikat and Brother Mario Cay about the Lord's work in Mindoro, both Oriental and Occidental. We agreed to activate the work of late Brother Eliseo Sikat, who organized the preachers there for a monthly gospel meeting. Starting this July,

we will also begin in Occidental Mindoro, as well as in Roxas, where Brother Chito Perez, currently in Canada, serves as a preacher.

For 2-4 days, we will be in Occidental Mindoro, and then in Oriental Mindoro. Brother Danny agreed to my request to visit my converts from 2004 in Bicol, who now reside in Lobo, Batangas. Brother Elmer requested that I visit them as well since he wants to establish a permanent service there. He and his family are very faithful Christians. Brother Danny may send his people there. I'm not certain if my feet will be fit at that time to visit the Quezon province, so I will plan the schedule here in Laguna for a one or two-day gospel meeting as well.

June 21 and the following day, I am preparing my feet for walking until the date of my trip.

June 25:

Sunday service. My topic was "The Eternal Plan of Salvation."

June 30:

My wife and I went to Paete to prospect, but everyone was out at their homes. Only one person heard me, but due to his busy business with many customers, my preaching was not effective.

I wanted to express my heartfelt gratitude for your unwavering trust and fellowship with me. I am especially grateful to the beloved elders for their guidance and support. Please know that you, your family, and all the brethren there, including the elders, are constantly in our prayers. We pray for your physical and spiritual well-being. May God continue to bless your kind and wonderful soul.

In Christ.

Efren