

A Change of Plans



Thank you for your prayers for our time of debriefing at Heartstream Resources in Pennsylvania. It's beautiful there this time of year with all the fall colors (see above picture of the Susquehanna River). We enjoyed the refreshing time and came away with some good advice. The program was very helpful to us. We discussed practical ideas of how to stay healthy physically, mentally, emotionally, and spiritually. Some of the lessons included hidden heart messages (falsehoods that we believe without even realizing it such as "I have to be perfect in order to be loved"), stress and how to cope, and seeing how the apostle Paul went through many of the same difficulties that missionaries face (conflict with ministry partners, lack of response to the gospel, physical hardships, etc.) and how he dealt with them. It was so nice to spend time with other missionaries and people who have had a lot of experience helping missionaries on the verge of or in the midst of burnout and depression. We were also able to spend time with counselors individually and as a couple.

Our big news is that we have decided to follow the advice of the experienced staff at Heartstream to stay in the US without a planned return date until we are healthier physically and emotionally. We had not realized how much all of the transitions from even before we were married had taken their toll. I (Sarah) realized that I have moved every year for the past 10 years. They also encouraged us to seek medical help for Travis who has had trouble sleeping for about 10 years. The lessons at Heartstream showed us how important sleep is and how much it affects every aspect of life. He has seen many doctors over the years about this problem but because of so much transition he hasn't been able to stay in one place long enough to keep seeing different specialists until they can figure out what is going on and help resolve the problem. The staff at Heartstream urged him to make this his top priority to avoid further health problems and help us to continue in this ministry long-term. We were reminded of how many daily stresses we face on the mission field (oppressive heat, cultural differences, seeing needs all around us, etc.) and how we need to be healthy in order to do ministry to the best of our abilities.

What does this mean? We plan to stay in our home in Kokomo, IN for the time being and focus on administrative work and long-term planning for Hope Remembered. At the same time we will be seeking medical help for Travis and will be putting into practice the healthy habits we learned. If it takes a while to get Travis' sleep issue resolved we hope to lead a small short term team to Guinea-Bissau later next year after the baby is born and stay in country for a few months before returning to the US to keep seeking medical advice for Travis.

We would love to meet with you whether virtually or in person to answer any questions you may have about our plans. If you would like to meet with us you can write to us at travis@hoperemembered.org or call/text Sarah at 765-398-7052 or Travis at 765-398-7141.



Sarah's sister Laura lives in Pennsylvania, so Samuel was able to spend several days with her and her family so that we could focus on the lessons. He really enjoyed his time with his cousins! We were also able to go camping with Sarah's brothers in Indiana.

Praises:

- For a good time at the program at Heartstream Resources
- That Samuel did so well for the first time away from us for multiple days
- For a good pregnancy so far

Prayer Requests:

- For answers and healing for Travis's sleep issue
- For renewed energy for our family
- For continued health for Sarah and the baby

GUINEA BISSAU
the forgotten country

876,000
total unreached population



Check out our website at hoperemembered.org! If you feel led to partner with Hope Remembered and the work in Guinea-Bissau you can also click on the link to donate or write a check and send it to the address below.

Our mailing address is:
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