



19 – 10 – 2017

Dear Friends,

My Hip Replacement Operation is behind me, all went well and I'm on the mend!

It's too soon to determine the long-term outcome and whether this second replacement procedure will provide the pain relief I'm hoping for, but my orthopaedic surgeon is very pleased with how things went, the wound itself has healed well and my strength and use of that leg is slowly recovering. 'Slowly' is the name of the game! Recovery after hip/ knee surgery is a process and one just has to be patient. There's no getting up, rushing around and doing too much; 3 weeks down the line and I'm still struggling with my basic muscle strengthening exercises, getting on and off the bed and in and out of a car! I still require help with very basic needs and am having to rely on others each and every day to meet them. Perhaps, by the beginning of next week, I'll be strong enough to venture into Morning Star for a couple of hours each day and slowly get back into my stride. But, I will still have to rely on someone picking me up and bringing me home again afterwards.

Thank you so much for your prayers, messages, cards and phone calls. They've been such an encouragement and comfort to me. There are just too many of you to thank individually, so please accept this open letter and know that I am deeply grateful for each of you and thank my Heavenly Father for bringing you into my life.

Please keep praying for my complete recovery, that I'll be able to carry on with my work at Morning Star unabated and even be strong enough to undertake a UK trip in 2018. That is the desire of my heart. Keep praying for our children and staff as well. Thankfully, our children are mostly well, the CCMA case with the staff member who reported me to the Dept. of Labour for unfair dismissal is finally over and a conducive settlement has been reached and Sarah Wilkins is safely back after her short trip home to England.

Yours in Christ,
Joan.