



My mama told me that ever since I could walk, I ran. It was in my blood and track was my thing in High School. I often relate many of my life challenges to that time of discipline. I remember us teasing other athletes of other sports, "There is no time out in track." Today, God has asked Karen and I to run a different kind of race and do you know what we have discovered battling cancer? There is no time out! Since I always ran the last leg of sprint relays, my coach would always tell me to visualize crossing the finish line first. As we run this intense cancer race, we have our eyes fixed upon Jesus and we visualize the healing that He has promised to those who believe. *"Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."* Hebrews 12:1-2

I know I just said that there were no breaks in battling cancer, but guess what? We got a break! After 21 months of dealing with multiple surgeries and 27 chemo treatments, our oncologists said no more chemo for a while. Karen had a May 7 PET scan and subsequent follow-up a week later to discuss the imaging results. We were happy to hear that the cancer in and around the liver had not progressed any further since the February scan, but it appeared to be more intense and active. Seeing that the disease is contained was a blessing. We were also thankful that Mayo Clinic in Rochester, MN agreed to see Karen, so please pray for our June 17-18 appointments. We are hoping that they will have some clinical trials, immunotherapy or any other treatments that will bring the cancer into submission. It has been a long journey since the September 2017 diagnosis, but we have experienced the powerful grace of God. Once again, I plead with you to not stop praying every day because our battle against this dreadful disease continues. We count on you praying and interceding on our behalf. Starting June 1, we are taking a needed one-week vacation while we are on this break from chemo. I am certain after we meet with the Mayo oncologists, more chemo is on the menu. Thank you very much for supporting us and know that you are loved deeply.



Karen and our kids on Mother's Day.

My March 7 right shoulder rotator cuff surgery and rehabilitation is progressing slowly, due to the extensive damage and repair. I am still undergoing physical therapy until mid-June and then I will be on my own with daily exercises and strength training. Funny how you take for granted one's ability to get a glass out of the kitchen cupboard. ☺

We take great comfort in the power of God Almighty when He spoke to Isaiah, *"You are my servant, I have chosen you and not cast you off"; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."*

SELAH
Pat and Karen