

Therefore, see that you walk carefully [living life with honor, purpose, and courage; shunning those who tolerate and enable evil], not as the unwise, but as wise [sensible, intelligent, discerning people], making the very most of your time [on earth, recognizing and taking advantage of each opportunity and using it with wisdom and diligence], because the days are filled with evil. Therefore, do not be foolish and thoughtless, but understand and fully grasp what the will of the Lord is.

Ephesians 5:15-17 (Amplified Bible)

Dear Friends in Christ,

As we journey through Spring after celebrating Easter, we pray that you are well and at peace in the Lord.

Sharon and I are doing well at this time. But since our last newsletter was sent out just before Christmas, she had a recurrence of her idiopathic autoimmune encephalitis symptoms. Just after New Year's, we noticed slower movement and thinking ability, like we had seen about one year ago. Sharon had been doing well even being off all steroid medication for 7 months. But we had been advised that symptoms could recur, and we were watching for them. We notified her neurologist promptly. Sharon was started quickly on high dose Prednisone, and she was like a new person the morning following the first dose. We praise God for the remarkable response to the medicine and for the answer to our prayers. Sharon's doctor does not want her to remain on steroids indefinitely to prevent such recurrences. Therefore, she has started her on infusions of rituximab, a new medicine to suppress her immune system without the side effects of steroids. Sharon will have had both of her initial doses in March but will only need the medicine twice a year. After 2 years of this treatment the neurologist will determine the next steps. Thank you for your continued prayers.

But, even with this process going on during the depths of winter, we have still tried to be making the most of our time. We have, at least, been able to visit a different Iowa supporting churches each month: St. John's UMC of Davenport in January, First UMC of Mt. Pleasant in February, and First Methodist Church of Marshalltown in March. We have been so blessed to have support over our many years of service by these and other faithful mission partners. It was good to make wise use of that time, because the coming several months are going to be filled with travel—as spring begins. I (Lynn) have just returned from Spain where I attended TMS global leadership training meetings. Shortly, I will go to North Carolina and Florida for time with my extended family. Then, Sharon will fly to join me to continue speaking to supporting churches in NC and Tennessee or Kentucky in May. June will find us speaking to more Kansas supporting churches on either side of a trip to Colorado to see our oldest son, Kurt, his wife, Annie, and their kids in Broomfield.

Late June and early July will hold some special vacation time, though, for just the two of us—taking the time for a trip we have been dreaming about for years. We will go to Washington and Oregon—states I have never visited. Then, we will take a

cruise to Alaska—a place neither of us has seen, but we have heard so much about. It is good for us to make the most of this time to make this special trip while we are still able to travel well.

I will be heading to Ghana in late July to help in a ProjectCURE training of midwives and birth attendants on hypertensive disorders in pregnancy—a major cause of pregnancy-related death in developing countries. After the training, we will then supervise our new trainees as they teach the same topic to others. Please pray for this upcoming training to be a life-saving blessing to flow out to many in healthcare there in Ghana long after we depart.



Of course, “making the most of the time” we are allotted on this earth is not only our travels, our work, our trainings, or even our service. It is also living right here –being the people God calls us to be –fully and authentically present to Him and to others. Sharon has undertaken the leading of a new small group in the church we have been attending. She is starting with the study of Emotionally Healthy Spirituality, by Peter Scazzero—encouraging discipleship right here at home. And we



really enjoyed our time at the first birthday party of our granddaughter, True, in February. (See pictures of True and Kali—daughters of our daughter, Joella, and her husband, Keashaun.) We are so blessed to be grandparents who have grandkids close by. We are thankful that we can babysit them a couple of days every week—and get to know them and share life with them at these important ages.

So, dear friends, in this season of Eastertide, we would encourage you to “make the most of the time” you have been allotted—this day, this week, and this year. And may you be blessed in every eternal way by our risen Lord as you do so in Jesus’ Name.

In Christ’s love and service,

Lynn and Sharon

Lynn: 720-646-6679

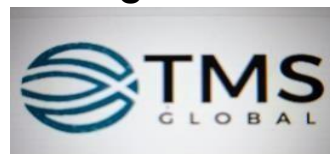
(lynn.fogleman@gmail.com)

Sharon: 319-333-5372

(sharonlynnfog@gmail.com)

**Address: 718 8th Ave.,
Coralville, IA 52241**

Serving since 2012 with.....



PO Box 936559, Atlanta, GA 31193-6559

1800-478-8963

DONATE: tms-global.org/give – **#3017 FOG SUP**