

January 14, 2020

Greetings in the name of Jesus!

It is hard to believe that 1/24th of the year is gone already! But you do not have to worry, this prayer letter will add years to your life! AMEN.

Kirsten & Ruth have come and gone as well as the family. Now we are getting over the heartache and back to ministry. Please **pray** that we will have wisdom for all things that our hands touch, and our mouths speak!

On the 31st, the 84 orphans and cooks in the feeding program at Navillus and Sergoit came together for a celebration. At that time, Grace's mother and brother were with us. Mom prayed for the new store we had built for storing the maize, wheat and beans. We purchase at harvest time to take advantage of the lower prices. (sorry, I never took a picture of the store) We feed 120 orphans in total and they all need **prayer**!

Kirsten and Ruth are back at ACU. They had a bit of snow their first night back. A treat for Ruth, her first winter in America. (it melted away the next day) **Pray** for them, they have some tough courses this semester.

Pray for Julius who is in Kitale learning agriculture this month at Organics for Orphans. They are 25 in the class from 8 different nations. He will finish the program on the 31st. We are trying to get the water tank up and things ready for him to move to Navillus where he will teach the orphans in the feeding program about vegetable and medicinal plants.

Pray also for a new program we hope to begin at Rock Center with our youth. We will be going over a book called, "Romance 101, are you ready for courtship". We have invited 3 other churches to send their youth as well. It will take about 6 months to go through the book as we plan to do it the fourth Sunday of each month after church services.

Pray, still no Work Permit. The Eldoret Immigration officer says I should not worry, they 'know my case'! Whatever that means?

I came across recently that Newt Gingrich had a site to give us all kind of useful info.

<https://www.gingrich360.com/productions/podcast/>

Podcast 51 is about aging. Dr. David A. Sinclair has a book to help us understand the ageing process.

<https://lifespanbook.com/> And on the podcast is Dr. Nir Barzilai. They both say the same thing. But here are the three Keys he gave for living longer:

1. Exercise
2. Obesity should be avoided. Both agree that fasting is very beneficial. He says the best way is eat for 8 hours and then fast for 16 hours. (I, Keith am doing this plan and have lost weight since returning to Kenya)
3. There is medicine that people with type 2 diabetics take that also help. At the moment in the USA it requires a doctor's prescription. In other countries it does not. Listen to podcast to learn more about this drug.

Blessings,

Keith and Grace Gafner



