



From the desk of

**Missionary**  
**Gary Weidenbach**  
MacTrips Coordinator

working with



**June 2018**

Greetings to all in the Lord,

May 31st and high today was 67 degrees, hard to believe it is the beginning of Summer.

It has been 2 and 1/2 months since my Heart surgery. I have been doing the best I can to follow the doctor's orders during recovery. Not always easy, but it has been well worth it. I am told at 6 weeks after the surgery my Breast Bone is healed, but full recovery is still months away.

My Cardiologist has enrolled me in Cardio-Rehab program, which runs 3 days a week for 90 minutes per session. The program runs for 36 sessions. Cardio-Rehab consists of a monitored exercise program. Exer-cises include a treadmill, stationary bicycle, weight lifting, rowing machine, elliptical machine and a few oth-ers. During this time I am hooked up to a heart monitor to make sure my heart is not over stressed.

At 2-/12 months a good portion of my energy has returned, but still have a ways to go. I am looking forward to the day when all my energy has returned. In consulting with my surgeon and cardiologist this years travel activities will be minimal. I have been instructed to stay close to home for at least the first 6 months.

I am currently working with the Brazil group from Bro. Jay Ross's Church who will be going to Peru to work with Bro Carlos Angulo. While in Peru the group with be conducting a VBS program and out reach minis-tries.

September will be a Mac-Med medical trip to Honduras with Pastor Edgardo Vargas and the Iglesia Bautista Misionera Vida Nueva Calzada Bulevar del Anillo Periferico in Tegucigalpa, Honduras, in Central America. Trip dates are September 7-14th.

Summer is always a busy time with VBS programs, Church Camp's, the National Meeting, vacations and longer days that bring more things to do.

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Hope to see you on the field.... Gary Weidenbach

## Points Of Interest

### 2018 Schedule

#### **MacTrips**

Peru  
July/Aug 2018

#### **MacMed**

Honduras  
September 2018

#### **Macedonian Missionary Service**

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