

*June  
2017*

*Lichinga, Niassa  
Moçambique*

*Deutschland*



**Dear friends, family, church  
Here my news from Lichinga!**

**Move** – to a new house with Sally, an Australian missionary. She studies Portuguese, after that Yao (ChiYawo), in order to stay for at least three years. She has been staying with the GIA team for 6 weeks, an Australian mission working among unreached people groups worldwide.

It is such a joy and a gift not to be alone anymore – a true asset!

She brought a little dog from a missionary family that had moved away, who is watching us together with my dog and three guards, now.



The local winter in the southern hemisphere: 25-27 degrees during the day and under 13 degrees at night, blossoming Bougainvillea's, pineapple, oranges...

Since most of the local missionaries are either travelling (extended home leave 8-11 months) or living far away, it is even more remarkable to know a group of five single missionary ladies. We meet every few weeks and cook together or play games. There is hardly anything else to do and watching a movie together is fun. A while ago we watched "The Shack" – recommendable, I think.



**Physical therapy!**

Splint left leg and foot for clubfoot therapy.





This little girl is about three months old. She has a slack paralysis of her left arm since birth, careful massages can help her upper arm; her mother has hope.

### Thankful

I am for my glasses, they are fixed, I really need them -))

From Reinheim to Lichinga! – My friend sent the new frame with instructions on how to change the glasses – just great, now I can see again!

### World Children's day! June 1st "Dia um de Junho"!



Noodles, vegetables and chicken with salad was cooked, sweets were distributed and games were offered.

### Here an example of a week....

**Monday:** Joined worship time at 9am at another ministry where I have a few friends

Afternoon: visiting the sick, for example C., 5 years old, he was burnt at the end of March, he needs his bandages changed every other day, which are being taken care of at the hospital so far. We may be able to continue his treatment. He is still weak after 6 weeks at the hospital. His family is very worried and takes good care of him.



G.'s house: I liked her immediately, she was in the final stage of HIV/Aids, Tuberculosis, weighs less than 30kg, 35 years old, chronic diarrhea, vomiting etc....

I was able to take care of her for three days, help her with very simple medication like Paracetamol and oral liquid. At her request we prayed with her, her mother and my Mozambican friend, God's presence was tangible in the room.

My effort for treatment at the hospital was without success. She had to be carried inside and out and was sent away with the instruction to rest at home and a prescription for antibiotics. She died May 28th. I know she had made peace with God. It was a privilege to know her!



Car repairs, quite frequent due to bad roads.



**Tuesday and Thursday:** Physical therapy for children from 8:30 until 12:00 at the Physical therapy department at the Lichinga hospital.

After a 30 minute drive through town to Mary, who works with special need children,



like here with C., who is blowing soap bubbles. That improves concentration as well as perioral muscles. Her uncontrolled salivation stopped completely!



Carolina and children of her family there, play group. Their joy touches my heart!

**Friday:** "Ladies Bible study! 14:00-16:15

In the morning visiting the sick or helping with exercise therapy or massage therapy: I was asked by a mother, if I could help with the exercises at the home of a one year old child with hydrocephalus, because I talk to the children. The doctor had advised to do so "but no one except you does it"...

**Saturday** – time for visits with other missionaries, shopping, repairs, cleaning, paying power and water bills, accounting etc.



**Sunday** – 3 hours church service, after that eating lunch together with friends, prayer meeting etc.



Right before sundown, indescribable beautiful. These photos are taken in the evenings, while walking the dog Ziva: Time alone with God.



### General Information about the everyday life

Documents, government offices like the immigration office or others like the health department are very time consuming. I usually read there or work through my emails and wait, only to return on another day.

Today I registered a 3 year old child for preschool. I had to return three times, went to the bank, which took 30 minutes, made copies, returned to the child's mother, who I had already talked to in the morning and then had to talk on the phone.... But, I made it!

All of that took three quarters of a day, even though I have a car and don't have to walk a lot in between.

Living expenses, for example:

Eggs from Malawi! We don't have a chicken farm. 30 eggs for 250Mtc.



Vegetables, like tomatoes, potatoes, salad etc. from the market is rather cheap (half a kilo of tomatoes for 70ct) but a can of corn €1.10, shower gel or body lotion up to €5 or instant Nescafe nearly €10!

You can buy a whole toast bread for 25-35Mt, but a toast Sandwich 100MT (66Mt=€1)

**Travel dates:**

Arrival in Frankfurt July 4th in the morning.

August 30th return to Johannesburg,

Arrival in Lichinga September 5th

via Nampula, because of the connections and a visit with friends in Johannesburg.

Seminar in July 9th-14th, after that family gathering and golden wedding anniversary of my parents.

End of July until the middle of August travelling in Switzerland.

**Thank you**

- For your great support that has reached and encouraged me during this year.

- For your mail with knitted hats and jackets for babies and toddlers, because it is under 10 degrees at night and very cold if you have to sleep on the ground without a warm blanket. Other things were in the packets as well, like sun blocker for people with Albinism or Arnica lotion I have been using in physical therapy for children with very tense muscles, also adapters, small Bluetooth headphones, books, chocolates, vitamins and more. EVERYTHING arrives undamaged!

- For your faithfulness, thinking of me, calling, whats app and so on.



***"Neither height nor depth,  
will be able to separate us from the love of God...  
...all things God works for the good of those who love him."  
From Romans 8***

Love,

**Heide**

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