

June  
2021

Lichinga, Niassa  
Moçambique

Deutschland



Dear friends and family,

Here some impressions of my last week in the South of Africa and my arrival in Germany.



Maputo June 10th  
21

Frankfurt,  
6am  
June 13th 2021



As you can imagine, I will spend 14 days in quarantine (due to the southern region in Africa), after that I will be travelling between family, friends, churches and different doctor's appointments as well as visits in Switzerland and Holland. I am looking forward to seeing you! I will return to Mocambique on August 16th.

### YWAM, Clinic Ministry

We mostly treat sick, even culturally and spiritually burdened women and children...

This old "Anganga" lady doesn't know how old she really is. This is quite common, there are no official documents or birthdates, so they make up a date. She is over 70 years old. We were able to help her with a little pain medication, good advice to drink at least one liter of water a day – NOT common practice! – Tumeric (anti-inflammatory, grows easily, available in the market) and then prayer.



been influenced by Arabic, English and Swahili as well as a few words from other languages in the country.



Short devotion in front of the clinic, waiting area – in YAWO, one of three local languages in the Niassa province.

I understand a few words, short sentences so far. I am learning, but at this point without lessons. It is a Bantu language that has



Prayer before the clinic ministry

K.!

This boy is especially close to my heart:  
He has improved so much.

He is slightly handicapped and at 4 years he can hardly speak, he has a hemiparesis with a slight spasticity. His mother described epilepsy.

While his mother described his symptoms, he suddenly fell and his head hit a table top in one meter distance with great force. He wept from the pain for a long time. We prayed for him and his mother and with their permission we removed the traditional healing charms.

We gave pain medication and food as well as the advice to visit the free center for epilepsy in a nearby town.

I am able to buy medication and food thanks to your support, for example the dry milk, sugar, oil, beans, peanuts and sun lotion factor 50 for albino children and other things that really HELP.



Three weeks later we saw a changed child!

K. is beaming, he has hardly any more seizures, eats better food and is gaining weight!!  
He understands everything and is happy to see us!

PS: You can see a healing wound on his forehead. Another proof that he is much better and doesn't fall anymore. (Here they call epilepsy the "falling sickness" "doenca de cair").

I can only say that this is EXACTLY what I love so much – to witness amazing changes, eased suffering and to see a happy child, as it should be. We see Jesus heal children and adults are set free!

**Kwashiorkor = a lack of protein**

This two year old needs antibiotics, vitamins and especially a protein supplement in form of milk every two to three hours as well as supervision.

We gave the mother some money for a trip to the hospital.

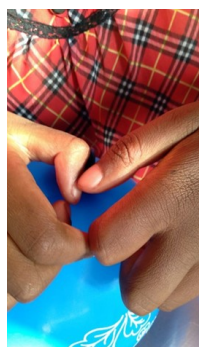
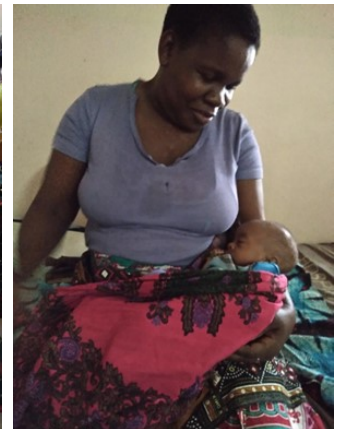
A child like that has a life threatening illness, it is an urgent, acute situation.

**21st BIRTHDAY!**



Al.  
is full of joy, hope,  
despite the pain and three deep chronical wounds.

I do my best, with daily exercises of moving arms and legs. We hope, the family is doing more, because it prevents and eases pain through spasticity and contractures.



She is sending "hearts"!



## Before departure

Maputo and Johannesburg – meeting friends, missionaries, Ireland, Brazil



### WHAT is going to happen in Europe?

Looking at my own traces in the sand. I know that God has good plans and he will continue to guide me step by step. I have spent nearly 19 years in Mocambique and I am looking back to appreciate the riches in relationships and precious friendships and my health – here and there, in both worlds. Although it has become harder to adjust to life here, to be honest! .-)  
I am looking forward to meeting, live and real!

Thank you so much for your prayers and support, may God bless you.

*Heide*

Cellular phone for Germany: 01575-25 44 125 (starting July 24th)

**IMPORTANT:** Mail to Lichinga, Mocambique:

WILL be CLOSED soon! PLEASE DO NOT send anymore mail/packages – SADLY!

**P.S.: What I have been reading in Quarantine:**

Philip Mickenbecker “the real life guys”( +9.6.2021)  
Jana Highholder „double the blessing.”  
Both biographic and worth reading!



My two guard dogs.

They are faithful companions and guard well.

And they fit into the new car as well — I am so very THANKFUL — IT RIDES EXCELLENTLY!!! No problems and nearly every terrain, reliable and steady.

### Donations for UK:

Bank of Scotland  
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Acct. number 00382152

**Please include your name and address on the transaction and earmark them for GM – Zwirner**

### Donations for USA:

Please mail your donations to:  
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