

Kumalo Update

09/05/2023

Dear Friends and Family,

Just wanted to fill you guys in on what's new these days.

Therapy is going great! On our last trip for therapy, I also had a new set of X-rays, and another follow up online appointment with my surgeon in South Africa. He thinks that I should seriously consider doing surgery not so much because my neck is unstable but more for pain management. I'm still not feeling at peace with it so I will continue to wait a bit longer.

I've been doing yoga 6 days a week, intermittent fasting and fasting 24 hrs once a week and doing a 72 hour fast once a month. Not eating much sugar has helped a lot too. Really seeing a difference in my pain since adding yoga to my daily routine. Feeling better with each passing day!!!

The weather is not as cold now; our winter is pretty much done. It's still nice to feel the cold crisp air in the mornings and evenings but our days are getting warmer and warmer. We had our first snake come out to greet us last Friday so I sure our winter is done.

On our way home last month from Lusaka, we stopped by a school that we are wanting to send our girls to starting in January. It is a weekly boarding school and will be home with us from Friday afternoons till Monday mornings. Our girls have been asking for some time (mainly Risa) to go to a school and make friends. Their only friends here moved away a year ago and have not made new ones. They would like to go to school to not just make new friends, but to take music lessons, art classes, try various sports and have a "normal" school experience other than our homeschool. This will all be so a huge adjustment for all of us, but we all believe that it will be a good fit for our family at this time. The girls met their teachers on our tour and loved the campus. Change can be hard but exciting at the same time. We are all looking forward to our next chapter.

In Lusaka...

Risa growing up so fast! It's hard to believe that she is 11 and Arya is 7!!!



Going on our daily walks. This is our daily time for our family to touch base and debrief together.



A couple of months ago now, one of our older boys Glad, came home to set a wedding date! He got engaged to Anita back at the end of March. We settled on December 16, 2023! Can't wait. Glad is a Registered Nurse and is currently working and putting himself through his PHD in Public Health. He is just about done year one off two. J and I are so proud of him for his accomplishments, his hard work, and dedication to his work

and to God. Glad also has planted a church in Zimba and is very active within this church.



Our schoolboys were all home this month! We all enjoy having them home in between each semester. We have been playing games, painting, cooking together, and unpacking from our Westreach Medical Mission. On Wednesday nights we do a Life Group with our boys and older girls where we chat about life issues, any challenges, and questions that they have, and study Gods word as a family.

Prayer requests:

- Please continue to pray with me for complete healing in my mind and body.
- That God will provide us with the funds that we need for us to be able to send our girls to school starting in January 2024 or sooner.
- For us to be able to find a sponsoring church.

Love,

Jason, Cintia, Risa and Arya