



There's nothing like a T-Bone steak for Sunday lunch, especially after preaching in the village, and believe me, this was nothing like a T-Bone steak! The menu at the pastor's home this last Sunday was rice

and offals. In this case, offals means intestines of a goat. Thankfully, we were served chicken and we were allowed to pass on the intestines. God is good! Eating out in the village is not for those with a weak stomach.

Our physical bodies require food so that we will be healthy and strong. This week we are reminded to eat the meat of God's word so that we will continue to be healthy and strong spiritually. May we discover that the promises of God are not pie in the sky but steak on the plate. Let's eat!

Until next week,
Wes, Lorrie, Tembi and Karis