



October, November, December 2019  
[NUMBER 150]

## Dear Friends,

You will see from our list of dates that we are travelling less and less, in keeping with what we felt would happen when we decided to free up our diary. However, we have been far from idle with lots of time spent with our neighbours, finishing off sorting out our neighbour's estate, and visits to the chiropractor for Grace. We are slowly adjusting to this new rhythm and finding that it is a much better pace of life. We are loving spending time almost daily with our neighbours either for coffee, tea or meals together, and we are having some very interesting conversations.

We continue to support the chapel meetings which are held in the school that we meet in on a Sunday, where we are reading through the Bible together. We learn so much from being with the young people that come and realise that they are facing issues that were never on our radar at their age! I still go once a month to Sparks, which is a mother and toddler group run by the church, and I am often the only man there.

Frontline, which we lead, continues to be a great success. Frontline is specifically geared for the over 50s but in truth it is probably more for those over 60! We are in the process of planning next year's programme and it is looking exciting. We gather around 40-50 people and it is proving to be a safe place to bring friends.

We want to thank those of you who have been praying for Grace's health. We have been visiting the chiropractor three times a week, but I am delighted to say that we have been able to reduce that to twice a week. It has been a very long haul, with Grace living with severe pain, but we are delighted to say that at long last we are seeing improvement. Grace still has to take four strong pain killers a day and is not allowed to do such things as housework or ironing. It has been wonderful to see God's provision month by month as we have to pay for the chiropractor. Please continue to stand with us to see Grace totally free from pain.

Sadly, the Monday evening circuit training is on hold at the moment and I must say that I miss going. However, I have taken up swimming at our local sports centre. I go three mornings a week and swim 32 lengths, which is half a mile and, because I am over 75, I only pay an annual fee of £10 per year and swim for free!

In closing, we realise that our newsletters are somewhat different from those you have previously received, but we value your ongoing support and prayer more than you will ever realise.

**Yours for the Harvest**

**Norman and Grace**

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### Please pray for the following:

Please note that some dates may change and others may be added.

#### OCTOBER

22nd	Business Meeting	Norman
31st	Sparks	Norman

#### NOVEMBER

1st	Frontline Film Evening	Norman & Grace
8th	Leaders' Day	Norman & Grace
22nd	Grace's Birthday	

#### DECEMBER

3rd	Business Meeting	Norman
4-5th	Conference	Norman
7-14th	Renaue (USA) with us	
10th	Frontline Party	Norman & Grace



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