

Dear Support Team,

I wanted to get back with you on my trip to Kenya. I apologize for the delay, after getting back I hit the ground running trying to catch up with work and family related commitments. In a nutshell, the trip was great. Logistically we had no major issues and our travel went smoothly.



The clinic was held at a local church for 4 days. Each patient was asked to fill out a short form to assist the medical practitioners. However, the form also allowed the local church in Karatina to follow up with them later. After filling out their form the local pastors would explain that we (Kenyans and Americans) were there to give them free medical care, no strings attached, because we loved them and cared for them as does our Savior Jesus Christ. The next station would be triage, where some basic medical questions would be asked and their blood pressure would be taken. This station was manned by both Kenyans and some from our team.

It was really great to work side by side with a great group of medical professionals from around central Kenya. The local team included lab technicians, nurses, nurse practitioners and two to four doctors from the local hospital. Additionally there were 30+ pastors and spouses from around central Kenya that came and gave of their time to serve at the clinic. They spent every night on the floor of the church. Their meals were prepared on site in a makeshift kitchen over an open fire. It was pretty inspiring to see them give of their time and comfort.

We had several instances where there was a serious medical condition that they were unaware of. Some patients had stroke level blood pressures. At times our clinic looked more like an ER.



After having their vitals taken the patients would wait in another tent where more of the local pastors would sing and continue to share the gospel. Then a few at a time would be taken over to where the exams were being conducted. We were fortunate enough to have a second building that had two distinct rooms, one for the exams with the second being set up as our pharmacy. I was in awe of the doctors and nurses as they performed so well in a rudimentary setting. Although there was a constant line each of them took the

time to really care for each patient in a loving, compassionate, and thorough way. It was an atmosphere of everyone doing what needed to be done without complaint and with a great loving attitude. The Kenyan pastors and medical team were awesome.

After each exam a prescription form would be filled out and then on to the pharmacy. Due to some local volunteers being unable to make it I spent most of my time during the day dispensing drugs. Who knew I was a Pharmacist? While they waited for the prescription to



be filled, more local pastors would sit and connect with them. At times we purposely slowed down to allow the pastors enough time to meet with each patient one more time. However we were usually swamped, so slowing down on purpose wasn't necessary. The team was able to see 1,100 to 1,200 people over the 4 days with all of them at least receiving multivitamins, but most were able to be given blood pressure medications, hypertension meds, pain meds, etc... Many had not seen a doctor in years, if ever.

Major highlights included several conversions. One man was even baptized in the local river that same day!

Other highlights were connecting and supporting a great local body of believers, possibly saving a few lives, and giving medical attention to the team of pastors and their families.



Kenya is a beautiful country. Through this trip and with the help of Bernard, our local partner, I learned that I need to continue to be pulled out of my comfort zone, slow down to connect more relationally and not be so task-oriented. I am sure there is a balance somewhere, it's just hard for me as I am a task guy at heart.

I am so grateful to all of you. Through your financial support and prayers I was able to take this trip. I am planning on going back next spring to reconnect with my Kenyan brothers and sisters and to serve at another clinic to be held somewhere else in Kenya.

Thanks again and God Bless,

