

A Day in the Life

Dear Friends,

Again, I bring you greetings from Texas! I am still under the care of Dr. David Templin and his colleague, a pain specialist, Dr. Eric Miller. I am a patient at the Texas Therapist Center, where I am receiving physical therapy that includes acupuncture and traction. I have also been given prescriptions for pain medication from Dr. Miller for the pinched nerve in my back. To date, I have had 2 steroid injections in my spine, the first on November 18th and the second on January 9, 2014. All of these techniques have contributed to the wonderful progress that I am making. I can now say that my pain is on average a level 2 on the scale of 1 to 10. Both of my doctors are still discussing if there will be a need for me to have surgery. On January 8th, I had a new set of MRI scans taken and the doctors are reviewing them.

What have I been doing when not in therapy, you ask? On Sundays I attend church. When I first got to Texas I attended Peace Lutheran Church with the Johnson family. When they left Texas, a friend of the Templin family took me to St. Paul Lutheran, and I have been attending services there since. The Pastor of St. Paul Lutheran, Rev. Paul Owens, has arranged for some of the members to take turns driving me to church. I really enjoy it.

I have had some fantastic visitors while in Texas! On December 7th, Tom and Marcia Geary stopped to see me on their way to see their son, Ben. Then, as he does almost every year, Pastor Jimmy visited Texas. Pastor Jimmy spent Christmas Day with me at the Templin's house, stayed over, and left the next day. Then on December 29th, I had the privileged opportunity to visit his hometown, Round Rock. That day Pastor Jimmy met me and Gloria Johnson, and took us on a tour. He showed us where he was born, the schools he attended, the church where he worshiped, and the organ on which he began his music lessons (which is still there, and working well). Most importantly, I got to meet Pastor Jimmy's family, including his brother Gary. Gary has some ideas for agricultural innovation for Akrapa, and I hope to have him as a resource person to help with this project when I return to Ghana. (More information on that topic later.) I shall remember this tour for a long time to come! It was as if Pastor Jimmy "returned the favor", because when he came to Ghana in 1996, I showed him all around my home.

These visits were like having the whole church visit my bedside! Pastor Jimmy and the Gearys both came with greetings, prayers, and well-wishes from our FLC congregation, and it meant the world to me! I am looking forward to seeing all of you! I will be in Ohio at the end of January, and the beginning of February.

Blessings,
Pastor Ben