



UTREACH CHRISTIAN FELLOWSHIP

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Highs and Lows

Last month, we had many reasons to celebrate. We were the witnesses in the wedding of a couple that we have shared with and poured into over the last seven years. I also had the opportunity to give a workshop on some Christian counseling principles to my ladies' English speaking Bible study. It was such a blessing to be able to share the things that I have learned and to see fellow missionaries processing how trauma, the way we build relationships, and how our character is developed can be applied to their own ministries. I have also had some great conversations with fellow missionaries, Hondurans, and my own husband related to mental health. It is no secret that the world has really taken a hit in terms of depression and anxiety for a variety of reasons. We see that all around us as well. During the pandemic, one of our neighbors and the brother of a good friend committed suicide, and I have thereafter considered what he needed and how he could have been reached. Mental health is often the area that least receives humanitarian aid and is often ignored even in missions work, but God deeply cares about the whole person. Who we are and how we behave begins with our experiences, thoughts, emotions, and what we believe about ourselves, God, and others. The more I learn in my master's program, the more I feel like God tailor-made me to be a counselor, and I am seeking Him to discern what it looks like to be a counselor

News from Honduras

missionary.

In March, we also experienced some sadness as our sweet dog, Rocky, passed away. I am so grateful that he did not die while we were in the US, and I feel relieved that we had some time to care for him and enjoy him. But, I miss my protector and companion so much.

Prayer Requests

There are many aspects of life where we are waiting on the Lord and His open doors. Here are some areas where you can join us in prayer:

*Heart valve surgery for Raúl's mom – that God would open the right door at the right time and provide the finances to pay for it. So far, we have been in contact with Operation Blessing and a medical brigade from Duke University, but we haven't received any answers from them yet.

*Practicum/internship placement – My plans B and C have fallen through. I have one more option, but it is dependent on my prospective supervisor passing a licensure exam. We have open hands and just want the Lord to lead us. Delaying my graduation is also on the table.

*Please pray for my husband. He has been under a lot of stress because of lowered income at his business and an ongoing property line dispute with the person who bought land beside him. I can see the Lord is working in Raúl's heart, but right now is a struggle, and he needs hope.

Sarah and Raúl