



## Finding A Healthy Rhythm in Life

How fast time flies! We have already been married for 10 years and we are also in our 10th year of living in Nicaragua. Throughout these years God has been faithful and we can echo what Jesus' disciples said in Luke 22:35: "When I sent you without purse, bag or sandals, did you lack anything?" "Nothing," they answered. Over the past decade, we have seen abundant fruit in our ministry and we have experienced the mercy and provision of God every day.

Even though we have experienced great joy in our ministry, the past 10 years have required much work and continuous effort. While we have experienced difficulties, setbacks, fatigue, tears, and ever-greater responsibilities, we desire to continue ministry in Nicaragua for many more years. We recently scheduled some time away from ministry to reflect on our ministry and focus on developing our strategy for the next 10 years.

During this time refocusing, we followed the example of the trout—a fish that requires a habitat with cold, fresh water. Much of the time, trout live in fast-moving currents where they find an abundance of food, but these currents demand a lot of energy. Living in these currents without a break would be deadly for the fish so trout have a strategy to maximize their productivity. When they've been in the strong current for a while and are tired, they find a deep hole where they can rest from the current and restore their energy. After a period of rest, they go back into the fast-moving current to resume feeding. They continue this pattern throughout their lives with periods of intense activity and periods of rest, establishing a healthy rhythm and balance in their lives.

We love to see how God designed these fish and how much he teaches us every day through his creation. As a married couple, we learned that we need the same pattern in our lives. The currents in our daily lives can also be intense, but we have learned to establish intentional rhythms in our schedules to allow for intimate time with God, as well as time for family, recreation, friendships, and service.

After returning from our break, we shared what we learned with our team and with our church. We are learning to find a healthy rhythm balancing ministry and rest in our lives so that ministry stops feeling like a burden and once again becomes a joy in our lives. This time away to re-focus and be renewed affirmed our love for serving God which we want to do for many years.



*Gathering for Sunday worship*



*Kids' ministry*



*Milo and Raquel*

Please join us as we rejoice and express our gratitude to God that:

- The Nagarote ministry continues to grow numerically and spiritually as the people mature in their faith. On May 20 we celebrated five years as a church.
- Six students are enrolled in our Bible classes in preparation for serving the Lord.
- We have been able to demonstrate God's grace in our community by sponsoring soccer tournaments and church outreach activities.
- We have not had a robbery or break-in at the church in the past year.
- We have started the construction of the sanctuary on the church property in Nagarote. When this is completed we will be one step closer to turning the ministry over to the local leadership that is being developed.
- God has provided through people like you, enabling us to live and minister in Nicaragua for the past ten years and be a blessing to the people here.
- After six years of trying to become pregnant, God has finally granted us the privilege of becoming parents. Wow, we know this is from God, and we are very grateful for His blessing.



*Ministry at the landfill*



*Women's Bible study*

Please join us in praying for:

- Teams coming from the United States this summer, as we are planning a large children's outreach event and will need a lot of help.
- Wisdom as we develop and work through the construction of our sanctuary.
- Approval of our visas and the documents that will allow us to stay in Nicaragua long term. Pray that the Lord will open doors and grant us favor with the government so we can live here long term without the stress of wondering if our permission will expire.
- Those we are discipling, including Anthony, Hamilton, Mercedes, Maynor, Harold, Karlin, Yordin, Sharon, Allison, and Maryam.
- That God will guide our steps as we plan to begin ministry in the town of Jinotepee by the end of this year or the beginning of 2024.
- Raquel's pregnancy; that our baby is healthy as it grows and develops and that by the end of this year, we can celebrate the arrival of our first child.

With love, His servants in Christ,

Milo and Raquel

*"But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God" Acts 20:24.*