

Martin and Fran Russell working with



25th August 2021

*Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.
Let all that I am praise the Lord;
may I never forget the good things he does for me.
He forgives all my sins
and heals all my diseases.
(Psalm 103:1-3)*

Dear friends at BH

"It never rains but it pours!" exclaimed Erica the bar owner last Wednesday when Fran explained why Martin wasn't with her at the bar. Tuesday 17th August, he tripped on an uneven pavement while walking Gioia and broke a bone in his foot! So now he is in plaster for 3 more weeks and can only move about with two crutches. As you can imagine, our lives have become rather complicated!

Fortunately, many friends have rallied around and we have a rota for the next few days of people to walk Gioia. Fran, praise God, is more mobile and can do the shopping and have it delivered. Martin can still hobble around the apartment and cook. Please pray for us as we still need to plan how to organise our lives for the next few weeks. Especially pray for our time of holiday, obviously we can't go away so need to be creative with what we do. Martin is currently investigating hiring a wheelchair that he can move himself as Fran can't push him with her new knee.



We are thankful to God, things could have been much worse. Martin wasn't far from home so was able to hop back! The next day an ambulance took him to A&E and he was in and out in under 3 hours. He can still work from home. We have many friends to help including neighbours upstairs who came to the rescue immediately in helping Martin when he arrived home plastered up. Our landlord installed Air Conditioning for us this year so we can stay cool during this hottest part of the summer. And, Fran's recovery is going really well. (Her Physiotherapist gave her glowing praise this week at how well she is doing despite the pain and discomfort).

Thank you for all your prayer, support and encouragement. With our love as always

Martin + Fran xx

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