

The Focus of my Stress Battle

No fixed abode and limited finance

Accommodation Difficulties and Blessings

The basic needs of Food and shelter and being able to find an iron to keep clothes neat constituted '*the straw that threatened to break this donkey's back*'.

Experiences throughout the three months proved that the constant difficulties encountered in getting the essentials of life, rather than becoming "the proverbial straw" acted as a timely *safety valve* that countered what could have constituted 'real stress factors' and major blocks to progress.

Kusum Vithana's intervention and Charlotte Prasant's hospitality for the first four days

BLESSING A unique and important first hand introduction to a wide variety of sources of material wealth in Sri Lanka. A beautiful island rich in natural resources.

Hospital Christian Fellowship Asia Pacific Conference – I intended to attend daily, however, no alternative accommodation in the location left no option than to part with \$100 leaving less than \$300.

BLESSING An abundance of good food especially fresh fruit, luxurious comfort and down to earth conference input, was an unplanned treat that provided much needed opportunity for rest and regeneration in preparation for what was to come.

Post conference relief: a warm invitation by a young couple from UK to stay with them.

BLESSINGS A perfect setting, quiet, spacious and well ventilated room to myself, the use of telephone and computer and the congenial company of this delightful young couple was short lived due to a vicious Tantric attack on the third day clearly directed against me.

The mental and emotional trauma to my host and hostess would in the long run be minimal in relation to their increased awareness and understanding of the diabolical forces of Tantric.

The Patient Sarai in the Baptist Church - with the use of the bathroom in the Hall provided relief for a few days on this and one subsequent occasion.

BLESSINGS Within walking distance of the hospital with a nice bright cafeteria that served economical nourishing food. Gave opportunity to share with some patient's relatives in need of more than the formalities of health care. Thomas's cup of piping hot sugarless tea at 6.0am was a real treat.

YMCA Rooms when available provided the basic essentials at a reasonable rate but even that was difficult to sustain.

BLESSINGS A Chapel Service to begin the day, cafeteria with good cheap food, well stocked library, TV and card telephone inside the lobby cheaper than the Communication Centre.

Access to YMCA Administrators who gave invaluable assistance in countless ways and in particular led me to their counterparts throughout Sri Lanka.

Being directed to the Communication Centre in the YMBA – Young Men's Buddhist Assoc. The gentleman preparing my invitations exclaimed with joy as the first name CNO Wijaya Laxmi had been the Ward Sister in 1982 when he had suffered a major accident that had left him with marked physical limitations. What a joy to hear his praise for her fine qualities and service and to be able to convey this to her.

This same gentleman having tried in vain to help me find an ironing facility when I was getting desperate one Saturday, brought his iron for me the next afternoon.

Tania Polonnowita's invitation to her lovely home was an oasis.

BLESSINGS To be welcomed into a family was a very special privilege. Tania and her parent's generosity, love and thoughtful care cannot be adequately expressed. The joy of a nice bathroom, iron, delicious packed lunches; and Tania's very practical gifts of Peppermint Cooling Foot Lotion and Marmite that continue to sustain and give me comfort here in India.

Siloam Mission accommodation found during my last week in Colombo provided a longed for base to which I could return.

BLESSINGS Congenial environment with the joy of an attached bathroom and lounge, as well as kindness, understanding and prayer fellowship with Pastor Mercy and Daniel.

The Bible House Annex central and convenient.

BLESSINGS PROVIDED every convenience on arrival from Galle at noon until the bus collected me at 9.30pm.

Blessings Beyond Measure the priceless privilege to meet and share with so many people from within Sri Lanka and from overseas could never have been had I my hearts desire – a fixed abode!

Each change brought me into contact with complete strangers who were to play a significant role in the full fulfillment of our commitment to Nurses throughout Sri Lanka.

With genuine humility I could pray forgiveness for my little faith in comparison to the magnitude of God's provision and His love and grace that came to me through so many people in different walks of life.

Where May Nurses Cast their Care?

A Nurse's life is a life of involvement with others.

We can never be an island unto ourselves.

But we can draw apart in the busy-ness and uncertainties of life to the One who said we would never be tested beyond what we could bare because of His abundant supply of grace and goodness.

The Lord Jesus Christ also said "In this world you will have tribulation but be of good cheer, I have overcome the world" John 16:33

Being the Cause of Stress in Others.

When a Nurse or any person welcomes a total stranger, let alone someone with the integrity and experience of Kusum Vithana who, from day one shared with the professional integrity and wisdom I have learned to appreciate and respect from Nurses all over the world; it was a deeply saddening experience to come to the realization that she was being gunned because of me.

Gunned from within the profession e.g., the Matron who ordered me out of the Nurse's Quarters stated that she had informed Kusum Vithana, Or why after so many weeks should a Nurse suddenly appear and decide to interrogate me in no uncertain terms on when and how I had met *'My friend Kusum'*?

Only Kusum and God know what she was subjected to from certain Administrators including the Deputy Director of National Hospital, the unions and the Buddhist Clergy.

The first indication that I was causing Kusum Vithana stress came when I was having real difficulty in keeping touch. I brushed the thought aside knowing that she was heavily committed in a new sphere of activity.

However, sensing the seriousness of the situation I chose not to inform her when I approached the Defense Force Institutions or that I was leaving Colombo to visit other parts of the Nation. She could in no way be held responsible for where, what and how I chose to distribute the many cartons of Modules.

My greatest sadness was to leave Sri Lanka without meeting Kusum, to embrace her and to thank her for the very the practical help given me and very specifically for what she had suffered on my behalf.

THE SECOND PERSON that was placed under great stress was the Deputy Director General of Health in the Ministry. Dr. Terence de Silver who was being viciously gunned by members of his own profession and the Clergy not just because of me but as I was to discover later because he had chosen a different religion. No doubt the fact that I had chosen to become a Christian added grist to the mill. It also made me deeply thankful that my own father had raised no objections when I made my choice in life.

Discretion prevailed and not wishing to add fuel to the fire I made no attempt to meet the DDGH.

THE THIRD PERSON to be placed in an invidious position due to my wish to donate modules to the Nurses was Wijaya Laxmi CNO of National Hospital.

The extent of marginalization and suffering experienced by the Principal PBSON and Acting Principal SON Colombo who recognized what I had to offer and cared enough for Nursing to extend with discretion, as much opportunity as possible, was painfully and embarrassingly apparent on my last day in Sri Lanka when I went to personally say thank you and good bye.

While the Ministry ordered her to deliver the Union threatened if she did and the Medical Profession made sure she couldn't!

On my return to Colombo the evening prior to my departure, I rang to invite The Director Nursing (Medical Services) and the Director Nursing (Public Health Services) to lunch, offering the choice of three venues, however a Union meeting was scheduled and there was only a remote possibility that she may be free at 11.0am. Next morning the turbulence in the PBS getting information for the Priest by 9.00am to the Ministry indicated a stormy day ahead. With several other commitments plus the energy, and travel time involved for an almost certain abortive effort, with regret I decided it was not feasible

How I prayed that the many other Nurses throughout Sri Lanka who reached out with professional concern, love and integrity would not become snowballing victims of such irrationality.

Such unintended consequences of purely professional activity as stated, demands critical re evaluation of intention, goal and means, with the overall outcome, expected and unexpected.- the good and the bad of the exercise undertaken.

Our motive, intention and goal stand with integrity before God and man. The means used were clearly based on professional responsibility founded on each Nurse's Constitutional right to freedom of thought and action with Government Authorization of each Nurse to practice with integrity. Due respect was given to the Ministry of Health instructions; every detail was prayerfully under-girded by commitment to our Pledge solemnly taken before God and with respect to the peoples of each of the three Nations involved, New Zealand, India and Sri Lanka..

He Is Able

I commit 'Now, to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory...' in the life of each Nurse and through our Nursing Profession in Sri Lanka by Christ Jesus ...Amen

While the words of the following song confirm my experience in Sri Lanka they are also an affirmation of the above prayer of commitment:

What Joy to Know

He is able, He is able, I know He is able

I know my Lord is able to carry me through

He is able, He is able, I know my Lord is able

He healed the broken hearted and set the captives free

He made the lame to walk again and caused the blind to see

He is able, He is able, I know He is able

I know my Lord is able to carry me through.

And I say with joy - this applies to each Nurse in Sri Lanka.

FINANCIAL ACCOUNTABILITY

Nursing With A Difference has a definite policy of not soliciting or borrowing money. Our income comes from the sale of our own productions – the Modules, Video film and CDs and spontaneous donations from Nurses and Nurse's families, with a few from 'OTHER' caring friends for which we are most grateful.

The following Statement of Accounts is included for the following reasons:

1. That the Trust is committed to donating when a need is clearly identified and we do so willingly.
2. Nurses need to know how their contribution has been used to help thousands of other Nurses.
3. Nurses receiving Modules as gifts need to understand that there are no free meals in the world and all our money comes from Nurses who, like all Nurses, are making ends meet from their salaries.
4. Contributions from Nurse's families and 'Other friends' are a very special cause for thanksgiving.
5. Hidden costs can never be adequately presented and the real value of each contribution is known only to the giver, the receiver and the LORD who sees all.

Nurses need to have some idea of the generosity of the people, Nurses and others, who by helping financially or with food and transport, made what could have been a nightmare experience, a blessing to me and hopefully to thousands of Nurses e.g.,

- ♦ The Principal Tutor who took me to the Luxury bus at 5.30am and paid my bus fare
- ♦ The two male Nurses who took me to the bus at 4.0am on their scooters, one with luggage and the other with me!
- ♦ Free accommodation/food in four Nurse's Quarters
- ♦ Gifts of food in one form or another
- ♦ All those who opened their home to me – each one was a very special hostess
- ♦ The unprecedented generosity of the Director and her team in Ceylinco House
- ♦ Free accommodation in the Baptist Church Sarai for Patients relative's
- ♦ The YMCA staff who helped in so many ways often collecting and paying to transport the modules from train or bus to the Hospital or School of Nursing.
- ♦ The Evangelical Nurse's Christian Fellowship in Christian Medical College Ludhiana who having been given a donation in 1989 by a Nurse now a Trust member, sent a significant part thereof 30,000 Indian Rupees to be used to help more Nurses in need.
- ♦ The significant donations made by Trust Members.

There was much more. The Trust acknowledges all who helped in one way or another and continue to thank God and pray for them.

Professional time taken for each session also has a cost. My constant prayer was that we would all use the time profitably, that we would hear and understand each other; and that the outcome would be significant professional growth by each Nurse attending. I can assure you that each situation gave me much that will continue to enrich what I can offer to other Nurses

While at no stage did I have any doubt or regret over our decision to donate the Modules to Nurses in Sri Lanka I was constrained to encourage myself in Psalm 1:1 ***"The Lord is my Shepherd I shall not want."*** as we now had no income to fulfill our commitments to the North East of India. A gift NZ\$1000 which is approx.US\$500 from my sister and her husband arrived in India within the first week of my arriving in Sri Lanka. This would meet running expenses and replace the extra Rs.10, 000 a Trust member had contributed.

Two subsequent and totally unexpected gifts from my family and one from friends in New Zealand greeted me on my return. Imagine our rejoicing! ***How dare we doubt God's love for Nurse's in need?***

FOR
"My God shall supply all your need according to His riches in glory
by Christ Jesus." Philipians 4:19

NURSING WITH A DIFFERENCE

DETAIL OF SRILAKAN TOUR(22.08.2003 TO 18.11.2003)

RECEIPTS	(RS.)		(SRILAKAN RS.)	
DONATIONS	4776.14		10162.00	
SALE OF MODULES	2002.20	6778.34	4260.00	14422.00
 EXPENDITURE				
MUDULES DONATED	350000.00		744680.85	
ACCOMODATION	4838.65		10295.00	
AIR TICKET	19170.00		40787.23	
BOOKS	307.85		655.00	
CARTAGE	1372.72		2920.68	
CONFERENCE	4703.00		10006.38	
CONVEYANCE	2983.79		6348.49	
CUSTOM CHARGES	2914.94		6202.00	
FOOD	2537.27		5398.45	
EXCHANGE FLUCTUATION	816.22		1736.64	
BANK CHARGES	700.00		1489.36	
INTERNET	319.60		680.00	
MISC. EXPENDITURE	1470.16		3128.00	
PRINTING EXPENSES	164.03		349.00	
STATIONERY	278.94		593.49	
TELEPHONE CALLS	1817.49		3867.00	
FREIGHT	10621.00		22597.87	
PACKING	850.00	405865.66	1808.51	863543.96
 NET LOSS		-		-
		399087.32		849121.96
\$ US		-8491.22		-8985.42

Any Nurse who would like to contribute to Nursing With A Difference so that we can help many more Nurses please send your contribution by bank draft or electronic transfer made payable to:

Nursing With A Difference (Trust)
SB A/c Number 3219 Canara Bank, Pitampura, Delhi 110088 India

Postal Address Nursing With A Difference Trust
C420 Defence Colony
New Delhi 11024
India

Kindly inform the date and amount sent by email: "sdknwad@yahoo.co.uk" This is important so that we can anticipate the date of arrival and check to ensure you receive your receipt promptly. **If you do not receive your receipt within 3 weeks please notify us with details of the amount, how it was sent and when by Post or Courier.**



BEAUTY FOR ASHES

COLOMBO TO JAFFNA

The unfulfilled hope of a short flight to Jaffna became a great blessing as the 15 hour bus journey brought inexpressible dismay from the kaleidoscope of emotions mounting as we sped past the reality of life in the aftermath of mass destruction revealing bareness, minimal vegetation, landmine warnings, and noticeable lack of industrial penetration through advertising; 4 ½ hours from the first to the last security check; as well as indications of efforts being made by Government and NGO's to reconstruct life and health after more than 20 years of violence and destruction.

After Colombo and Galle this was an important preparation for the meeting of minds - Nurses and others -in the North East as it is easy to subconsciously dismiss, underestimate or make wrong judgments on what is *not seen*. To relive and relate the similarities and differences between Sri Lanka in 2003 and the Punjab through the 1980's and early 1990's, Gujarat in 2002 and to the Jammu, Kashmir and Ladakh situation helps to maintain a balanced perspective

QUALITY CARE

'Hospital Bus Halt you get out here!' As the bus screamed to a halt, I clamored out with my load, looked around and shouted to the departing bus conductor *'Where is the hospital?'* He waved 'Over there'. Looking around I spied midst the foliage I was standing near, a broken sign HOSPITAL BUS HALT. Scaffolding, overgrowth and birds singing! Steadying myself against the onslaught of inexpressible feelings, I picked up my belongings and started trudging in the direction I thought might lead to the hospital. Later discovering I had walked down the main corridor!

In this and the next hospital that had been completely razed with much loss of life including Nurses, I found an approach to Patient care by both Doctors and Nurses that demonstrated commitment and joy in service in the face of multiple deprivations in the temporary most inadequate structures and staffing.

Nurses and their families had for years been *displaced persons*. One of many, widowed within the first few weeks of marriage lives with her widowed sister and growing family. How do you respond when your 12 year old son suddenly becomes a 'soldier in arms' until released, a young man who has never experienced youth? The enormous effort and cost involved in reconstructing damaged homes and property. To draw water and bathe under stars at the well is no doubt a *novel experience* for the uninitiated but the construction of an outside toilet, doors, windows and flooring in the house are priorities over a bathroom! Having faithfully brought children up in *'Father's Religion'* now one son wants to follow what he has come to believe in? Such shock brings unnecessary guilt. Where is the Freedom to become! To think! to take decisions! And to make one's own choices in life! Little wonder mother has chronic stress related health problems.

Fine handsome 20 year old youths struggling to rehabilitate educationally, socially and spiritually after 8 years of being in the forefront of battle.

The will to live and build was perhaps best demonstrated in the buoyancy of these young people and in the long exhausting hours Nurses and Doctors with, minimal in extremity, staff of every category continued to work in physical facilities that screamed for attention such as half walls in wards that gave the monsoon rains unrestrained liberty to wash the post-operative patients on their beds!

Was it any wonder that while interest was high, a perceptible and significantly short retention span was not uncommon in older Nurses? *GIVEN* that Nurses along with all health workers are required to provide unconditional care to all peoples irrespective of ethnic or any other origin *THEN* who *ministers to the needs of Health workers and others who need a short break to regenerate?*

The little elderly Doctor came to greet me, as I started to respond, the incongruity of my presence and inadequacy of the very little I had to offer in the light of the whole situation threatened to overwhelm. As I averted my gaze he quietly left to attend the long queues in OPD conveying understanding with respect.

Two hours later a glimpse through the OPD door revealed a rarely seen quality of compassion and care radiating from his face and manner as alone he continued to labor oblivious to all but the patient. Meeting a very much younger Doctor in another similar situation who also radiated these qualities with the natural exuberance of the young, proved again God's all pervasive goodness when men and women allow Him to work in and through their lives. *Yes beauty for ashes indeed.*

BEAUTY OUT OF THE ASHES OF LIFE

In the midst of the silent, insidious destroyers of life

**There is a revelation of God's goodness and grace as He alone brings
'Beauty out of the Ashes of Life' produced by the defiant will of man,
And unleashed through his own unwise and self-centered choices.**

Receptivity to learning cannot take place when burdens oppress e.g., with a storm raging and waves crashing outside, lights low inside as Night Nurses kept vigil, attending those in need, joy was mixed with pain. In one instance 10 minutes of seemingly no progress even though I was inwardly praying earnestly for the right approach – suddenly – out comes all the grief, married less than two months when husband along with 200 young men were rounded up and disappeared never to be seen again – 13 years down the line the concerns of a mother bringing up her son single handed, clinging to the vain hope which she translated *as assurance from within*, that his father was still in prison but no one new which one! One wondered if he were still alive, in what condition?

Having been privileged to enter into a fraction off this Nurse's grief, what a joy to experience her rapid switch from *contained remoteness into a seeking learning mode with the joy of learning lighting her whole demeanor* and bringing with it a certain physical relaxation, beauty of face and sweetness of smile.

An older Nurse in an entirely different situation burdened beyond measure, 7.30am tears sprung and started to overflow but as quickly as they came they vanished. Nurse administrators must be strong.

YMCA staff reaching the fringe of a massive number of deaf children with great creativity in the most inadequate physical conditions - why? Hatred breeds fear, fear and hatred lead to the end product of irrational communalism that produces physical and genetically determined health aberrations. With different health issues the same situation exists in Gujarat and in Orissa.

*He gave me beauty for ashes,
The oil of joy for mourning'
The garment of praise for the spirit of heaviness,
That we might be trees of righteousness,
The planting of the Lord,
That He might be glorified.*

Industry- one example will suffice!

On arriving in Colombo the aggressive marketing of the New Zealand Dairy Board hit home. I was thrilled at the prospect of again relishing NZ dairy products. Their aid program for children was an admirable goal.

However, marketing was virtually non-existent once out of Colombo until arriving in Jaffna. How many children in the war ravaged North and East were benefiting from this very fine product? While angered at the *marked absence or limited in the extreme presence* of this very fine protein product in the face of great need, I was reminded of the anger I experienced in Ahmedabad when Amul's fine gesture for sick children was initiated by the Minister of Health in a totally insensitive to real need manner.

A good intention devoid of or with disregard to the integrity of the means employed may be politically expedient, kudos generating, and even finance generating, but the crunch comes when assessing *real value to the health of children and their families?*

Beauty for Ashes

**Can only occur when we allow the hand of God to touch and transform
Our lives and then use our lives to bring His beauty into the lives of others.**

Nurses In Sri Lanka Desire The Best

Therefore, let us, Nurses around the world unite and pray that our gracious Heavenly Father will reveal to each Nurse a more excellent way in every detail to:

1. Form small groups to bring the specific concerns and issues of Nursing to God in Prayer and to seek His Will in all matters; His council to deal with each issue; Wisdom in achieving each goal; and His intervention to achieve a more excellent way in every detail of the means and the ends to be achieved.
2. Strengthen and build the Sri Lankan Nurses Association with an enduring vision and with integrity and fortitude to be ‘The Voice of Nursing to Government’ true and clear.
3. Make the Sri Lankan Graduate Nurse’s Foundation a sound research based resource that feeds into Government Policy through the Nurse’s Association and the Nursing Council.
4. Establish a strong effective Nursing Council that is capable of withstanding all negating pressures in order to ensure true justice and mercy in every aspect of Nursing Education and Service.
5. Strengthen and Monitor the Nursing programs in the Open University and the Eastern University by actively contributing with insight and foresight to ensure their autonomy to function as educational institutions with scholastic excellence to meet the need of Nurses in the different settings.
6. To achieve a higher standard of competence in English by organized collaboration with the British Council in preference to availing the less than adequate services available from many sources.
7. Create learning environments in which all basic and post-basic programs for Nurses are conducted that enables each student to develop a significant level of critical thinking; creativity and maturity in the application of Nursing knowledge in home, hospital and community.
8. Establish and Monitor Quality Control, Quality Assurance and Quality Development in all areas of Nursing Service in terms of actual inputs and outputs by In-service Education Officers and Nurses released for each program.
9. Critically evaluate all the paper work assigned and undertaken by Nurses and to reduce this to the minimum required for effective functioning to free Nurses to fulfill the real functions of Nursing.
10. Tap resources in the business world to ensure initially that:
 - ♦ The Chief Nursing Officer and Special Duty Nursing Officer in every hospital;
 - ♦ Principals in all Schools and Colleges of Nursing;
 - ♦ Public Health Nurse in each District;Have a good quality high speed Computer; external Modem; independent telephone connection; one good quality LaserJet printer; and one competent operator.
11. Assist all Schools and Colleges of Nursing and Hospital In-service Training units develop a Computer Training Centre with a minimum of two and maximum of ten good quality high speed Computers, external Modems and independent telephone connection; one good quality LaserJet printer; and a competent full time Instructor.
12. Quietly but firmly take the reigns of Nursing into their own hands demonstrating through increased quality of service the true values of wisdom and agape love with increased Nursing morale and joy in service.

Post Script

A **meaningful postscript** can only be made as you who have read thus far are prepared to send me the significant points of your response thus recognizing that Nursing development is an interactive process.

I have written at length, not because I wanted to, but because the more I pondered on the events of the past three months to try to do justice to the many different issues and facets of the complexities which confront Nurses in Sri Lanka, **THEN** the Nurses who contributed so much, have a right to know what happened and the best way to do this would be to 'accompany' me on the Sri Lankan tour'

Having written carefully and prayerfully – May I ask you to reflect on what you have read and let us know where you consider I may have failed to identify with the realities faced by Nurses and Nursing?

My prayer is that as you read you will have been encouraged and challenged to pray over each issue so that truth will eventually prevail and Nursing in Sri Lanka will take a leap forward.

While in Sri Lanka I sowed, to the best of my integrity '*good seed*'

Our Trust members join in prayer that the Holy Spirit will help each Nurse to draw on the fountain of the water of life that will cause the good seed to grow and bring forth much fruit. ***That each Nurse will receive and use all of real value to bring great blessing into the Health Services in Sri Lanka.***

Sri Lankan Nurses – My hope! May you be encouraged to use all your attributes and abilities and with the power of the Sovereign God, break the vicious cycle that is preventing true freedom in Nursing.

However, there will be some who may not agree and may even feel angry – I sincerely trust you will take time and share what you really feel with a brief explanation of why. This will ensure that we genuinely work together to bring cohesion and richness into our every effort.

Nurses in other Nations: thank you for reading. Will you ponder each issue from a wider perspective than just Sri Lanka and as you open your heart and pray for Nurses in Sri Lanka, will you ask for wisdom to know what and how to pray for Nurses in your own Nation and other Nations of the world.

A ***special request*** to all Nurses who have identified with what you have read, either in fact or in principle, please take a few minutes to send a summary of your thoughts that we may use to encourage more Nurses in more Nations and especially those who may be in a much worse situation.

To me the Sri Lankan experience has strengthened my commitment to encourage Nurses to build with integrity the Nursing Services of their State, Province and Nation, thus contributing to the international standing and quality of Nursing.

In addition the Sri Lankan experience proved to me once again, the continuing importance of our walk in life ***to be such that the gracious hand of the Sovereign God who called us all into Nursing,*** is consistently upon us, the importance of sustained goal directed prayer and intercession, and our responsibility to re-evaluate and give credit where credit is due e.g.:

Having expected to be back in India within a month it is with gratitude that I acknowledge the wisdom of the Sri Lankan High Commissioner in suggesting I get a three month visa without which little of value would have been achieved and much deep distress would have been inevitable.

Input from the Indian Government Ministry of Foreign Trade, New Zealand High Commission, WHO personnel and the Shipping Companies, in India and Sri Lanka, all reflect the grace and goodness of God - our loving Heavenly Father - leading, guiding and encouraging us.

The input by every Nurse interacted with in Sri Lanka as well as the sustained prayer fellowship of our Trust Nurses and others are a value that is I am sure, well recorded in Heaven.

Finally, let us give thanks for the convicting, constraining and restraining work of the Holy Spirit in each of our lives without which I could never have been sustained or achieved what I did in Sri Lanka.

Therefore

**I rejoice that this same 'Helper' will be the glory and lifter of each of
My brothers and sisters in Nursing in Sri Lanka?**