



Dear LIMM Friends in Christ,

Greetings to you in Christ from Nairobi, Kenya.

I just wanted to take a moment to sincerely thank you for your support! Your assistance allows me to travel to West Africa to help with teaching the Women's Cycle of Life to the wives of seminary students. These ladies are from several different countries. Due to the culture of Africa, a pastor's wife is seen as an important leader in her community. Equipping these women while their husbands are attending seminary will allow them to return to their communities with invaluable information to share with others. Thank you for making it possible for me to be a part of this training event.

As I prepare, alongside my fellow missionary nurses, Steph Schulte and Molly Christensen, pray that God will guide us. In addition, pray that God will prepare the hearts of the ladies that we are going to teach—that they would be excited and engaged in this learning. Finally, as I am just on the cusp of beginning this sort of teaching in East Africa, pray that God would continue opening doors and guiding me. Pray that this event in West Africa would also be a learning experience for me in how I can practically implement these lessons in East Africa.

Again, thank you kindly for making it possible for me to assist with teaching these lessons! I look forward to sharing stories and pictures of how God was at work throughout this week of teaching.

May God bless you as you have blessed me!

In Christ,

Sarah Kanoy RN, BSN

LCMS Missionary to East Africa