From: "Sheryl Howe" < sahowe@wbt.org>

Subject: A list ...

Date: Fri, 08 Jun 2007 09:23:40 -0400

To: sahowe@wbt.org

Hello!

Reasons why I exceedingly like this trip (in random order) 1. I CAN go running. I planned to not be able to run at all for the two months I'm here because you wouldn't think there would be a place where it would be safe/appropriate to run. As it turns out, I can't go alone of course or wear shorts (which would be comfortable), but running from our compound to the main road and back, totally acceptable/safe. And there are people on my team to run with. 2. all of my luggage arrived on the same plane I did 3. I really like the people I work with, both the staff at the church --they're great and as of yesterday I think I know all of their names --- and also the team of people from the US. The team of people from the US was high on my list of concerns about this trip because I imagined a group of mostly annoying college students. They are in fact college students or recently graduated (they're 17, 20, 20, 21, and 24) but they're not annoying at all. My whole stereotype about 20 year old people must change.

4. The slum, Kibera, is very difficult, but not as bad as I was prepared for. It does smell. There are sewer rivers to navigate (jump across wearing a long skirt). It's an obstacle course to get in and out of --- it's really important to watch where you put your feet but there are obstacles above you too. Yesterday, I smashed my head into some metal post sticking out. It didn't break the skin, but it's a big bump that hurts.

5. The staff at the church are really excited about the work we're doing. They say that it means a lot to people that we care about them (and they're not projects to us) and that what we're doing matters. I have no reason to not believe them...

Things you could pray about:

that I'll learn and remember names --- there are 125 or so kids at the school in Kibera, plus other church members and the people we visit and the women in a Bible study and the people in the AIDS support group and the girls at the shelter... It would be fantastic if I recognized and remembered people's names.
health, safety (would be nice to stop hitting my head on things --- the post in Kibera, the top of matatus (van things we use for transportation, which also are not nearly as scary as I anticipated) )

- relationships with people --- my teammates, the 20 year olds; my teammates, the Kenyan people with whom there is a language barrier; and the Kenyan and Sudanese folks we work with.

Thanks, Sheryl