



Ministry Updates

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Taste and See ([Psalm 34:8](#))

It is a good rule for each of us to practice what we preach. In using CHE, that means encouraging wholistic approaches to life, including using simple, readily available remedies. For some time, we have researched lifestyle changes and dietary interventions while prayerfully seeking that Debbie might evade another surgery, this time one that would partially or fully remove her left adrenal gland. Choosing surgery might result in her taking oral steroids for the rest of her life. While no other approach guarantees results, she has decided to try a centuries-old method that has proven extremely beneficial for many health issues.



Deb's destination

On Oct. 20th, she will fly to Santa Rosa, CA, to stay at the [TrueNorth Health Center](#) for an extended, medically supervised water-only fast. For over 40 years, this organization has supervised over 25,000 people who choose to fast for health reasons. No patient has ever died under their care. Fasting will likely address other factors influencing Debbie's blood pressure and glucose spikes. There is no certainty that it will shrink the adrenal growth releasing too much cortisol. However, it may heal her body as it has others, leaving the surgery to become a second- or third-tier option. We trust the Lord in any outcome. She expects to join Verlin in Côte d'Ivoire soon after returning to Tennessee on Nov. 21st. If cortisol symptoms persist or get worse over time, she may accept adrenal

surgery in the summer of 2027 or later.

Thank you for praying with us about this decision. We will not use funds from our mission account to cover the trip and treatment. It already pays for our insurance, which does not cover this supervised alternative approach. Instead, we will dip into retirement funds, viewing this as an investment to restore Debbie's health and limit future medical expenses as we continue the work the Lord has given us.

Come and See ([Psalm 66:5](#))

Verlin returned home to Bondoukou late today (Saturday). This week in Abidjan was exhausting, including a mid-week car repair. A wrap-up and initial pedagogical planning meeting with the CHE university team will be this Tuesday, likely via Zoom.

Prayer and Praise

- 🙏 Pray that Debbie's challenging but potentially healing long-term fast facilitates lasting lifestyle change. She hopes for results that enable her to avoid surgery, if it's the Lord's will. Sometimes this is a repeated experience, with pauses between fasts to check on results.
- 🙏 Praise God for amazing, exceptional gifts that have put our mission account on solid ground for now! We still must replace several long-time donors who were promoted to heaven (or who have retired) and seek one-time gifts for the agricultural project getting under way. However, Verlin will not have to return immediately to the States to raise funds because of the generous donations we recently received!
- 🙏 Pray for the details of getting the brick-making machine paid for and moved to our part of Côte d'Ivoire.

Your partners in the Gospel, Verlin & Debbie

Last Week: [WITH not FOR-260926.PDF](#)

Prior videos: [El Roi](#) - [Simple Servants](#)

2024 Q1-A2 Report: [First Resort](#) -

[2024 Q3 Q4 Report 250906 PDF](#)

'23 Budget: [CHSC-0118 ANDERSON-Budget 2023](#)

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Something to ask? Write: updates@verlindeb.org

AWA stands for [Andersons Witnessing in Africa](#).