

The Wigglesworth

2009 Part the First
January—Autumn

Well, sometime during September, while trying to tie up loose ends and gear up for a new school year, I realized that I had not sent a newsletter since Christmas or updated the blog since March or so. SO, here is my attempt to update you on what happened during 2009. It is like an early Christmas letter! I will also write a letter about our trip to Zimbabwe (August 24—Sept 9) which will come separately.

For the most part, life continued as it had before.

Kevin continued to **work** at Genuwine Cellars. AmandaEve continued teaching at Providence College (Jan-April) and working at Hull's book store (Jan—July). Kevin took one course through **St Arseny Institute** from Jan—April, and then did not take any courses over the summer. This semester, Kevin is taking two classes (Doctrine I and Pastoral Theology) and working a four-day work week.

However, there were also some changes.

Our family welcomed a **new niece**, Anna Ruth Wang, in the early spring. Anna was born in China and joined Kevin's sister's family at the age of eleven months. We haven't met her yet, but have enjoyed seeing cute pictures!

Our **church** also went through some changes. Kevin is still the treasurer and this role kept him busy as our congregation attempted to purchase two different properties. Neither one was God's will, so we are still looking for a new home where we will not have to set up every week. We had some internal parish struggles during the summer, and some of it has been resolved. Kevin also was ordained as a sub-deacon in July and has new responsibilities because of this. Our music director is pregnant and due in December, so AmandaEve will be taking on more of the directing throughout the fall and winter.

St Arseny Institute has also been going through some changes. Over the past two years, the Institute has been affiliated with the University of Winnipeg's faculty of theology. This contract will be ending as of August 2010. As a result, the Institute is developing a licentiate program which will be similar to the M.Div. program, but without accreditation. The Institute is hoping to begin the new program in January. We are not sure how this will affect Kevin yet, but the Institute has indicated that they will be flexible to help him finish his course of studies.

As part of these changes, the Institute approached AmandaEve to become the director of the Reader's Program. This allows the previous director to focus on developing the licentiate program, and also provides the opportunity to revise the Reader's Program so that it can become an on-line course. She is trying to complete a review and revision of the program so that the new program will also be available in January. As a result, she is no longer working at Hull's bookstore, but is teaching at Providence College, doing administrative work for St Arseny Institute, and has become director of the Reader's Program at the institute.

AmandaEve had various **health concerns** this year. See the last page of the newsletter for more information.

Despite all of these health issues, we did have some **fun** this year too! We tried our hands at gardening this year. It was exciting to see things grow and then eat them! We did try camping twice, but the weather was not favourable all summer long. We went to a Goldeyes' baseball game—always a good time! Kevin joined an ultimate Frisbee team. AmandaEve did some berry picking and went to Ballet in the Park with a friend. We bought season tickets to the Winnipeg Symphony Orchestra (this was the first time either of us had bought season tickets for anything!). AmandaEve traveled to Calgary for a friend's wedding in May. We had Kevin's brother here over a weekend when Steve brought his girlfriend Deanna to Wpg for the ACDC concert. AmandaEve joined a belly-dancing class this fall.

Our **summer vacation** this year was in our own backyard: we attended Folklorama like crazy. For two weeks every August, Winnipeg hosts a multicultural festival with pavilions at various locations around the city. Each pavilion has an ethnic program filled with food, drinks, dancing, singing, clothing, knick-knacks, and cultural displays. Lots of fun!

Finally, we also spent time preparing to go on a **mission trip** through OCMC. After applying for Tanzania, and then planning to go to Nigeria, we eventually went to Zimbabwe. We had a wonderful time there and will be glad to share stories with you—in another letter!

Thanks for praying and loving us in all things. Hopefully, this gives you a better idea of what has been happening throughout 2009, and what we are doing this fall. Please continue to pray for health, healing, schooling, work, direction of the Institute, of our mission parish, and for the church in Zimbabwe and around the world.

Blessings,

Kevin and AmandaEve Wigglesworth

I (AmandaEve) started the year with some **health concerns** and was glad for decreased, post-Christmas working hours so I could address stress management and the migraine headaches that had started in the fall. Trying to find the right medicine was an interesting road. I'm not sure we have found the right one yet, but the current prescription is better than the others I have tried. Stress management has been successful too. The migraines have decreased drastically in frequency. Hopefully, they will go away some day; but for now, I am happy to take a reduction in frequency!

I have had problems with wheat for some time, and discovered over the winter that other grains were also causing problems. My doctor tested me for celiac, and the results were negative. We agreed that I would stay on a gluten-free diet since that seems to clear up the symptoms.

Then, I fell at the end of April and all sorts of problems ensued from the fall. I fell from a standing position, trying to sit on a chair that I did not realize was broken. One would think that I would be a little sore, maybe have a bruise... Well, I ended up having problems bearing weight, abdominal pains, bloating, digestion problems, problems sleeping, my shoulder muscles seized, problems taking deep breaths, feverish spells, and many dizzy spells (but no migraines!). I had to visit emergency twice; the second time was because I almost collapsed. They ran a series of tests but found nothing wrong. Pain medication did not help. So, I started a regime of chiropractic, physiotherapy, acupuncture, and massage therapy. Things improved very slowly, but did not really improve until August. The last thing to fully recover is my hip joint, which improved in Zimbabwe and then regressed a little with the humidity in Winnipeg.

In September, I had a laparoscopy to follow-up on the abdominal pains as well as possible endometriosis. The surgery showed no signs of endometriosis, but the doctor did clean up some adhesions on the colon saying that I may have had a bout of colitis. (However, I had been tested for colitis by my GP, and the tests were negative.) So we concluded that the cause of the pains is still a mystery. Maybe it is nothing serious and it will all go away. One can only hope.

In the meantime, I have started a natural allergy elimination treatment. Through a combination of eastern and western medicinal principles, the NAET method was developed to not only identify allergens, but to actually heal the body of the allergy so that it no longer reacts to the allergen. Through this method, I can be treated for my many food and environmental sensitivities as well as hormone balancing. This should give me better sleeping patterns, energy levels, and a better immune system. It takes a long time to get through each allergen individually, but I have already been treated for calcium, vitamin B, iron, salt, sugar, grains mix, and wheat (and yellow fever, parasites, and a malaria pill called Mefloquine before going to Zimbabwe). I am currently doing a treatment for gluten. As soon as I started the treatments in August, my hip started improving. I am looking forward to seeing how much my body can improve overall through these treatments.