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Dear Friends,

Growing pains, can be part of a child's bedtime pain complaints. Although, online it says "there is no firm evidence that growing pains are linked to growth spurts.... the muscle aches are mostly from intense physical activities during the day." I think, when healthy children on any school playground immerse themselves in fun, games or play, they take little thought of how they will feel at the end of the day. Without hesitation, they run and play for the immediate enjoyment they receive.

Physical activities even though not strenuous, can make senior adults more mindful of their growing number of pains. Increasingly in life we gravitate towards the comfortable and non-stressful activity level, which may not always be the best for our health. Out of an abundance of caution, we avoid activating the well-known health and fitness adage, "No pain no gain."

Hebrews 12: 1b -2 *"let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*

Change and growth, sometimes welcome, sometimes difficult, and can even sometimes have a vast impact on our life's direction, yet in it all God remains sovereign. We know in the midst of all events; He ultimately uses them for the good of those who love him.

PIM continues to play a part in the lives of many in the East Sepik Province of PNG, through education, health work, and the distribution of Christian literature. With the literature also placed in schools of several provinces many more young students' lives are impacted

Increasingly, PIM has accommodation requests for employees who travel to the coastal town of Wewak for their medical and other needs. So, we are in the planning and preparation stage for adding on to the mission's housing. Rough sawn timber purchased from a village with a portable sawmill has been trucked to Wewak. This month efforts have begun to get the lumber smoothed by a thickness planer brought in from Ambunti. However, the daytime rolling power blackouts do present a challenge for job.

A joyous change is the marriage of Douglas Heidema and Sandy Chao on the thirteenth of August. Sandy has been a missionary in PNG since 2011. This year the beginning of March she and Douglas met for the first time in the Wewak town market after traveling on the same flight. Later during May Sandy and her co-worker came to Ambunti to instruct 24 women in a beginner's sewing class. Douglas and Sandy look forward to ministering together in Papua New Guinea and trust the Lord through any growing pains. Yours in Christ, Douglas Heidema



Thickness planer loading for Wewak

