

Kainos Kapsule

A Newsletter of Chaplain John W. Cundiff, D.Min.

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Last month was not what I had planned or wanted. I want say thank you for your prayers and visits and phone calls. I just had good appointment with the cardiologist. Two important things from this discussion that I have waited for, one, that I should increase my activity and get back to the gym and two that if things continue like they are he expects to clear me to drive by mid-December.

I also want to say thank you to those people who are donating to support me. Thank you!

I am looking forward to answering calls, doing a ride-a-long, and attending briefings. Just a couple more weeks the way things are going.

I am still amazed at the impact of the scrapbook I put together on grief. People are benefiting from reading it in ways that I never considered, so I am learning from it also.

That is all for this newsletter. Hope you have a Merry Christmas!

Take Care, John.

"Do not repay evil for evil or abuse for abuse; but on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing."

1 Peter 3:9