

# Kainos Kapsule

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

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## **RANDOM PONDERINGS**

I know it has been a while since I have sent out a newsletter. I was leading hunter education courses and taking calls and time got away from me.

This is also a request for your prayers. Aug 24 I was hit by a person who ran a red light. My car is totaled and my neck and shoulders are injured. Please prayer continued healing (things seem to be going well) and that I will be able to stop taking the medication soon. This is a short letter as it hurts to type a lot.

<http://www.kainosministries.com>

<http://www.myspace.com/kainkainosministries>

## **SINGLES MINISTRY**

It is keeping me going. I am writing 2009 lessons already for BCC. Westside is working on finishing the year strong and planning for 2009.

<http://www.westsidesingles.org>

<http://www.bcc.org>

## **CALL OUTS**

Since my last newsletter I have been on many, but in September I have not taken any because of the injuries and the medication I have been taking for those injuries. I look forward to being able to again take calls soon.

I hope to start sending this newsletter on a regular monthly schedule again. Thank you.

*"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

