Diagnosis of Osteoarthritis: About three weeks ago I experienced problems with my right leg running from the hip down to the ankles. After X-rays, the preliminary diagnosis was confirmed by an intermediate orthopedic doctor. After meeting with a specialist orthopedic doctor recently, my roadmap for a need to do a hip replacement is far off. My sister had both her hips replaced and by my age compared to hers, it looks like it could be along a similar trajectory. The left hip cartilage has not degraded to the level of the right hip, which is half the thickness of the left. When a hip replacement must be is not certain. In the meantime, how to manage the current issues. From now on, it appears to be a matter of pain management. Here are some appointments and protocols for pain abatement:

- Get exact exercise regimen from physical therapist – scheduled appointment
- Until then using every other day of exercises for osteoarthritis
- Daily morning loosening protocols.
- Function normally, but slowed down, protocols for dressing and reaching for things.
- Pain meds – when needed anti-inflammatory.
- Scheduled appointment for Pain Clinic
- CT scan for spinal issues and see Spinal Specialist –appointment pending
- Dr gave OK for all physical exercise and activities

Ministry and Schedule: I intend to keep up ministry opportunities and adapt where possible, mostly I am slowed down in walking, climbing stairs, etc. Also, long driving or sitting may be affected. I need to do outreach venues as much as possible. But my lifetime ministry of prayer and meditation in the Word has now become more focused through book writing.

Book Ministry: Some of you may ask about the book and its progress. Because writing is a slow process, and I need extra research to bolster the thrust of the book, more time is needed to gain clarity and catalyzing punch. I do have some important people who have graciously given some feedback on short segments.

What is the book about? In 1523, Luther wrote a theological treatise: “That Jesus Christ was Born a Jew” in hopes to evangelize the Jews of his day. In that spirit and from my years of ministry experience, I hope this writing will be a blessed encouragement. If the idea of the book is successful and more examples are needed, then a follow-up process could include a NT commentary series based on the book. In short, the book will attempt to show how the New Testament writers depended on the ancient and annual bible reading plan of the Old Testament to make their case when they quoted or alluded to verses in the Old Testament. There are numerous examples of verses where the NT authors and recipients of their writings expected a common understanding of an argument or meaning of the NT text, when a quote or allusion is based on the ancient bible reading schedule of the OT that has (mostly) descended to our time through a similar reading schedule used today in Israel and in the Jewish world.

Thank you for your prayers!