

## John Tefertiller Health Update - 5 September 2009

Dear Friends and Family,

In my last update message I mentioned that I would be entering into a “quiet period” after radiation and chemotherapy were finished, and before surgery would take place. It's tough to strike that balance between being a constantly sounding klaxon that wearies peoples' sympathies, and retreating into a private swirl of fears and frustrations. But maybe I have been too quiet, as a couple of people have contacted me requesting an update. The truth is, this has truly been a blessedly quiet period.

### Where We Are

Except for some “mid-term” consultations with doctors, there really isn't anything happening until surgery on October 7th, and it is expected that I will be hospitalized for about a week afterward. I have not fully discussed home recovery and time off yet, but I will be gathering information as to what I should expect over the next few weeks, and begin laying out plans accordingly.

### What Follows Surgery?

Because of the involvement of a couple of lymph nodes near the tumor, there will be follow-on chemotherapy. Treatment will consist of chemical infusions about every 10-12 days for four to six months, depending on the pathology report from the tissues removed during surgery. That possibly brings the total time from diagnosis through treatment and recovery to about a year.

### How I Am Feeling

There is no doubt in my mind that God has been busily answering your prayers already. It is interesting to see the reactions of doctors when they are informed that side effects have been minimal, and that I haven't had to take any time off from work. A few months ago, I was offered the option of eight months to a year of disability by the doctors, but I said then that I would wait and see how things go before heading down that road. Thus far, except for a few hours to go to treatments or consultations, I have taken no time off from work.

The doctors attribute the relative ease and success of my treatments to attitude. I have a very positive attitude, they say. But many of you would know that I am not exactly well-known for my sunny disposition, so the attitude has to have another source, and that source would be our God. While I determined to trust God early in the process, I am firmly convinced that the people's prayers have more than assisted in allowing me to maintain a positive outlook.

### Prayer Requests

I deeply appreciate the prayers of everyone that lifts my name and my circumstances before the altar of heaven. God is faithful. Here are some things that you can pray for:

1. Pray for the upcoming surgery and the pathology report that will follow.
2. Continue praying regarding the costs associated with treatment and surgery, that God will continue to provide as he has thus far.
3. Pray for God's assistance during after-surgery physical recovery.
4. Pray that there will be a consistent testimony to God's faithfulness and provision throughout the process, and afterward.

### Closing Remarks

If I have learned any life lessons before now, one of the important ones would be that I cannot change what is past, and I may have only limited influence on the present in many circumstances. That leaves trust in God Almighty to handle events that would otherwise frighten and overwhelm me. Indeed, if I dwell on what lies ahead, I can make myself fearful-- but why do that when God has already brought me this far? I can trust God or not, but he remains trustworthy regardless of what I feel, so why not rest in his foreknowledge and gracious plans?

Keep me in your prayers, and give thanks for what God has done, and what he will do.

With kind regards,

John T.