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~~HEAVY METAL CO COH
P.O. BOX 2175
VALLEJO, CA
94592~~

My love,

Fri. 7/7/78.

Hi. Thought I'd brighten up this paper w/ a red pen. Sometimes I get sick of plain white paper. Well, I just can't tell you how happy I am to get your letter today. I wasn't expecting it cause I just got one yesterday. I must say, your timing was great. I'm sorry for my depressing letter of yesterday. I was so blue for you - I was miserable. I'm finding out just how much I appreciate you and all that you are. All our really good times together (which is most of the time) come to mind. I was really bad most of the day today - depressed that is. Carolyn had asked me to go to the movies with her tonight, but I decided I was too much of a mess to go - she probably wouldn't have had a good time. But then I ran after work - around Tudor park 3 times!! Can you believe?! I just kept going & going and I felt really good. I think I'm getting in better shape cause I wasn't really ever SOB. Maybe it's my iron pills (they're shaped like nails). They have 300 mg of iron in it & if 2mg gets absorbed that will be good → ~~say~~ Dr Carpenter. I think my running helped put me in a more lovable mood (I pray a lot while I run). I really have a good time when I run - I get a lot of things thought out in my head. So being in a better mood - I came home & there was a letter from my love on my desk - like I said great timing! Well, all I had to do is read that you love me & are thinking about me and I felt much better. Thanks!!

I'm so happy for you. Sounds like you are growing so close to the Lord. I'm anxiously awaiting our sharing times together. I long for that. When you come home I'll never let you stop hearing & listening to all that you're learning & experiencing. I can't wait! I know that the Lord is using & will continue to use you. I'm praying confidently for that. Henny, the Lord is definitely

with you and will never fail you. I'm sure as you counsel,
He will bring many things which you learned to your
remembrance.

Hen - tell 'Viscious' that I said hi. Also greet Dwight
for me. I'm glad you got to ride a horse. It would be a
scary thing, but Hen if you can drive a motorcycle (and
you can) you can ride a horse. I don't know how true
that is though. Are you sure from it? I've heard horse-back
riders get sore. How many horses do they have up there?
What was your horse's name? I remember those 2 horses
we saw out alone on the grass & we stopped to look at them.
They are beautiful animals. You are beautiful, Henry..

Today it is 95° and it's beautiful. When I ran today -
I really sweated. You don't ever have to be doing much of
anything to sweat today. I guess your weather & our
weather are pretty much the same from all that you
wrote.

Hen, thank you for praying for me regarding loneliness
& patience. I think I need to have more patience. I'm
praying for that & am getting many opportunities to
trust the Lord for patience. He has had too few
victories in this area of my life. ~~At~~ work, things are
always changing, my schedule for example - you plan
to go work with a patient & a doctor is in with them or
they're in x-ray or they're labbing & it throws your
whole schedule off. That is sometimes enough to get me
impatient, but I feel that the Lord is really working there
with me - cause it doesn't really bother me anymore.
Also today I went in to walk a patient. He normally takes
w/45 minutes to walk 200'. We had just started to walk
when Dr's came in to talk with him, then they left & a
nurse came in for vitals. Then a lab-tech came in to
take a 3:30 sugar & she dropped tubes on the bed.

Normally I would have said to her 'He'll be back here after his walk for you to take blood', but I could tell the Lord was telling me to yield and let her do her work (she seemed really busy) and he even gave me a good attitude (I didn't act disgusted). I need to let the Lord use me + work through me, but I fail so often.

I like the leaves you're sending me - esp. the one in your last letter (I don't know from what kind of tree it is) Your attitude is very helpful - thank you for sending it for me to use. You really got onto the word deep. That's good.

TRUST IN THE LORD WITH ALL YOUR HEART
AND DO NOT LEAN ON YOUR OWN UNDERSTANDING
IN ALL YOUR WAYS ACKNOWLEDGE HIM
AND HE WILL MAKE YOUR PATHS STRAIGHT.

PROVERBS 3:5,6.

That's one of my favorite verses in the whole bible. It's like a prayer.

Well, Isaac Henry Kolb III I love you. You are near and dear to me. I think people get sick of always hearing 'Henry says this + Henry that + Henry + I' but I don't care - you are mine and the proud of you - what you think, what you do, how you handle things. 'I am my beloved's and his desire is for me.' [S. of S. 7:10.]

I'm going to go now. You take care. Cause I want to see you - soon!!

LOVE you, MUCH.

Valerie
Isaiah 112:1-6