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MON.

How, I GOT YOUR LETTER TODAY WAS SO GOOD TO HEAR YOU SAY YOU'RE IN LOVE WITH ME. I REALIZE TUES ARE YOUR HARDEST DAYS CAUSE OF YOUR PCW. THAT REALLY DOES BLESS ME TO HEAR HOW THE LORD USED YOU ON YOUR PCW. I ALWAYS PRAY THAT HE WOULD USE YOU AND GIVE YOU THE WORDS TO SAY TO THE PATIENTS. THAT'S SO GOOD TO HEAR. I'LL PRAY FOR THOSE PEOPLE.

HOW DID THE WEISS'S KNOW WHERE YOU WERE AT SCHOOL. THAT'S NEAT THAT SARAH IS PLANNING TO GO THERE. THAT FAMILY IS SO NICE I MISS THEM.

THANKS FOR SENDING 'THE MOODY STUDENT' TO ME. I read about that evangelism trip to Flora, Illinois. I hope they reached some people or at least planted the seed. I don't know, but sometimes I don't fully agree with mass evangelism. It seems very impersonal. Not really on a one-to-one basis, also if a person has any real questions, they don't have the time to answer. What do you feel about it? Do you like going to The Moody Church? Seems like it's a big church.

Today, my day off, I ~~was~~ got up about 9:30 (the latest I slept in a long time). I got dressed and went out running. We've been having great weather lately. I decided that this is my favorite time of year. I don't know how far I ran, I just ran for an hour. I went shopping in town today + also to Hackman's. I got my parents Ken Medina's latest album 'Through the Eyes of Love' for their anniversary. Jim in charge of sending all the kids on the bus a card for their birthdays. I couldn't find a half decent box of cards though. I bought 2 shirts which I'm sure you'll like. The one is a daskin shirt (wrap around.) I used my gift certificate from that pt. (5.00) to pay for part of it. I also got a shirt (cotton) on sale at Consty Corner. It's a Ginnie Jay. Regular 32.00 marked down all the way to 5.00. Such a deal. It's a lavender color - it's a full shirt.

I read an article in the paper yesterday on running. It said that runners don't need more protein than others but more carbohydrates. ~~It says~~ The body uses them to convert chemical energy in food into mechanical energy. What foods are good for her? It didn't suggest anything. All I know is from experience that greasy, filling foods are poor to eat before a run.

After supper tonight, I took a walk. This autumn weather is beautiful. Heide and I played for a while. She's a fast runner. You'll like her when you see her - she's so pretty.

How'd you do in your first football game?

Henry I have a prayer request to ask of you. That I would develop a sensitivity to God's spirit and to the needs of other people. I want the Lord to use me to comfort and encourage other people. I don't want to be selfish and so busy that I don't see someone crying out for help or love. Nothing I have to do is as important as someone in need. Anything I have to do can wait. Thanks for praying. It's just a real burden on me to charge and conform to His image and I constantly fail and when I fail - I get down on myself for it. I love you, Henry.

TUES.

10 more days! are you counting, too?

Tonight I went to Bible Study - we finished 1 John. Tonight was good cause I was able to really concentrate the whole time on it. Sometimes my mind wanders and I miss things but tonight was good.

Stump on 1 John 5 really stuck out

1st vs 3 His commandments are not burdensome.

I've noticed this lately. Whenever I feel the Lord leading me to do something - it's not a burden to do it because I know He wants me to do it

It's like you just wanna please Him.

2nd (vs4) whatever is born of God overcomes the world.

We can ~~win~~ rise over any circumstances of the world and have victory. Our hope and security, source of strength is not on the world, but in God.

3rd (vs14,15) confidence we have before Him if we ask anything, He hears us.

we have ~~the~~ requests He listens when we talk to Him and He gives us our requests. What a promise we can have. That's security to me.

Anyhow, it was good to be with everyone tonight. I feel that I lack fellowship of other believers a lot of times - so just being there was good.

I went over to Tim + Karen's tonight, too. They gave me the invitation and I talked with them a while. I'll pick up your ~~text~~ on Friday (Oct 6). How much did you put down on it? Tim said he'll try to have the pictures ready by that weekend (from the marathon). He's anxious for the wedding, but not nervous He's cool about it all. I enjoyed being with him tonight because he reminds me of you. I kinda envy them - they'll be together and do everything together. They can see each other all the time.

P.S. to the above statement I still know you're in the Lord's will so don't feel bad about what I just said

sorry

Oh, babe, I miss you a lot. I was thinking of calling you tonight, but I know how busy you are right now. I figure I should just wait till Oct 6 to talk with you. I think about you so much though and I really pray hard that you won't forget about me. How could you, with all these letters. I just really enjoy talking with you even if by a letter.

That first hug and that first kiss will be so beautiful, refreshing and totally satisfying. Won't it, babe?
~~Hope you'll still like me even after you see me.~~

I must go now - I have a long day tomorrow. Busy day at work and then Guy wants me to hand out flyers for the bus at 6:00 and then church at 7:00 and babysit Emily afterwards.

Even in all your busy schedule, take time out to have Him speak to you. I'm praying you'll see His face more clearly. I love you.
Valerie
Christine
is yours!

(But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I said to you.)
John 14:26