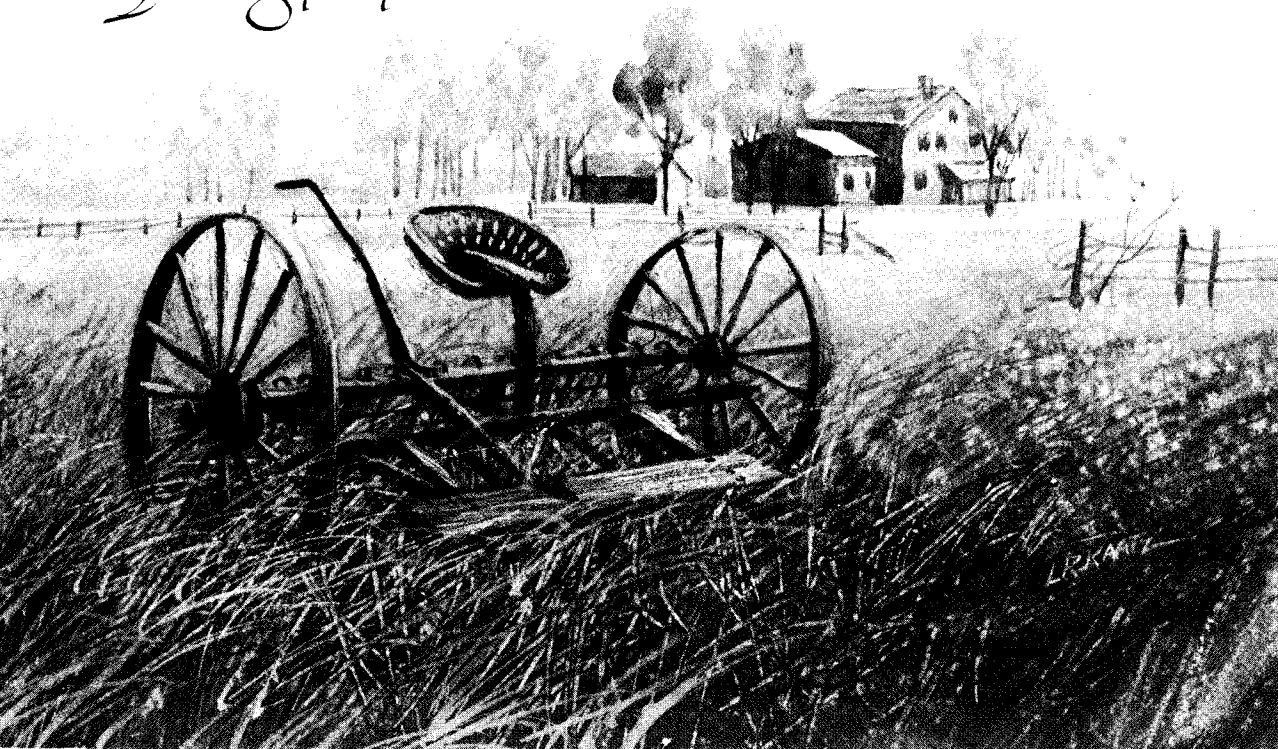


*To bring you up to date*



LEWIS

Hello Babe!

How's my sweetheart? You are so nice to talk to. I was just thinking about our latest phone call to gether - how bad + how good you are (but the 'bad' is great!) You are great - can't wait to get you and hold you. I feel like kissing you right now. In 22 days, I'll be doing just that.

Today, I called Amtrak and well here goes:

leaves from Phila. - 30<sup>th</sup> + MK streets -  
at 4:25PM - stops in Altoona at 9:08PM  
arriving at Chicago at 9:05AM (next day)  
Coach = \$49.50 one way/person.

make reservations as soon as possible (she says it's never too early to reserve because they're heavily traveled)

can call toll free

"His love is perfected in us."

800 562-5380

- 1 John 4:12

Also, I call Dr Weston's office + told them what you had said - I left your name with her. She says you'd have to make an appointment with him - closer to the time. and she says he'll be on vacation over Thanksgiving + she's not sure yet of his Christmas/New Years schedule. In other words - she didn't know anything. I'm sorry. Did you realize that was 3 years ago on the Nov. 10 (your surgery) I looked it up in my mom's calendar.

We got an invitation for John + Jarky's wedding. Their reception is at C.O.H. - pretty neat.

Today I ran on my old running territory - where I trained for my 10 mile marathon. It was a little less hard on my foot. (only I just did 2 1/2 miles). What a frustrating thing - when the weather is perfect - beautiful scenery + I feel great (except for my foot + then eventually my knee). It's just about impossible for me not to run these days. The more frustrated I get, the more I want to run.

Lately I've been reading passages that are so relevant for my life now at this point. I'm really longing + desiring that the Lord would change me, and I have faith, that as I yield to Him - He will. I don't want to be the way I was before. I see myself as a selfish person with bad attitudes - not showing love as I should - but I know the Lord will change all that. (And be kind to me another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you. Therefore, be imitators of God, as beloved children! (Eph 4:32-5:1). Also read Col 3:12-15 God commands us to be changed and to be compassionate + loving - to be holy. Sometimes, I get so frustrated with myself cause I find myself back to my own way - controlling my own life - but it's so comforting to know His forgiveness and peace - I just must remember that if I try to change myself - I'll only fail + be frustrated.

The word is becoming more + more meaningful to me. I find such comfort in it. There are a lot of things in my life which I'm not sure about, but God is so good + I know I can trust Him to know that everything's taken care of. He knows what's best for me. It's hard for me to explain how I feel inside but I know you probably understand. I'm happy + content cause right now - the Lord wants me here - maybe tomorrow that'll change - but for now I'm OK.

Went to the parade tonight - It was fun. Missed you, there. I love you, Henry + be assured that I'm waiting to get you.

'I will instruct you and teach you in the way which you should go; I will counsel you with my eye upon you.' Psalm 32:8

Yours,  
Valerie