

TEAMS for Medical Missions

Clay Tablets



Spring 2018

Ministry News from Anne Clay, Missionary Pharmacist

So Thankful

Many people have asked for an update on how I am doing health wise. I am so thankful for your prayer support that sustained me through such a trying time. My persistent headache lasted nearly 18 months. It was discouraging that such extensive and expensive medical intervention failed. After running out of options my neurologist mentioned that acupuncture might help give me some relief from the pain. This past summer I visited an acupuncturist with many years of experience. She was very helpful recognizing that something in my diet probably was triggering the severe headache. It took a few months of eliminating certain foods to find the culprit. In the fall I removed gluten from my diet and within 4 weeks there was remarkable improvement in my headache. I am not completely headache free, but the severity and frequency are so much better. Now when I have a headache I am usually able to get relief by taking over the counter medicines. I am so thankful and thrilled how far I have come with diet modification. I have far more energy and stamina.

The past two J-Teams I have felt like my old self before the chronic headache. I feel like I am once again able to give 100% of my attention and effort at the medical clinics. A huge burden has been lifted. God is faithful and answered our prayers. I am so thankful that God provided healing in His timing. I learned so much of what it means to trust Him through the discomfort. He truly sustained me giving me strength to get through each day. His grace was sufficient. I appreciate my health more than ever. Each day is a gift and we should celebrate it!



But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”
Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

2 Corinthians 12:9

Through Change

We live in an ever-changing world and TEAMS is not immune. Change is part of life and ministry. Speed bumps and road blocks have occurred in our ministry in Jamaica more than I would like. I have come to expect the unexpected. Seeking God's will and having flexibility in times of uncertainty is more important than ever. I believe all experiences in life and ministry shape who we are. Any situation can be used by God to build character and draw us closer to Him.

By faith it is my duty to continue to take things one step at a time. Also, I believe that God and those in Jamaica deserve my best effort. Even with fluctuations in our ministry I strive to serve with excellence. Missions is imperfect and messy at times, yet, I want to represent God and TEAMS well. Serving brings me joy and I still love being the medical coordinator for our medical clinics.

I have learned that I cannot control the circumstances around me, but I can choose how I will react. I recognize that God is still in control. God is ever faithful and steadfast. God is unshakable and unmovable. In 13 years of ministry I have never doubted that it is God's will for my life to be a missionary in Jamaica. It is an honor to use my love of the Lord and my pharmacy skills as a humble servant. God began a good work in Jamaica and me, and He will continue it on to completion until the day of Jesus Christ. As I cling to this truth, quitting or retreat is not an option!

Thank for your love, prayers, and partnership,

Anne



Therefore, my beloved brethren,
be steadfast, immovable, always
abounding in the work of the Lord,
knowing that your labor is not in
vain in the Lord.

I Corinthians 15:58

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