

Dear Family and Friends

"Grace to you and peace from God our Father and the Lord Jesus Christ. I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the Gospel from the first day until now. And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ."

Phillipians 1:2 - 6

The Great Commission Course ☐ - Reclaiming Africa for Christ

"And Jesus came and said to them, "All authority in heaven and on earth has been given to Me. Go therefore and make disciples of all nations, baptizing them in the Name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."" Matthew 28:18 - 20

Please pray for David and Berdine who are in Cape Town for Frontline Fellowship's Biblical Worldview Summit (24 - 1 July) and Great Commission Course (1 - 14 July). During this time David will conduct devotions, present lectures, lead outreaches and discussion groups, have radio interviews, deliver sermons, assist in PT, discipline and practicals and serve as a duty driver. Being able to attend the BWS and GCC with her Dad is a dream come true for Berdine! During the past month she has, apart from doing schoolwork, been sewing warmer clothes for cold, wet Cape Town, getting fit, preparing for Bible- and Mission exams and helping her Dad prepare powerpoint presentations for his lectures. She will be participating in the entire course and has also been given the opportunity to assist with the book table ministry, children's ministry, be a discussion group leader, part of the worship team and cook meals for the Great Commission Course participants. David and Berdine are accompanied by two pastors from Zimbabwe who David works closely with. The pastors are very grateful for full sponsorship for the 3 week course.

Family News

"And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise." Deuteronomy 6:6

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By God's grace we have been homeschooling David Jr. on the ACE Preschool program since the beginning of the year. He is enjoying school with Mom and is progressing very well. Douglas loves all the preschool songs and is also very eager to learn. On 6 May we celebrated having the twins, David and Elisa as a part of our family for one year. Looking back we are so grateful that they are so much healthier, they haven't been to the doctor since the winter started! Last year they were ill almost constantly and would get pneumonia at the drop of a hat. They were emotionally unstable and we got so little sleep for at least the first 3 months. Now they are happy, well adjusted and we are sleeping! What a delight and blessing!

Michelle is busy preparing for the ACE All Africa Student Convention in Bloemfontein later this year. She has designed a creative powerpoint presentation promoting adoption. It's a masterpiece! She is also memorising the book of John and working on her other entries. Please pray for her as she so diligently works and serves her family.

Frew's Book of the Month □

The Hoax of Higher Criticism by Gary North

"The men who pioneered the "higher criticism" of the Bible did not believe that Jesus was who he said he was: the promised Messiah, the incarnate Son of God. To transmit their unbelief to their intellectual peers, and from them to the general public, the higher critics did their best to remove people's faith in Moses. If they could prove that the Old Testament is unreliable, they could by implication demonstrate that Jesus was misinformed about Moses, and therefore equally unreliable." " **For if ye believed Moses, ye would have believed me: for he wrote of me. But if ye believe not his writings, how shall ye believe my words** ?" John 5:46 - 47

Health Tip

"Water is absolutely essential for survival. It plays a part in almost every bodily function - from breathing to thinking. You can go weeks without food, but only a few days without water. Here are a few ways our bodies use water:

It hydrates our skin from the inside - it's the best lotion around!

It dilutes toxins that our cells produce during metabolism and carries them away.

It helps keep the colon clean. Our large intestine is like a sewer system; keeping the body hydrated helps keep it clean and waste moving through it.

It dissolves mineral buildup in the body, helping to eliminate arthritis and heart disease.

In our daily metabolic functions, our bodies lose water. Many people try to replace the water they lose by drinking tea, coffee and fizzy drinks. These don't help the body at all, and actually add toxins to the bloodstream. Coffee and tea are diuretics, so consuming these liquids will require even more water in order to get the toxins they contain out of our bloodstream." The Hallelujah Diet by George Malkmus w.hacres.com

Even though the winter's cold, drink water - do as you're told!

Although the coffee will warm you, drink water as I have informed you!

On a lighter note:

Q: How do you make a soft drink?

A: Put feathers in it. :-)

Q; Why is slippery pavement like music?

A: If you don't C sharp, you'll B flat! :-)

Thank you very much for those who pray and give. We appreciate you!

May God bless you.

David and Tessa, also Berdine, Michelle, David, Douglas, David and Elisa Frew

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