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Dear Family and Friends,

Hi everyone - been a bit since I last wrote. Sorry about that - been a bit busy and such like. Some things have been good (I suppose) and other things have been... well, not so good. I guess you have to take the good with the bad? Not much you can do about that really. Certainly you can trust in an all powerful Providence and then the bad doesn't seem as bad as it might be - especially when you know that behind that all powerful Providence is a Person who cares about you and has the best lined up for you. Not always easy to believe that admittedly, but it is still true none-the-less for those who stand in a right relationship with Him.

It is difficult for me to write that at the moment, but certainly not because I no longer believe in an all-powerful Providence and Sovereign - no not at all. Now there will be some who will be quick to seize upon that statement and condemn me as a heathen and an ungodly wretch, but I certainly hope there is none like that in my current readership.

There are times of doubt and believers go through those times from time to time (that's a lot of times there) - doesn't make them ungodly wretches or heathen, but at least they are honest when they admit it. Doesn't always help to have people begin to theologise around them - they generally don't need that. As I say, it's not always about doubting the Sovereign behind the Providence or His intentions for that matter. But there are times of doubt and I'm sure there are plenty of people out there in readership land who know what I mean.

The doubts usually come from the person themselves I think - doubts in what you believe, doubts in your trust and steadfastness in times of difficulty, doubts in who you are and a multitude of other types of doubts - but never in the Sovereign Lord of Providence. He never fails or doesn't come through for you, no matter the substance of the doubts.

So the doubts can come from the person who is the recipient of the Providence and the receiver of His Sovereign Goodness. There are usually always reasons for that - also to be found in the person who has them. It can be terribly hard - a loved one dies, your world falls apart around you, etc. But it is always a case of what lies within, not without, that causes the doubts. This is the lot of Kingdom dwellers in a fallen world.

NOW TO OTHER MATTERS

OK, so I have theorised about the personal experience of Providence in difficult times - now to other matters.

There has been a fair amount of focus on my health in my Family and Friends letters over the last year and understandably so - it has dominated my existence in that time after all! My health seems to be stabilising to a certain extent, though there are still plenty of telltale signs that not all is well in Kevin land at this point. Some times they are more prominent than other times, but over all I think things are much better now and have returned to some degree of normalness for me. I am never well, but there are times when I am certainly far healthier than I am at other times and most people would think I am well. That is probably because I have been afflicted with CFIDS (CFS) for such a long time that the way I am for most of the time would now appear as me being well ~ but really it is a level of health I am now more than a little accustomed to and have therefore adapted to. I am also good at covering my tracks - most of the time. Some times it is not possible to cover up being unwell.

Anyhow, in short - I am not too bad at the minute.

Work continues to be very busy and my plans thus far for a normal life this year appear to have failed - at least for the time being. I'm sure if I had a reason for having a normal life I'd be able to find a way of having such, but at the minute work keeps me sane. I realise that may sound strange but it makes sense to me and one or two others who know me. Shouldn't be that way perhaps, but none-the-less, what is is what is.

Like most people I have experienced by share of delights and disappointments ~ and probably like most people, it is the disappointments that seem to dominate my thoughts. Thinking - perhaps one of the greatest curses of my life. I think too much about some things and become my own worst enemy. Can't seem to help myself there and I probably will always torment myself that way ~ have done so for more years than I care to remember. I have the ability to make myself feel incredibly sad and disappointed ~ all I need is a time to myself and my thoughts seem to naturally drift to that which 'upsets' me.

I guess other people have different things that annoys them or torments them, but this is perhaps the greatest tormentor of my life ~ myself.

Well, there is plenty more that can be said on that subject but I'm not in a place to be able to explore that just at the moment. It is supposed to be cathartic to be open about such things - not working for me :-)

So, how are things with you?

Regards,

Kevin