

Hi everyone!

I hope you had a blessed Easter, the holiday where we literally celebrate new life with God: Jesus rose from the dead so we can live with God freely!

Today, the newsletter is about moments where this “new life” is not yet complete, yet it’s starting to show: A testimony from a young man, health updates, and an invitation to my “craft day” on April 25th, or my sending out service on April 26th in my home church (FeG Heidelberg, Haberstrasse 19, 69126 Heidelberg). Lunch, an art show and art auction are included!



From disappointment to success: God builds people, not me

Recently, there were several situations, where people in Uganda have disappointed me. I thought: “Person X, why are you letting excuses and small thinking rule your life, you should know better by now”.

But then I had a phone call with an experienced missionary in Uganda, and he said: **“God builds people, not me”**. He’s right: We can sow a seed, but we don’t know, when and where the seed will grow. God is the one who needs to change the heart of people, those people need to accept this transformation... and all this can take a long time.

A few days later, I saw an example of this “development over a long time” in action:

About a year ago, I gave a young man some money so that he could start a little street food business. But then, communication slowed down a lot, until it completely stopped. I thought he had just taken the money and run off.

End of April my home church is officially sending me out as a missionary to Uganda. To celebrate, there are several events: A craft day on April 25th where kids and adults can make things from recycled trash (see images), and the sending out service on April 26th at my church, with art show, lunch after the service, and an art auction!

But this week, I finally got a voice message from him. I was sceptical at first: Did he want more money? But I was positively surprised: The man apologized sincerely and explained, that he recognized within himself a problem with perfectionism. Things hadn't gone to plan, so he was afraid to tell me. But in the end, things turned out well: While he has given up the street food business, he has also found a stable job as a mobile money lender (see explanation in the next image text). **The money I had given him helped him with the down payment for a rental apartment, so he could start this job and find his feet. Now, he earns enough money to pay his own rent, food, school fees for his kids, and even give some money to donations.** I told the man that I forgive him and am thankful for the outcome. And I encouraged him to address the newly identified issue of perfectionism with a counselor or through journaling, so that it doesn't become a problem again in the future.

So, you can't predict the outcome. But you can sow seeds, and trust that God will make some of them grow in their time.



Money without a bank: many people in Uganda and other African nations use “mobile money”, a decentralized alternative to traditional banking. All you need is a cell phone number. With that number, you go to a mobile money kiosk (see image), where you either send or receive cash through the mobile money lender. It's actually a very effective system!

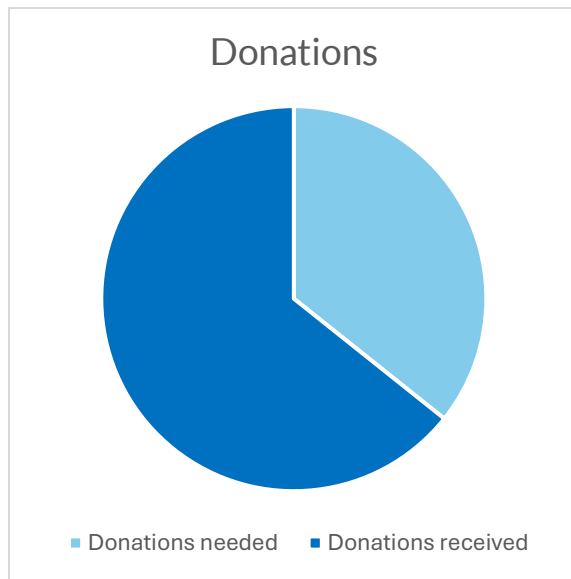
Three Health-Updates

- 1. On March 5th, I had carpal tunnel surgery on my right hand.** Everything went well, and 4 weeks later, my hand is nearly back to normal. A second surgery for my left hand will probably follow end of the year, so I don't risk having to use a wounded hand while I travel with heavy suitcases to Uganda.
- 2. Finally, a doctor who understands:** For the last 15 years, I've had chronic fatigue syndrome (ME-CFS, similar to Long-COVID). Conventional doctors can't deal with the illness. But then, I finally found a specialized doctor in Karlsruhe, an expert in this disease: He explained that ME-CFS has to do with damage in the mitochondria, which are like the "batteries" of our cells. When these batteries are not properly charging, you don't have enough energy. Long story short, there are special blood tests to see what's really going on, and even some ways to treat ME-CFS symptoms in a more targeted way. I had those tests done recently and will find out the results in a few weeks.
- 3. Autism-Evaluation?!:** 3 years ago, I went to a doctor for an ADHD-evaluation, because I tend to be chaotic and sometimes struggle with my concentration. Back then, they told me that I didn't have enough early childhood symptoms to diagnose ADHD – but I did have enough symptoms to make an autism evaluation worthwhile. So, me and my parents filled out a lot of paperwork and sent it to the autism evaluation clinic in Heidelberg – and then didn't hear anything. Until this week: Almost 3 years later, they agreed to invite me for a first evaluation interview. The appointment is just in time before I go to Uganda – let's see what happens.



Carpal tunnel surgery on my right hand went well

Almost 70% donations covered for the first year!



Whether through long-time friends or through people I just met: God provides! **Currently, 70% of the budget has come together**, which is enough to pay for living expenses and health insurance. **Now, I still need 500€ a month**, which will cover things like retirement savings, larger investments, or emergencies.

Thank you so much to everyone who has already donated.

And if you want to make a new donation, you can go to the [donation page](#). Thank you!

Sending me off to Uganda from April 25th-26th: Craft day, church service with art show and auction!

My home church, the FeG Heidelberg, wants to support me as I go to Uganda. So, they are officially „sending me off“, in a series of events on the last weekend of April:

Saturday, April 25th: Craft day for kids and adults, art show

How can you build your own toys from trash?

Why do people in Uganda carry so much on their head, and why do they love grasshoppers? If you have kids from around ages 5-12, or if you just like crafts, you can come to the FeG Heidelberg on April 25th from 2.30-5.30PM (Haberstraße 19, 69126 Heidelberg), for the „Africa-Creative-Day“: We will have games, stories, and crafts from Uganda (see the things you can make in the



Crafts, art exhibit, „sending out service“, lunch and auction: The last weekend of April will be busy! Among other things, this painting will be in the show and part of the auction.

pictures at the beginning of the newsletter), and cake and drinks will be served. Also, I'm showing some of my art in a mini exhibit over the weekend, which you can come see for free. To sign up to the workshop (kids with an accompanying adult), send an email to our children's pastor: ingrid.bruck@feg-heidelberg.de

Sunday, April 26th, starting 10AM: "Sending out service" with lunch and art auction afterwards!

The Sunday will be when I am officially „sent out“ for missionary service. So, there will be a special church service on April 26th starting at 10AM at the FeG Heidelberg. And after the service, we will have lunch together at the church, you can still look at the art, and even buy some of it: We will be selling some of the art at auction. All funds that are raised from the 25th-26th of April will help pay for my ministry in Uganda.

Those are all my updates for now. If you're attending one of my events, I'll be glad to see you there. Otherwise, I wish you a blessed day,

Nicole

Prayer Requests

Thank God for:

- Positive development for the young man's business
- Almost 70% of my budget raised
- Good medical progress with the surgery, ME-CFS doctor, and invitation for an Autism evaluation

Ask God for:

- The remaining 500€ budget
- Clear results with the ME-CFS-tests and Autism evaluation
- A great sending out weekend with the crafts, art and service

Nicole

Payment Information



Link to Globe International:

<https://globeintl.org/members/nicole-heyman>

this link allows US-donors to receive tax credit. If you aren't US-based, let me know, and I'll send you the link for your country.

Feel free to write to me if you have any questions or thoughts. And if you no longer want to receive the newsletter, you can also unsubscribe by sending me a short note at hello@nicole-heyman.com.