



SALT & LIGHT

Sarah Kanoy | Moshi, Tanzania

Psalm 34:1-4, 7-8

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh magnify the Lord with me, and let us exalt his name together! I sought the Lord, and he answered me and delivered me from all my fears. The angel of the Lord encamps around those who fear him, and delivers them. Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

Prayer Requests

- Pray for Lutheran churches throughout Africa as they seek to proclaim the Gospel in these challenging days.
- Thanksgiving for the many comforting promises found in God's Word.
- Pray for those in difficult circumstances— isolation, lockdown, illness, danger, separation from family, etc.
- Thanksgiving for good internet and countless opportunities to join online services, bible studies, etc.



Meeting with the CHE volunteers to discuss their goals and plans for sharing CHE lessons with others in their communities.

Bless the Lord at all times

Wow—life as we all know it has dramatically changed since my last newsletter. Here is an update on what has been happening for me.

Every 2 years, LCMS missionaries complete a “home service.” This usually involves about 8 weeks of traveling around the US to visit supporting congregations, groups, and individuals. This is my opportunity to share about the God's work in East Africa and personally thank all those who make it possible. As my home service was set for April and May of this year, I planned to travel back to the US at the end of March. However, as things began to rapidly change, it was determined that I should move my travel dates up and return to the US before that was no longer an option.

I landed in Omaha on March 18th knowing that, most likely, some of my presentations would be canceled, but hoping that I would still have the opportunity to complete at least half of my visits. As things have continued to deteriorate, it is now clear that I will not be able to



My “work from home” in Omaha picture—SNOW! Not something I see very often!

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I would love to hear from you!
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Find me on Facebook:
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Support Information:

If you feel God is leading you to pray for me and/or help with my support, you can send your support to:

Mission Central
40718 Highway E-16
Mapleton, IA 51034

—or—

Lutheran Church- Missouri Synod
P.O. Box 66861
St. Louis, Missouri 63166-6861

*Please write on the memo line:
“Support for Kanoy-Tanzania”

Give online: www.lcms.org/kanoy

make in-person visits. While I am really disappointed to not get to see you all in person, I thank God for the ways that He continues to provide for me: a warm and safe place to stay, a vehicle to drive, and excellent internet to remain connected!

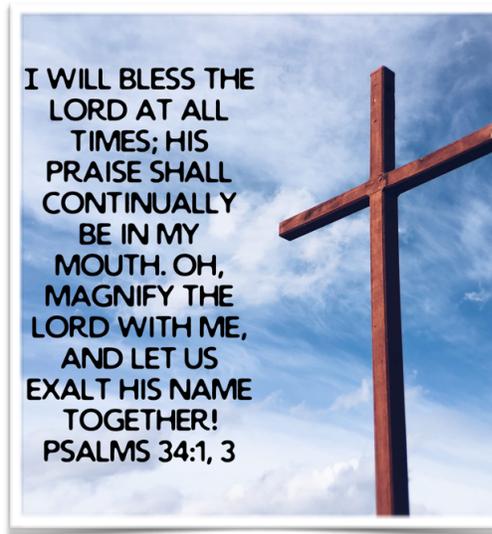
Like most of you, I am continuing to work from home—writing this newsletter, catching up on thank you notes, continuing my online Family Nurse Practitioner studies, and writing an article about Community Health Evangelism (CHE) for the LCMS international website ([click here to read](#)). I’ve also been working with other LCMS missionary nurses: creating resources to help deployed missionaries remain safe and healthy in this time and discussing how to provide CHE training online for all LCMS missionaries who are interested (medical and non-medical)! Most importantly, I continue to remotely encourage, guide, and pray for my ministry partners in Tanzania.

My soul makes its boast in the Lord

Shortly before I left my home in Tanzania, I met with the CHE volunteers in Kahe. The primary focus of our conversation was on their goals for this year. It brought me great joy to hear their new plans for sharing CHE lessons with others. In addition, I listened as they shared hopes and dreams for how these changes could affect their communities. Join me in thanking God for these volunteers and their commitment to sharing their faith and CHE lessons with others!

Magnify the Lord with me, let us exalt his name together!

There is no denying it—these are challenging times. And yet, even in these days, God’s promises are true. He is our refuge and strength, a very present help in trouble (Psalm 46:1). In addition, even now His



Gospel continues to go forth. Please know, as I ask for your prayers—that God would protect people throughout Africa and bring them to a saving faith—I also pray for you. As we all prepare to remember the death and celebrate the resurrection of our Savior (even from home), let us join in magnifying and exalting our gracious Lord!