

Day 7

Saturday, August 17th

While it's wonderful to be in whole other country and visiting lots of people, it can get a little unhealthy. We realized this morning that our routine has largely become eating and traveling. There hasn't been a lot of exercise. So we decided that we needed to go for a walk and we had the time to do it. Fortunately for us there is a beautiful botanical garden across the street from our hotel. So, we risked our lives (twice!) crossing the road to get to the other side. But, wow, was it worth it.

For those reading in Saskatchewan, prepare for tree envy. There were old trees, tall trees, big trees, humungous trees, thick trees, gnarly trees, straight trees, and more. Then in those trees were creatures; bats, birds, and monkeys, oh my! It was great to exercise our legs, but it was the beauty that restored our souls. Yesterday we stood in slums which had glimpses of beauty, but today we were surrounded by that beauty; flowers, grass, trees, animals, and vistas.

It was also nice to just have some time. We were able to sit together and talk. We reflected on our trip and what we have been seeing. We asked and answered the question of where we have been seeing God as we encounter his people. And, we've worked on trying to understand the complexities of Sri Lanka and its peoples better. Scripture, prayer, presence, and holy conversations have been our disciplines.

We also took time to think of our families. We went to a mall to buy gifts. That simple act brought our two worlds together as we thought of appropriate items for our spouses and children. This also put us, in some ways, closer to the peoples here. We moved through the streets with them and talked to them in their shops.

Tomorrow we will be spending the day in Worship and traveling some more. We will be going to two churches and visiting with lots of our brothers and sisters. It is exciting for the Bishop to come and visit. Everyone is so happy to meet us, or see us again. Every time we connect we are invited back. We are loved here for who we are and because we came. They understand that when we come it's because we care. And, it's reciprocal we have come to love them too.

