



# Reflections

(With a Personal Update)



Tammy Cook's Monthly Update

March 2021

Dear Friends,

I recently took time to reflect on where I am today compared to a year ago, and I came away with a feeling of immense gratitude. My faith is much stronger. What was most helpful was the reminder that faith is not defined by the moments when everything is *going well*, but it's defined by the moments when we're *most challenged*. This was a game-changer for me.

I admit, though, that it's still been a rough year. I've greatly missed having face-to-face conversations and interactions with college students! Thankfully, I've been able to continue making an impact in many ways. I've found ways to have meaningful conversations online and help pro-choice advocates reconsider their views on abortion.

I have enjoyed learning to teach in a new way through JFA's LOVE3 online webinars. I have held a few in-person events in Wichita recently and plan to hold a few more in April (see box on reverse). I look forward to these in-person events because I get to interact with participants on a deeper level.

I gave a workshop to a prayer group in February 2021 and received some wonderful feedback. This group is a great encouragement to me. Here are a few comments from the group:

"Wow, very informative and professional. Would be interested in learning more."

"Thank you, Tammy. This teaching will help so much in many aspects of my life, especially with my granddaughter."

"Very informative! Thank you."

"The presentation was very well done. I learned a lot about how to ask questions and be interested in the other person's view."

"We gained a lot of knowledge in a short period of time. Very gracious, well done, and helpful!"

## Personal Update:

I have been enduring a specific health issue for over 10 years which has made day-to-day life very challenging. It is only by God's grace that I've been able to continue my work at JFA. My multi-year search for answers and relief kept coming up empty, and I had nearly given up hope. In January 2020 I said a special prayer asking God to let 2020 be *the* year to find answers. That prayer was answered in November of 2020. Praise God! Testing revealed that I have a rare mitochondrial disease. I began weekly treatments via IV infusion on March 24. I'm praying for good results, and I'm feeling very hopeful. I would greatly appreciate your prayers.

I continue to be thankful to not have had any hospitalizations or ER visits for acute pancreatitis since my surgery at Mayo Clinic in December 2018. I have occasional flareups, but nothing severe.

I feel very blessed that God has drawn me into a deeper faith this past year. He has given me a greater hunger for holiness and a desire for deeper trust in Him in all aspects of my life. He helped me to understand that even if I never found answers to health issues, He was still right by my side. He was walking beside me every step of the way and sometimes holding me when I could not take another step. I gained a deeper understanding of just how much He loves me.

Please know that I'm praying for you no matter what you're going through right now, and I am holding each of you close to my heart.

Thank you so much for your support that makes my work at Justice For All possible. May God bless you.

In Christ,



## ***Upcoming Events***

### ***In-Person (Wichita Area) - Join me!***

**April 7**— *Abortion: From Debate to Dialogue* (Part 1), 8:30 a.m. - 10:45 a.m.

**April 16**—*Abortion: From Debate to Dialogue* (Part 1), 8:45 a.m. - 11:00 a.m. (St. Elizabeth Ann Seton Catholic Church)

**April 21**—To go deeper, come to *Abortion: From Debate to Dialogue* (Part 2). You must attend Part 1 in order to attend Part 2.

**Note:** The same material will be taught on April 7 and April 16, so you only need attend either event to come to Part 2. Contact me at [tammy@jfaweb.org](mailto:tammy@jfaweb.org) or call (316) 453-6599 to request an official invitation with details and a link to sign up.

### ***LOVE3 Online Workshops***

Multiple convenient options begin April 13. Go to [www.jfaweb.org/LOVE3](http://www.jfaweb.org/LOVE3).

### ***Email Newsletter***

My monthly email newsletter often includes convenient links to sign ups and additional content on JFA's website. Email me at [tammy@jfaweb.org](mailto:tammy@jfaweb.org) to request it.