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“Bless the LORD, O my soul: and all that is within me, bless his holy name. Bless the LORD, O my soul, and forget not all his benefits...” (Psalm 103:1-2)

“You look better than you did a few weeks ago.” I heard this at my home church recently, and was reminded that others may see our actual condition better than we do. Many of the aches and bruises have cleared, although there are a couple of areas where healing has been slower. I have returned to most activities, including jobs I had already planned but which had to be put on hold. I am at that interesting stage of not being sure when “tired” means truly tired from normal work or feeling tired because of aftereffects of the accident and limitations on activity for several weeks.

“Who redeemeth thy life from destruction...” (Psalm 103:4a)

There have been many opportunities to share the news of God’s goodness with others, starting with walking away from the accident itself. The picture of the damaged car has easily been worth a thousand words. It was a joy to share how God nudged me to specifically pray for another vehicle and how He answered, and then to hear from others who prayed as they rejoiced with me. I am grateful for time to get used to the vehicle before driving to Michigan for Christmas. God knew I needed some driving experience to get used to all the “bells and whistles” before that trip.

“...who crowneth thee with lovingkindness and tender mercies...” (Psalm 103:4b)

The ways God uses us as part of His benefits to others can bring tears. I just sent a box of medications and medical supplies to Missionary Flights to be taken to Haiti and sent word to my former worker about it. She replied, and let me know that one of my elderly patients, Philomène Joseph, is still alive because of those meds, and always asks how I am doing.

“Who satisfieth thy mouth with good things...” (Psalm 103:5a)

I recently received a very generous amount of money from the estate of a former supporter. This saint made it possible to help with an urgent need for a group in Haiti. Her gift will be used for continuing ministry to people in Wallondry and St. Raphael, as well as encouraging other ministries reaching the lost for Jesus Christ.

“Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure. Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.” (Psalm 103:20-22)

In our Lord’s service,

Dr. Anne

Anne Livingston, MD



“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God.” (Ephesians 2:8)
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