

M emailed to John and Liz

*I wanted to tell you what a wonderful job you did. After getting together with you guy's I came out of my major depression that I had had for seven years. I still have down days, but they aren't the same flattening horror they were before then. I prayed with you guys and started taking my tablets again and that has been a fresh start for me.*

*I am not a fan of psychiatric medication, I find the side effects almost worse then the benefit's. I will always be one of the those people who nod their head in complete understanding when I hear that a psychiatric patient (even a stable one) has decided to go off their medication and chosen to live with the horrors and confusions of mental illness.*

*I won't ramble at you because I know how busy you are. I'm hoping to get a full time job at the Rockhampton Library that has just been advertised. I have to put my prayer team onto it:) I'm not sure how I would cope with full time work, but once again the benefit's outweigh the disadvantages. I'm also dancing. Doing Acrobatics that most 12 year old's can't handle!!! I love being fit without being a fighter.*