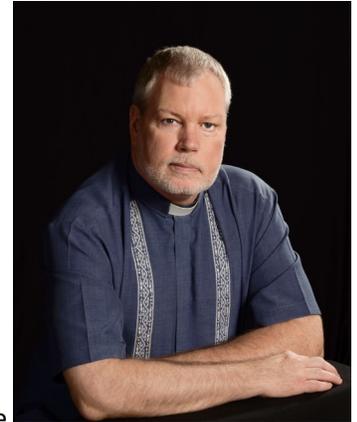




## *Pastor's Page*



Dear Brothers and Sisters in Christ,

I write here to offer another progress report on my continuing efforts to correct the heart arrhythmia (atrial fibrillation) that I have been diagnosed and struggling with for quite some time now, and I have some very good news to share. The most recent procedure that I have undergone, the “cardioversion” shock therapy, has corrected the arrhythmia by restoring the Normal Sinus Rhythm (NSR) of my heart. The fibrillation has disappeared and my heart is once again beating as it should.

The big question now is, will it last? The answer to this question will come in time, but there are definitely some things that I will need to do to increase the likelihood that my NSR will persist and be maintained. Basically, the strategy I will need to follow in order to maximize my chances is four-fold. 1) I will need to take some medications that are designed to do a number of things for me—lower my blood pressure, maintain my heart rhythm, reduce my cholesterol level, and thin my blood a bit; 2) I must be more careful and consistent in eating a heart-healthy diet; 3) I must keep to a regular program of exercise; and 4) I must reduce the level of stress that I have to deal with in my life, a particularly challenging thing to do during this COVID-19 pandemic we continue to face. Still, I am confident that I can do all four of these things, and certainly intend to give it my best effort. I go back to see my cardiologist in two months, to undergo some further testing and assessment of my ongoing improvement.

While things have definitely already improved, my full recovery remains a work in progress. The big problem I was facing after the first cardiology procedure I underwent on September 25<sup>th</sup> (the catheter ablation) was a significant build up of fluids in the sack surrounding my heart (the pericardium) and in the lower portions of my lungs. While this fluid build up has been greatly reduced, there are still some fluids yet to be gotten rid of from these parts of my body. I still find myself getting a bit winded after having faced any kind of physical exertion, though this reaction too has been noticeably reduced. I remain hopeful and determined that a full recovery will be attained in time.

I again want to express my profound gratitude for the many cards, notes, text messages, emails and verbal expressions of support that people have offered. Your prayers and your expressions of support and encouragement have been a huge help to me, and I am deeply thankful for them, and for all who have been providing them. I will do my best to keep everyone abreast of my continuing progress. Thank you for all the assistance you have given, and for the patience and forbearance you have shown.

Gratitude, grace and peace to all,

*Fr. Kevin*