

Latest report.

I mentioned in my last report in March that I would not be continuing my day to day diary which I had been doing since arriving in Sri Lanka. The reason for this mainly is due to lack of time, but also what little spare time I did have to write my diary I just felt very exhausted. Most of the past reports had been written in the earlier hours of the morning so that I had time to write them, this ended up to much for me, especially now that it was at this time I was beginning to weaken with health problems.

During this time for mid March my health was not good, especially with my heart problems, since arriving I had some problems off and on, but not that serious. But now in mid March I personally myself realised that I could no longer keep kidding myself that I was OK.

The Bishop of Colombo and Headmaster were beginning to get concerned also, due to my latest break downs.

Eventually in due time Doctors and Medical staff convinced the Bishop and the Headmaster that I had serious problems and that I should return for vocation and have serious medical checks by my own doctors who knew me inside out with my medical problems and therefore would be more qualified to deal with my illness.

At first it was suggested that I should have medical checks and treatment in Colombo on the Bishops instructions.

In the end it was decided by the medical staff that I should return home for a break and proper medical treatment, which they felt was best. The other problem which caused me to return, was because the climate and the food was difficult for me at this time. Because of my health, food is a great issue, what I can have and not have, most of the Sri Lankan food did not agree me with.

At first I refused to come home and the Bishop tried to get me checked out in Colombo, but in the end it was strongly advised to return for vocation and be checked out properly.

On my return I made appointments with my own doctors, and the dreaded news came in the end. In the short term the worse became even more worse. I had actually had a minor stroke, and diagnosed with angina. On top of this with my heart problems (Heart Murmur) and blood pressure problems and diabetes, I was having serious problems and was now very weak.

The doctor with concern immediately booked me in with Dr Pye the heart specialist who had been dealing with in the past, and also arranged for other treatment and tests.

The Doctor automatically refused to sign any papers agreeing to my return overseas until December at least for reasons due to climate and my medical problems.

During this time I am on weekly medical check ups and have to report to my Dr each Friday.

My health is very poor, I have to except defeat (which at first I would not) and rest fully.

I do admit I feel tired and exhausted, and I am having serious problems. My medicine has been changed, I am now on 9 different pills a day for at least until December until they feel that I can go back to the old pills I was taking. Due to these powerful pills the effects prevent me from doing any serious work due to the results the pills have on me. The pills make me very dozy, tired and weak.

I am temporally during this period, helping out with ministry back at Bishopthorpe under our Vicar until the time is right and my health is good enough to go back to my missionary work or other ministry work, but this will not be until at least December.

The first thing all my friends and family did as soon as I arrived home, begged me not to go back even if I could, they saw me as who I was and saw I was ill and exhausted, to their relieve they knew they had won when the Dr himself prevented me from returning.

I had lots of parties and outings arranged for me by my family friends who were so happy to have me home, a lot I could not attend due to just been too tired and exhausted. But I must it is good to be back in my home village surrounded by family and friends who are making a big fuss of me, which some times admittedly can be annoying but flattering.

What my future holds at the moment is not in my or anyone's thoughts, just the thoughts of myself, family and friends is my health, that is the only concern at the moment.

I am hoping that I do have some strength at least to help out with Parish work here the best I can, and also continue with my Franciscan work.

This month I am spending a week with my family at Rearsby where they live, I am really looking forward to this. Since I was a child I loved visiting at

least once year and stopping with my family here, I have so many happy memories and so many friends here. So it is break I am looking forward to. I also hope to spend some time on retreat and ministry up at Alnmouth Friary, the main Franciscan friary for the Franciscans in the North of England, in beautiful Northumberland.

So please at this time, just pray for me. I promise I will write on the odd occasion to this web page of any changes that take place.

Br. Michael