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Dear friends and Project supporters.

This last period of missionary/humanitarian commission in Africa has been till now somewhat different and new in my life.

This year's last February, adding to the accident of last year with a broken right leg, this time the knee of the left leg gave in, leading to an arthroscopy and subsequent rehabilitation.



I'm still doing physiotherapy together with calcium and omega 3 supplements, to see if the bones get stronger and I can walk again. Pray for me. It's my turn to go through rough times.

As much as possible I have gone on with the activities I worked in the Project in my limited capacities, mainly helping with the logistics and coordination of the financial help, and so on.

But being immobilized doesn't mean going to the bench sort of speak. I have dedicated my time to other tasks equally important. Within the AMAVIDA Project, I have contributed with the translation and sub-titles of various motivational and informational clips, which can be seen in "acordem.com" and/or the YouTube channel.



Meanwhile Pastor Jabu, from "Kingdom Life Worship \*Community\* Centre," with whom we have been partnering several years, finally "tightened the knot!" Congratulations!

Next October 7th I will travel to Africa and, God permitting a steady recuperation, I hope to be able to get more involved in the physical aspect than in the last times.

I also want to thank once again all the help, financial, with products, moral support and prayers. I reiterate the appeal as well for help with whatever you can help and may God bless you for that!

We are together.

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Caixa Geral de Depósitos  
**Projecto Tchuma Tchato**  
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# What The Crutches Teach

Missionary  
João Rodrigues



Humility is what crutches have taught me. Humility has put in perspective the goodness that still exists in the world.

Ever since I know myself that a force, sometimes greater than understanding, pushes me to do things. I never felt good just doing nothing, without a purpose for the day and, invariably, most of the times I'd see myself engineering and performing them alone, with my own resolve and no exterior help.

I think I never was and never will be a good organizer, a team captain able to mobilize more than myself for any given task. If I ever wanted anything done almost all the time I had to do it. There are exceptions of course; what would be a rule without its exception.

But the fact is I have felt good, isolated, in peace with myself and the elements, focused and productive, when I'm alone.

I think I can consider myself a person with a big sense of pride that, when said this way, it sounds like a virtue but it's not. And I have lived my life this way, with a lesson to learn.

Well, a little over two years ago the time came to start learning. First I broke my right leg and, the left knee caved in a year later. "The rug was yanked from under my feet."

Afterwards, from the crutches I went to the cane and more or less five months ago I back on the crutches, which have been the aluminum extra support till now. To be able to use them I need both hands that God gave me and that puts a lot of stuff out of my reach; walk and carry things at the same time, take something from the fridge and bring it to the table without extra step by step manipulation or someone to give hand, toilet I'm not even gonna talk about.

Another particularity of this condition is to turn movements a lot slower and necessarily planned ahead to avoid disasters which may compound the already reduced immobility, such as losing one's balance, trip over something, slip on wet surfaces, and so on; I think I'm still on for new situations.

But it's curious that, although I take more time to complete tasks, it seems time stretches. I have noticed that my personal organizational sense has improved exponentially. For example, to get to the car and remember I forgot something I need for the day and having to go back two flights of stairs to get it, because now I go slower that gives me the cool that helps to think and better imagine the map of things and what I need to accomplish them.

Those compensations are what make life and the moral remain at a sustainable and qualitative level. Otherwise it would only be inertia until stop and die I think.

Going back to the title of this piece, the fact of being limited and sometimes needing help from others makes me ask, which is in itself an exercise of humility. Which in turn brings out what is good in people when they decide to help.

And to me, this limiting condition, has increased my perception of the limitations of others and awakened compassion, even in situation where their pride is still overlapping. It's like an extra eye has grown on my forehead, an X-Ray eye that can see what goes on inside their head. Sometimes it's frightening and sometimes it's emotionally intense.

Updated news! At the physiotherapy session yesterday I started using only one crutch. I'm being able to do more weight on the arthroscopy knee.