

# Land of the Risen Son

イエス・キリストは日本を愛する

(Jesus loves Japan)

Dear Friends and Family,

As we sign and stamp and lick and stick your Christmas cards, envelopes, and labels this year, we can't help feeling especially grateful for you. The year 2019 started off like any other. In January, we hosted a short-term missions team from CCC Korea. Our ESL classes, violin lessons, English-language services, cooking clubs, and relationship-building with various people in the community continued as normal. We were just on the verge of starting two new ESL classes (an additional one for elementary students, and a TOEFL one) when the world crashed down around us.

During a conversation with my sister, we related a few experiences from our time with our former organization. She reacted with shock. Through that discussion, we realized our wounds from that period ran much deeper than we'd originally thought. All of the emotional compartmentalization we'd unwittingly built up came crashing down. We found ourselves overwhelmed with horror and unable to cope.

After two months of trying to continue as normal, with the addition of remote therapy to our schedule, we realized we needed to return to Canada for more intensive treatment. We talked with Higa sensei, the pastor of Seaside Chapel, and with his blessing booked our plane tickets. The next day, I fell and received my concussion.

After our June newsletter, when we told you that we would be returning to Canada to heal, your love and encouragement poured in. You helped to transform our time back from one of fear, discouragement, and uncertainty into one of peace and confidence.

The completeness of God's provision for our needs still leaves us breathless. Though recovery from my concussion has taken many months, it might have been much, much longer. One of the Occupational Therapists I consulted told me that her boyfriend is still struggling with his concussion symptoms 4 1/2 years after it happened!

In my case, the 24/7 demand to think and speak in Japanese (one of the top five most difficult languages in the world) is a huge mental load. Yet, I'm now removed from this, which means that those mental resources can be dedicated to getting better. We would have been reluctant to come back to Canada had my concussion been the only thing wrong but, because of the timing, this was not a factor.

Higa sensei has asked us to return to Okinawa when we are 70% recovered. On arrival in Canada, we were pretty close to 0% on all fronts. At the time of this writing, we've been back 5 1/2 months, and are at about 55%. We anticipate returning sometime in the new year.

Healing has been steady, and though it's taken longer than we initially hoped, we also recognize how complex it can be, especially when coupled with other stress-related illnesses, like Peter's adrenal fatigue. With the help of a naturopath and now a gastroenterologist, we are sorting out Peter's remaining health issues as well.

Even so, we find ourselves deeply grateful for this time of recuperation and all that we are learning. As my mum once said, "When you don't have enough, thank God for what you do have."

And we do. We thank God for you, our friends and family, who repeatedly offer us waters of encouragement in a dry land, and who are so supportive and sensitive to our need to be apart for a season. For the occupational therapists, physiotherapists, psychotherapists, doctors and specialists so readily available. And for the joy and wonder of this Christmas season; they once more remind us of the seeds of hope planted in our present and future, needing only a drop of Living Water to burst into bloom.

Merry Christmas!

With Love,  
Valerie & Peter



Cooking with new friends in the community



Creamy Chicken Pasta (See reverse for the recipe.)



Helping with a pastoral conference



CCC short-term team



Mummy & Me English club

# Creamy Chicken Pasta

*Peter says this is the best original recipe I've ever created!*

## INGREDIENTS

2 chicken legs  
Pasta for two

### Sauce:

1 large clove garlic, minced  
1/3 c low-fat cream cheese  
4 tbsp butter  
2 tbsp + 2 tsp fresh basil, chopped  
(about 6 leaves)  
3/4 c milk  
2-3 tbsp Parmesan cheese  
Pepper, to taste

### Veggie mixture:

1 medium onion, diced  
1 large clove garlic, minced  
Canola oil  
1/2 tomato  
150g frozen spinach, thawed  
1/2-3/4 tsp Himalayan pink sea salt  
1/4-1/2 tsp pepper

Total time: 1 hours, Prep time: 25 minutes

Yield: 2 servings

## DIRECTIONS

1. Cook chicken legs in oven at 350°F for 45 minutes.
2. **Sauce:** Place garlic, cream cheese, and butter in small saucepan and melt together on medium-high heat. Stir with wooden spoon until smooth. Add basil, milk, Parmesan, and pepper to butter sauce and simmer until reduced by about 1/4. Stir frequently with wooden spoon to prevent protein skin from forming on the top. Remove from heat.
3. **Veggie mixture:** Meanwhile, sauté onion and garlic in oil in frying pan. When onions are nicely browned, add tomato, spinach, salt, and pepper to onion mixture and cook for an additional 1-2 minutes.
4. Meanwhile, cook pasta of choice, enough for 2 people.
5. When chicken is finished, cut meat and crispy skin off from the bone. Sliver and add to onion mixture in frying pan. Cook until chicken is well-integrated into mixture.
6. Drain pasta. Add half of the sauce to the pasta, and stir. Add onion and chicken mixture and remaining sauce on top of pasta. Mix again and serve.

## CONTACT INFORMATION

### Thank You

Thank you for your interest in our work. We send out newsletters every two months. If at any point you decide that you don't want to receive them anymore, just write or email us.



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