

The Lowedown

Feb '95

A Monthly newsletter from Dave & Jennifer Lowe

Dealing Daily with Diabetes

I wanted to talk to you a little bit about what has been going on with me lately in regards to my health. Dave and I figured we should let everyone know about my diabetes.

I'm not sure how many of you know that I am diabetic.

I contracted diabetes when I was 8 years old, and I have had to take insulin shots ever since. For me, diabetes became an everyday part of life. I quickly became accustomed to giving myself insulin shots three times a day, cutting out sweets in my diet, and testing my blood three times a day to see where my blood sugar was. I soon learned what to

do when my blood sugar was too high, and also what to do when my blood sugar was too low.

Let me tell you a little bit about diabetes. Diabetes is a disease that affects millions of people in the United States and

around the world. Those of us who are diabetic have an inability to break down sugars in our body because our pancreas has stopped producing insulin. Since my body doesn't produce insulin, I must take insulin shots. There are two different types of diabetes: insulin dependent and non-insulin dependent. Those diabetics who aren't insulin dependent can control their diabetes with oral medication and diet. I am insulin dependent, which means that I will always have to take insulin.

I have always tried to take care of myself and manage my diabetes. But when we moved to Tucson, I noticed that it was getting very hard for me to control my blood sugar. I would frequently have high blood sugars, and I was getting frustrated because I felt like I was working hard to control my diabetes, but nothing was helping.

Last September I visited a doctor here in town, and he suggested that I get an insulin pump to help me control my diabetes. An insulin pump is a small device (the size of a credit card) that is worn externally. It

infuses insulin into the body just like a normal person's pancreas, making it easier for diabetics to control their blood sugar levels.

The problem with these pumps is that they are \$4000, and many insurance companies do not cover the pump. I contacted our insurance company, and miraculously they are covering the pump @ 80%! That was really an answer to prayer.

Dave and I were wondering how we were going to come up with the other 20%, which was \$800. But miraculously, a generous friend sent us a check for \$800 to cover the pump. Praise the Lord! It was so exciting for us to see God provide for all of our needs!

I would appreciate your prayers as I will be learning how to use the pump in the next couple of weeks. Pray that the pump would really help to control my diabetes. I will let you know in future letters how the pump is working out.

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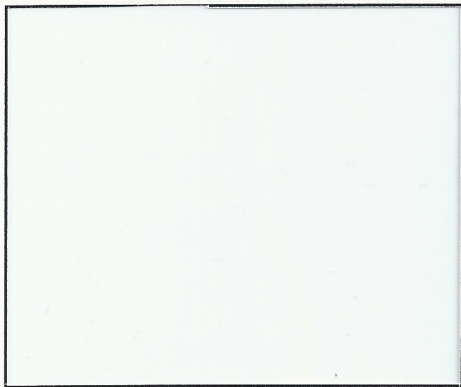
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Christmas Conference 'Beyond Xtreme'

1 San Francisco - This year's Christmas Conference was once again a great success. Nearly 1000 students from all over California and Arizona convened in San Francisco to hear how they could live a life for Christ that goes **Beyond Xtreme**.

As usual, the speakers were top-notch. They included W. Bingham Hunter (Trinity Evangelical Divinity School), J.P. Moreland (Talbot), Steve Arterburn (Minirth-Meier Clinics), and Bob Horner (Campus Crusade staff for 29 years). Collectively, the speakers challenged us to make an extreme commitment to Christ.

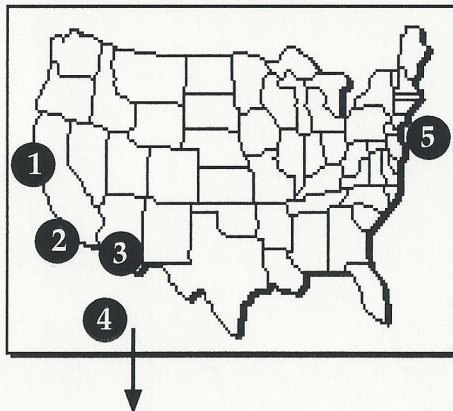


'Xtreme' speaker Bob Horner

Of course, Jennifer and I were kept busy helping to run the conference. Jennifer helped out with registration, the book store, and staff interviews for those considering full-time ministry with Campus Crusade. For the third year in a row, I was in charge of all of the video, which can create quite a bit of technostress.

The work was worth the impact the conference made in the lives of our students. In all, about 20 students from the U of A attended.

One of the students in Jen's Bible study commented that the conference had helped her to deal with a lot of unresolved issues in her life and that as a result she had been able to give Christ more control over her life.



Jennifer to attend Field Conference in February

2 San Diego - From Feb. 13-17, Jennifer will be attending a field training conference for New Staff in our area. The conference is designed to help them understand more about their job responsibilities, to aid them in managing their schedule and assist them in developing their personal ministry. **Pray that this week would be an encouraging time for Jennifer and that she would benefit from the training and the relationships that are built.**

'Letterman' Style Outreach Planned for Feb. 16

3 Tucson - On Thursday, February 16, we're planning a campus-wide outreach. The program will be a 'David Letterman' style variety show built around the theme of relationships. We'll have some humorous skits that relate to the topic of relationships as well as some crazy stuff to make it fun. There will be guests who will talk about their own life experiences with relationships (testimonies) as well as a short gospel presentation. After the program we're going to have a coffee house atmosphere, complete with live music, coffee, etc. **Pray that this outreach would be effective, and well-run. Pray that we would get enough students involved to pull it off. Pray that students would come to know Christ as a result.**

Dave & Jen in Mazatlan for Spring Break

4 Mazatlan, Mexico - We'll be in Mazatlan with our students from March 10-16. During the day we'll be reaching out to college students on the beach, while in the evening we'll be working with a local pastor to reach out to the community. Our Spring Break is usually a great time to build vision in our students and to get them thinking about taking the gospel to the world. **Pray for Jennifer as she is helping to organize all the details. Pray that our students would get excited about going. Start praying now for those whom we'll encounter.**

Summer Plans Taking Shape

5 Ocean City, N.J. - This summer, Jennifer & I will be in Ocean City staffing the beach project there. Jennifer is particularly excited because she attended this project as a student. More than 80 students from all over the country will be spending their summer on the project getting disciplined and trained in practical ministry skills. The students will have full-time jobs during the day while receiving training and Biblical input during the evenings. On the weekends, we take the message of Christ to tourists on the beach and the boardwalk. Students are also encouraged to develop relationships with their co-workers for the purpose of developing a ministry at work. Our main job will be to disciple and train the 4-5 students who are assigned to be in our respective Bible studies. In addition, both of us will have other responsibilities, such as Outreach Coordinator, or Training Coordinator. **Pray in advance for the students whom we'll be discipling. Also, pray that our jobs would be challenging and would help in our continuing development.**