



February 5, 2008

Dear Sisters and Brothers in Christ,

Friday, February 8, will be the six-week anniversary of my heart by-pass surgery. I want to thank you for your prayers, your cards, and your patience. During my recuperation, I received nearly 100 get well cards! Your concern and prayerful support means more to me than I can express.

While I have been working at home and have been in the office several times over this six week period, I am looking forward to resuming a fairly normal schedule beginning Monday, February 11. In addition, my driving privileges will resume on that date and I will be able to travel to meetings throughout the presbytery.

I will share with you that living “heart healthy” isn’t as difficult as I imagined. Reducing fat intake, limiting sodium, and eliminating caffeine require little more than reading labels and thinking differently about diet. For example, when I see an advertisement for a big juicy cheeseburger, I pictured in my mind a clogged coronary artery. It works wonders on the appetite!

During my early years in Eastminster Presbytery, I recall visiting the late Rev. John Owen, then pastor of the First Presbyterian Church in Lisbon, in the Coronary Care Unit of Salem Community Hospital. John was recuperating from a heart attack. While we talked, John said to me, “Dan, don’t make the same mistake I made. Take time to exercise and to take care of your heart.” While I still remember John’s words, I didn’t heed them. Following heart by-pass surgery, I have now made exercise a high priority on my schedule. At least I had the surgery *before* I suffered a heart attack. I have told my children to learn from my experience, begin to live heart-healthy, and they may never need heart by-pass surgery.

So, between eating salads, fish, and chicken, drinking decaf coffee, taking walks, using the treadmill, and riding my bike, I look forward to serving our Lord together with you. See you soon!

In Christ’s service together,
Dan Schomer