

My Bout with Sickness in Malawi

Malaria. According to the Center for Disease Control & Prevention, in Malawi, it is the number three killer, following HIV/Aids and respiratory infection, taking an average of about 8% of the people each year. It is a difficult sickness to diagnose and is often named as the default of any unknown sickness amongst Malawians. Malaria can strike at any time in Malawi and there is no "safe" zone, except in a few areas where the altitude is too high for mosquitos to survive. This news can be daunting and almost cause one to live in fear.

The first three years of living in Malawi, I have battled with my own fear over whether my three children now 4 years and under or another family member would come down with Malaria. We chose not to take a prophylaxis (preventative) for Malaria because of the long-term side effect. Malawians themselves recognize the symptoms and treat it as it comes. Year round we would usually have a few or many mosquitos inside the house. With high temperatures during the dry season, they are few and the windows fly open daily to let some air in. There is no closing yourself off to the chance that a mosquito may find an opportunity to sting. I pray daily that we are free from sickness, particularly Malaria. Several times one of the children has run a fever for more than 24 hours and we have taken them to have their finger pricked and the blood tested to see if a trace of the parasite could be found. Each time we were so thankful the tests were negative. However, tests are not always accurate. The parasite may not always be in the exact area of the blood that is being tested, so multiple tests may need to be conducted at a laboratory.

In early November, I began feeling severe fatigue and experiencing vomiting, diarrhea, and an intense headache. After 24 hours, I was so weak and feeling much worse. I was still nursing my 12 month old son and it did not help for my rehydration attempts. Our teammates Ryan and Justine had been away for a couple of weeks and had just returned the evening before we called them at 3 am to pick me up and take me to the nearest 24-hour clinic. I was very afraid the blood test would show Malaria. However, when the negative results appeared, I asked, "what is wrong with me?"

We discussed at length with a Malawian doctor on-call about the possibilities. He said that all my symptoms seemed to be Malaria, but the test was negative. He requested that I

by Becca Hayes

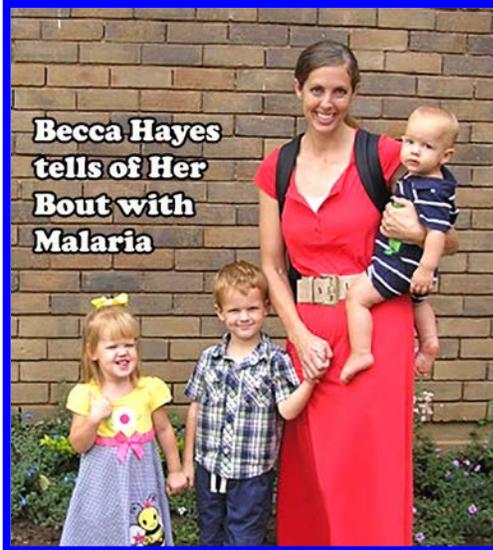
wait and return for a second blood test. By 9am the same morning, I was feeling such intense sickness and weakness that I could hardly walk. We returned to the same wellness clinic to find a second blood test negative. I requested an IV as I knew I was also struggling with dehydration. Thanks to Justine and a Malawian nurse friend of ours who stayed with

me and made sure all things were done well. After several hours of fluid, I was not feeling much better. I requested to take the medicine, regardless of the negative testing because I knew the test was not always accurate. I will pause here to tell you another story inside this one.

After the first test, we still suspected it was Malaria. As a nursing mother, I was very concerned with the medication being safe for my baby. I texted a few people who were familiar, asked some doctors and nurses,

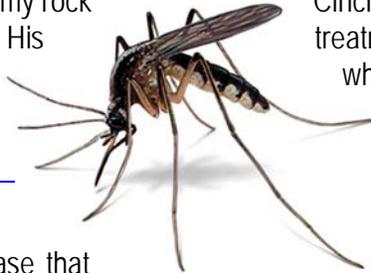
and the answers were not clear. The medicine they give to nursing mothers in the village is one that pharmacies and clinics were short on in the city. However, our maternity clinic in Thondwe had it. So, one of the maternity nurses was driven the 20 minutes into town to bring it to me. Even after bringing our own medication to the clinic, the doctor pulled out the leaflet within the other Malaria drugs and was reading them to us and the nurses comparing the differences. He requested to put me on a new drug. I refused not knowing anything about that one. I was feeling as if I was my own doctor at this point. I forced the medicine down, which I really did not want to take. Within the next couple of hours, I began feeling better.

At the clinic, there was no air conditioner or fans and the windows were always open. The screens on the windows could use a bit of patching. Therefore, as you can imagine, the mosquitos find ways inside. Thinking through this as I was laying in the patient bed - I was possibly fighting a sickness caused by mosquitos as mosquitos were flying all around me. It's a bit hard not to feel...surrounded by the little buggers. The positive factor is that the female anopheles (Malaria carriers) only come out from dusk to dawn. Being at the clinic during the day lent itself to a bit more peace than if we had stayed there overnight.



I improved within two to three days. The medication had side effects that wore off after that time period and I felt normal. The kids were troopers along with their daddy as they helped look after their mama.

Was my sickness really Malaria in my blood? I won't know, but I do know that I was not taking any chances. I could tell you some hard stories about people suffering for long periods of time from the side effects or how quickly it can cause death without too many symptoms. Do these things cause fear in me? Absolutely! But, the Lord is my rock in whom I must find peace. My health is in His hands and I am thankful for the healing power on my body from this recent episode. Thank you to everyone who prayed for me.



A Battle for Millions

Malaria is a deadly, mosquito-borne, disease that affects millions in Africa and around the world. It is transmitted by a mosquito that has bitten a person infected with the disease. These transmitted parasites grow and multiply in the liver and blood. Effects from the disease may be felt as soon as 8 days and up to one year after infection.

The symptoms include fever, flu like illness, shaking chills, headache, muscle aches, tiredness, nausea, vomiting, and diarrhea.

David Livingston was a national British hero. He was a Missionary and Medical Doctor who spent many years in Africa, including several trips through Malawi. He saw the terrible effects of Malaria on the people, and even on himself, and he pursued treatment of it through the discovery of quinine which is found in the bark of the South American Cinchona tree. He made great strides with this treatment. However, 21 of the missionaries/doctors who traveled with him, and he himself, died of Malaria while in Africa in the late 1800s.

By God's good grace, none of our missionaries to Malawi nor their families have died from Malaria; however, it does affect all of them. Thankfully, good treatment is available if diagnosed and treated promptly and can be cured and even in limited ways prevented. Becca recommends an excellent website if you would like to read more - <http://www.theeyemw.com/aamalariamarch2011.php>

Blessings, **Sidney Vaughn**

The Image of Christ

At the end of each year, a special meeting is hosted by the Blantyre Church of Christ. Over 2,000 people attended this year and Ben was a requested speaker. It is a long day of teachings, fellowship, and worship and usually filled with guest speakers from other countries. But as it was two years ago, Ben Hayes was the only **in-country** speaker requested for the event. He was requested to speak about "Holiness in the Christian life" and he did a brilliant job speaking about Christ's revelation of true holiness. He said humility towards others and a consistent dependence and reliance upon God for all things including our identity, our worth and our needs

leads us to holy lives. Thus, holiness is a way of "being transformed into the image of Christ". Great job to Ben, and please pray that we all – and the Church in Malawi in particular – will continue growing into the Christ-like spirit of humility and compassion for all people.

Ryan Hayes





Namikango Mission • PO Box 21 • South Houston, TX 77587

MONTHLY REPORT • Namikango Mission

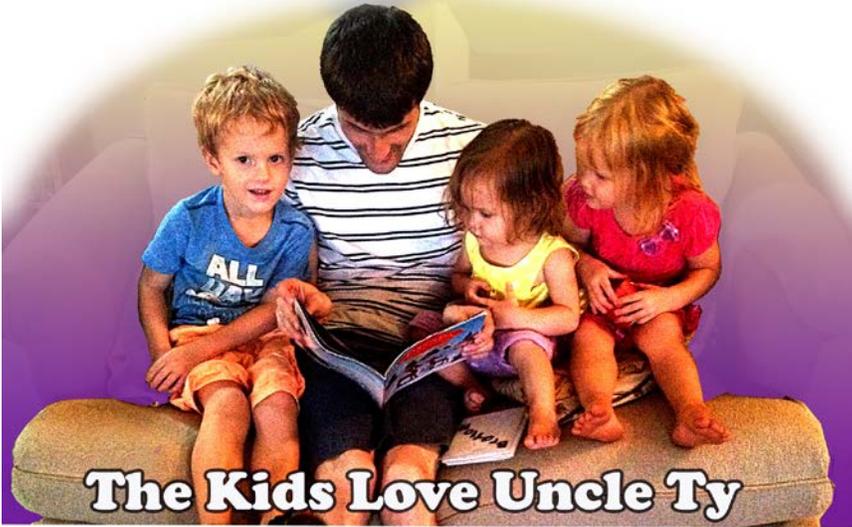
www.missionmalawi.org • Sidney Vaughn, Editor

VOLUME 52 • ISSUE No. 1 • JANUARY 2016



RETURN
SERVICE
REQUESTED

NONPROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 764
Lubbock, Texas 79424



The Kids Love Uncle Ty

Goodbye to a Good Man!

January 5, 2016, marked a bittersweet day for Namikango Mission. Bisani Mphongolo ended his service for Namikango Mission at nearly 10 years to the day. This was a bitter day because of the excellent man and servant that Bisani has been to the Mission from day one. However, it was a joyous day because we got to recognize how good God has been to us to have had Bisani here. We were reminded of what God was able to do through this godly man during his hard work at Namikango.

Bro. Bisani left a very large hole to be filled at Namikango, but we have already seen over the past year how God has prepared us for this by giving us several excellent new employees to fill in this gap.

Bro. Bisani has an exciting new

appointment ahead of him and we have every confidence that God will continue to work through him for the good of His Kingdom at that place as he has at Namikango. Please pray with us for Bisani and his family as they embark on a new stage in their lives.

Ryan Hayes



Staff & Friends say Goodbye to Bisani & Family



My youngest son was given money by his grandmother to help someone in need for Christmas. This was his choice and his desire to help in this way. Thank you for what you do and may God bless you and the work you are doing.

To the Namikango Mission Staff: I am sending a donation for Ben and Ryan Hayes for the support of their families and the work done at the Mission. God bless them. In Christ's name and with much love, Mary Ann Sperry

Please find my contribution in response to the food needs of the people. Mary Shelburne Krablin

In honor of our [children and grandchildren](#)

We love you! Mimi & Gramps

Merry Christmas & Happy New Year Hayes Families!

We love you all and pray for you often.

Thank you for your Kingdom work!! Nicholas & Susan Gaultney

Please use this towards the purchase of maize to help with the current hunger crisis. Thank you! Amy Grisham

Dear Christian Family, We enjoy the monthly newsletter about Namikango. In Christian Love, Kenny & Marline Robertson

Dear Sidney & Friends with the Mission, I appreciate reading of this heartfelt work to enrich lives and minister in Christ's name. May God's love and light and encouragement shine on and through you all. Sincerely, Jeremy & Heather Keeton

Our love to the Hayes families and all those they serve. Dale & Billie Everett

Please use this contribution wherever needed. We appreciate knowing of this dear ministry to many hurting people. Henry & Peggy Galvan



Ty Hayes comes to visit

It was a special time for Ryan and me with the arrival of our other brother, Ty. He lives and works in Mbale, Uganda, where his main responsibility is the daily management of Tyler Academy, a grade school serving the families of Mbale.

Needless to say, it was wonderful to have Ty around for two weeks and, of course, he was the favorite "uncle" amongst our children as well. The time came and went all too quickly.

Join us as we keep Ty and the Mbale missionaries in our prayers as they continue God's work there.

Ben Hayes