

## Trying to groove

I am feeling better, although my chest is painful, and there's still a bit of a cough. I did teach water aerobics yesterday, which was probably not a good idea, although the class went well.

Today I'm moving back into preaching mode, and what a weekend to do so. I hope I can speak "big enough" to the occasion of this particular time. Tonight I hope to see some knitting sisters, I've missed them!