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To: Phillip Larsen <phillip.larsen@myldsmail.net>

Cc: John Larsen <john@larsen-family.us>

Hi, Phillip! Dear Elder Larsen!

Yikes, you're early this week! So I'm not prepared. I'll write a quick one for you, and more for later.

A couple of news things:

Beverly's spots in her lung are, indeed, the cancer from her leg spreading. But she has seen a doctor in Boston, and there is hope for some treatment. They will do another CT scan in a month to see what the tumors do, they will give her chemo weekly, and they will see if they can do surgery on both her lung and her heart at the same time. She is sounding hopeful, but please keep her in your prayers, as always.

Did anyone ever tell you there was an earthquake? It centered in Virginia, 5.8 on the Richter scale, and Dad and Heather felt it at work. Not a lot of damage, and nobody was killed that I know of. But it is interesting that there was an earthquake and a hurricane in less than a week's time on the East Coast.

Winston has diabetes, and I give him a twice-daily injection of insulin. So far, he's doing all right with it, and I hope it helps. It's easier than I thought it would be, and we're getting used to how to do it. I need to teach someone else how, also, in case I'm not here sometime for it.

I took Julia and Rachel to Beaver Brook on Friday. It was a lovely peaceful time. We took a picnic and walked around and relaxed. Julia said "I miss Phil!", and was all set to have a terrible time because you and your brothers were not there. But I think it was good. I will plan to go back soon by myself, with my journal and some knitting. Good to have some solitude and enjoy the beauties of nature.

Yesterday I was fasting to be able to feel the Spirit more. A couple of thoughts came to me: sometimes it's a matter of focus. Like, I was deep in thought while driving the other day, and had to consciously move my focus from my thoughts to my driving. Maybe that's like the Spirit. If we're focused on other things, feeling the Spirit can go by the wayside. I think the Spirit is waiting to speak to us often, and we're just too busy

to listen. Also, after yesterday's fasting, I was reading a book at Cheryl Potter's house (we're taking care of their cats this week). It is by Sherri Dew, and in the first chapter, she refers to some scriptures about feeling the Spirit. Those scriptures, combined with the lesson in Relief Society yesterday, let me know that I need to really do my part, study the scriptures, feast on things of the gospel. So, anyway, that's my insight for this week.

Julia starts Seminary tomorrow, and is excited about it. The challenge, as always, will be bedtime. Today Dad and Bradford will be biking, and I will be working on moving your things to your new basement bedroom. And doing other household things. We'll be meeting Dad and Bradford later for dinner.

I'll send this now, so you'll have an email from me, and I am looking forward to your news of this week. Love you! The church is true, and I'm so grateful we have the scriptures, and a living prophet. And missionaries to share the gospel!

Love,
Mom

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