



# The Lowedown

An update on the life and ministry of Dave & Jennifer Lowe

## A Month of Milestones

This last month has been full of milestones and new steps forward for us.

You might remember that a few months ago, Jen had cataract surgery on her right eye. One of the side effects to being on Prednisone for an extended period of time is that it can cause cataracts to develop. Jen's vision in her right eye was so obscured by an enlarging cataract that her ophthalmologist recommended that she get the surgery.

The surgery was a success but at a follow up appointment about 6 weeks later, her doctor recommended that she get cataract surgery in her left eye because that cataract had continued to grow. So in mid-November, Jen had cataract surgery on her left eye as well.

Not long after that, on November 19th to be exact, Jen took her last Prednisone pill. Jen has been slowly tapering down on her Prednisone dosage since February and finally, she had reached the point where she could eliminate this medication from her daily pharmaceutical regimen. It was an exciting moment for sure.

Last week we experienced another milestone in our continuing recovery. For the first time in 20 months, Jen and I traveled together for a conference related to our work. It's not often that we get excited about traveling out of town for a bunch of meetings, but I admit that I was looking forward to a change of pace and connecting with our colleagues from other cities.

Our meetings in Austin were an opportunity for us to rub shoulders with about 20 other Cru staff around the country who are ministering to Millennials in their respective city locations. It was great to be with like-minded people who have a passion for the Lord and are trying innovative approaches to connecting with and ministering to the 20-somethings in their cities. We came away inspired and full of new ideas.

And in a strange twist of irony, Jen was asked to do some training on coaching that she has learned because the original presenter, a Cru staff mentor of Jen's, had to back out due to some personal health issues.

About a week before our trip, Jen was asked if she could step in and provide the coaching training to our group since she has received extensive training through the Leadership Development program of which she's been a part for the last 4 years. It was not an ideal situation, given that Jen's only prep time was during Thanksgiving week, which we had already planned to take off, but Jen did a fantastic job helping us to learn coaching techniques that will help us immensely as we coach Millennials and train others to be mentors to Millennials.

Thanks for your continued prayers and support as we continue to move forward in this crazy journey we've been on. We are amazed at the Lord's goodness towards us and we're extremely grateful for you!

*Love,  
Dave & Jen*



**Top:** Jen and Dave celebrate Jen finally being off Prednisone with dessert at the Cheesecake factory. **Middle:** Jen provides some training on coaching others to about 20 Cru staff who are ministering to Millennials. **Bottom:** Jen demonstrates the training in a live coaching situation with one of our staff who works with Millennials in Chicago.