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Keeping On, Keeping On!

Well, I still can not seem to regain all the energy I had pre-covid. I don't know if it is just this enviroment here at Corcoran, or "The Black Hole" as it's known, or simply what they are calling Long Term Covid, but whatever it is, I have zero energy. Thats not good. But I shall give it my best and try to get past it. God is good and a sure help in times of trouble. Amen.

I recently went thru a move to a Medical Isolation Unit due to yet another positive covid test. The move in 110 degree temp did me worse than the covid. :) It is well with my soul.

I ask for prayers for the men in this unit. We have had two totally unexpected deaths in the last month and it has the whole building tense and ill at ease.

Well this was just a note to fire up the type writer. I shall hopefully post more more often. Please pray for Russ.

God bless you all who may be reading this.

Num. 6:24-26

In Christ,
I remain,

Russ Jr.

me ☺