



*Update from the Bonham's
February 2026*

Dear Family,

Whether physical or spiritual, you are a member of our family and we are grateful for you! We send this greeting from New Braunfels, Texas, where we have been hiding from the winter storms in Michigan while spending time with friends we have made here.

We have been meeting with people online for counseling and have also joined a small group of Navigator staff for a study and discussion of the book, *Living From the Heart Jesus Gave You*. When we arrived in Texas we discovered that a group studying the same book was meeting at the church we attend here. Now we are getting a double dose of the good things we are learning. Isn't it special when you see God clearly trying to drive a message home to you?

One of the things I have enjoyed has been the emphasis on appreciation or joy stories. I have a couple I want to share with you. Soon after we arrived I was reflecting on Ephesians 4:6-7:

"...One God and Father of all, who is over all and through all and in all. But to each one of us grace has been given as Christ apportioned it."

Here is what God spoke to my heart: *"Dear child of mine, I delight in you, not just in what you do. I delight in your enjoyment of my creation. I see you sitting at your desk with all your projects around you that you want to get to. But you have been weary and needed rest, and your mind has been scattered. Come to me for rest. Enjoy doing nothing for a while. I'm still caring for and watching over the flock. They can wait. I hear you wanting to be inspired with fresh thoughts as you write, but rest in what I have already given. It is enough. I know you want to finish that book. You will. But don't forget that this is the day I have made. Rejoice and be glad in it. I am with you in your mental blocks and in moments of inspiration. I value what you are doing and will bless it. But don't forget to enjoy the journey. My grace is all you need. It is enough."*

Taking this to heart, I went for a walk along the river that flows by where we are staying. As I crossed the bridge and walked up the bank I encountered a young girl standing by the path, her family sitting nearby. "Mister," she said, "Can I give you something?"

“Sure,” I responded. “What is it you want me to have?”

She handed me a small rubber bracelet with these words on it: “Be still and know that I am with you. Psalm 46:10.”

Once again the Father reminded me, “I just wanted to let you know that I see you. Even when you are walking and not thinking of me, I am thinking of you. All you need to do is be still, as hard as that is for you at times.”

Thank you Father. I am more aware now. I needed this reminder.

Today I had another “joy story.” Mary and I were sitting, smiling at each other. We started to sing that old song we had learned in Sunday School, “If You’re Happy and You Know It,” complete with hand clapping, foot stomping and shouting “Amen!” Then Mary said, “You know, you are the only one that I feel really free to be a child with.”



I really like that. That feeling is mutual. This reflects a key aspect of love: acceptance and freedom to be enjoyed. Jesus stated his purpose in coming in John 16:26: “I have made you known to them and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.” The Father loves, accepts and deeply enjoys his crazy children.

The week ahead is National Marriage Week and concludes with Valentine’s Day. May you enjoy it with the One you feel free to be a child with!

A reminder: The **Shepherd’s Heart Ministry Banquet** is coming up on March 19. We would love to have you as our guest. Check your calendar and let us know if you can join us! Details are attached.

A prayer request: Mary continues to get positive reports on the status of her stage four cancer. Tests show it has not advanced. We attribute this to God’s grace and your prayers. Please continue to keep us both in your prayers as we continue on this journey.

Grateful for you,

Mark and Mary

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