

Dear friends,

I pray this finds each and every one of you well. It has been an extremely long time since I have sent out an update or prayer letter and for that I am deeply sorry. - especially for not allowing you to walk with me in a closer way. I was completely overwhelmed and exhausted at the end of last year (2024) and didn't even make my usual yearly trek to the Philly area to visit friends and supporters. 2025 has been extremely busy and stressful as well as I continue to work on a medical trainer's guide and revamping our medical curriculum. It is all good and needed, just very time and energy consuming. The trip I leave for tomorrow is my 4th trip this year and I have at least 3 more coming up. While it is a lot of work getting ready for a training trip - my favorite part of what I do is when I am with people on the field, training and pouring into them. I love to hear reports back of them using their new skills to share the gospel and hearing about new brothers and sisters being added to the family.

June 2025 - East Africa Medical Training and a developing Medical Trainer's Guide:

Tomorrow morning I fly out to East Africa to a country I've never been to before. We have been working a lot with our in-country partners planning this trip and working on translations. We will have a group of 10 trainees for the medical training and 6 for the mechanical. About half the group being trained will be of the Masaai tribe - which is a fascinating culture spanning several countries (I had worked with a group of Masaai several years ago - 2018 or so I believe). Harrison from West Africa will be joining me as a trainer once again. He is a beautiful brother in the Lord. I have been having the joy of mentoring him and another young man in being a health care/medical trainer. Harrison uses his training skills by leading several groups a year where he is along with all of his other duties and taking university classes himself. We will also have a local medical doctor join us for a few days of the training which is a special treat!! He has offered to teach a lesson (which I have given him) and he would like to have the class come visit his nearby clinic. He will also be a wonderful local resource for those being trained after we leave.

This will also be the first time that we are debuting our new training guide for trainers - I've been so busy working on it that I haven't had the time to really read through it myself and see the changes in how to train. :-) This is all focused on training in such a way that it will more easily transfer knowledge especially in illiterate or low literacy contexts. We've been trying to do this for years but working with Karen, a trained professional in this area has been eye-opening and challenging. I have grown and learned a lot in the past 2 years working with her. It is such a privilege that she has been able to help me so much. She is also working with the mechanical program as well and they have made many changes as well.

January and February 2025 - North and Central African Medical Trainings:

In January and February I was in north Africa training refugees and in central Africa training pastors and evangelists with basic medical care. Of particular interest was the central African nation. Our partners had warned us that their people were very proud and would take the training farther than it should be. We spent months with them talking/stressing about the importance of choosing the right people to be trained - those that are humble, teachable, soft hearted, love God, love others and already active in their church communities. I was so touched and amazed by the group of 12 students who came to be trained. One older man in particular could have been the "poster child" for our medical program as he explained how getting health care led him to the Lord and led him to get some basic training on his own. All of the students were humble and eager learners and we had such rich faith conversations. Even our hosts in-country were amazed. God always answers prayers!! Those trained are using their skills in their areas.

March 2025 - Emotional Trauma Healing Training and Equipping in East Africa:

In March, I had the opportunity to take part in an emotional trauma healing training/equipping led by Teach to Transform (which is a group very similar to ITEC). Their new leader is a counselor and had developed her own course which they have been using for about a year and half now and seeing fruit - people becoming healed, whole and changed lives. It is very similar to what I taught in a seminary 2 years ago. We get asked routinely if we offer any kind of trauma care and it has been heavy on my heart to develop this. I think I may start with their program and change/add as I go. It incorporates part of the American Bible Society's trauma healing program as well as many other things. One thing I really like about it is that those who go with me don't have to have any particular training other than a humble soft heart that wants to walk alongside others. I am planning on taking another trip with them sometime this fall if I can work it out and then start offering the program through ITEC in 2026. If any of you are interested and would like to know more, please feel free to email or text me and i would love to talk with you about it. My phone number will be at the bottom of this email.

Prayer Requests:

- Safe travels to and from East Africa - that all flights would be on time and without problems, that all luggage would arrive intact
- for the training in East Africa - please pray for our hosts who are working hard to prepare for this training; for all those who will be trained (16 students), the translators (4)
- please pray that we would be an encouragement and help to our hosts and those being trained. That we would be able to communicate well and respectfully within the culture.

I've been practicing Swahili - please pray that I and the rest of the team would be able speak and communicate well whether in Swahili or English

- please pray for our translators - this is exhausting work
- Please pray for Dr Omega who will be joining the training on some days - he has offered to teach one of the lessons which I have sent to him. I will be his assistant as he trains. He is also willing to be the local resource for the class. Please pray for connections between him and the class - that they will feel comfortable with him and he with them.
- I have not taken a vacation for some time and God arranged for me and a friend to stay after the training and explore a bit of the country. We will be doing a 4 day safari which is covered by a generous donation of a church's Christmas gift to me. Already being in country and not having to pay airfare makes it quite economical. It will be a joy to have the opportunity to see more of the country rather than just flying out as soon as the training is done.
- and please pray for anything else the Lord brings to mind

Thanks for staying with me until the end of this long letter. :-). I know life is busy and continues to get busier and busier. I am so thankful for the years of relationship and friendship that we have and for your love, prayers, and support. Again, I'm sorry for not including you in the harder/difficult parts of the journey and I ask your forgiveness.

I would also like to know how I can be praying for you too. Please write back or text and let me know how I can be encouraging and praying for you.

Here is my new address as of a year or so ago in case you didn't see it before or haven't changed it for your records:

Trina Wisecup

Home	Work
13659 SW 101st St Dunnellon, FL 34432	ITEC 10575 SW 147th Circle Dunnellon, FL 34432

my phone is still the same: (850) 502-6077

Thank you for praying along with me for this trip!

love and blessings, Trina