

Dear Supporters,

My focus over the last two months has been trusting, waiting and answers. I will not be able to share all that God has done in this small update. Instead, I will highlight portions of my trip to Australia and happenings since my return to PNG.

#### School/Trip

I have been battling recurring voice loss for the past 2 years. It is different from a normal cold and lasts for up to 2 months. After being on prolonged voice rest, a trip to Australia for further evaluation was strongly recommended and travel plans began. The trip was a refreshing getaway, giving me a different perspective. My students were entrusted into the care of others who are gifted and talented. My Aunt Lynda graciously agreed to be my travel companion and voice. After waiting a few days in the capital of Papua New Guinea for visa paperwork to arrive, we were on our way. God performed a multitude of miracles, making sure we were where we needed to be at the proper time to change tickets, shop, and still make all of our flights. Praise God that everything was completed in time and that restrictions were lifted a day before we traveled.

#### ENT/Speech Therapy

We arrived in Brisbane on the day of my appointment with the ear, nose, and throat specialist. He took a video of my vocal cords and found no growth, polyps, or nodes. Praise the LORD that surgery is not needed! He referred me to a speech therapist who taught me about vocal muscles, common voice stressors, and most importantly, how to protect my voice from harm. She helped me understand the importance of taking care of my voice and also how to heal it. I was able to meet with her twice in person and will continue sessions with her online until the New Year.

#### Fun moments

While in Brisbane, I enjoyed shopping, eating, resting, and walking on the beach. I am grateful that Aunt Lynda's sister hosted us for our entire stay in Brisbane. I got to ride in an Uber and taxi for the first time, go to K-mart (a bit different from the ones in the US), eat barbecued fish, and shop at Costco again!

#### Transitioning back to PNG

I experienced counter culture shock and felt immediate sensory overload upon arriving in Australia. The smells, speech, conveniences (like air-conditioned cars and no pot holes in the road) all kept my brain very busy to say the least. I missed the simplicity of Papua New Guinea while in Australia but am now missing the convenience of Australia. Knowing that I cannot have both makes me grateful for what I have, which is always more than I need.

Since my voice healing will take a long time, I must limit how much I talk and be extra careful not to strain my voice. This has restricted my activities and involvement. I am still enjoying ministry outside of school (TREK- High School Sunday School) and piano lessons but must limit hosting dinners and attending events where I might be tempted to talk. I am so thankful for my substitute teacher who is covering one of the computer classes. This limits my responsibility to a single Friday class.

In my last update, I mentioned that I had been offered a home and the offer was accepted! I am all moved in and love my new location. It is in the same neighborhood as my old childhood home, and a closer walk to school. No more steep hills to climb. Below are some pictures of my Uncle Marlyn, Aunt Lynda and myself praying over the house before the move-in began.

#### Prayer:

- Diligence and perseverance in continuing voice therapy
- Maintain relationships with family, friends and supporters in PNG and in the US.
- Set my house apart to be used for God's glory.
- Transitioning back to teaching would be smoother and I would take the time needed to invest in students and prepare lessons

#### Praise:

- New house
- Seeing Middle and High school students devoted to God.
- My First class party was a success and everyone was safe. (We had a big waterslide).

Praying for you all, and thank you for your generous giving, prayer coverage, and notes of encouragement.

Kacia Ingraham

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Nightly beach walk



Elim Café with my Bible Study  
The city life of Brisbane



-\*34NT Appointment



The options, and options



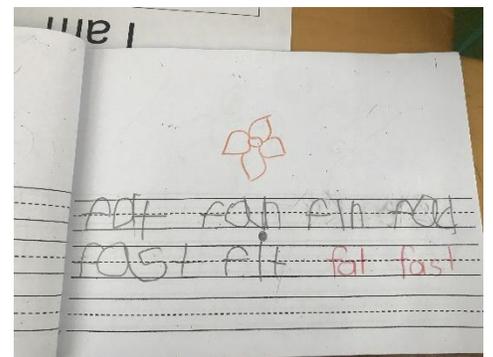
Coconut Oil anyone?



Traveling buddy.



Just a glimpse of our excitement when the visa arrived.



Writing of a kinder in progress.