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Corona Virus and Myalgic Encephalitis/Chronic Fatigue Syndrome (ME/CFS)

I would like to offer my book, *Riding on Faith: Keeping Your Balance When the Wheels Falls Fall Off*, as a free Kindle download between March 24-28. Follow the link https://www.amazon.com/Riding-Faith-Keeping-Balance-Wheels-ebook/dp/B009YLG2TY

My book looks at many of the issues we are facing as a world today, through the lens of being struck by an elusive invisible disability on July 19, 1992. As I've listened to the news, browsed my Facebook page and talked with friends, I've recognized several similarities with our current pandemic climate and the one I was forced into over 28 years ago. For instance, the self-quarantine we speak of now, I've often defined as the prison of ME/CFS, an isolation which caused me to miss entire seasons at a time. Hearing people talk about the difficulties in "wrapping our heads around" something so elusive as COVID-19, has helped me to see how I have faced the same difficulties as I've navigated a long-term acquired disability. Like each of us, our world was once booming with a flurry of activity . . . and now throughout the world we are in shut-down mode! At home practicing social distancing and experiencing a large spectrum of emotions. Throughout my book, *Riding on Faith*, I talk about the vacillating emotions I experienced as a result of my "forced health shut down." Feel free to share the link with others.

Fifteen Years Ago

It is hard to believe that 15 years ago, in March of 2005, about ten people gathered in my living room for our fourth and final viability meeting. We brainstormed, discussed, and prayed about a "God-Sized Dream" of



beginning His Wheels International. The group consensus was, "let's start small and see where God takes us." We incorporated as a not-for-profit 501-C (3) in May 2005.

Days after we decided to begin His Wheels, Moody radio featured Rise International. I heard they were shipping a container to Angola, Africa, as part of their school building program. The container was leaving from New Trier High School (about an hour drive from my home) by the end of April. I called Lynn at Rise and asked if we could get some bicycles on the container. Lynn said, "We can take four bikes and you'll need to drop them off." This gave us about five weeks to find four suitable bikes and fix them. One of our founding board members, Tom R. and I started by fixing the one in my garage. Then two were donated by Spin Doctor Cyclewerks, And the fourth bike came from the side of the road on trash day (no surprise there)!

By June of 2005, my backyard had a weekly buzz of bicycle volunteers. It remained that way until we moved our ministry to a building in 2010 where we remained until the end of our two-wheeled bicycle division in 2013. In 2013 we turned our attention to the hand-pedaled three-wheeled bikes we had designed.



I remember one day when a County Sheriff entered our office, I asked, "how did you know about us?" He said, "Weren't you the one who used to fix bikes out of your backyard?" I nodded, yes. He said, "We all know about you. There were always cars coming and going from your house." BUSTED!!! But no, he was coming to ask if we'd pick up bikes from the County!

Mentoring Others

Early January, I met up with T. Between 2008-2010 T and his family were missionaries on home assignment who had received bicycles from His Wheels. T and his son then became part of our bicycle volunteers, eager to learn all they could about repairing bikes so T could return to Europe and incorporate what he'd learned into his church planting pastoral work.

On a side note—between 2005-2013 we repaired and distributed over 1,700 two-wheeled bicycles, before ending our two-wheeled bicycle branch of our ministry.

I hadn't seen T or his family since they returned to Europe in 2010. As we greeted each other T began by saying, "I want you to know, I haven't stopped doing bicycle mechanics since I left His Wheels. I volunteer once a week fixing bikes because I enjoy doing so and to build relationships in a spiritually hard to reach place. T's words were such an encouragement to me.

Weeks later T, Tom, another of our bike mechanics, and I met together. T helped me see how we were fulfilling our vision of mentoring people, helping them discover ways they can use their talents for kingdom purposes throughout the world. He said, "mentoring others is something you at His Wheels have done well. Thank you for having allowed me to volunteer at His Wheels while learning bicycle mechanic skills." He then said, "one day I hope to begin a program much like His Wheels somewhere in the world."

Mobilizing God's Work Worldwide

We weren't sure back in 2005 how we would mobilize God's work worldwide, but we knew we wanted to use bicycles as the platform. On March 9, 2020, I was invited to a gathering where I met Jacques, a Congolese surgeon who practices solo at a hospital in Malawi. "Jacques greeted me by saying, "Is this Alice Teisan (perfectly pronouncing my last name)! If it wasn't for you, I wouldn't be a surgeon and I wouldn't be here in the USA today.



Back in 2005 I met Jacques future father-inlaw Mboligihe, while he was a student at Wheaton College. Two of his sons helped with bicycle work, and when they returned to Congo in 2007, we provided the money for them to buy 10 bikes for their ministry back in Congo. I also began praying for Jacques and Dinah 's upcoming wedding.



Then around 2008, His Wheels gave a bicycle to Harold, a life-long missionary surgeon, who back in 1996 was involved in the beginnings of Pan African Academy of Christiaan Surgeons (PAACS). While listening to pieces of Harold's story, I became aware of PAACS. In 2010, during a counselling session with Fran (also friends of Mboligihe's family) she said, "I have a problem." I asked, "What's the problem?" She said, "I have been trying



to figure out how we can have Jacques go through a surgical program without having to raise funds for him to do the program in the USA." I said, "The answer is PAACS!"

Within one week, Jacques had applied, was accepted, and the process had begun. They left Kampala, Uganda where they were finishing an 8-months English course, went to Congo for passports and visas and then to Ngaoundere Hospital in Cameroon. After one year that program was closed, but he transferred to Bongolo Hospital in Gabon with no interruption and finished his program there.

Jacques was in the USA for a month, this winter, speaking at PAACS related conferences throughout the country. While in the Chicagoland area for about 72

hours a few of Mboligihe's supporters gathered and Jacques shared his crazy dream of beginning a hospital one day in Aru or Bunia Congo. Afterwards we prayed for Jacques God-sized crazy dream. Please join us in continuing to pray for this crazy dream.





Thank you for your part in this amazing adventure of His Wheels International.

On Behalf of the entire HWI team,

Alice Teisan Founder & Executive Director

Financial Contribution Information: Visit our website at www.hiswheels.org and click on the yellow donate button in the upper right-hand corner to give online. Or make a check payable to Faith & Learning International with His Wheels in the memo line and mail to: Faith & Learning International P.O. Box 480, Wheaton, IL 60187

