

## 2022 Christmas 'Howdy y'all' from the Helgrens [www.helgren.com](http://www.helgren.com) for the latest!

**December 26, 2022 (Boxing Day!)**

Whew! Where did 2022 go? After a slow-to-a-crawl COVID 2020 it seemed that 2022 kicked into hyperspeed. Still trying to catch up. Here is the better and best of the Helgren year:



Jonas and Heather, still in Salt Lake, continue their careers without too much change (a good thing in this economy). Heather continues to add to her responsibilities at Cementation Inc. and we always appreciate her organizational skills when applied to organizing Jonas or family “business”. We joined them over Easter in SLC, and we did a little house hunting as well. They joined us in Colorado for Sam’s ultra-marathon attempt and then we got the additional blessing of having both in San Antonio for Thanksgiving. I have lost count of the trips Jonas has now made to South Africa to work on a project there which has been on a slow trajectory to the finish line over the past three years. He still works for Red Touch Media in multiple roles and responsibilities. Much like his Dad, he does a little bit of everything to keep the organization moving forward.

Sam’s life alternates between his regular job at England Logistics which supports his other passions of ultra-running and fishing. Not a bad combo if you can keep up the pace, which Sam seems to have mastered. We joined Sam with other family in his attempt to run the High Lonesome 100 in Colorado in July. Debbie and I were his “support crew” and I planned to pace him in the last 6 miles. We waited for him at our first aid station...and waited and waited.



Turns out that Sam cramped badly in the first 30 miles due to the heat and barely made it to the aid station we manned. He made a valiant effort to recover and set out just minutes before the cutoff time, but returned about 10 minutes later when he realized that he would not be able to continue.



Not to be deterred, he has run a 50k and a 50 miler since in his goal to qualify for another try on the HL100. If he goes, we go! So proud of his grit.

Speaking of Jonas and Sam, those two wonderful sons headed down to Texas and took me fishing on my birthday! I am so blessed to have such great sons whom I miss VERY much throughout the year. Thankful they can travel to see us and we have been able to connect with them during the year.



And, as I intimated above, we are looking to somehow return to Utah so the travel distances are reduced. Seeing them regularly would be quite a blessing. So, if you happen to have some property in the Salt Lake vicinity that you are itching to unload cheap, let me know!

To add Debbie's and my activities to the mix, we started the year slowly. We both have "regular activities" although I look like a snoozer compared to Deb. I get to play the cajon at church as part of the worship team from time to time. I am involved with a BSF Online men's group. Oh, and I do still have a job at Bible Study Fellowship which alternates between on-campus and remote work. The job title itself has changed but the work remains the same. Deb, the other hand, serves the Lord well. She does continue to work in PT and weathered a move from a small "mom and pop" PT practice to Methodist Hospital. The practice was sold to Methodist and although her workmates didn't change and the work itself didn't change, everything else did. The new location wasn't too big a move but anyone who has transitioned from small to large organizational size knows that nothing stays the same. In addition to work, Deb participated in a mentoring program for teens that age out of foster care. She also now volunteers at the Pregnancy Care Center one day a week. She then decided to fill her copious remaining free time with serving as a Children's Leader in a BSF class as well as teach 3<sup>rd</sup> grade at Sunday School.



We traveled to Medical Lake, WA to help Debbie's brother finish out a long running cabin building project. Well, it's not exactly a "cabin" at 5000 square feet, just a big log home. Spent a week on our knees installing flooring and other odd jobs. It was finished this fall. We also stopped in at Palo Duro State Park in Texas to get in a hike:



We did get to SLC for Easter (as mentioned). We also spent time in CO with Sam for the HL100. I had a week in San Diego for some cybersecurity training, another week in NOLA for a Common conference and then another few days in St. Louis for another Common conference. A couple of trips to Chicago to visit my favorite dental hygienist (and dentist) rounded out my solo travel. BSF had a retreat in Colorado Springs in October and I parlayed that into an extended trip to Paddy Flat in Idaho with Debbie. We really enjoy Debbie's other brother and sister in law who also have a "real" cabin off the grid in Idaho where we did a bit of maintenance there as well:



After a family focused Thanksgiving, with Sam, Jonas and Heather joining us here, we had a relatively quiet Christmas, just the two of us. Reflecting on our 41 years together puts this one year into perspective. God is faithful in all things whether it be 41 years or 41 hours, he knows and love us and sustains us.

Praying that 2023 brings His deep love into your lives.