

Music Minister Council Report
Tim Beasley
February 2014

1. As you know by now, I suffered another heart attack on Thursday, February 13, after being up for about an hour in the morning. I think it best that you hear from me directly rather than relying on second and third hand information.

I've suffered from heart disease for many years (exacerbated by undiagnosed, severe sleep apnea), so this isn't necessarily a surprise. Unfortunately the blockage was not caught before it resulted in another heart attack. I have been under a doctor's regular care and have not neglected my health. That being said, we all can do more to take care of our health.

I see my cardiologist on Wednesday and will know more what the future holds. I do know that I will have to undergo at least one more procedure. In the meantime, I need to avoid anything strenuous and stressful and am not to return to regular work until a week from seeing my cardiologist. He says that it will take a month to get fully recovered and that I shouldn't expect a long-term change in lifestyle.

I do intend to continue to see that music is made while I am recovering. Otherwise, I would probably be more stressed out. I'll be making plans for this coming weekend from home and will be in touch with the musicians and staff. I'll gradually be working more and more until my strength recovers. I won't be anything like "Tim is gone for a month and will be back on such and such a date." If I had my choice, I would have left the hospital Thursday afternoon and had two rehearsals that evening. But, that wasn't realistic.

For me, these heart episodes have always coincided with undue stress in my life. So, overcoming stress will be as much of a priority for recovery as anything. Thanks for all the prayers and I look forward to getting back to work and making more music for the Lord. I made some great friends and had a lot of laughs at Mountain View. Several nurses asked me to come back to say hello when I'm better. Hows that for outreach?