

Andy & Rachael van der Gugten

Since November 2004 we have been living and working in Geneva, Switzerland, which has been an exciting new adventure for us! We haven't been very communicative since this new step, so we wanted to take the time to fill you in on some of the news that has been happening in our lives over the past several months.

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Since you last heard from us...

We have moved from the center of Geneva to Onex, about 15 minutes from downtown.

When we first moved to Geneva last November, we were staying in a friend's apartment in the center of town, sub-leasing while she was away. But in April, we had to find a new apartment - a huge challenge in Geneva! However, we found another sub-lease apartment much larger than the first one we were staying in - it has a balcony, guest room and is only 2 minutes from Andy's work - a miracle! The story surrounding the apartment is really long, and there have been several situations with the previous tenants and the landlord, which have had nothing to do with us, but which have affected our situation a lot. It has been a growing and challenging process for us in dealing with this - especially having to use French to communicate with the rental company and landlord!

We are currently in the process of being approved by the rental company to take over the contract from our landlord because the rental company recently cancelled the

landlord's contract due to some dishonest and deceptive dealings on her part. Some of that has affected us, in that we have lost some money to her, but all in all it is working out because we will be able to have a direct contract with the rental company, and have an indefinite lease, which is much more stable than sub-leasing. We would love your prayers for us over the next few weeks for the process of resolving the situation with the rental company - that they would treat us fairly and everything would go smoothly in the transition and new terms of the contract.

A great part of the adventure (and a lot of hard work!) has been that Andy and I have completely repainted the apartment and done it up quite a bit because it was really ugly before - fake wood, cork and brick wallpaper and big pictures on the walls in the rooms which were really strange! But now it is looking great and we are very happy! I have even started a little balcony garden of herbs and flowers! :-)) But the best things about the apartment is that we now have a spare room which means we can have visitors!!! If you are travelling through Switzerland and would like to visit us we would love to have you :-))

What's up with our website?!

If you've been onto our site over the past several months, you will no doubt know that something is not quite right...we haven't changed anything, even though we said we would! There's no new news or photos up there!!

Well... the program we were using to run our website hasn't been working and Andy has not found the time to get it fixed. He will be working on it over the next few months and we hope to have it up and running sooner rather than later. He is only able to do it in his free time, which means it is taking a lot longer than it used to!

Thanks to all of you who made comments on our guest book!



Before and after photos in the apartment!

What Andy and Rach were up to...



We just came back from a week's holiday at a lake in Italy, and then we...



...celebrated Andy's dad's 50th Birthday with a Cowboy party in Schleithem, and



...now we are godparents for my sister's first child - Annika Christina!



We're going to N.Z for Christmas!

This year, we will be heading to New Zealand to celebrate Christmas with my family (the Baldocks)! We will be in NZ from the 18th December until the 6th January and hope to catch up with friends and family while we are there! It will have been 2 1/2 years since we were last in NZ, so we are hoping for some good weather and to have a lot of fun!

Where is Andy working these days?

When we last sent out a newsletter, in October 2004, Andy was doing computer support for 2 months at Honda in Geneva through a temporary work agency. During his time at Honda, the temp agency sent him for some interviews at an Investment company in Geneva that needed to hire another computer support person to add to their 100 other IT people! It was a rigorous selection process where Andy had to have 5 interviews – one with each of the managers over the IT group, all the way from European managers down to their personal team managers...and he got the job! We were really blown away when he got it, because the company is a very large international Investment company with a very good reputation, and although Andy has a lot of experience and IT knowledge, he doesn't have a degree - so we were amazed that they hired him! He has really been enjoying working there so far, and has been able to learn a lot – including continuing to improve his French because although the company is English, his team speaks French a lot! So it's great!

Andy started working full time for the company, Capital Group, in January and since then he has been assuming the role of a working husband :-). It has been taking some adjustment as the schedule of 8-5pm has been quite a shock to the system in some ways! We have realized just how different it is to be living in a city and working full time, rather than being in YWAM. We have been trying to keep up with everything else that is important to us like getting to know people (not that easy when you don't have much time together like in YWAM), go to a bible study home group, and keep up with friends around the world (which suffers the most I think!). It has taken us the past few months to simply adjust, but now we are finding we have much more energy than before and are starting to even want to get involved in other things, rather than just coming home from work and crashing!

What is Rachael up to?

Still working part time and now studying Nutritional Medicine!



How on earth did I decide to do that all of a sudden? Well...I became very interested in Nutritional medicine a few years ago, after several years of attempting to deal with a serious inherited

condition through conventional medicine, without much hope.

I struggled to accept that the only way to deal with it was to take drugs to deal with the symptoms, suffer from side effects and have to take drugs for years. Then, through a family friend who is a Nutritionist, I began a journey of understanding more about how our bodies work and take an active and responsible role in dealing with the issue. In the process I discovered that there is a viable alternative to drugs, and one which seeks to address the roots of the symptoms, not just suppressing them. Through this, I have been inspired to change my diet, and supplement various vitamins and minerals that my body was lacking. I also discovered I had a wheat allergy and dealing with that has improved my health greatly already.

Through this journey, I have learnt much more about the importance of what we eat and don't eat, and how you can prevent and



control so many conditions through following some very important principles of healthy living.

After months of doing research in my free time, loving it, and seeing marked improvements in my own health, Andy suggested to me last November that I should go ahead and study it properly!

Well I went online and found a university in England that offered a Bachelors Nutritional Medicine degree, via correspondance. I can do it in a minimum of 3 years and a maximum of 6 years so there is plenty of

flexibility to be able to continue my part time work and keep up all the other things we are doing! I have just started the course this past June and am loving it, although I am finding it quite a challenge to study at home by myself - its hard to sit down and focus with so many distractions!! But I love it and have

found my passion and am excited about how it has impacted my life already. I also get excited about how I will be able to help others in the future! There are so many practical applications and at some point I would like to put up a website with all the info I am learning so I can share it with anyone who is interested.



Nutritional medicine seeks to treat patients by addressing the patient in a holistic way. It looks at the root causes of illness and disease and seeks to take into account inherited predisposition, toxic burden, diet and lifestyle in developping individualized treatments to deal with nutritional imbalances, deficiencies, and help the body to detoxify and eliminate harmful substances, and therefore resume healthy bodily functions without the use of drugs, and other invasive treatments.



We're starting a home group!

Starting mid September, we are planning on hosting a home group each week at our place! This is an exciting new step for us and we are looking forward to it a lot. We want it to be a place where people can develop deep friendships and discuss issues that are important to them and as we grow in our understanding of God and this world together. It will be a challenging experience for us as it will be our first time to lead something like this.