Hi Nat!

I've just left you on the phone - with Chris singing in the background! I hope you get to sleep soon - and have a wonderful - restful sleep until I call you at 7:30am.

Thank you for everything today. For walking me to my car and keeping me out of the rain - to coming over and kicking my butt at Rummy - to surprising me by coming back over with Chris tonight - and bringing that wonderful goat roti - to massaging my ankle - and making me feel great.

Everything happens for a reason. God has designs on the perfect man for you -Nat. It is me but a younger version of me - with a straight back - with no white hairs - with nice toenails - with everything you have ever dreamed about in a man for you. God will deliver this to you - for eternity. And I am that man.

I know that at this point - physically - I am far from perfect. I am 63 years old and I ran for two minutes to hit a badminton bird and hurt myself! But my heart is perfect - and you need to see = and have faith - in God - and in me.

Please read everything I have sent you. Everything. And read my entire personal website. Make the time. It has taken me a long time to create all that - and it is very important information. It will give you insight into me - and into the person I want to be - can and will be - for you and Chris.

I love you - Nat. I love Chris - and I want to be there for you both for the long term - and to even have you excited about perhaps even making a little brother or sister for Chris!

All my love,