

July 2026



Teaching the Teachers at HVS

In Cambodia, the most common instructional methods are “teacher centered.” Even very young children spend most of the day sitting at desks, listening to lectures, memorizing, and reciting. At HVS, I consider one of my most important responsibilities to be training our Cambodian faculty and giving them strategies for incorporating active learning into their everyday practice. In the process of planning staff development for our teachers, I’ve had to do extensive research. Even though I’ve been teaching for 39 years, I’m still learning new things myself.

I recently learned about “Show Me Cards.” The teacher makes a deck of cards for each student. Each card has a different letter (A, B, C, D) or a different response (yes, no, maybe). The teacher asks a question, pauses for students to come up with an answer, and then asks the students to simultaneously hold up the cards they have selected. Instead of calling on a single student to answer a question, teachers can use “Show Me Cards” to engage every student in the class. Teachers also get instant feedback about whether the class understands the material. Teachers can review and re-teach in between each question if necessary.

In my “Conversational English” class, I posted a quiz on the Smart-TV about ways to extend a conversation. There were no wrong answers. But after students made their selections, I used their answers to jumpstart discussion. Students felt safe and were eager to explain their answers. “Show Me Cards” worked so well I felt sad that I hadn’t known about them all those years I was teaching in the U.S.

For our Cambodian faculty, adopting active learning strategies can feel risky. I try to reassure them, but they are sometimes reluctant to experiment. Active learners are often noisy learners, and noisy classrooms feel wrong to our teachers. Furthermore, they worry about lost instructional time when moving from activity to activity. But I continue to encourage and model. And when a teacher tries something new, I praise and celebrate.



Retreat Time

Once a year, the GBGM-Cambodia staff goes on a retreat. Tom and I led a seminar on “Resilience, Hope, and Perseverance.” Leaning on Galatians 6:9-10 Tom first led the team to consider ways they might rely upon each other to tap resilience in the face of challenges.

We spent the second hour of the seminar creating gratitude spirals. After the seminar, I left the paint out because the team wanted to continue working on their creations. One of our staff members told me that she had never used watercolors before. There are so many things we take for granted that Cambodians consider to be treats.

In the last hour, Tom tied things up by talking about strategies to prevent burn-out followed by a deep dive into what the Bible says about worry in Philippians 4:6-7. That night, as we enjoyed relaxing with our mission team, we were reminded how important it is to take care of ourselves and each other so that we can serve the people of Cambodia as God has called us to do.





Happy Birthday to Me

One of the difficulties of living thousands of miles from our family is missing the celebrations. I've celebrated two birthdays in Cambodia already, and both times, the GBGM-Cambodia staff made sure to get a cake and make a big deal out of my 60th and 61st birthdays.

The United Women in Faith publish a digital daily prayer guide. On Fridays, the guide lists all the missionary birthdays of the week and contact information for each missionary. I couldn't believe how many prayer guide readers went to the trouble to email me happy birthday wishes.

Here is a link where you can purchase the devotional guide: <https://uwfaith.mn.co/plans/1898869>. If you are looking for ways to support missionaries, birthday greetings really are meaningful gestures.

Bringing Grandparent Vibes to ICF Home Group

At ICF, the church Tom and I joined, instead of Sunday School, there are "Home Groups." Groups meet one night a week for small group Bible study and prayer. My school doesn't dismiss until 7:00 pm, and it takes about an hour to get from HVS to central Phnom Penh. So we didn't think we would be able to participate in a Home Group. But then we learned about a group for families with children that meets on Saturday afternoons.

We asked if we could join the Family Home Group. They deliberated. Members all have young children, and one thing they like about the Family Home Group is that they don't have to feel apologetic if their kids disrupt or need attention during the meeting. We remember that feeling!

Eventually, they decided to admit us, and we love being part of the Family Home Group.

It's pot luck, and we usually bring cheese and crackers. One evening, Nate looked up wide-eyed from the goat cheese and asked, "What IS this??" Now I sometimes slip him his very own roll to take home. How's that for grandma energy? One of the pre-teens is a book lover

like I was at her age, so we always have something to talk about. And Tom has started keeping track of everybody's youth sports activities.

Devotional time centers on child-rearing. We do our best to encourage and support. But we think we get more out of Family Home Group than we bring to it. We thank God for giving us the opportunity to nurture and be nurtured there.



A Double-Duty Doctor: Mercy Medical Center

I spend the majority of my time working at Hebron Medical Center, a Korean Christian hospital. But I am also affiliated with another Christian hospital, Mercy Medical Center Cambodia. Mercy's mission is similar to Hebron's — training Cambodian healthcare workers and serving impoverished and underserved patients in Phnom Penh.

There are a couple of reasons I haven't spent as much time at Mercy as at Hebron. For one thing, Mercy trains their residents in Khmer while the training language at Hebron is English. My Khmer is getting better, but I'm not ready to teach medicine in my second language yet. For another thing, Mercy has an OB/GYN American missionary physician, Dr. Judy Norman, who has been working in Cambodia for seventeen years. But I have gone to

Mercy several times to assist Dr. Judy with surgeries.

Both Hebron and Mercy aim to train Cambodian physicians so that they can go out into the country and serve those in need. One former resident from Mercy, Raksmei Heang, recently opened DINY Sunshine Medical Clinic, and I was able to visit there with Dr. Judy. It is a beautiful new facility with modern exam rooms and equipment and a few in-patient beds.

I am currently working with Dr. Judy and Mercy to try and coordinate HPV testing for patients at Hebron. It's a slow process because of all the red-tape required for the two hospitals to work together. It can be frustrating, but one thing I'm learning as a missionary physician is that relationships are the building blocks of progress. And I think I'm making progress.



On our visit to Sunshine Medical Clinic, Dr. Judy explains how the LEEP grounding pad works to Dr. Raksmei. While we were there, we performed six LEEP procedures.

Street Food and Summits: Our Taiwan Vacation



There are more public holidays in Cambodia than almost any other country in the world: twenty-two. (For comparison, there are eleven public holidays in the United States.) Our first year here, we learned that the whole country pretty much shuts down for holidays, especially the three-day holidays. The medical clinics at Hebron close and so does Hope Vocational School. So this year when Khmer New Year rolled around, we decided to go on a trip.

We chose Taiwan because there are inexpensive non-stop flights from Phnom Penh and because Americans don't need a Visa .

We spent the first part in Taipei, the capital city. We enjoyed traditional Taiwanese breakfasts of flatbread baked in a clay oven, sprinkled with sesame seeds, and stuffed with eggs; scallion pancakes; and fresh soy milk. But our favorite activity was browsing the night food markets. Tom loved char siu, barbecued pork. I loved peanut ice cream rolls. They take a fresh flour crepe, cover it with shaved peanut brittle, add two scoops of ice cream, sprinkle it with fresh cilantro, and roll the whole thing up like a burrito.

We spent the last few days enjoying the natural beauty of the island. We rode bikes around Sun Moon Lake and rode trains and hiked through the Alishan National Forest. I was disappointed that I didn't bring my binoculars because Taiwan is one of the premier bird-watching destinations in the world. Now we have a reason to return!



How can we support the work God is doing through you?

People ask us that question often,. Of course, our first answer is that you can pray for us. And we do believe that is the most important way to support us. But sending missionaries is expensive. The General Board of Global Ministries of the United Methodist Church funds our work. And they ask us to try to raise \$25,000 annually (\$50,000 total!) to help support our missionary service. So as awkward as it is to ask for money, if you want to support our work and can, please give!

Option #1: The GBGM Giving portal. It can feel complicated to support missionaries through the GBGM giving portal, but once you get the hang of it, it's not as hard as it seems. Go to the GBGM website www.umcmmission.org. Click on the red GIVE NOW button. Then click on SUPPORT AN ADVANCE PROJECT OR MISSIONARY. Then click on FIND A MISSIONARY and search by name or number. When you see the missionary, click on their name, and then click DONATE NOW.

Option #2: You can use the camera on your phone and scan one of the URL codes below. Click the link on your phone, and that will take you straight to the designated GBGM giving portal.

DELECIA CAREY

Advance #3022831



TOM CAREY

Advance #3022832



CAMBODIA MISSION INITIATIVE

Advance #00230A



Option #3: You may write a check and mail it. Be sure to include the missionary or project name and advance number on the memo line.

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P.O. Box 9068

New York, NY 10087-9068