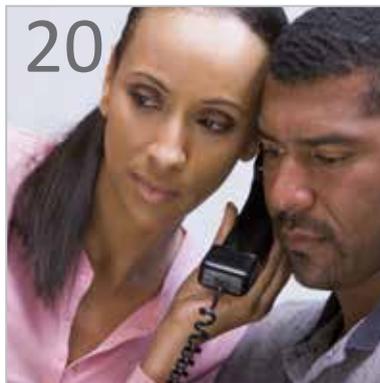




THE A RESOURCE FOR MINISTRY SPOUSES  
JOURNAL

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*Happy  
Sabbath*



## ON THE COVER

In the pastor's home, Sabbath is often the busiest day of the week. How can we also make it the most joyful?

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# Evolutionist vs. Creationist Adventists

*“Delight yourself also in the Lord, and He shall give you the desires of your heart.”*

*Psalm 37:4, NKJV*



WHEN IT CAME TO SABBATH, I was an Adventist evolutionist.

On Friday afternoons, with sundown only hours away, I'd spring into action. Clean the house and run to the grocery store, hastily planning meals as I hurried down each aisle. As a young wife and mother, I would rush into Sabbath and just let things accidentally happen.

Sabbath mornings were chaotic. I raced around finding clothes for my two sons and me, thinking of what needed to be done for lunch. Then we were late, of course. At church I prepared my tithe and offering as the offering was being taken.

Sabbath afternoon family activities were repeats of the week before unless something interesting happened by chance. I was falling into Sabbath and teaching my sons the frantic burden of God's holy day.

Praise God, a seminar opened my eyes to God's plan. I stopped being an "evolutionist" (letting Sabbaths happen by chance) and learned how to be a "creationist" (designing our Sabbaths intentionally).

Friday evening supper became a special time. The boys were assigned to decorate the table. They could choose anything that reflected God and His creation. My young sons liked reptiles and would often decorate the table with candles and their toy snakes, alligators, and dinosaurs. Sometimes

they collected pinecones, sticks, and rocks for their theme.

It probably was not the most inviting table, but my sons were proud of their decorations, which they felt honored God and the Sabbath. (I don't know what girls would have chosen.)

I wanted Friday evening meals to be special. My family chose one of their favorites—fruit soup and cornbread. We would light candles, sing a song, and pray together as we celebrated the beginning of Sabbath.

Sabbaths became even more special as we started planning on Sunday for the next Sabbath. Getting the clothes ready, planning our offering, choosing Sabbath afternoon activities, and planning meals became a joy instead of a last-minute crisis.

We became creationist Adventists. No longer was Sabbath an accidental happening. It became a time carefully planned for meeting with Jesus and each other.

Are you an evolutionist or creationist Adventist? In this issue of *The Journal*, you'll find creative articles about how to make Sabbath special. I hope and pray it blesses you, your family, and your church members. **1**

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*Janet Page serves as associate ministerial secretary for pastoral spouses, families, and prayer.*

# *Filled to the Brim* *(With What I Need Most)*

*WHEN I'M DRAINED and my cup is empty, a good night's rest helps.*

*A friend's encouragement brings blessing.*

*A brisk walk clears my brain.*

At a recent gathering of pastors' spouses, we compiled this list of ways our empty cups can be filled.

But the list above is not complete. Only one thing really meets my soul-weariness and fills me with what I need most. If prayer is the breath of the soul, then God's Word is the pure, life-giving air I must breathe if I want clarity, energy, and a deep well to draw on for challenges. I need time in God's Word, filling my mind with His thoughts.

In His Word, I get to dialogue with a great Mind. God's Word stretches my thinking beyond my norms. I find a perspective that reconfigures all my own experience. I find a secure Rock on which to plant my courage. His Word even channels unwieldy emotions and puts to rest my simmering hurts and disappointments. His Word plugs the drains that would empty me.

Personal interaction with God in His Word is vital. I need to meet Him privately, with all my needs, all my questions. The principles below apply first to my own private Bible study.

In addition, I've found richness in coming to God's Word with other women who are looking to be filled. My Bible study friends—church members and community women from all walks of life—offer me a consistent, focused, Bible-centered fellowship that has fed my soul and kept me strong even when I'm a spiritual leader to them. While I minister to them, I am filled to overflowing.

Here's what we've learned through years of precious journey together:



- **Our greatest need is to hear God speak.** It's easy for a group of women to sit around and talk about our woes or just share the latest "news." Even well-intended prayer groups sometimes don't get beyond everyone's problems—offered in the form of "prayer requests." Our time together is not for rehearsing our needs but for listening to what Jesus has to say. We come to His Word just as we are, with all our needs, but we want to leave with the realization of who *He* is.
- **Real answers to real-life needs are in God's Word.** I've noticed over and over how the answer to each unspoken need is often in the passage we're studying. The Holy Spirit knows our burdens and draws out exactly what we need. A single passage, with His guidance, meets many needs.
- **Studying God's Word brings rich fellowship.** I've learned that studying God's Word with others, especially studying to know God better, creates powerful, bonding fellowship. I'm not so lonely when I see what God has done for others and how He is meeting the needs of my friends. I realize how similar our journeys are and that God can do for me what He has done for them. This is the fellowship of the Word!

The idea of leading a Bible study group used to frighten me. But our group follows very simple steps for "unwrapping" a passage, and we all contribute to the study. First, we assume every passage in Scripture is about God—a revelation of Him, how He thinks, what He has done, how He works with sinners, what He wants to accomplish in our world, and so on. Second, we believe every passage in Scripture is meant to bring us salvation—to help us see our need and understand what God wants to give us. This keeps us focused.

From there we ask, "What is the passage saying?" The facts, characters, actions, and details; the logical progression of thoughts, conversations, descriptions, repeated words, and word pictures; the connecting words (*therefore, but, so that*), parallel phrases (saying the same thing two different ways), and contrasts (saying the opposite)—all of these tell us something about the story.

Next we ask, "What did the passage mean to the immediate listener?" Who was the speaker? What was their role? Who was this passage first intended for? What was their situation? Their need? What was God saying to them about Himself? About themselves?

Then we apply the message to ourselves. We ask, (1) "What is God saying to me about Himself?" And then, (2) "What is God saying about me—my needs, my hopes, my future?" Usually the personal applications show up long before the end of our study.

The capstone is our prayer time: praying for what we've just learned about God and about ourselves. We often bring special prayer requests or personal challenges to prayer time. More often than not, our needs appear in a new light because we've seen a picture of God in His Word and can praise Him for what is already being done!

In our years of studying together, we've learned that nothing fills the heart like Scripture. We hope you find, like we have, that there is no emptiness His Word cannot meet. God is there, waiting for you to drink deeply, to find all the resources you need. He'll never let you down. 7

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*Kathie Lichtenwalter and her husband, Larry, live in Beirut, Lebanon, and work in the Middle East & North Africa Union. Previously, she led a Bible study group in Berrien Springs, Michigan, and she is praying for the opportunity to grow a new study group in Beirut. The Lichtenwalters enjoy the long-distance friendship of their four sons and two beautiful daughters-in-law.*



# *Happy, Holy Sabbaths*

*“Take [your] children outdoors to view God in nature. They can be pointed to the blooming flowers and the opening buds, the lofty trees and beautiful spires of grass, and taught that God made all these in six days and rested on the seventh day and hallowed it.”*

Child Guidance, p. 533

I WAITED, GUITAR IN HAND, wondering if she'd even come to the door. Then, there she was. Her wrinkled face broke into a smile when she saw the children and recognized us from church. Soon she started singing the carols along with us. Tears welled in her eyes, and my own eyes misted up too. Going Christmas caroling was supposed to be good "for the kids," but somehow I felt warm inside too.

When we do something for our kids and for God, He makes it good, and not just for the kids. As a ministry wife, traveling to different churches on Sabbaths with young children, I've had wonderful experiences passing out GLOW tracts and doing outreach. But sometimes it's not so easy, such as when my husband needs to make private visits and we're in a strange town. What then?

As I wonder how I'm going to entertain my school-aged daughters, the Spirit prompts me not to be negative. After all, am I not someone who likes the challenge of making lemonade out of lemons? Am I not thankful that we have a ministry family and that my husband is deeply dedicated? *But how do we do it?*

I recently asked other ministry spouses on Facebook what they do with their kids on Sabbath afternoons. Their ideas included visiting the sick with something special the kids have made (cards, pictures, flowers, small loaves of bread); holding a treasure hunt in which the kids use Bible verses to find clues; and creating a Sabbath craft box with everything needed to make cards or bookmarks to give away.

Shelli mentioned bird watching. Nicole, mother of three, suggested charades or reading together. Adel's son gets a

"Sabbath treat." Amy's kids enjoy giving out *Our Little Friend* and *Primary Treasure* (with stickers inside) to other kids at parks and beaches.

One wife says her older kids help take care of younger kids if there is a seminar at church on Sabbath. Another family has "Sabbath dolls" for their little girls, which only come out on Sabbaths.

Do children have to *like* every activity? LaRae, now a ministry wife herself, says, "We kids were required to go with Mom and Dad for pastoral visits or other outreach-oriented activities. Though I can't remember specifically how, I know Mom and Dad clearly taught us a life of helping and serving others was a natural outgrowth of a Christian life. I don't remember enjoying all those visits at the time, but now as an adult, the self-control to do what is best is strong. . . . Be honest with your kids and talk about the call on our lives to serve others."

Quite a few mentioned going outdoors for a walk or to a park. Nature can engage grownups too. Parents are encouraged to "take their children outdoors to view God in nature. They can be pointed to the blooming flowers and the opening buds, the lofty trees and beautiful spires of grass, and taught that God made all these in six days and rested on the seventh day and hallowed it" (*Child Guidance*, p. 533). But instead of just taking a walk, why not do some of these activities along the way?

**1. Listening Game:** Stand in a circle, holding both fists up. Silently close your eyes for 30 seconds. Listen for sounds and put up a finger each time you hear a sound. After the time is up, open your eyes, count the sounds, and share what you heard. Another option: try counting the colors you can see from where you are.

**2. Spiritual Object Lessons:** Look in nature until each person finds something from which to draw an object lesson. Take turns sharing. Or blindfold someone and have them guess the nature object you found by feeling it.

*“Where is the flock that was given to you,  
your beautiful sheep?”*

*Jer. 13:20, NKJV*

**3. Bible Pictures:** Build a Bible scene out of nature objects and then guess what the others built. Have people share why they like those stories.

**4. Magnifying Glass:** Mark off a square outdoors (3 x 3 feet or one square meter) and give each child a magnifying glass. Then let them find whatever they can. Learn the names of bugs, grasses, and flowers you find. You may also want to draw or take pictures of them and paste the pictures in a nature notebook.

**5. Nature Scavenger Hunt:** Print seasonal sheets from the Internet. Give each person a list of items to collect and a plastic bag. Have each child display their findings and share briefly.

**6. Nature Activity Books:** Books such as *The Gospel According to a Blade of Grass*, by Terry McComb, provide tremendous resources. Take them along when you go into nature, do an activity together, and share the lesson from it. You’ll learn a lot you didn’t know about God.

Whatever activity you choose, take time to ask questions and talk about how each person’s ideas relate to our spiritual lives. For example, if someone chooses a rock, encourage them to think of a Bible story, verse, or hymn that includes a rock, and then talk about how Jesus is our Rock. Perhaps sing the hymn or memorize the verse together. Ask questions such as, “When has Jesus been like a rock to you?” Of course, conversation should be adapted to appropriate age levels. Anything can be a springboard for deep spiritual

conversation with our children. Let the Holy Spirit lead.

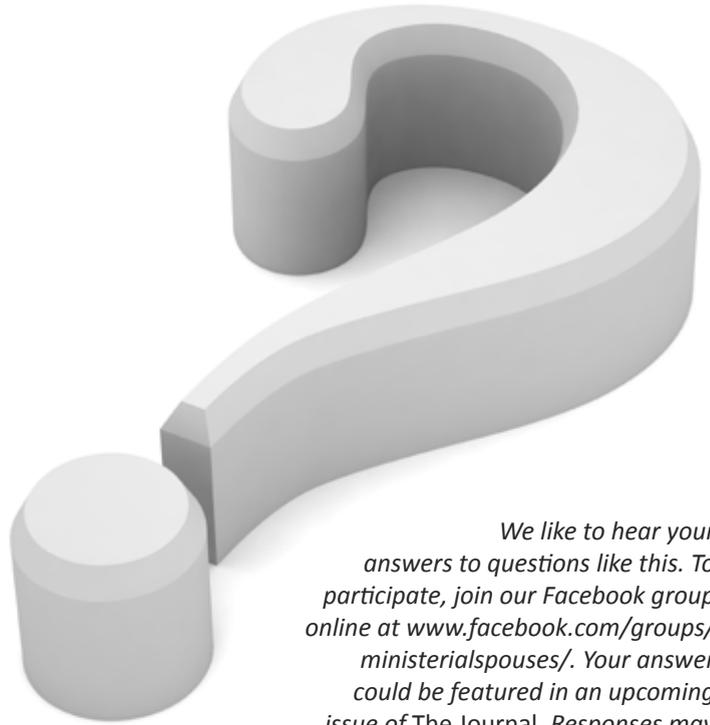
The Bible asks a question of importance to parents: “Where is the flock that was given to you, your beautiful sheep?” (Jer. 13:20, NKJV). Another quote has often motivated me to do something for or with my kids on Sabbaths: “Parents, above everything take care of your children upon the Sabbath. Do not suffer them to violate God’s holy day by playing in the house or out-of-doors” (*Child Guidance*, p. 533). That’s pretty straight talk!

We only have a few years with our children. Let’s embrace each Sabbath afternoon, making sure we know where they are physically and spiritually during that time, and not become “weary while doing good” (Gal. 6:9, NKJV). Yes, it takes attention, planning, and sometimes even personal sacrifice of our own desires (like taking a nap!). But when we have our “flock” with us when Jesus comes, we’ll have many happy memories. Even better, we’ll know our sacrifices have been infinitely worth the effort. j

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*Heather Krick, originally from South Africa, lives in California, USA, where she is wife to her husband in ministry and homeschool mom to their girls, Savannah and Heidi. Sabbath is her favorite day, and she is passionate about making it happy and holy for her children.*

## HOW DO YOU MAKE SABBATH THE BEST DAY OF THE WEEK?



*We like to hear your answers to questions like this. To participate, join our Facebook group online at [www.facebook.com/groups/ministerialspouses/](http://www.facebook.com/groups/ministerialspouses/). Your answer could be featured in an upcoming issue of The Journal. Responses may be edited to fit the space.*

### DALIYA SMITH

We serve the best meal of the week, with special treats for the kids to make it special.

### ROBYN B-W

A stroll along the beach together and closing Sabbath while watching the sunset.

### KATIE MILLER

On Friday night we light candles all over the house, play pretty music, have a candlelit dinner, sing songs, play, pray, and read the Bible together as a family. Sabbath days are busy and sometimes spent apart. . . . But we cherish Friday nights together as a family!

### ELIZABETH FRESSE

We try not to have meetings on Sabbath, except for family and worship activities such as church, vespers, etc.

### ERIC CREWS

We have special toys for our young children that they are only allowed to play with on Sabbath.

# *Tightening the Knot*



*“The two will become one flesh. So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”*

*Mark 10:8-9, NIV*

I’M SURE YOU REMEMBER your wedding day, the day you “tied the knot.” Some of us are newlyweds, others have been married a while, and still others are a *lot* farther down the path.

Looking back over 21 years of marriage, I can see good times and bad times, and I know there will be more of both to come. I see how we’ve done things to build walls—like anyone, we’re both prone to selfishness and self-protectiveness—but I also see that no matter how imperfect we are, God brought us together for His purpose. So, despite the times we loosen the “knot” God tied, we keep choosing to remain together. God desires us to endure in marriage, for better or worse. And in this, we gain an amazing picture of His deep love for us.

As a young bride, I couldn’t imagine my life without Roger. Sometimes I pondered the “what if’s.” What

if he was killed in a car accident? What if he got terminally ill? What if something else took him away from me? How would I go on? I didn't want to imagine life without him across the breakfast table every morning. Even now, years down the road, after plenty of ups and downs, my pervading thought is:



How about you?

Can you imagine life without the one God gave you? No matter what you've gone through together, would you have it any other way? Ann Voskamp writes, "Love is not passion. It is the pulse of sacrifice. Marital love is a demanding and dying thing compared to the stuff of movies and mirages. The love of imagination—it's entirely different than love made in the image of a Savior with nails in His hands. There are no standing lovers: the only way to love is to lay down. Lay down plans. Lay down agendas. Lay down self. Love is always the laying down."

I love the Bible's picture of how we are to love each other as Christ loves His bride, the church. But there are times when we allow our marital knot to loosen. I want to encourage you to do a few things to bless and bind you tighter together as God designed:

- *Touch each other every day.* Touch is important to our health, and it doesn't have to be dramatic

to make a difference. But it tightens the knot in our marriage.

- *Be publicly positive about each other.* Philippians 4:8 says, "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (NIV).

- *Imagine yourself as a giant highlighter.* Highlight the things that are honorable and true about your spouse. One wife shared that when she wrote down all the beautiful things she wanted to respect in her husband, she fell in love with him all over again.

- *What you think about is what you will believe.* Through dependence on God, we can control what we think. Put the negative out of your mind by setting your thoughts on the positive. Love is a behavior, not a feeling. But feelings will follow choice. Focusing on the positive is a discipline. It doesn't come naturally, but it can be done. It's your choice.

- *The small things are what matter.* It's not the house, the car, the property, the money in the bank. These may create an environment conducive for happiness, but they cannot give happiness in themselves.

- *Find time to be your spouse's friend.* Do little things for each other that build intimacy.

Because we are ministry leaders, the health of our marriages directly affects the impact of our leadership. Ministry leader Michael Hyatt writes,

“Being effective at work or in ministry begins by being effective at home. Early in our marriage, Gail and I attended a church led by a dynamic, thirty-something pastor. He was an extraordinary communicator. He was a wise and empathetic counselor. As a result, the church grew rapidly.

“But as we got better acquainted with him and his wife, we started noticing a disturbing trend in the way they related to one another. They would often make disparaging remarks about the other in public. At first, it seemed cute. Their comments seemed playful and humorous. Everyone laughed. But over time, they became more and more pointed, thinly masking their frustration with one another. We ultimately left that church. But several years later we learned they suffered an ugly divorce, both admitting to multiple affairs. They lost their family, and of course, their ministry. . . .

“Conversely, I noticed that Sam Moore, my predecessor at Thomas Nelson, always spoke highly of his wife. He would often say, “I hate to leave her in the morning, and I can’t wait to see her in the evening.” They have been married now for nearly 60 years. Last time Gail and I were with them, they were holding hands. It was obvious they were still in love. In reflecting on these two experiences, I am convinced **that praising your spouse in public is one of the most important investments you can make—in your family and in your leadership.** This is important for at least five reasons:

\*You get more of what you affirm. . . .

\*Affirmation shifts your attitude toward your spouse. . . . If you start speaking well of someone, you start believing what you say.

\*Affirmation helps strengthen your spouse’s best qualities. . . .

\*Affirmation wards off the temptation of adultery. When others see you are happily married, they are less likely to proposition you. . . .

\*Affirmation provides a model to those you lead. To be a truly effective leader, you must lead yourself, and then you must lead your family. Your marriage is a powerful visual of how you treat the people you value the most. When you speak highly of your spouse, your followers are more likely to trust you. It takes your leadership to another level.

“Affirming your spouse in public is an investment that pays big leadership dividends. In a world where fewer and fewer marriages last, it can be a difference-maker.” (“Why Speaking Well of Your Spouse is so Important,” © 2013, Michael S. Hyatt. All rights reserved. Originally published at [www.michaelhyatt.com](http://www.michaelhyatt.com)).

I hope you will take the time to invest in your marriage, in your spouse, in this gift God gave you. He knew what you needed when He brought you together, and what you needed all through your life. Tighten your knot by living the gospel toward one another and ultimately toward those who witness your life. ■

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*Latonia Schmidt is a pastor’s wife to Roger, and, a mom of two great kids, Samuel and Madison, currently living in Portland, Tennessee. She is a licensed marriage and family therapist and RN. She also is her conference Shepherdess president. She loves spending time with her family, photography, traveling, being outdoors, antiques, and enjoying friendships. Lifting others up and building strong families for the kingdom of heaven is her passion and heart’s desire.*

# TIPS TO SURVIVE

## THRIVE

### DON'T WAIT UNTIL FRIDAY TO BEGIN PREPARING FOR SABBATH.

Let Sabbath preparation begin as early in the week as possible. Scatter your tasks throughout the days ahead so that each day has something to achieve for Sabbath.

For example, on Monday, decide what you will cook for Sabbath meals. On Tuesday, prepare everyone's clothing and shoes. On Wednesday, do the laundry. On Thursday, do the grocery shopping and any cooking that can be frozen or refrigerated until Sabbath. On Friday, finish the cleaning and cooking.

When you have small babies, keep a Sabbath bag. Fill it with an extra diaper and wipes, a burp cloth if needed, two or three quiet toys, and maybe a small child's book. For very small infants, include a change of clothes for emergencies.

Keep this bag separate from your normal diaper bag and place it where you can't miss it when you leave. When you get home from church, repack the Sabbath bag as soon as you walk in the door. Put it back in its place, ready to go on Sabbath morning when you leave.

As children grow, add and change the activities or books in your Sabbath bag to suit their ages and interests. When they are preschoolers, give them the responsibility of carrying their own Sabbath bag, preparing it ahead of time, and keeping track of it.

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*Have a survival tip that someone shared with you once upon a time, or that you have learned along the way? Send it in to share here at: [development.gc.ministerial@gmail.com](mailto:development.gc.ministerial@gmail.com)*

# Special Quotes

"Parents can and should give attention to their children, reading to them the most attractive portions of Bible history, educating them to reverence the Sabbath day, keeping it according to the commandment. This cannot be done if the parents feel no burden to interest their children. But they can make the Sabbath a delight if they will take the proper course. The children can be interested in good reading or in conversation about the salvation of their souls. But they will have to be educated and trained. The natural heart does not love to think of God, of heaven, or of heavenly things. There must be a continual pressing back of the current of worldliness and inclination to evil and a letting in of heavenly light."

*Child Guidance*, pp. 532, 533

"The Sabbath should be made so interesting to our families that its weekly return will be hailed with joy. In no better way can parents exalt and honor the Sabbath than by devising means to impart proper instruction to their families and interesting them in spiritual things, giving them correct views of the character of God and what He requires of us in order to perfect Christian characters and attain to eternal life. Parents, make the Sabbath a delight, that your children may look forward to it and have a welcome in their hearts for it."

*Child Guidance*, p. 536

"As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours, and invite God's presence through the cares of the week of labor. Thus parents can make the Sabbath, as it should be, the most joyful day of the week. They can lead their children to regard it as a delight, the day of days, the holy of the Lord, honorable."

*Child Guidance*, pp. 536, 537

# Keep at Your Work

HAVE YOU EVER CONSIDERED the implications of distractions?

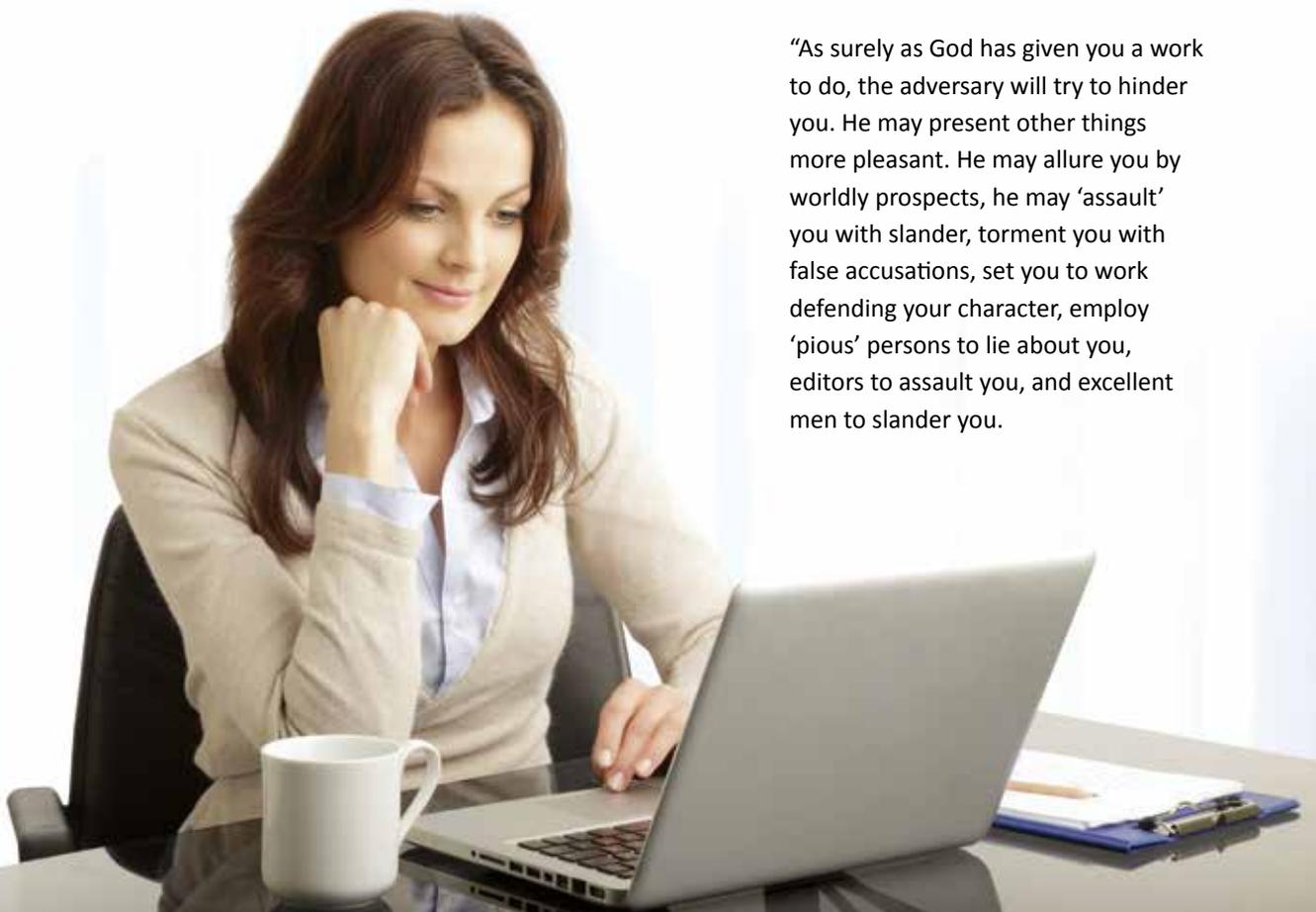
A distraction can be as simple as an interrupting phone call with wonderful, happy news. But sometimes we are significantly affected by news of a catastrophic event like a death in the family, a significant financial loss, an accident, an unexpected diagnosis, or a false accusation. These can bring confusion, change of focus, and loss of concentration

on work and normal duty. It can be difficult, if not impossible, to focus on the tasks at hand.

This quote opened my eyes to a better understanding of the origin and purpose of unpleasant distractions:

*“The Lord has given to every [wo]man [her] work. It is [her] business to do it, and the adversary’s business to hinder [her] if he can.*

*“As surely as God has given you a work to do, the adversary will try to hinder you. He may present other things more pleasant. He may allure you by worldly prospects, he may ‘assault’ you with slander, torment you with false accusations, set you to work defending your character, employ ‘pious’ persons to lie about you, editors to assault you, and excellent men to slander you.*



“You may have Pilate and Herod, Ananias and Caiaphas all combined against you and Judas standing by to sell you for 30 pieces of silver; and you may wonder why all these things come upon you.

“Can you not see that the whole thing is brought about by the craft of the adversary? To draw you off from your work and hinder your obedience to God? Keep about your work. Do not flinch because the lion roars; do not stop to stone the adversary’s dogs; do not fool away your time chasing the adversary’s rabbits. DO YOUR WORK. Let liars lie, let sectarians quarrel, let corporations resolve, let editors publish, let the adversary do his worst; but see to it that NOTHING hinders you from fulfilling the work that God has given you.

“He has not sent you to make money. He has not commanded you to get rich. He has not bidden you to defend your character. He has not set you at work to contradict falsehoods, which Satan and his servants may start to peddle. If you do these things, you will do nothing else; you will be at work for yourself, not the Lord.

#### **KEEP AT YOUR WORK.**

“Let your aim be as steady as a star. Let the world brawl and bubble. You may be assaulted, wronged, insulted, slandered, wounded, and rejected; you may be abused by foes, forsaken by friends and despised and rejected of men, but see to it with steadfast determination, and unflinching zeal, that you pursue that great purpose of your life and object of your being, until at last you can say, ‘I have finished the work that Thou gavest “me” to do.’ ”

—*Pulpit Helps*, Aug. 1992, p. 8.

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*Rae Lee Cooper is a registered nurse. She and her husband, Lowell, have two adult married children and three adorable grandchildren. She spent most of her childhood in the Far East and then worked as a missionary with her husband in India for 16 years. She enjoys music, creative arts, cooking, and reading.*

*Work, for the night is coming;  
Under the sunset skies,  
While their bright tints are glowing,  
Work, for daylight flies;  
Work till the last beam fadeth,  
Fadeth to shine no more;  
Work, for the Lord is coming,  
When man’s work is o’er.*

—*Anna L. Coghill*



## **ARE YOU ON INSTAGRAM?**

Follow @ministrypouses to see photos from ministry life around the world.

Tag @ministrypouses in your own Instagram uploads, and we'll repost with your caption.

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# *Sabbath: Edenic Togetherness?*

EVENING USHERED in a perfect sky at the end of a perfect day in a perfect world. God was delighted. Colors swirled and glowed around the setting sun just the way He'd imagined. The garden was glorious with fragrant flowers, juice-dripping fruits, joyful birds, and gentle creatures. It had taken time, creativity, energy, and love to grow this perfect place in which to meet His children for the first time. Now they had a whole day to be together!

Sabbath is packed with goodness.

It's a gift of grace, an experience of God's hospitality, a celebration of creation, a day to worship Him, a sign of trust and faithfulness, an oasis of peace.

It's also a day for building and restoring our relationships with Him and with each other. But that's much easier said than done in the pastor's home, where Sabbath is the busiest day of the week.

Sabbath in Eden had some key elements that can enrich our Sabbath experience today:

- Simplicity
- Anticipation
- Beauty
- Blessing
- Awe
- Togetherness
- Happiness

## **SIMPLICITY**

Life in Eden was simple. Food was plentiful, fresh, and ready to eat. There were no rooms to tidy, no clothes to press, and no sermons to prepare. Sabbaths are usually super-busy days for pastoral families. Think carefully about your Sabbaths. Simplify your expectations, activities,





## *Take a few moments on Sabbath to focus on a single aspect of God's creation.*

and meals so your mind is less cluttered and stressed. Slow down and take time to focus on God and each other. Bread and soup are just fine!

*What changes can you make so your family's Sabbaths are simpler, slower, and more serene?*

### **ANTICIPATION**

While God was busy assembling Planet Earth, He happily anticipated spending time with us. Enjoy the anticipation of happy Sabbaths with your family. Plan ahead, spread your preparation throughout the week to make life easier, and share the workload so no one feels overloaded and resentful.

Plan Sabbath activities to be the highlight of your week, and then look forward to them together. Explore nature, worship God, use your talents, be creative, and find kind things to do for the people in your community. There are hundreds of quick and easy nature, craft, worship, and kindness projects available on Christian Web sites.

*What does each person in your family look forward to the most (or the least!) when they think of Sabbath?*

### **BEAUTY**

Eden was a gallery of God's exquisite designs. He created us to appreciate beauty. Attractive surroundings inspire,

delight, and help us feel welcomed and treasured. Natural fragrances, fresh flowers, candles, sparkling tableware, and white tablecloths can transform the everyday into something beautiful.

*What effect do beautiful surroundings have on you, your worship, and your family relationships on Sabbath?*

*What can you do, simply and quickly, to make your home a beautiful setting for Sabbath togetherness?*

### **BLESSING**

Sabbath is like a gift box full of good things. But Sabbaths in pastoral homes are often so chaotic that there isn't time or space just to be still and know God. Do whatever it takes to make Sabbaths a delight in your home. If your Sabbaths are leaving anyone in your family drained and miserable (including the pastor!), it's time for a serious rethink.

*How can you rebalance life so everyone in your family can experience the rich blessing of Sabbath?*

*How can you prayerfully or practically bless each person in your family on Sabbath?*

### **AWE**

The infinite details of God's creation give us insight into His detailed care for us (Matt. 6:25-34). Sabbath is a day to focus on creation and be filled with awe at everything He has made. When we share moments of wonder, we are bonded closer to each other and to God.

Take a few moments on Sabbath to focus on a single aspect of God's creation. Explore a tree in detail.



*Carve out and fiercely protect a significant time and space to be together as a family during Sabbath.*

Watch the stars. Photograph nature. Stop. Look. Be filled with wonder and share the awe.

*How can you and your family experience more moments of wonder on Sabbath?*

**TOGETHER**

Ministry families easily skip the blessing of being peaceful, joyful, and loving together on Sabbath. But we need to appreciate the important people in our lives and heal any family relationships that have been hurt during the week. It's refreshing to slow down and talk about our faith and our experiences of Jesus.

Carve out and fiercely protect a significant time and space to be together as a family during Sabbath. The day needs to be special for *your* family too, not always shaped by the needs of your congregations. Take time to grow your family relationships with worship, conversation, and laughter.

*How can you be together on Sabbath in ways that strengthen your important relationships and your faith in God?*

**HAPPINESS**

Sabbath isn't just a day to *keep*; it's a day to *celebrate*! It's a day to pause and thank God for the gifts He pours into our lives. It's a day to experience the joy of putting aside work and distractions. It's a day for delighting in God's love and forgiveness together (Isa. 58:13). Creating happy Sabbaths for our children gives them powerful memories that can strengthen their faith in a loving God.

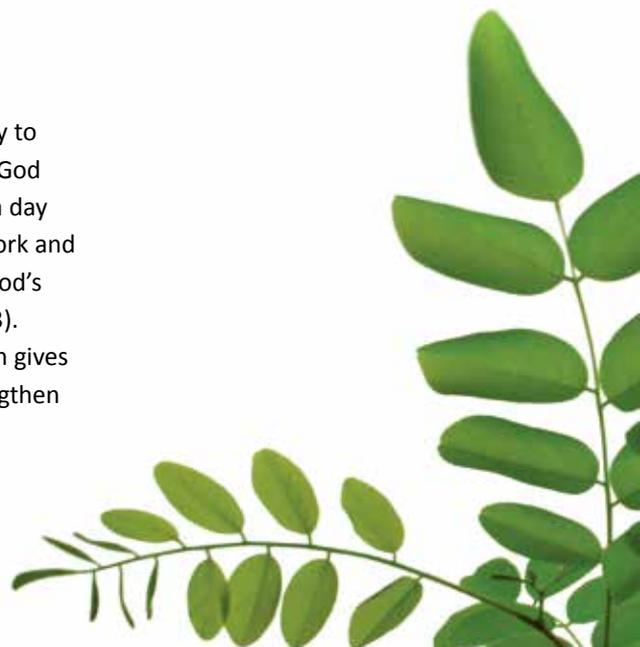
Discover what makes Sabbath a delight for each person in your family. Weave those delights into your Sabbath plans.

*On a scale of 0-10, where 0 = very stressful and 10 = very happy, how would you rate your last four Sabbaths?*

*Ask each person in your family to list three things that will make your Sabbaths even happier.*

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*Karen Holford writes from Scotland, where she loves to climb the hill behind her house on Sabbath afternoon.*



## Dear Abigail,

My husband and I have been married for just over a year. During this time he was at school far away. We saw each other during holidays, but now he is finished and starting full-time ministry. I have a steady job as a secretary in the church union office, but his new district is far away, and the local conference has no position to offer me. Since our wedding, the longest time we've spent together is two months. What should I do? Should I resign and go with him even though I will have no job? Or should I stay and wait for something to open up?

Very Stressed



## Dear Stressed,

My advice is this: trust God and place your family first. Your husband needs to know you are his partner in the journey of ministry. There may be times when it is necessary to be apart for short periods in a marriage, but it is not a safe or healthy way to live in the long term.

When we marry, we pledge our life and time and energy to support each other. This means we are creating a new family circle, and we are committing before God to make our new family a top priority. The family's unity, wholeness, and health must be heavily weighed in each decision, in addition to obvious factors such as finances and job security.

As ministry families, we are examples to those who observe from the outside. This doesn't mean we are perfect, but it does mean we should strive to model the principles God has given us. If you and your husband live separately for the sake of a job, how can he counsel his church members in the areas of family and marriage? In order to grow strong as a married couple, it is absolutely vital to live together full time and learn how to function side by side as a unified team.

God will provide finances. There may be times when you are waiting and trusting in Him, but if you pray for Him to grow you together as a godly ministry family, He will provide your needs. He has promised to do "exceedingly abundantly above all that we ask or think" (Eph. 3:20, NKJV). And if you place your faith, your family, your marriage, and your ministry first, then He will be able to show you His power and love in ways that would never be possible if you put money first.

I urge you to go with your husband to his new district. Make a home there with him and share in his work of leading this new church family. Spend time learning to love the people there. Pray fervently for God to provide new work and cover your financial needs. He will not let you down.

Abigail

# Holding On

PART 3

*“Trials teach us what we are; they dig up the soil, and let us see what we are made of.”*

*Charles Spurgeon*

THE TIME FROM OUR STILLBORN baby to the loss of our adopted baby was a period of blindly holding on to the invisible One. And He remained silent. It was a time of revealing who we were and what we truly believed about the God of miracles. It was a time of deepest honesty and daily attitude choices.

Getting to the point in life’s journey where we can no longer separate our will from His will is to arrive at a sea of peace. It is a peace the world cannot offer and a contract cannot guarantee. It is a peace far removed from a “wish list” and can only be described as supernatural. At this sea of peace our hearts whisper,



“My emptiness is Yours, oh God,  
to do with as You see best.”

Charles Spurgeon prayed it like this:

“Lord, if what I ask for does not  
please You, neither would it please  
me. . . . ‘Not as I will, but as You  
will.’”

It was two weeks before Christmas,  
and we could hear excitement in the  
caller’s voice: “Rod, Donna, a baby  
is about to be born, and the birth  
mother would like to meet you.”

Rod and I looked at each other and  
smiled. We were not flooded with  
emotions or reactions—simply a  
prayer: *Not our will but Yours, oh  
God*. Our emotions were no longer  
ours; they belonged to Him. Rod  
thanked the caller and assured him  
we would ask God what He thought  
we should do.

One week passed; we were silent.  
And then another call came, this time  
from the birth mother. “I know you  
don’t know me,” she began, “but I  
know your story, and I believe you are  
to be the parents for the baby I am  
carrying. I was wondering, would you  
be willing to meet me?”

The following Sabbath afternoon we  
sat in her living room as she and her  
husband shared their journey. After  
the birth of their third child, their  
marriage had crumbled and he had  
left for another woman. It wasn’t  
long, though, before his life made  
a drastic change. He answered the  
doorbell one evening to an unknown  
visitor, and soon Bible studies began.

The Word of Life changed his life, and the  
power of reconciliation took hold of his heart.  
Soon he returned to his wife for forgiveness  
and found her pregnant with another man’s  
baby. They looked down the road and realized  
that the baby she carried would grow up with  
less opportunity than their three daughters,  
and they wanted more for the child.

The tears streamed down my face as I sat in  
admiration of her. I wept as I realized that in  
God’s plans, no situation is a surprise to Him,  
no experiences are wasted, and no one loses;  
everyone wins!

Holy words became flesh in my heart: “While  
you were still in the womb, I knew you” (Jer.  
1:5, paraphrase).

God was orchestrating a family. We could see  
her fingers and toes in the sonogram, but God  
could see her inward parts: her character,  
her gifts, her needs. And He knew exactly the  
family tree that would be best for her.

A few weeks later, we arrived at the hospital as  
tiny Tawnya Marie was being transferred from  
the delivery room to the nursery. Meeting  
her was like . . . well, it was as though I had  
experienced a moment of heaven when  
everything will be perfect. ■

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*Donna Willey* ([www.donnawilley.com](http://www.donnawilley.com)), has co-lay-  
pastored with her husband for 17 years. This article  
is adapted from her new book, *Empty: From Despair  
to Deliverance*.



## *Best Day of the Week*

ONE MORNING NOT LONG AGO, as I stood in my bathroom curling my hair, my four-year-old son bounced into the room. He looked at me puzzled.

“Mama, is it Sabbath?”

“No, it’s Thursday.”

“Then why are you getting pretty?” he asked bluntly.

Oh dear.

I work from home. That doesn’t mean I’m not ridiculously busy, but it *does* mean I can do my work wearing nothing fancier than exercise gear without anyone knowing the difference. (Don’t judge. I do try to dress nicely for my husband often enough to convince him I’m not letting

myself go.) Obviously, my little son has equated Mommy getting fixed up with going to church.

Yes, I want my kids to know that Sabbath is special. But not just because that’s the day we dress up more than other days. I want Sabbath to be the best day of their week for so, so many other reasons.

*Because they love their church family.* Pastors’ kids often get the short end of the stick when it comes to church family. They may be held to an unreasonably high standard of behavior because Daddy or Mommy is a pastor. They may bounce from congregation to congregation as their parents serve the needs of multi-church districts. Or they might grow up in an elderly district where they are the only children around. Whatever the situation, it’s extremely important for the pastor’s kids to feel that they

*Outdoor activities, especially for those living in the city, make Sabbath extra special.*

have a church home, with an extended family that cherishes them and a Sabbath school they look forward to attending.

*Because Sabbath is different.* Our kids are little, and little kids have lots of energy. Part of our family's approach to Sabbathkeeping is that we avoid regular weekday recreation, which means they don't play with everyday toys during Sabbath hours. But that doesn't mean they have to be bored! We have a box of age-appropriate toys reserved for Sabbath hours, usually whichever toys are their favorites. That means they look forward to getting out the Sabbath toys all week long.

*Because Sabbath is full of love.* Sabbath is busy. We sometimes privately joke that as pastors, we may be Sabbathkeepers but we are Monday-resters, since that is my husband's day off. Still, it isn't healthy for Sabbath to be so busy that our own children get lost in the shuffle. Whenever possible, we try to carve out special family time on Sabbath afternoon. And on Friday nights, the kids tumble into our big bed together for hugs and storybooks before they go to sleep.

*Because Sabbath is a time to serve.* When babies are little and need naps, it's not the season for dragging them around all day. But as they get a little older, there is so much joy in joining service activities along with Mom and Dad and other church members, especially when

parents talk excitedly about it and help kids feel that they are being included in something valuable. Even when we have guests over, our preschooler is now old enough to feel very important by helping to set the table or serve visitors a glass of water.

*Because Sabbath is prepared for ahead of time.* Our family takes the biblical directive to prepare for Sabbath seriously. That means the house gets cleaned, meals are ready, clothes are ironed, shoes are polished, and everything that can be done is finished before sunset on Friday night. When the sun sets, it's like a collective sigh of relief throughout our household. For 24 hours we are free to just *be*. It cuts down on a lot of Sabbath-morning irritability too, since everything is ready to pick up and go.

*Because Sabbath is a time for nature.* Outdoor activities, especially for those living in the city, make Sabbath extra special. Hiking, cycling, going on a nature walk—any of these are something to look forward to. As soon as kids are old enough to talk and are learning their Bible stories, they can participate in object lesson hikes. Everyone goes outside and looks for some object that reminds them of a Bible story or Scripture lesson. At sundown worship, each person gets a turn to share what they found.

*Because Sabbath is all about Jesus.* Sure, every day is about Jesus. But other days are also filled with everyday duties and frustrations. Sabbath is a time of freedom from worry and burdens. It's a time to slow down and appreciate the blessings of faith.

And yes, Sabbath clothes make the day special too. But that's not the heart of the matter. As our little ones grow bigger, I only hope they'll love the Sabbath for the deeper reasons that I've come to treasure. Modeling this Jesus-focus to our kids makes Sabbath truly the happiest day of the week. 7

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*Sarah K. Asaftei is a mother of two and is married to Marius, a pastor in central Florida. She works in social media management and video production and loves international travel and photography.*

# Exploring *Sabbath*

WHAT MAKES  
SABBATH THE  
BEST DAY OF THE  
WEEK? WHAT ELSE  
WOULD YOU LIKE  
YOUR FAMILY TO  
DO ON SABBATH?  
HOW CAN YOU  
ENJOY HELPING TO  
PREPARE FOOD FOR  
SABBATH?

HERE ARE SOME  
FUN WAYS TO  
EXPLORE SABBATH  
WITH YOUR FAMILY.



## SABBATH GIFT BAG SCAVENGER HUNT

Sabbath is a gift from God: Mark 2:27.

- Place a colorful gift bag on the table. Send your family on a scavenger hunt to find things that remind them how Sabbath is a special gift from God.
- Here are some ideas:
  - A battery: Sabbath helps us to recharge our batteries.
  - A clock or watch: Sabbath is time to spend with God and with each other.
  - A candle: Sabbath is a light that guides us through our week.
  - A treat: Sabbath is a delight.
  - A feather: Sabbath is a day to explore nature and God's creation.
  - A heart: Sabbath is a day when we can help others.
- Hand lotion: Sabbath is soothing and comforting.
- A bottle of water: Sabbath is refreshing.
- What else can your family put in your Sabbath gift bag?

## BEST SABBATH EVER

The Sabbath is a delight: Isa. 58:13 (NIV).

- What was the best Sabbath you ever experienced?
- What made it so special?
- Invite everyone to draw a picture or write a story of their best Sabbath ever.
- Show your pictures and tell why this Sabbath was so special.
- Make a list of what makes Sabbath delightful for your family. Then plan a really delightful Sabbath in the next month.

## THE TOUGH AND THE SWEET

Share the ups and downs: Rom. 12:15.

- Place a bowl of nuts and raisins on the table.
- Tell each other about the best thing that happened to you during the past week.
- After everyone has shared their "best things," thank God for the good things that have happened and celebrate together by eating a few raisins. The raisins represent the sweetness of God's goodness.
- Then tell each other about a challenge you will face in the week ahead.
- After each person has shared their challenge, eat some nuts together. The hard nuts represent the challenges that God can help us face. Pray that God will help you with these challenges.

## A RECIPE FOR SUPER SABBATHS

- What great ingredients would you include in a super Sabbath?
- Use colored paper and cut out simple fruit shapes.
- On each fruit shape write an activity you'd like to do with your family on Sabbath: a walk in the woods, a Bible treasure hunt, an adventure, helping others, an amazing praise service, an exciting children's story, camping out, etc.
- Dream big and choose your favorite Sabbath "ingredients."
- Collect all your "ingredients" in a large bowl, adding as many as you like. Then read the ideas and use them to inspire your future Sabbath plans.



## THANK YOU FOR SABBATH

A Sabbath psalm: Ps. 136:1.

- Find all your best craft materials and pens.
- Design and make some amazing cards to thank God for making Sabbath for us.
- Write a thank you message to God in your card.
- Share your cards with each other.



## SABBATH COLLAGE

Ex. 20:8-11; Isa. 58:13 (NIV).

- Think about what Sabbath means to you.
- Look through a stack of old church papers and magazines. Cut out words and pictures that describe Sabbath and make a collage of them on a large sheet of cardstock.

## SABBATH CRAFTS

Ex. 20:8-11; Isa. 58:13 (NIV).

- Gather all your best craft materials.
- Invite everyone to make something special to inspire your family to have wonderful Sabbaths.
- You might decorate candles or candle holders that you can use on Sabbath.
- Or design Sabbath placemats for your table. Arrange pictures and stickers on cardstock, then laminate the placemats to protect from spills.





## SABBATH MANNA

Read the story of Sabbath and manna: Ex. 16:13-31.

- Use a marker pen to divide a paper plate into seven sections, like a pie.
- Label each section with a different day of the week, writing the names of the days around the edge of the plate.
- Make a “tent” in your room, under a table, or under a large sheet.
- Lay a clean cloth on the floor outside your tent and sprinkle it with sweet popcorn (pretend manna).
- Pretend to sleep in your tent and wake up on Sunday.
- Collect some manna (sweet popcorn) and place it on your plate in the “Sunday” section. Eat it, then pretend to sleep again. Repeat this for each day. Then collect twice as much on Friday and eat only half of it. “Wake up” on “Sabbath” and eat the rest.
- Talk about how you can help prepare food for Sabbath by making simple desserts, chopping vegetables, setting the table, etc.

## SABBATH: A DAY OF JOYFUL CELEBRATION

A psalm for Sabbath: Ps. 92.

- Read this happy psalm together.
- Many Jewish families welcome Sabbath with a traditional celebration.
- Plan some happy ways to celebrate Sabbath in your family. Maybe you could make a Sabbath banner, write your own celebratory song, create a special party or agape meal, play some fun Sabbath games, light candles, create a different fruit-juice cocktail each week, drive to a beautiful place to watch the sunset, have tiny treats or surprises, hunt for a special object, share what you most appreciate about each other, bless each other, and so on.
- Keep your Sabbaths surprising and delightful by adding new ideas to your list.

## A DAY FOR HELPING OTHERS

Jesus heals on the Sabbath: Matt. 12:9-13.

- Get a pencil and a sheet of paper.
- Spread out your fingers and draw around each of your hands.
- On each finger write one way you and your family could help people on Sabbath.
- Collect all of your ideas and plan a great way to help someone on Sabbath during the next few weeks.

*Karen Holford is the author of 100 Creative Activities for Sabbath, Pacific Press, 2006.*

Share your best Sabbath ideas with others. Why not take turns planning special Sabbath activities for all the families in your church?

# *The Pastor's Wife: Wallflower or One-Woman Band?*

I LIVE BETWEEN TWO CULTURES, two countries. One is the culture of my birth and childhood, and the other is where I live and serve as a minister's wife. My two countries may be geographical neighbors, but they are very different, *especially* in their ideas about the role of a pastor's family.

Some of my observations are the result of Communism in my two countries. Should ministry spouses engage in church life or not? What happens if we do? What happens if we don't? Could my involvement create problems? And if so, how would I solve them?

In the country where I grew up, I never once heard of a pastor's wife being involved at church. In most places it would have been considered sacrilege for a pastor's wife to be active in ministry—those jobs were reserved for men. Even committees were all male, and women had no say about it. Some of these pastors' wives were very withdrawn and did not have many friends. Essentially, being the pastor's wife meant you had to be a wallflower.

Later, I met some extraordinary exceptions. Our first son is named after a friend whose wife is an example of active church life. She was an excellent deaconess and an active member of the Tabita [Dorcas] ministry. I eventually met other women who served in music and choir ministry and began to realize that it wasn't necessary to be on a pedestal to manifest kindness and service.

In contrast, the pastors' wives in my adopted country can't imagine a quiet life. Their homes are the hotel room of choice for travelers, cafeterias for the hungry, and schoolrooms for those learning church duties. In addition, these wives were traditionally required by the state to have an outside job "for the benefit of society." Their schedules

often included the following: state job, motherhood, washing, cooking, cleaning, ironing, receiving guests, repairing the house, leading morning and evening family worship when the husband was absent, conducting worship services and preaching if the husband was away, serving on the church board, singing in the choir, giving Bible studies, leading in missionary activity, visiting members, and more. In short, she was expected to be a one-woman band!

Wallflowers and one-woman bands aren't unique to my part of the world. Why do some shrink from church activities and others actively work beside their spouses in ministry? Let's try to understand these two extremes so we can avoid the negative consequences on either side.

**Reasons for being a wallflower:**  
*misunderstanding our role, juggling unrealistic expectations, facing difficult problems at church, feeling alienated from our spouse, etc.*

Pre-marital expectations can be unrealistic for anyone, including pastoral spouses. Misunderstanding one's role in church life can lead to withdrawing from social interaction. Ministry can be as demanding for

## The Pastor's Wife: Wallflower or One-Woman Band?

people-lovers as it is for the shy and timid. If you're engaged to a pastor, it might be good to learn about the life ahead of you or maybe even to stay in a pastor's home for a real-life glimpse. Being a ministry spouse means more than wearing stylish clothes on Sabbath or accepting a position of honor (and often unjustified envy). Ministry requires a life of self-sacrifice, seeking the good of others, and sometimes doing things you don't particularly like.

In some cases a wife wants to work with her husband, but the church family resists her efforts. Disappointment can lead anyone to stop being a public person for fear of being wounded.

Other times, a wife may feel that the pastor focuses primarily on his own problems. *If he doesn't care about my challenges, why should I care about his?* she may think.

**Negative effects of being a wallflower:** *distrust of members in the church, indifference in missionary work, setting a bad example for others, etc.*

A wallflower spouse can produce distrust in the pastor's leadership. People may think, *If his wife is not involved, why should I bother?* Some church members may feel disappointed by her lack of involvement, while some may see it as a stumbling block to others.

On the other hand, some husbands are reluctant for their wives to be active at church, even when they are talented and may have been active in ministry before marriage. These pastors may prefer to have their wives in the shadows—quiet mothers, perfect housewives, brilliant students, nice neighbors—anything except being a leader at church. They may think they are protecting their own authority or letting church members develop their talents. Perhaps they have good intentions, but this attitude will *always* bring unhappy results.

Being active in church doesn't have to mean being in charge. Active ministry brings joy, self-esteem, and a sense of achievement. A loving woman needs

to have people to love, both at home and at church. To prohibit her from bestowing that love on her church is a great cruelty. Feminine sensitivity can be an incredible asset to pastoral ministry.

While some pastoral spouses retreat like wallflowers, others are driven to the opposite extreme.

**Reasons for being a one-woman band:** *energetic temperament, overestimation of the position, a mythical aura of holiness, lack of team spirit, inability to delegate, etc.*

Some women are naturally energetic and active. But the pastor's wife who tries to do everything herself may also be driven by misguided spiritual reasons. I was shocked to hear that some churches expect the pastor's wife to sit in a reserved seat up front, on display for everyone. Acting as if the pastor's wife is better than others can make people place her in the center of everything. This holy aura is inappropriate and an unreasonable burden for any human.

Excessive involvement can also stem from an innate distrust of others and lack of team spirit. Perhaps she feels unable to delegate and thinks that nothing can be done right unless she does it herself.

**Negative effects of being a one-woman band:** *loss of energy, reduced quality of life, weakened health, neglected family, lack of energy for other important duties, etc.*

Anyone who tries to do everything alone won't be able to do anything

*Tact and diplomacy are essential when our talents overlap (or surpass!) those who are already in church leadership. But we'll be most valuable when we teach others to serve.*

with excellence. Workaholism leads to exhaustion and illness. And illness from lack of temperance diminishes a spiritual leader's influence because they aren't following their own advice.

Being over-involved forces you to neglect some things at the expense of other things. One of the biggest temptations is to treat your own family as less important than your missionary work. Too many pastors' children rebel, often because their need for love is unfulfilled. Who would feel loved if their parents treated everyone outside the family as more valuable? We cannot ask children to accept our absences while we freely share our energy with others.

#### **FINDING A BALANCE**

Pastoral spouses generally fall into one of four categories:

1. You like to be active in church, but you don't have the opportunity for it.
2. You don't like to be active, but you are forced by circumstances.
3. You don't like to be active, and you are not active.
4. You like to be active, and you have plenty of opportunity to be involved.

Whichever category you fall into, remember that ministry is the main purpose of life. This doesn't mean that you have to say "Yes" every time someone asks for help, but it *does* mean

that you cultivate a lifestyle of service, whether or not you are elected to an official position.

Ideally we will also help others develop their abilities. Tact and diplomacy are essential when our talents overlap (or surpass!) those who are already in church leadership. But we'll be most valuable when we teach others to serve—and it's possible to do so without acting superior.

When you're mentoring, try to avoid saying things such as, "When I was in charge, I did it this way . . ." or "Here, I'll do it myself." Acting like a boss will push others away, but sitting on the sidelines may only encourage contempt. The challenge is to be neither a wallflower nor a one-woman band, neither spectating nor suffocating. It's hard to find the balance between them, but serving with love is definitely the best way to start! ■

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*Liliana Orac is a pastor's wife serving in the Republic of Moldova (former Soviet Union) and a native of Romania.*

## East-Central Africa Division

### KENYA

In November 2013, pastors' wives from all over Kenya met for a congress. About 90 percent of the spouses in Kenya attended, and each paid for their own travel, participation fees, and uniforms. Those who did not attend were mostly teachers, since the congress coincided with national exams. They thank God for the many topics presented.



Ministry spouses meet in Kenya for ministry training.



## Northern Asia-Pacific Division

### EAST CENTRAL INDIA UNION

East Central Korean Conference (ECKC) held pastoral spouse meetings in October 2013 at the Jeong-Dong Jin Sun Cruise. Pastors and spouses had separate meetings reviewing the year's activities and praising God for their blessings during 2013. Many attendees said they feel happier since the spouses' group was formed.



Pastors' spouses met at Jeong-Dong Jin Sun Cruise and enjoyed beautiful weather.

ECKC also had a two-day program for ministry spouses called "Happy Walk Together" in November 2013. One day the group enjoyed dinner and a thanksgiving worship. The next day they heard a sermon of encouragement and blessing for the spouses. All attendees returned home spiritually recharged and revived.

Pastoral spouses in ECKC held an evangelistic series in November 2013 at the Senior Medical Center in Dong Hae City. Many attendees had illnesses that made movement difficult, but seven people chose to be baptized. Some of the staff were also interested and want to continue studying the Bible. This made the meetings even more meaningful.



ECKC pastors' spouses had a happy time together, and the warm love of God showed on their faces.

## Southern Africa-Indian Ocean Division

In February 2014, pastors' wives met on the island of Sao Tomé. Pray for those serving here, as they deal with teenage pregnancies, corruption, abuse, and drugs. There is also the great challenge of finding

finances to send young people to college.

In February 2014, SID held a pastors' kids (PAKIA) convention in Botswana. It was a wonderful gathering.

Mrs. Xavier, executive secretary's wife, left, has a daughter who would like to study medicine.



PAKIA convention in Botswana with some adult PKs.



## Southern Asia Division

In April 2013, a Shepherdess training program was held in Lasalgaon, Maharashtra, in the Western India Union. Thirty-five ladies attended presentations and devotionals, as well as learning practical skills such as making communion bread in an iron pan.

This same training program was held again for 125 ladies from Southeast India Union in Kudikadu, Tamil Nadu.



Pastor R. Jadhav, WIU president (second from right), led out in the candle-lighting ceremony at the end of the Shepherdess training session at WIU.

The ladies at the congress and training program at SEIU with Rose Christo and Jean Sundaram, division and union coordinators (fifth and sixth from left, respectively).



Mrs. Sumitra Jadhav, union coordinator, cuts the dough into square pieces before cooking the communion bread on the pan.



## Annual Council

During the 2013 Annual Council meetings held at the General Conference world headquarters, administrators' wives met for meetings with Cheri Peters. She shared her personal story of drug abuse and coming to know Jesus. Cheri shared information on how to start a ministry in local churches to help those in the same situation. Many were blessed by her story.



Administrators' wives attend Cheri Peter's meeting during Annual Council.

# MISSION

to the

# CITIES

**Mission to the Cities** is an emphasis of the Seventh-day Adventist Church on sharing Jesus' love and the hope of His soon return with people in urban settings. It envisions initiatives in more than 650 of the world's largest cities, starting with New York City in 2013 and running through 2015. Comprehensive outreach activities will be as varied as the character of each city, and will include Life Hope Centers, church planting, community events, health seminars, small groups, and reaping campaigns.

**Please be praying for the outpouring of the Holy Spirit on Mission to the Cities:**

- For the church members and church leaders working in these cities
- For the people yet to be reached with the Gospel
- For the world divisions and unions to develop strategies for reaching the large cities in their territories
- For the thousands of outreach activities and reaping events currently taking place
- For the strongholds of Satan to be broken, and relationships with Christ to be established

For a list of cities and to join in praying for them, go to:  
[www.MissiontotheCities.org](http://www.MissiontotheCities.org) and  
[www.RevivalandReformation.org/777](http://www.RevivalandReformation.org/777)

