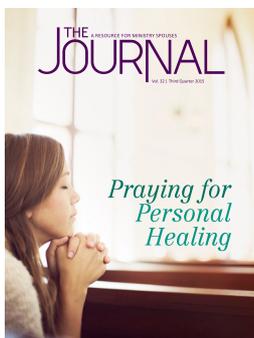
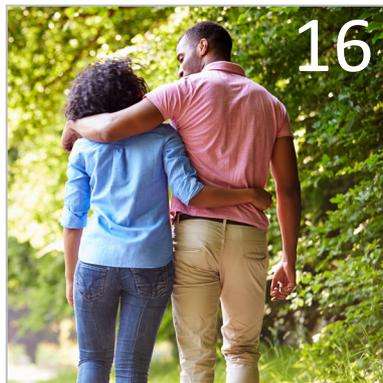


THE A RESOURCE FOR MINISTRY SPOUSES
JOURNAL

Vol. 32 | Third Quarter 2015

*Praying for
Personal
Healing*



ON THE COVER

Have you ever experienced anointing? How does God intend us to use this ministry of healing for His glory?

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MINISTRY TO PASTORAL SPOUSES AND FAMILIES DIVISION COORDINATORS:

East-Central Africa: Antoinette Mwangachuchu
Euro-Africa: Maria Brito
Euro-Asia: Liliya Krupskaya
Inter-American: Leticia Delos Santos
North American: Donna Jackson
Northern Asia-Pacific: Lynn Ripley
South American: Marli Peyerl
South Pacific: Erna Johnson
Southern Africa-Indian Ocean: Margret Mulambo
Southern Asia: Rosenita Christo
Southern Asia-Pacific: Helen Gulfan
Trans-European: Paul Tompkins
West-Central Africa: Josephine Wari

EDITORIAL OFFICE:

12501 Old Columbia Pike
Silver Spring, MD 20904-6600
Phone: 301-680-6513 | Fax: 301-680-6502

Email: lowes@gc.adventist.org

Executive Editor: Janet Page
Associate Editor: Sarah K. Asaftei
Editorial Assistant: Shelly Lowe
Copy Editor: Becky Scoggins
Layout & Design: Erika Miike

Printed in the U.S.A.
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“Please, God, Take Away the Tumor”

“YOU HAVE A TUMOR the size of a grapefruit. It needs to come out. And to prevent the possibility of uncontrollable bleeding, we must do a hysterectomy as well,” the surgeon said.

I was not happy! As a nurse, I knew the complications that can result from hysterectomies.

For months, in my daily morning worships, I prayed and claimed healing Bible promises. Over and over I read stories of Jesus healing people. I kept praying, “Dear God, You did it then. Please do it now.”

I really wanted to be surrendered to His will. My heart pleaded, “Your will be done, but if possible, please take away the tumor.” I kept searching my heart and asking God to reveal anything I needed to confess and make right. I didn’t want anything between God and me that might keep Him from answering my prayer.

Just days before the surgery, I had a second sonogram to check the tumor’s size again. The doctor advised me to donate some of my blood so they would have it on hand if needed.

Still struggling, I called my friend Juanita Kretschmar and asked her to pray the Encounter Prayer with me. It was a precious time with her.*

Surgery was scheduled in a city two hours away from home. The local pastor and his wife graciously opened their home to Jerry and me. I asked if they would anoint me for healing.

My anointing was a special time. I sensed God was near. I felt I was healed

“Bless the Lord, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies.”

Psalm 103:2-4

but didn’t say anything about it. On the way to the hospital the next morning, I told my husband that I thought the tumor was gone.

At the hospital, I told the surgical nurse that I needed to speak with the surgeon. I explained that I was a Christian, that I had been anointed, and that I thought I’d been healed. Calmly, he replied, “Janet, you have a four-inch tumor. You need surgery.”

“If you see that I don’t have a tumor, will you promise not to do a hysterectomy?” I had to ask three times before he agreed.

They started the IV, and I went to sleep. Next thing I knew, a nurse was shaking my shoulder. “Janet! Janet, wake up. There was no tumor!”

The surgeon came in saying, “I can’t believe it! No tumor! No hysterectomy!” Then he paused and asked, “Would you please pray for my medical work?” Jerry and I prayed with him.

Jerry called our host couple with the good news. When we walked into their house, the pastor blurted out, “I don’t believe in anointing, I don’t believe!” He went on to share that both of his parents had died of cancer. He had prayed much and anointed them, but neither had been healed.

I don’t know why God sometimes heals instantly, while other times He heals through a lengthy process, or at the Resurrection. But I do know that God can be trusted. For years I’ve suffered difficulties with my neck from a car accident. God has not chosen to remove that pain. But I will keep calling on His name and asking and thanking Him for healing in His time and His way.

Anointing is not only for the bedside of someone dying from a physical illness. It is also for healing from emotional and spiritual pain, damaged relationships, addictions, and bitterness—always as He sees best. Anointing is based on James 5:13-15.

In this issue of *The Journal*, see the article “Praying for Personal Healing” by Derek Morris for more insights into this very practical need in our lives.

My prayer is that you will each find healing in your own life whether it’s physical, spiritual, or emotional. J

*See Juanita’s article “Encounter with God in Prayer” in *The Journal* (2nd quarter 2015) or go to www.revivalandreformation.org/prayerresources and click on “Articles.”

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



Praying for Personal Healing

ON WEDNESDAY EVENING, May 13, 1992, a wonderful miracle took place on the campus of Southern Adventist University (SAU). By definition, every miracle is wonderful, but this was the most remarkable one I've ever seen! A young woman, oppressed by Satan for 18 years, was driving home and felt impressed to pull into the SAU parking lot and attend a prayer service in Pierson Chapel. Listening to testimonies of those who had been healed by God's power, she felt a ray of hope. As she knelt in prayer that evening, the Lord spoke these life-changing words to her: "Little girl, I say to you, arise." And she responded in faith.

Instantly, the dark shadow that had enshrouded her soul was lifted, and she was healed. Her whole countenance changed. Her face shone with a holy light, and she began to lift her voice in praise to God. Those who heard her testimony were filled with awe. Her husband wept for joy—she was healed by the power of the Living God.

Many healing miracles are recorded in Scripture. Mark 6:13 says the disciples "anointed many sick people with oil and healed them."¹ The disciples were following Christ's specific instructions to preach the gospel and

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.”

James 5:14, NKJV

heal the sick. So, it is logical that the teachings on anointing the sick come from Jesus himself. He is the Source of this sacred service.

Jesus prophesied in Mark 16:18 that His followers would place their hands on the sick and the sick would be healed. But can those same miracles of healing happen in these last days of earth’s history? I believe the answer is YES—those same miracles can happen today.

In James 5:14-17, we discover the outline of a special service for those who desire to open their lives to God’s healing presence. It is often called an anointing service, or prayer for the sick. Several important principles emerge from this text.

First, this special service is for sick believers. It says, “Is anyone *among you* sick?” God will not heal the unbeliever just so they can continue in a life of sin. It is not a magical rite for anyone who can pay the price. Neither will God heal a person who deliberately continues to transgress natural or spiritual laws. This service is for confessing, repentant believers. Confessing our sins is an essential preparation for this special service, along with deep, heartfelt repentance and surrender of our lives to the will of God. The Bible says, “If I regard iniquity in my heart, the Lord will not hear me” (Ps. 66:18, KJV).

Second, James 5:14 tells us that the anointing service is for those who are sick. It does not specifically define what kind of sickness. It simply says, “Is anyone among you *sick*?” The Greek verb used here is *astheneō*, which literally means “weak or feeble.”² We usually assume that this means physical sickness, which certainly applies. But what about emotional or spiritual sickness? What if someone is physically well but emotionally scarred by attacks from Satan? Does not God desire also to heal that person? I believe the Holy Spirit inspired James to use this specific word, *astheneō*, because it has a broad meaning. It leaves room for whatever healing God has ordained. We should also notice that the verb translated “sick” does not necessarily imply a life-threatening illness. This dispels the common misconception that you must be terminally ill, or breathing your last breath, before you can request an anointing service.

Third, the anointing service should be requested. We read, “let [him/her] call the elders of the church.” God wants to offer us the miracle of healing, and He is able. But we must be willing. We must be open to His miracle-working power in our lives. The only exception I can think of would be when believing parents request anointing for their young child or a believing spouse, relative, or friend requests anointing for a loved one who is physically unable to request it themselves. But we *must* ask. We must take hold of the promise of God. It’s a solemn thought to consider that God may have been willing and ready to heal you for years but you haven’t given Him the opportunity. You have not yet given Him the invitation to manifest His healing power in Your life.

Fourth, we anoint the person with oil in the name of the Lord, and the prayer of faith will heal the sick. The text literally reads, “having anointed with

Praying for Personal Healing

oil, the prayer of faith will make the sick person whole.”³ Notice that it is the *prayer of faith* that opens life to the healing power of God. Jesus said in Matthew 9:22, “Your faith has made you well,” and again in Matthew 9:29, “According to your faith let it be to you” (NKJV). The anointing oil is a sacred symbol representing the ministry of the Holy Spirit, but it contains no magical power. There have been many miracles of healing in response to prayers of faith when anointing oil was not available. What *is* essential is the prayer of faith that opens your life to the healing power of God.



It is interesting to note that the Greek verb used in “a prayer offered in faith will heal the sick” (NLT), is not the common verb for “heal” (*therapeuō*) but is the verb *sodzō*, which is usually translated “to save” but can also be translated “to heal, to make whole.” It is used in reference to the healing of Jairus’ daughter in Mark 5:23, in the healing of the demoniac possessed by Legion in Luke 8:36, and in the healing of the man crippled from birth in Acts 14:9.

The thrilling truth contained in James 5 is that healing is certain when we

come in faith. The text says, “The prayer offered in faith *will* make the sick person well; the Lord *will* raise them up. If they have sinned, they *will* be forgiven.” There is nothing tentative about this. It does not say it might happen, or it could happen—it says it *will happen!*

We must conclude, then, that in response to the prayer of faith, God *will* give the healing He ordains—in harmony with His will and our ultimate good. It may not always be the healing that we expect, but it will be the healing God knows is best.

During the early Advent movement, Ellen White recognized times when they may have erred in this regard. She writes:

“In these prayers we thought we must be positive, and if we exercised faith, that we must ask for nothing less than life. We dared not say, ‘If it will glorify God,’ fearing it would admit a semblance of doubt. We have anxiously watched those who have been given back, as it were, from the dead. We have seen some of these, especially youth, raised to health, and they have forgotten God, become dissolute in life, causing sorrow and anguish to parents and friends, and have become shame to those who feared to pray. They lived not to honor and glorify God, but to curse Him with their lives of vice.”⁴

Early Advent believers learned a lesson from these experiences. Ellen continues, “We no longer . . . seek to bring the Lord to our wishes. . . . Our petitions must not take the form of a command but of intercession. . . .”⁵

So we should pray, “Not our will, but Yours be done.” And we ask for discernment to notice the marvelous work He *has* done. A person may be raised up immediately, or over time, or not until the resurrection. But His promise is sure. He will raise us up! And that is good news! If a person who is physically sick is not restored to health immediately, or over time, he or she will be healed in spirit and given strength and courage to bear the adversity in ways that bring honor and glory to God.

Not only that, but when we come in faith, *spiritual healing* is guaranteed. The Word of God says, “If they have sinned, they will be forgiven.”

In reference to this sacred service, Ellen White writes, “The divine Healer is present in the sick-room; He hears every word of the prayers offered to Him in the simplicity of true faith. His disciples today are to pray for the sick, as verily as did the disciples of old. And there will be recoveries; for ‘the prayer of faith shall save the sick.’”⁶

I am not suggesting an anointing for every minor physical, emotional, or spiritual ailment. Nor am I suggesting you should never seek the care of physicians, therapists, or counselors.

I am saying this: Do not forget that God is a miracle worker. Do not leave God out of the picture. Listen to this appeal from Ellen White:

“Why is it that men are so unwilling to trust Him who created man, and who can, by a touch, a word, a look, heal all manner of disease? Who is more worthy of our confidence than the One who has made so great a sacrifice for our redemption? Our Lord has given us definite instruction, through the apostle James, as to our duty in case of sickness. When human help fails, God will be the helper of His people.”⁷

Lois was serving as my administrative assistant when she came to my office with a request. Her lungs were failing, and she wanted to know if she could call the

elders and be anointed in the name of the Lord. I was touched both by her humble submission to the will of God and also her earnest desire to serve as long as the Lord gave her strength. A small group gathered at the front of the Forest Lake Church sanctuary. We reviewed the clear teaching of the Word of God and rejoiced in His faithfulness and love. I do not recall which elder actually led out in the service. It does not even matter. The blessing came directly from the throne room of God. Lois was healed. There was such an improvement in her health that she no longer needed to take any medications for her lungs. Many years later, Lois is still praising God for His mercies that are new every morning!

Lois’ healing is one of many miracles I’ve witnessed as we humbly take God at His Word, praying for His will to be done on earth as it is in heaven. If you have experienced miraculous blessings in your life, take time today, and every day, to praise God with your whole heart, as you remember what He has done for you. And share this with others—there are so many who need to hear that our God is a miracle-working God. J

¹ Unless otherwise noted, all Scripture is from the New International Version (emphasis supplied).

² See 1 Cor. 11:30.

³ Author’s paraphrase.

⁴ Ellen G. White, *Counsels on Health* (Mountain Views, CA: Pacific Press Pub. Assn., 1957), pp. 378, 379.

⁵ *Ibid.*, p. 379.

⁶ White, *Gospel Workers* (Washington, DC: Review and Herald Pub. Assn., 1948), p. 215.

⁷ White, *The Faith I Live By* (Washington, DC: Review and Herald Pub. Assn., 1973), p. 315 (emphasis supplied).

Derek Morris, DMin, author and teacher, currently serves as editor of *Ministry*, an international journal for pastors and as an associate secretary of the General Conference Ministerial Association. His greatest joy is found in helping people to experience a life-changing encounter with the Lord Jesus Christ. Derek and his wife, Bodil Chen Morris, enjoy writing Scripture songs together and have two grown sons.

Lessons From *Peanut*

PEANUT, OUR AFRICAN Gray parrot, was probably the most interesting and entertaining pet we've ever had. Not only did he entertain us but we also learned a valuable lesson from him.

He joined our family in 1989, while we were serving in Ivory Coast, West Africa. African Grays are known for their intelligence and ability to talk, so I began to teach him phrases he learned in a day or two.

"My name is Peanut; what's yours?" "I can talk; can you fly?!" He quickly learned what we taught him, and he was equally quick to learn from his observations as our family life unfolded before him. He imitated our voices and could call each of our daughters and Ted by name so perfectly that they didn't know it was Peanut calling them instead of me! Each morning as the girls went to the door to leave for school, Peanut would call, "Hurry up, girls; let's go," and then "Good-bye" as we walked out.

He knew where the drinking glasses were kept, so when he saw someone go to that cupboard for a glass, he would make the sound of water pouring into it. He could ring the phone, answer the phone, and carry on a simple one-sided conversation, such as "Hi!" followed by an appropriate pause. He meowed like our cats, barked like the dog, hammered like Ted's hammer, and loved to sing during worship.

We discovered that Peanut and people are quite alike; we are all influenced by our surroundings, and how we spend our time determines whom we become. In other words, we imitate what we read and watch, the music we listen to, and the people we choose as friends. Even what we choose to think about changes our brains,¹ and those brain changes are visible and measurable on an MRI. The brain actually restructures itself according to what it learns. This is called "transformational/elaborative learning."



Throughout my life, until my mother passed away at the age of 90, one of her most familiar phrases was, “It is important to guard the avenues of the soul!” When I was younger, I didn’t realize how vital those words were, but as I see media and technology of every kind consuming our time and attention, I realize how much we need the guidance of the Holy Spirit as we make choices each day—and how much we need to teach our children how to choose wisely for themselves. The choices we make each day have eternal consequences!

The spiritual organ of the body is the brain. Our frontal lobe has to do with our spirituality, morality, the will, reason and conscience, judgment and decision-making, prayer and worship, discerning spiritual truth, empathy, and altruism. The brain’s limbic system has to do with our appetites for food and sex, fear, stress, lust, worry, anxiety, anger, irritability, negativity, aggression, impulsive behavior, and our “flight or fight” protective response system. God created the limbic system, but it must be governed by the frontal lobe from which we practice self-control.

These brain facts relate directly to our media choices. Imagine an on/off switch in your brain. Turn on the TV, and within a few minutes the frontal lobe shuts off and the switch in your limbic system switches on. Theatrical-style television is designed to produce a limbic impulse of some kind—anger, fear, aggression, lust, sadness, or amusement.

“Watching entertainment television during childhood also results in a dramatically increased limbic system, which actually outweighs the frontal lobe of the brain. This is one of the reasons why many pediatric experts are now advising that no one under the age of twelve should watch theatrical television.”²

According to surveys by George Barna, media has become America’s most widespread and serious addiction, both inside and outside the church. Statistics show clearly that much media content, including video games, entertains us by glamorizing the very lifestyles that nailed Jesus to the cross. Yet we have become so desensitized that we don’t even realize it!

It is time to ask ourselves, “Who is the Lord of my life? Who or what has my affections?”

By beholding we become changed, and it all depends on the choices we make with our time. “As [a man] thinks in his heart, so is he” (Prov. 23:7, NKJV).

“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect” (Rom. 12:2, NASB). The Philips translation says, “Don’t let the world squeeze you into its mold.”

May God help us to focus on that which will transform us into His likeness!³

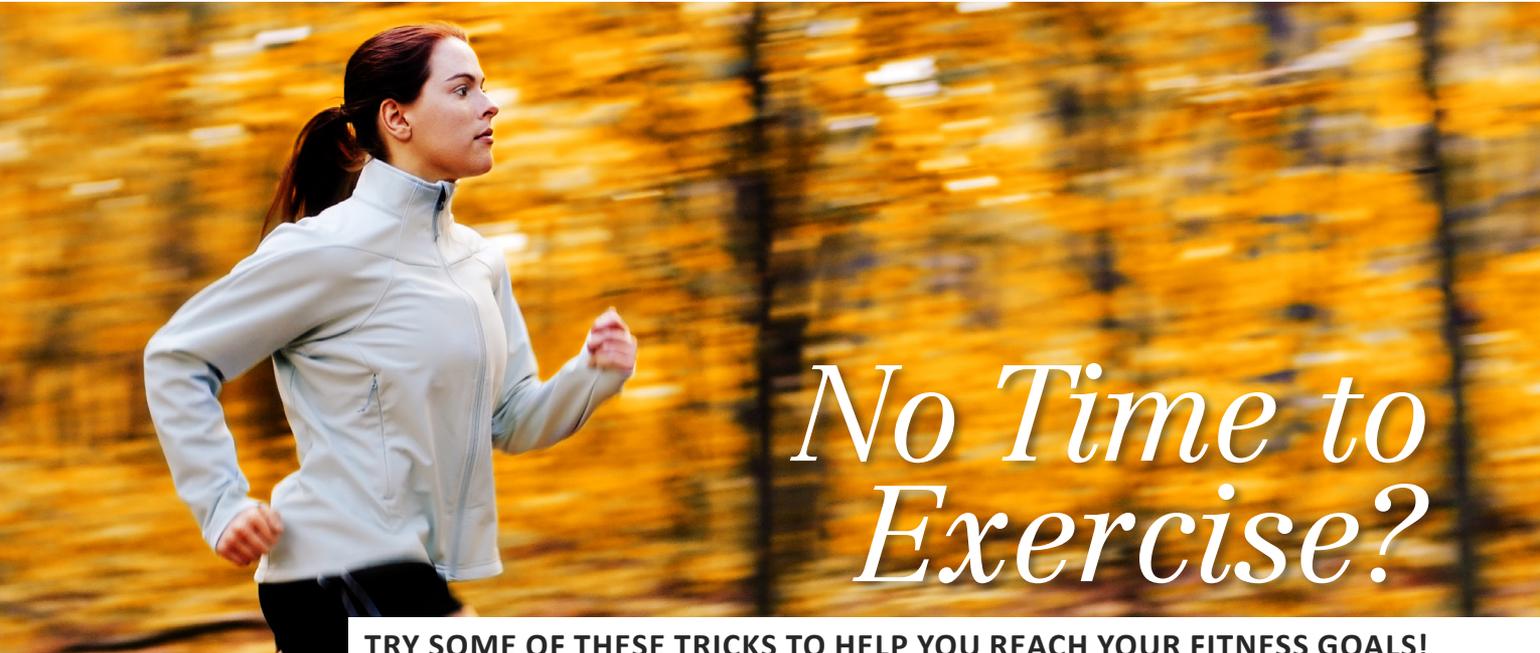


¹ See Section 1: “How Thinking Changes Brain Chemistry” in Dr. Neil Nedley’s book *The Lost Art of Thinking*, pp. 25-142.

² Nedley, *The Lost Art of Thinking*, p. 17.

³ Recommended resources for further study: *The Lost Art of Thinking* by Neil Nedley (Nedley Publishing) and *Media on the Brain* by Scott Ritsema (Belt of Truth Ministries).

Nancy Wilson grew up in the country and has always loved God’s second book of nature. She and Ted have three daughters, three sons whom their daughters brought into the family, and as of this October, ten marvelous grandchildren!



No Time to Exercise?

TRY SOME OF THESE TRICKS TO HELP YOU REACH YOUR FITNESS GOALS!

“YOUR NUMBERS ARE HIGH,” I told my colleague who had stopped by the clinic to have her blood pressure checked.

“I know,” she replied. “I used to have low blood pressure, but as the years go by, it’s creeping up. It’s true that we have a history of hypertension in my family, but aren’t I too young to be dealing with high blood pressure?”

“Well, let’s see,” I answered. “Cutting back on salt will help, but are you getting regular exercise?”

That question stimulated an all-too-familiar reply.

“I just don’t have time,” she explained. “By the time I get the kids ready for school, eat breakfast, have worship, drive the kids to school, and take myself to work, the morning is gone. Then I work all day and sit at my desk with hardly a break. When I leave work, I pick up the kids and take them to

music lessons or sports practice, run errands, go home, make dinner, help them with homework and music practice, have worship, do housework, and fall asleep late. The day is gone.”

LIFE GETS IN THE WAY

It’s not that we don’t know all the benefits of staying active. Exercise—

- Eases stress and anxiety by improving oxygenation and releasing good hormones.
- Lifts mood and works as an effective antidepressant.
- Sharpens growth of new brain cells and helps slow down age-related decline.
- Boosts energy and strengthens the heart and vascular system.
- Helps ward off health problems such as heart disease, elevated blood pressure, and diabetes.
- Helps keep our muscles, ligaments, and joints flexible and strong.
- Strengthens the immune system to help fight illnesses.
- Improves our quality of sleep.
- Helps keep body weight manageable and thus improve self-esteem.

With all these good side effects, you'd think exercise would be a high priority on everyone's daily "must-do" list. Often, as much as we want to, we simply don't have the ability to devote an hour or two daily just to exercise.

READ ON—THERE'S GOOD NEWS!

Exercise doesn't have to be an "all or nothing" commitment. With a few clever tweaks to your daily routine, you can sneak in enough exercise to essentially accomplish many of the benefits mentioned above.

Here are some unlikely "get-fit" suggestions:

- 1. GOOD POSTURE.** By sitting and standing straight and tall, we contract dozens of muscles from our legs up to our necks. These contractions burn calories and help keep muscles and ligaments strong.



- 2. TAKE THE STAIRS.** Ditch the elevator and/or escalator and climb your way to more fitness. You can burn about 50 calories climbing up stairs for approximately four minutes.

- 3. 10-MINUTE WORKOUTS.** Try a 10-minute stretching and cardio session first thing in the morning before your shower. Then take one or two 10-minute sessions during the work day to power walk—during lunch or regular work breaks. Take another 10 minutes in the evening for strength training moves while dinner is on the stove.



4.

GET STRONGER AT WORK.

- a. Park at the back of the lot and walk briskly to your office building or the store.
- b. Get up from your desk at least once an hour. Walk down the hall—to the bathroom, to get a drink, to deliver a message to a co-worker—to get circulation flowing and stretch your muscles. Talk and walk with a co-worker while discussing a project or making plans.
- c. No time to leave your office? Try a few stretches and knee-bends while standing by your office chair. Do this several times during your workday.
- d. Keep a set of hand weights in your desk for some brief periods of muscle-strengthening moves.
- e. Keep a jump rope in your office. Just 10 minutes of jumping can burn as many as 110 calories.
- f. Does your office have an exercise room? A 10- or 15-minute workout daily will benefit you both mentally and physically.



5.

WORK OUT AROUND THE HOUSE.

- a. While folding clothes, ironing, or waiting for the washing machine, do several deep-knee bends and then rise up and down on your toes. Do stretches, waist exercises, or jumping jacks, or just walk in place.
- b. Put energy into vacuuming, sweeping, dusting, and scrubbing.
- c. Do yard work and gardening for the added benefit of sunshine and fresh air.
- d. Exercise while watching a nature video.

6.

LET TECHNOLOGY HELP.

- a. Set an alarm to remind you to periodically get up from your chair and stretch or move about for a few minutes.
- b. Try using a pedometer or FitBit to make sure you're getting enough steps during the day.
- c. Download a smartphone app. Many apps offer accountability, inspiration, and methods for tracking your exercise.

7.

GET THE FAMILY INVOLVED.

- a. Walk the dog together as a family, or volunteer to walk a dog from a shelter.
- b. Plan a family bike ride or a hike.
- c. Enjoy a picnic or camping trip with family and friends on the weekend.
- d. Involve the family in a brisk morning or evening walk around the neighborhood.
- e. Work together on a vegetable garden project.



FROM SIMPLE CHOICES TO A FUN HABIT PATTERN

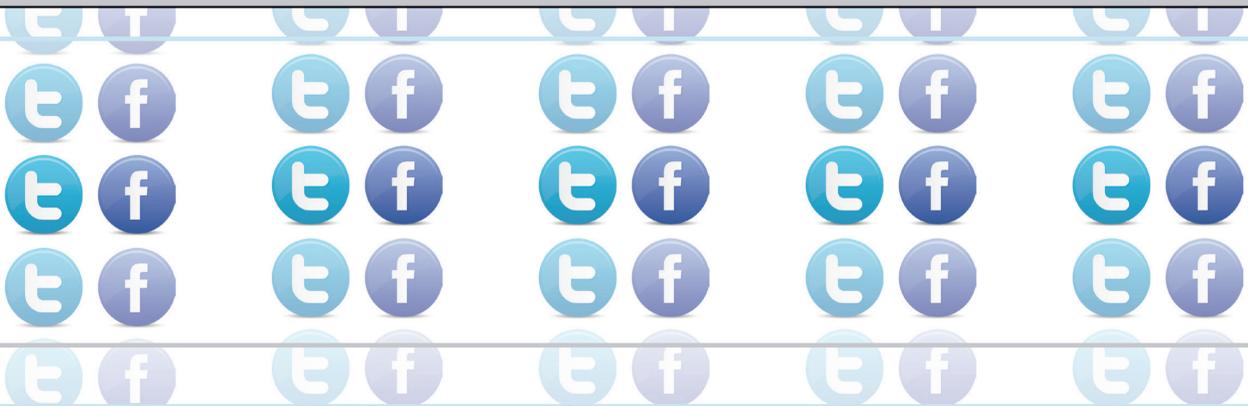
At first it will take dedicated effort and conscious choice to get more movement into your daily routine. But as you persist, and especially as you experience the benefits of exercise, these daily tweaks have a good chance of becoming a pleasant lifestyle pattern.

Remember to ask God for help. Dedicate your plan to Him and then watch how He leads and blesses you with vitality and added strength along the journey (Phil. 4:13). **7**

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.

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QUESTION AND ANSWER

WHAT ARE SOME HEALTHY HABITS I CAN ADOPT TO REMIND MYSELF TO KEEP MY MOUTH SHUT?

FEISTY FIRSTLADY MANUEL

Smile. Blink. Walk away. In that order.

SARAH K. ASAFTEI

Ask yourself whether you'd be comfortable with someone putting your response on a public billboard with your name at the bottom, or knowing someone was videoing your answer to post it on YouTube. Thinking of your answer in a public context can help shut down the desire to respond in an un-Christlike way.

CATHERINE BOLDEAU

Reflective action. Being constantly aware of what you are doing when doing it. Know your own "hot potatoes."

VALERIE MELLOR

Smile! But don't stuff it. My husband would rather I talk it out with him than others.

WS' MIN MIN

Let others do the talking, then walk away.

JOYCE OFORI ADDY

Imagine you are eating a banana; you unpeel it and chew on it slowly. The urge to speak dies away.

RENEE THOMAS

Praying silently definitely helps!

SHARON NORVELL LEUKERT

Have a rescue plan. A trusted friend can give you a look or some other signal. Or they can redirect the conversation to another issue. I love being rescued by a wise friend!

KARYL BAHR KRIEGER

I saw a sign at a business in my town that said, "Some people should use a glue stick instead of chapstick."

We like to hear your answers to questions like this. To participate, join our Facebook group online at 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.

Healing the Hurts

SOMETHING SMALL HAD HAPPENED, so small I don't even remember what it was. But I was angry, defensive, arguing . . . and, admittedly, irrational. After a few moments my husband, Bernie, asked gently, "What's really going on for you? This isn't about what just happened; this is way bigger. Does this remind you of something else that happened in your life?"

He had pressed my pause button. I sat down, took a deep breath, and tried to retrace the path through my memory. I discovered a huge cavern of pain caused by the cruelty of my first grade teacher. One small event, and I had tumbled back into the fear and humiliation of that distant childhood classroom.

Life can hurt like crazy. Experiencing pain is an integral part of being human. God wants us to remember that if it wasn't good to be alone inside of Eden (Gen. 2:18), it certainly isn't good to be alone outside of Eden! Loneliness intensifies the pain, but gentle togetherness with a loving spouse can soothe the pain, heal the hurts, and bring us closer in love and compassion.

PRAY SIMPLY

When your spouse is hurting, they need your prayers. Even when they don't have the words to pray, your prayers can be a huge blessing. Hold their hands. Pray a short, focused, caring prayer, asking the God of all comfort to comfort them (2 Cor. 1:3, 4). When people hurt, short prayers



are best because it's really hard to concentrate when the emotional center of your brain is in pain. Look at your partner through God's eyes, and ask the Holy Spirit to help you pray a sensitive prayer. Pray that God will give you compassion to support and understand your partner.

EXPLORE THE ICEBERG

When your hurting spouse is talking, focus on the feelings beneath the words and behavior. Sometimes people sound angry when they are really feeling sad, frightened, frustrated, or disappointed. Instead of reacting to their words, wonder what they might be feeling. Say, "It sounds to me as if you're feeling disappointed/sad/overwhelmed. What can I do to help?"

Help them to draw a picture like a huge iceberg. On the top that's visible above the water, write what they are saying about their pain and what other people might be seeing from the outside. On the underwater iceberg, write the feelings and thoughts that are deep underneath. This can help both of you to understand the issue.

BE GENTLY CURIOUS

Whenever your spouse's emotions seem out of proportion and you're tempted to think they're "overreacting," you might be missing a story of past pain that's never been completely healed. Ask about other times when they felt similar emotions, maybe during childhood or adolescence. As they tell their painful stories, listen comfortingly, tell them how sorry you are that they went through such pain, that their hurt breaks your heart too, and that if you had been there at the time you would have comforted them by . . . (fill in

the blank with what you would have done). This kind of healing listening enables us to "mourn with those who mourn" (Rom. 12:15, NIV).

EMOTIONAL FIRST-AID

You don't have to be an expert to help a hurting person. Just ask, "When you're hurting like this, what's the best thing I can do to soothe you or to help you feel better again?"

Write a list of things that help each of you feel better when you're sad or hurting.

Comfort is . . .

- not trying to fix them.
- not telling them what to do.
- not comparing their suffering with a time you suffered.
- not changing the subject to something happier.
- not walking away and leaving them to sort out their own problems.
- not being afraid of their tears and fears.
- not trying to "jolly" them out of it (Prov. 25:20).

Comfort is . . .

- being there with them.
- listening with empathy by imagining what they might be feeling.
- accepting their feelings.
- trying to understand them.

Comfort in ways they appreciate. Be with them in their sadness and let them know that their sadness touches your heart.

MEASURING PROGRESS

Some couples find it helpful to use a simple scale from 0 to 10, where 0 is extremely sad and 10 is extremely happy. You can ask, "What's the saddest you felt today on a scale of 0-10?" and "What's the happiest you felt today on a scale of 0-10?" Be curious and wonder what was happening when your spouse felt very sad or very happy, as this can give you some clues for helping them.

Or use www.positivityratio.com/single.php to monitor your emotions every day. We need a ratio of 3:1



positive to negative emotions in our lives to help us flourish. The “positivity ratio” can help you to identify days when you’re low on positive emotions, and then you can choose to do something funny, creative, relaxing, soothing, inspiring, or interesting to help balance them out.

EXTRA HELP?

If you think your spouse might benefit from talking to a professional, try to find a Christian counselor who will see you both together. As a couples and family therapist, I have seen many people recover more quickly from their hurts when they get help together with their spouses. Talking things through together often takes their relationship to a deeper level of understanding and love.

PERFECT LOVE

Perfect love takes away fear (1 John 4:18). How can your love take away

fear and hurt? What else does your loved one need from you? Your warm and loving touch, your sensitive words, your thoughtful kindness, your helpful support, your respect for their difficult feelings, your closeness and your commitment to be with them through every challenge? Invite God to use you as a channel of His healing love to your spouse’s heart.

HEALING HURTS

- Sit in God’s lap and look at the hurting person through His eyes. Look carefully and notice how He sees their hurt and how He wants you to show them His love.
- Help them to understand that God is with them through this painful process. (Psalm 23:4 promises they are not alone.)
- Study Philippians 4. It is packed with good ideas for turning painful thoughts and feelings into positive ones.
- Ask what you can do that would really comfort and support them. Then do whatever they say.
- At the end of each day ask, “What went well today?” Help them find three things, however small, and thank God for them together.
- Make a hope candle. Fold a sheet of heavy paper in half lengthwise to make a card. Cut the top to look like a candle and a flame. Inside the card write all the things that bring hope: Bible promises, sentence prayers, past experiences, supportive and understanding people, etc.
- Do something each day that helps them to relax, laugh, and feel good. Go for a walk in nature, have a warm hug together, look at photos and video clips of funny animals, or work on a creative project and don’t worry about the end result. God gave us laughter, hugs, wonder, and creativity to release the happy hormones that can help heal our hurts. 7

Karen Holford is a family therapist and pastor’s wife living in Scotland.

TIPS TO ~~SURVIVE~~

THRIVE

KEEPING HOME RELATIONSHIPS STRONG

Set aside one night per week as Date Night or Family Night.

If you have children, try to have a family night each week and at least one date night a month. If you don't have children, aim for a date night every week. If you're on a budget, here are a few ideas to help you get things rolling:

FAMILY NIGHT

- **Hide and Seek:** Turn off all lights in the house and play hide-and-seek with Mom and Dad and all the children. Littlest children can hide with a parent. One person is designated as the "seeker," and everyone else hides. The last person to be found becomes the next "seeker."
- **Spray Tag:** Connect a spray nozzle to the garden hose and let everyone take turns chasing and spraying the rest of the family with water. This game works best when everyone is wearing clothing that can get soaked!
- **Socks Off:** Everyone in the family puts on a pair of socks and meets in the largest room of the house. Wrestle in a free-for-all to remove each other's socks, Mom and Dad included. The last person to keep their socks on is the winner.

DATE NIGHT

- **Star Gazing:** Go for a sunset walk. Pack a blanket and something yummy to drink. Spread your blanket out and watch the stars appear in the sky. Look for constellations and shooting stars.
- **Art and Museums:** Check your local town for coupons and free nights at nearby museums, art galleries, or educational events. Pack a picnic supper to eat at the park before or after wandering the sights.
- **Co-Chefs:** Work together in the kitchen to make something new, or cook an old favorite. Turn on some romantic music and enjoy creating the meal before eating it by candlelight. Take turns choosing the menu, and even go shopping together for the ingredients.

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.

Special Quotes

"Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving—the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers."

Counsels on Health, p. 170.

The Graces of the Spirit. "God in His great love is seeking to develop in us the precious graces of His Spirit. He permits us to encounter obstacles, persecution, and hardships, not as a curse, but as the greatest blessing of our lives. Every temptation resisted, every trial bravely borne, gives us a new experience, and advances us in the work of character building. The soul that through divine power resists temptation, reveals to the world and to the heavenly universe the efficiency of the grace of Christ."

Thoughts from the Mount of Blessing, p. 117

Personal Atmosphere. "Every soul is surrounded by an atmosphere of its own—an atmosphere, it may be, charged with the life-giving power of faith, courage, and hope, and sweet with the fragrance of love. Or it may be heavy and chill with the gloom of discontent and selfishness, or poisonous with the deadly taint of cherished sin. By the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected."

Christ's Object Lessons, p. 339

Creation Celebration!

HOLD A SABBATH AFTERNOON CREATION CELEBRATION. INVITE FAMILIES TO PLAN AN ACTIVITY FOR EACH DAY OF CREATION. FINISH THE CELEBRATION WITH A WONDERFUL PICNIC OR PARTY. HERE ARE SOME IDEAS TO GET YOU STARTED. CHOOSE THE ONES YOU LIKE BEST:



Guessing in the dark (older kids)

- Ask an adult to find ten natural items, such as fruits, vegetables, rocks, shells, seeds, etc., and arrange them on a tray. Cover them with a cloth so the children can't see what they are.
- Blindfold the children one at a time and ask them to feel under the cloth and tell you what they feel.

Searching in the dark (younger children)

- Choose a safe space. Blindfold a child and hide a large, soft object, such as a stuffed toy. Let them explore the space carefully until they find the toy. If they're very young, give them some extra clues.
- Talk about what it would be like to live on the earth before it had any light.
- Thank God for creating light so that we can see His beautiful world.



Cloud and water mobile

- Make a mobile by cutting a large cloud from white cardboard. Clouds hold the water above the earth.
- Then cut out raindrop shapes from blue cardstock. Use thread to hang the droplets from the cloud.
- Search through your Bible to find positive verses about clouds and rain. Write these on the cloud and raindrops.

Water ABC

- Water comes in all shapes and sizes!
- See if you can find something made from water that begins with each letter of the alphabet. If you get really stuck, search an atlas for the names of rivers and seas around the world.
- For example: A—avalanche, B—brook, C—creek, D—dew, E—estuary . . .

DAY 3

GREEN AND GROWING THINGS

Natural rainbow scavenger hunt

- Lay a long strip of white paper on an outdoor table or on the ground.
- Take a basket and hunt for different-colored natural objects. Don't pick a whole plant; just pick a leaf or a single flower petal, or pick up things already fallen to the ground. Be careful not to pick up anything poisonous or dangerous (go with an adult to be sure).
- Bring your goodies back to the paper and arrange them in the colors of the rainbow.
- Thank God for filling our world with so many beautiful plants.



Creation Celebration!

DAY 4

SUN, MOON, AND STARS

Constellation cards

- Find some black cardstock (or paper) and a pack of gold or silver sticky stars.
- Look at a book of star constellations.
- Copy the patterns of the stars onto the black paper using the sticky stars.
- Find out everything you can about each constellation.

Star candle shade

- Find some sheets of tracing paper (or thin paper), a pack of sticky stars (or cut out foil or paper stars), a roll of double-sided tape (or glue), and a battery-operated candle.
- Stick a scattering of stars onto the tracing paper.
- Stick a strip of double-sided tape along one of the short edges of the paper. Roll the paper into a cylinder, overlap the edges, and use the tape to stick the edges together.
- Turn on the candle and place the star shade around it.
- Alternatively, place the shade over a small glass containing a votive candle. But be very careful not to burn anything or anyone.

Hand print sun

- Find large sheets of white paper, paintbrushes, yellow and orange paint, a bowl of soapy water, and some paper towels to help you clean up.
- Paint your hand so the fingers are pale yellow and the palm is orange and darker yellow. Swirl the colors together on your palm. Press your hand onto the paper—you will be making a sun with yellow finger rays and a yellow-orange center. Turn your hand around and make several prints so that you make one large, circular sun. You may need to repaint your hand. Don't worry if your paper isn't big enough or your sun isn't quite in the middle of the paper. It will still look artistic and beautiful!



DAY 5

BIRDS AND FISH

Bird feeder

- Make a bird feeder. Find a plastic container or lid and ask an adult to make some holes in it. Thread some twine through the holes so it can hang from a branch. Then spread the container with peanut butter and birdseed. Hang the container from a branch. List the birds that come and feed from your feeder.
- Or thread cereal O's onto a pipe cleaner (chenille stick), twist it into a heart, and hang from a branch.

Shell search

- Find a small collection of shells.
- Have each person choose one shell and look at it very carefully for a while.
- What do you notice about your shell? What makes it special or beautiful?
- Mix the shells back together and see if you can find your shell again by looking at them carefully.

Animal chain game

- Play a game where you take turns naming an animal beginning with the last letter of the animal that the person before you chose.
- If the person before you said “kangaroo,” you might say “orangutan” or “okapi.” Remember, they must be land animals, not birds, fish, or sea creatures. Example: CoW—WalruS—SheeP—PiG—Giraffe.
- Only use each animal once. To make the game harder, repeat the list of all the animals that have been named in the game, and then add your new animal to the end of the list.

Guess the animal

- Hunt for leaves, twigs, stones, seeds—any natural objects lying on the ground.
- Use your objects to make a picture of an animal. Draw in the dirt or sand too.
- Visit each other’s animals and guess what they are.
- Or use craft materials or building bricks to create animals for everyone to guess.

Special people!

- People are the very best part of God’s creation! Everything He made was for us—to make our world a wonderful place. Draw a picture of yourself on a sheet of paper.
- Pass each picture around the family or group.
- Think about how much God loves each person, and then write something encouraging or loving on each person’s paper.
- Give all the pictures back to the original artists so they can read the lovely messages.



DAY 6

PEOPLE AND ANIMALS

Creation Celebration!



DAY 7

REST AND CELEBRATE!

Creation picnic

- Have a lovely picnic. Serve your favorite fruits and nuts—the kind of food that Adam and Eve would have eaten in Eden. To make it more fun, make pictures on your plates using pieces of fruit and nuts.

Thank you card

- Gather your best craft materials, paper, pens, glue, collage supplies, etc.
- Design a special thank you card for God.
- Write a letter to God inside the card, thanking Him for your favorite creations.

Praise time!

- Have a praise time together. Sing your favorite praise songs, pray, and thank God for all of His amazing creations. 

Karen Holford enjoys living in Scotland. She thanks God for all the beautiful hills, birds, trees, flowers, animals, and friends!



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Called to Be Great

WE LIVE IN A WORLD where the word *great* is synonymous with being prominent, pre-eminent, important, distinguished, noble, famous, celebrated, honored, or esteemed. But Jesus offers a stark contrast in Matthew 20:26, 27:

“Whosoever will be great among you, let him be your minister; and whosoever will be chief among you, let him be your servant” (KJV).

When we compare God’s definition of greatness to the world’s, we can feel perplexed and even resentful that in God’s eyes, true greatness is measured by one’s willingness to be selfless and to minister as a servant. The idea of being a servant is often scoffed at because it is synonymous with being a slave, and in today’s world, no one wants to be a slave!

Ellen White writes: “In His life and lessons Christ has given a perfect exemplification of the unselfish ministry which has its origin in God. God does not live for Himself. By creating the world, and by upholding all things, He is constantly ministering to others. ‘He maketh His sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust’ (Matthew 5:45). This ideal of ministry the Father committed to His Son. Jesus was given to stand at the head of humanity, by His example to teach what it means to minister. His whole life was under a law of service. He served all, ministered to all” (*The Acts of the Apostles*, p. 359).

As we celebrate the Year of the Adventist Pastor in Jamaica, let us as spouses focus on how we can be “great” and help our pastors to be “great” by being a servant to all. “For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many” (Mark 10:45, KJV).

Elesa Marsh-Archer writes from Jamaica, where she is an attorney-at-law and Shepherdess sponsor for the North Jamaica Conference. Her husband, Karl, is the president of their conference. She enjoys singing, reading, and counseling.



Dear Abigail,

I was a single Christian woman for many years. Having never been married, I began to pray and boldly ask God for a mate to join me in life. God recently honored that request, and it became apparent rather quickly that He was unfolding a plan for me and my future mate. However, it wasn't quite the "arrangement" I had envisioned for myself. My husband's first wife had passed away, leaving him with two small children. I wasn't prepared for a ready-made family, and, to my surprise, I found out that he was also a pastor!

I am facing some challenges with his children and church members. I am being compared to "her" (the first wife), and this is very uncomfortable. I love my husband, and he is very supportive of me, but I'm just feeling inadequate and need direction.

*Sincerely,
The "Second Pastor's Wife"*

Dear “Second Pastor’s Wife,”

It’s apparent that you took on a “not so typical” role as a pastor’s wife! You are to be commended for your positive attitude in this situation.

I recently visited with friends who have experienced the same situation that you described. They shared some insights that I hope and pray will be applicable to you. And, just so you know, they also described many challenges in the beginning—from complete disrespect by the children to church members suggesting that maybe she wasn’t the “right” pick for the pastor! The good news is that God blessed and smoothed the way for a successful pastoral family who brought honor and glory to God.

First, a Christian family counselor is a must for the husband, wife, and children. It is not easy for you, your husband, the children, or even the church congregation to step into new roles, but with some learned skills it can become a beautiful relationship for everyone.

Second, plan for regular “family meetings.” Establish this as a “safe time” for everyone to voice their feelings and

concerns so that good relationships will be fostered.

Third, prayer is a non-negotiable. The family that prays together . . . yes, stays together. Fasting is optional but proven to be another positive factor in this journey. Ask your church to lift your family up in prayer every day. Most members are willing to be supportive, but they just need to be encouraged in this direction. In time, positive adjustments will ease the awkwardness of being the “second pastor’s wife.”

Lastly, connecting with friends, walking, baking, and volunteering are great ways to take your mind off the cares of the day.

Challenge God to reveal Himself in each difficult situation. Find courage and comfort in His promises. He is faithful and will supply all of your needs. Jesus will see you through! “Casting all your care upon him; for he careth for you” (1 Pet. 5:7, KJV).

Praying,
Abigail

FROM THE FIELD

East-Central Africa Division

In March 2014, pastors, spouses, and children met for meetings in Kisangani. They face many challenges, so please pray for them.



Shepherdesses meet in Kisangani.



PKs gather in Kisangani.

In November 2014, Rudi and Antoinette Mwangachuchu, the ECD ministerial secretary and Shepherdess coordinator, met with pastors, spouses, and their children in Kenya for a Shepherdess congress held at Nakuru at Victonel Academy.

Ethiopia Union Mission held training for pastors and spouses in November 2014. Meetings were held at the Shashemene Adventist Church.



Pastors and spouses receive training in Ethiopia.

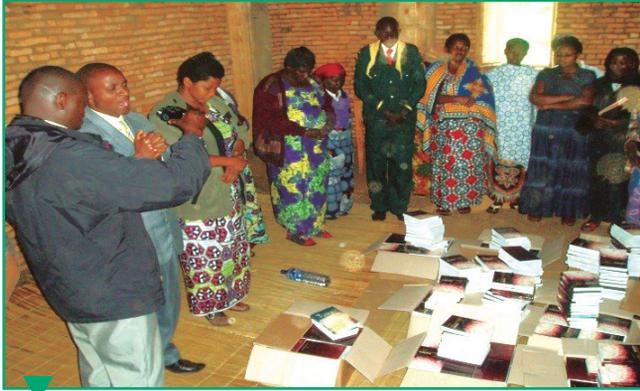
The following is a pictorial report of events during 2014:



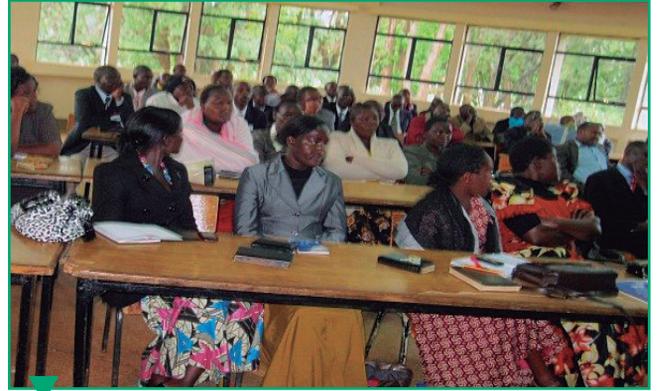
Kasese and Mbale Shepherdesses meet together.



In May 2014 pastors and wives from North West Ethiopia Field came together for training for the first time.



Burundi Union Shepherdesses distribute the book Great Hope.



Shepherdesses meet together for a two-day seminar at Baraton University.



Central Rwanda Field Shepherdesses gather together.



Northern Tanzania Union Conference held a Shepherdess convention in June 2014.

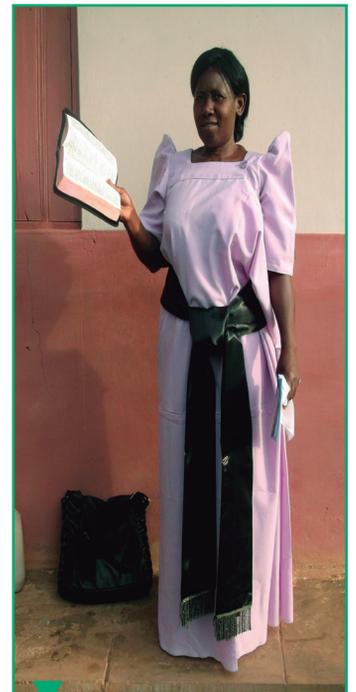
Central Uganda Conference ministry spouses seek to serve as complementary teammates. After planting the Wattuba Church in 2012 on the outskirts of Kampala City, they organized an evangelistic campaign to plant another church. These meetings were conducted at the Lwamaggwa Trading Centre. These photos are from their three weeks of ministry.



Meetings were held at Lwamaggwa Trading Centre.



Hilda Sentongo and J. Muyinda started the preaching. A total of 22 ministry wives from Central Uganda participated.



Deborah Ssonko preaches at Lwamaggwa.



Baptismal candidates took their vows at the pool.



Pastors' wives took part in community cleaning.

Inter-American Division

Ministry families in North Jamaica Conference (NJC) listened to Everett and Lana Brown, president and Shepherdess sponsor, talk about their love in the context of ministry. "If we are going to be united in love and ministry, it is critical for pastoral couples to take time from their busy schedule to pray individually and together," said Pastor Brown in March 2015.

The Inter-American Division is calling 2015 the Year of the Pastor. According to Dyhann Buddoo-Fletcher, NJC Shepherdess president, "As wives we could not let this acknowledgement and celebration begin without our input, because it is our duty to ensure that our pastors receive that special touch of support to make their ministries what they ought to be, under God."

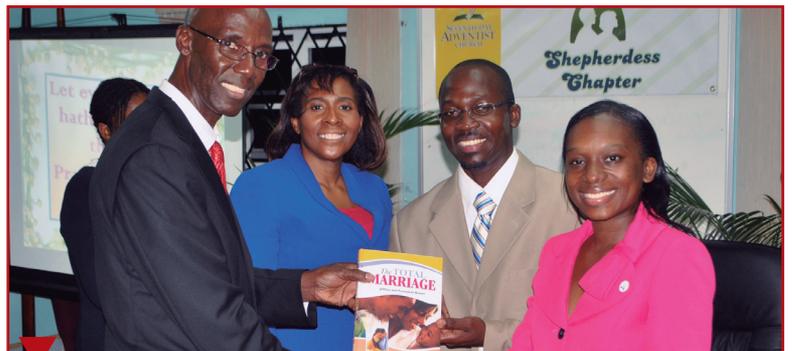
Each couple was presented with a framed picture of themselves. The pastors received a pastor's pin and their wives received the Seventh-day Adventist Church logo pin.

The group celebrated the years that married couples have served together, including Alanzo and Sharon Whyte, who were given a beautiful plaque for their 31 years of marriage.

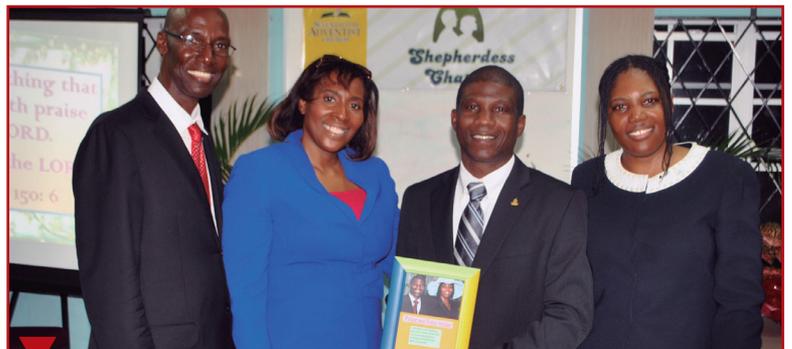
Elesa Marsh-Archer, NJC Shepherdess sponsor, said, "It was a wonderful experience, pastors and wives coming together and sharing with each other. The atmosphere was one of openness and appreciation. I believe this has been a source of motivation to all our ministerial families."



Dyhann Buddoo-Fletcher, NJC Shepherdess president, and Felicia Miller, vice president, helped lead out in the meetings.



Pastor Alanzo Whyte and his wife, Sharon, hold their award for 31 years of marriage.



Pastoral couples celebrate marriage at the Shepherdess meetings in Jamaica.

North American Division

Pastoral spouses from Northern New England Conference gathered for a retreat in March 2015.



Pastors' spouses gather in Northern New England Conference.

Epaphras Ministry is another SID initiative, which focuses on prayer, studying the Bible and Spirit of Prophecy, and encouraging pastors' wives to live prayerful, devoted lives. During the February leadership meetings, Bibles were given to all pastoral spouses.



Joanne Ratsara, SID Shepherdess sponsor (left) and Patricia Papu, SID Shepherdess director (right), meet with others pastors' wives during a leadership summit.

Southern Africa-Indian Ocean Division

In April 2014, Patricia Papu, SID Shepherdess coordinator, met with GC family ministries leaders, along with Antoinette Mwangachuchu, ECD Shepherdess coordinator, for family ministries training.

An interdenominational support group started with a planning session in February 2015. Six ladies participated. Marlene Jooste prepared a one-year planner, with six topics from the Adventurer awards program. They chose to do scrapbooks, brain and behavior, flower arranging, music, and needlework. They are excited to make linen bags to replace plastic carrier bags. Spiritual topics included marriage and ways to become more God-fearing women.



Shepherdesses gather with officers who support their work in Mozambique.



Participants gather for the SID Interdenominational Support Group.

Southern Asia Division

In March 2014 the Southwest India Union held a training session for ministry spouses in Trivandrum, Kerala.



The delegates pose with Rose Christo, SUD Shepherdess coordinator (third from left) and Thresia Selvamony, Southwest Union coordinator (second from left).

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