Happiness Is

Being able to smile over pain,
weearing a smile when it rains,
appreciating whatever you own.

Being a millionaire without a dollar,
enjoying life regardless of the color,
serenity, tranquility, peace and more.

Pleasure, joy, success I know
wealth cannot buy it,
poverty never blocks it.

How can we find it? Simple.

Find Jesus—He has the key.

—Gladys Williams

Gladys Williams is the president
of the Grenada Shepherdess Chapter.
Between the Covers

This issue of the Shepherdess International Journal was laid out and designed by our newest member of the SIJ team, Regina Hayden. Regina has assumed the responsibilities for the layout and design of the magazine that Ann Taylor provided for Shepherdess over the last several years.

We miss Ann and her special personality and wit, and wish her well as she adjusts to life in Washington state. But the Lord always provides, and Regina has brought her own valuable gifts to share with us. We feel exceedingly blessed to work with Regina.

Don't forget to look at the back cover. Here it is—YOUR cookbook. As I write this, it is coming off the press and I can hardly wait to hold my very own copy! Thank you to everyone who participated. Without your input this project could not have been developed. We have so many recipes we were not able to put in this first volume that we will publish a sequel next year, Seasoned With Love, A Second Helping! Praise the Lord!

Regina Hayden
Ann Taylor

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Long before Mrs. John Wesley dragged her husband around the house by his hair in her fit of anger, Christian pastors had already discovered that the most difficult persons in the world to live with were their own wives. No other area of human endeavor so dramatically and quickly brings to the attention of the pastor his own humanity and sinfulness as his relationship with his wife. The minister who is successful at helping other people solve problems of relations with others may still fail to have a happy and warm relationship with his own wife.

Peaceful coexistence
Why is it hard for pastors and their wives to live together peacefully? Several reasons suggest themselves:
1. The pastor is likely to have a strong, aggressive personality. He is more used to treating and promoting ideas and programs than to accepting and implementing the ideas of others.
2. The pastor is deeply committed to his work and gives it his best time and energy. Other responsibilities tend to take second, third, or even fourth place in his scheme of priorities.
3. The pastor is constantly giving his attention and energy to others. He may come to use his home as a refuge from the demands of people, perhaps as an opportunity to work with things thus giving himself an emotional rest from the pressures of relationships. In fact, he may separate his work from his home life to the point that he refuses to discuss the work at home. His wife may thus infer that he thinks she cannot comprehend his problems and ideas or is unable to make any valuable response. This reduces her sense of worth and contribution to the pastoral ministry.
4. The pastor's time is not his own, or at least it seems that way. He is often away from home, and his income hardly permits him to offer his family the compensation of conveniences that make family living easier.
5. The pastor and his family live a fishbowl existence in which the normal problems of family life tend to be magnified.
6. The pastor's wife has no pastor besides her husband. She may find it difficult to have confidence in his counsel, for
she receives it as prejudiced by the fact that as a counselor he sees faults in other people, not in himself.

7. Tension may arise because the pastor’s wife observes his unending patience with others but seeks in vain for the same patience in his dealings with those in his own home.

8. The pastor spends a good deal of time with couples who are having problems, and his wife may sometimes fear that the women he counsels are transferring their affections to him. Unless he takes ample measures to reassure his wife, he leaves room for wonder, doubt, and perhaps even suspicion as to his thoughts in such situations.

9. The pastor is in a spotlight most of the time. He receives spiritual, emotional, and material rewards as he carries out his work. His sense of fulfillment may be much greater than his wife’s because of his first-hand experience in witnessing the blessings of God and seeing the results of his ministerial labors. If his wife receives the full dosage of the problems, criticisms, doubts, and unresolved questions, she may feel unhappy and frustrated because she seems unable to do anything.

10. Men who make good pastors usually choose to marry enthusiastic women with strong, sensitive personalities. Unless continuous effort is made to build bridges between these two strong personalities, a great gulf may develop. Also, the wife may feel inferior because she does not consider herself competent in the areas of doctrine, public speaking, and social exchange. This is tragic. No husband should ever let this happen to his wife.

A successful union
Developing a strong, healthy relationship between the minister and his wife must be seen as a continuing project. There are no laws or rules to follow. Yet the degree of success in this is a good indication of how effective the pastor can be as a servant of Christ.

Creating a successful union between a pastor and his wife begins when both husband and wife mutually desire and agree to develop a happy working relationship, regardless of the sacrifice required.

Pastors know they must have a clear sense of their aims and goals so they can make judgments about the right use of time, talents, and treasure. The same is true in a husband-wife relationship. Both should agree where they want to go, what they want to do, and how they want to get there.

The pastor has his responsibilities and the wife hers; each understands the other. The wife shares in the work of the church, both by helping her husband to be free to help others and by rendering services of her own in the church and community.

It is easy to see how her sense of participation may weaken when she has to keep the family on her own for a week or ten days at a time while her husband is away in other church work. A church that appreciates its pastor should make it possible for him to compensate his family in special ways because of the large amount of time he must spend away from them.

Whenever two people live and work together, there must be continuous communication between them. There should always be a climate in which opinions can be exchanged without either feeling threatened by the other.

Open communication channels
How can communication channels between the pastor and wife be kept open?

Here are a few suggestions:

1. Have regular times for discussion and sharing, carried out on schedule as nearly as possible, and done in an open and caring manner—not leaving a bad taste in the mouth.

2. Husband and wife should pray for each other both in the presence and in the ab-
sence of family. They will find that so long as they can pray openly and honestly together they can remain sensitive to one another’s feelings and attitudes.

3. Husband and wife should read and discuss books together. This helps them to respect each other’s ideas and feelings. Perhaps the husband excels in intellectual insight while the wife has a spirit of great compassion and warmth. The two can greatly complement each other.

4. A good stimulant to communication is for the wife to evaluate her husband’s sermon. The degree to which she remains constructive as well as honest will determine the usefulness of this type of exchange. Such discussion helps the pastor’s wife become more informed and thus more confident in the areas of theology and human relations.

5. Periodically, the pastor and his wife should take time for little trips together. This may be for a few hours during the day or evening, or even for a couple of days. This allows them to give undivided attention to each other, something they can seldom do. It is also helpful for several pastors and their wives to get together and in the fellowship of Christ share their hopes, dreams, disappointments, and problems. It is an unforgettable experience to find that other couples, who are dedicated to the work of Christ, have to work to make adjustments in their married lives. And it is informative to see how they are working out their differences.

6. So far as possible, the pastor should share with his wife the events of the day and seek to relate them to the goals the two of them have set for their ministry together. This keeps the wife informed about the successes, failures, aspirations, and challenges that her husband is living with. The wife should also be free to share her experiences in the home, church, and in the community.

7. Periodically, the pastor and his wife should review what has happened in the past. This can help them to see where they have allowed Christ to work in their lives and where they must strive to let Him work in the future. This assumes of course, that both are committed Christians who desire to serve their Lord in thankful service. Together they should re-dedicate their lives, their home, and their ministry to God in Christ so that the natural pressures of life and human nature will not erode the sensitivity to God’s will that is needed to be good Christian ministers.

8. Reassurance of love for one another must be both spoken and shown. Confidence in each other as husband and wife can cover a multitude of shortcomings.

9. Husband and wife should inspire each other so that their ministry and life together becomes not a duel but a duet. They must be careful not to let walls begin to build up between them, either by permission or by neglect.

10. Ministers’ wives can develop their usefulness in ministry. By learning and discovering how to contribute in the fields of theology, practical arts, preaching, ethics, nature, home life, sports, church growth, etc., they will augment the efficiency of working together as a team.

11. Wives should enjoy what their husbands enjoy doing as pastors in the light of dedicated ministry.

The call of the pastor is one of the singular calls of God. Yet the pastor is not God’s angel. And while marriages may be made in heaven, they must be lived on earth. Let the husband and wife aspire to live and serve together in a way that will merit these gentle words of commendations: “Well done, good and faithful servant! . . . Come and share your master’s happiness” (Matt. 25:21, NIV).
Children's Ministries in Kochadai

Anilet Sundaraj

Jesus said, "Suffer little children, and forbid them not to come unto me, for of such is the kingdom of heaven" (Matt. 19:14).

My husband is a pastor for the South India Union section, specifically the South Tamil Section. Our headquarters are located in Kochadai, Madurai. This city is known as the temple city because several famous Hindu temples are located within its boundaries.

We recently began having a church service for our neighbors. We talked to our Hindu friends about God, His creation, Christ's birth, His ministry and resurrection, His second coming and heaven. Though they listened, we ran into great difficulties in teaching the adults. One old man said, "All of us worship the same God, and we will reach the same place in the end. Unlike children who are so eager to learn, adults often have a harder time accepting knowledge that is new to them.

Our church service had one great drawback. We had no children's Sabbath school. Fortunately, my daughter is very fond of children and she quickly made friends with the children of the area. We were soon able to begin a children's division.

Though we continued our efforts to teach the adults, we really concentrated on teaching and nurturing the children. Youngsters of all ages would come to our house on Sabbath afternoons to hear stories and learn new songs. They were so eager to learn; we would often find ourselves surrounded by children long after sunset. They loved our afternoons together and did not want to go back home. We eventually had a need for two branch Sabbath schools.

We found that by interacting and loving the children of our neighbors, we were able to form closer ties with the families in the community. One mother of 12 children witnessed the care and concern we had for her children. This gave her the courage to come and talk to us about a particular problem one of her daughters was having. The girl had received several marriage proposals but nothing had worked out because she suffered from acute stomachaches. The mother asked us to pray for her child. We jumped at the opportunity to witness to this family; we invited the mother and her daughter to the Friday evening prayer meetings held at our house. The mother brought the whole family! Miraculously, the daughter was healed after the first prayer meeting.

Several weeks later, the mother offered us sweets and told us her daughter was engaged to be married and the wedding was to take place in a month's time. Praise the Lord. Isn't God wonderful? This young lady happened to be the granddaughter of the Hindu man who had...
argued with us about God. Because of his granddaughter’s experience, the man began taking his grandchildren to the branch Sabbath school.

One lady who was married to a drunkard was amazed at the change that had taken place in her son’s life after he began attending Sabbath school and church. She told me, “Madam, what you teach has changed my son’s behavior. He doesn’t use bad language as he used to.”

One child, the only son in the family, told his parents that there should be no pictures of gods in the house except that of Jesus. The boy tore up all the Hindu gods’ pictures. He told his family that Hindu gods have no life and only the God in heaven has life; therefore, they should worship only that God. The parents gave in to their son’s wishes.

Children are so eager to believe; they accept the promises of God and eagerly await His second coming. One evening I used pictures to teach a five-year-old boy about Jesus’ return. The following morning he came to me and said, “Teacher, you said Jesus will come in the clouds with His angels. I kept looking at the sky, but He never came. When will He come to take us to Heaven?” His eyes were focused on Heaven. His eyes were focused on Heaven.

A seven-year-old Hindu girl refused to apply the holy ash on her forehead saying, “I will not apply this anymore because I have accepted Jesus.” Her simple faith was evidenced by those around her.

The tiny seeds that are sown in the hearts of the little ones are germinating. It is our earnest prayer that these seeds grow and yield in 60 and 100 folds. I thank God for the opportunity He has given me to serve Him. Please remember our Children’s Ministries in your prayers.

Veeramony Chandrasegaran told his parents there would be no pictures of gods in his home.
Hi! My name is Fay. My daddy and mummy are missionaries in Papua New Guinea. I want to tell you how Jesus looked after me and my family in a very special way.

We were living in the Omaura Bible School, which is in Papua New Guinea. It was two days before Christmas and I woke up very happy because Daddy was coming home. I hadn’t seen much of him for nearly a month because he was flying the mission plane.

Mummy, my big sister, little brother and I had worship together before breakfast. Mummy read a story about some missionaries in South America and all the hard times they went through. Before we prayed Mummy said, “Being a missionary is not always easy, is it?”

I agreed. The three nearby villages were fighting each other. Several times in the past few weeks they’d fought on the mission station and right around our house. It was really scary!

After breakfast I went to my room and shut the door. I was making Christmas presents for my family and didn’t want anyone to see. Mummy was at the gate trying to help a village family with a very sick baby. Suddenly I heard shouting and the twanging of bows. Another fight had started! More and more villagers joined in and the fight moved onto the airstrip at the front of our house. We could see arrows raining down, a few landed in our yard.

Then suddenly the warriors started running back to their villages with their big black shields and bows and arrows. I wondered why. On the ridge we saw police vehicles coming slowly down the bumpy, boggy dirt road. There were so many I lost count.

It was the riot squad! I knew the police had warned the villagers to stop fighting. What would happen now?

The riot squad went down a back road to the village behind the Bible school. The sky became black with smoke, and we could hear gunshots, warning the villagers to keep away. Hundreds of bamboo houses were burned to the ground.

Why do they fight? I thought. It is so silly and hurts everybody. I watched the police leave for the second village.

Without warning, an angry mob of villagers ran onto the mis-
sion station. They came straight for our house, shooting arrows as they ran. Mummy told us to get under a bed in the back bedroom. The door into the house was wide open, so she locked the hallway door and stood close beside us.

I've never been so scared before. We could hear windows smashing, rocks tumbling down the roof and terrible yelling. It went on and on.

"Mummy," I cried, "are they going to kill us?"

"I don't know," she answered. She crouched beside the bed and prayed. "We are very scared, Jesus. Please save us... please save us."

We found out later that the village people thought Daddy had called in the riot squad. They had come to kill him in revenge.

The noise got worse. Angry men were around the house now, breaking windows and throwing rocks. Mummy kept praying, and do you know what? Not one arrow or rock came through the windows of the room we were in.

Then it became very quiet. We could hear someone coming into the house. Who was it? We heard one of our Bible teachers calling Mummy's name. Mummy unlocked the door and we came out from under the bed.

Broken glass was everywhere. Arrows and rocks were stuck in the walls. All the Christmas decorations we had made were wrecked. We didn't know what to do. We were scared the mob would come back.

Mummy found my thongs in the wardrobe and crunched through the glass to the radio. She called "Mayday. Mayday. Can any station hear me?" A woman hundreds of kilometers away answered the call. Soon Daddy had been told of the trouble and warned not to come home.

Mummy asked some staff and students to help nail plywood over the broken windows. I went to find our pets. Our cat was high up in the garage looking really wild. Our big dog was under the house, trembling all over, and wouldn't come out. She had been hit by lots of arrows. Our puppy had a bleeding paw, but was still bouncy. I couldn't find our ginger kitten anywhere.

Late in the afternoon the mob did come back. Then the police came armed with guns. Two helicopters came to evacuate us. I took only a few clothes, my Bible and Zipper, my toy seal. We flew over mountains and rivers, villages and towns. When we landed, Daddy was there! I hugged him tightly and we all talked and talked and just felt so happy to be together and safe.

I will never forget December 23, 1991, and how Jesus cared for me. It has been hard for us, but I am willing to work for Jesus wherever He asks my family to go, even if it means to go back to Omaura.

Epilogue

We have not been able to go back to Omaura. We have another home, and Daddy has another job in Papua New Guinea.

Without warning, an angry mob ran onto the mission station. They came straight for our house, shooting arrows as they ran.

We apologize for the quality of Fay's pictures. Coming all the way from PNG took its toll, but because I love visuals, I wanted to share them with you anyway!

—Sharon
Have you ever had the embarrassing experience of having unexpected company arrive when your house was a mess? Unfortunately, it is an ordeal most of us have been through. And most of us have vowed it will never happen again!

The following are a few methods that have proven helpful to my family and me as we have attempted to alleviate the clutter and disarray of everyday living:

Have a place for everything and keep everything in its place. It is so easy to come into the house and drop whatever you are carrying right at the door. Children are not the only ones guilty of this habit.

Making a game of household chores is a great way to get children involved with the cleanup of the home. Once the children get into the spirit of the game, parents had better watch out!

Our rules for the game went like this. Each member of the family was given $2 worth of dimes. Every time an article was found out of place, the owner had to pay ten cents. At the end of the week the person with the most money left got the kitty money that had been collected.

Everyone did rather poorly the first week, but as time went on, everyone's messy habits improved and the house looked much better. We found this a fun way to establish new habits and create a cleaner house. If your family has this problem, try our game and see what fun you can have.

The benefits of developing a routine of keeping things picked up not only result in a cleaner house, but it also helps to create a restful spirit. Husbands and wives alike prefer to come home to an orderly home rather than a chaotic one.

Keep the living room clean—then if guests suddenly drop in, you don't have to worry about what they see as soon as they enter the house.

Keep your home as uncluttered as possible. Your house may be spotless but if it is cluttered it has a messy appearance. When your guests arrive, don't fret about your house. This will only draw attention to the disarray. Instead, concentrate on making your company feel comfortable and welcomed. Remember, they came to visit you, not inspect your home.

Not long after my family and I had begun playing our "pick-up" game, I received a phone call from a conference president we had never met. He said he and his wife were in town and wanted to visit our family. Stunned, I hung up the phone. What could I do in five minutes? Not much—that's for sure. I was so glad the house was clean. I was able to use that five minutes to get myself ready. We had such an enjoyable visit they even stayed for supper—but that's another story.

By working together as a family to keep the house orderly and less cluttered, you won't be embarrassed when the doorbell rings and you have unexpected guests. You'll be prepared to enjoy your company.
Encouraging Our Children

Once at a formal banquet I met a strikingly well-dressed woman wearing a large red zinnia on her black dress. I had never considered single, large zinnias in the category of corsage flowers.

"Isn't this a beautiful gift my little girl gave me for the banquet?" she asked glowingly. I was rebuked. Would I have graciously pinned the zinnia on my dress, or instead explained to the disappointed child why mothers do not wear zinnias to banquets? For this woman, her child's value ranked above convention.

As parents, our actions flow from the value we put on our children. Ministry families dread the pressure on their children to meet unrealistic expectations. Somehow the pastor's seventh-grader isn't supposed to struggle with peer pressure like other seventh-graders. The pastor's 2-year-old should never scream, "Me do, me do!" when the nursery worker tries to help with her coat.

If parents' self-image is entwined with children's performance, the real question becomes, "How do we look?" rather than, "How can we help our child?" Jesus' evaluation of children cautions his followers in every generation.

Making children welcome

Read Mark 9:33-37.

1. What does it mean to welcome someone? For whom do we usually plan a special welcome? Contrast this with welcoming a little child.

2. What value does Jesus put on welcoming a child in his name? (9:37)

3. How does this affect the way you view your child today? Read Mark 10:13-16.

The disciples probably wanted Jesus to have time for his important ministry. So they tried to shield him from the unimportant nobodies, including the children.

1. What about little children prompted Jesus to hold and bless these noisy, wiggly interruptions?

2. What have you learned about God's kingdom by studying your children?

3. Where does time for this fit in your schedule?

I learned a painful lesson about the tension between valuing a child and the ministry. Jim was to become the pastor of a church in which he had served as interim for several months. We were eager to get involved with the congregation and gladly accepted an invitation to Sunday dinner in the home of one of the newer families.

After plans were made, our son, John, announced that he was to be a guide at the junior high art
show that Sunday. We reluctantly had him excused by the host, took him to McDonald's for a drive-through lunch, and dropped him off at the school, arranging for Grandfather to pick him up later.

Can you imagine our feelings when Grandfather described John's three entries in the art show and the appreciative comments of the art teacher about John's helpfulness in preparing the exhibit? John had said nothing about having any entry in the show. But he certainly hoped we would see them when we shared this important event with him.

In our eagerness and good intentions to build bridges to the congregation, we had failed to listen to what was behind our son's insistence that he must attend the art show. God gave us the grace and wisdom to learn from the mistake and to apologize to John for our failure to grasp the importance of the occasion for him.

Once we grasp Jesus' evaluation of children, we're ready for God's instructions on caring for them.

**Training and instruction**

Last spring I heard a missionary mother reflecting on their furlough with a 3-year-old. "I was relaxed because I knew he had learned to obey. I could take him into new situations, and he would be secure. He knew what I expected of him," she added gently. She understood that obedience was for the child's security and would please God.


1. Why are children commanded to obey and honor their parents? How do the stated reasons differ from avoiding criticism of the congregation, not disrupting the schedule, or not demanding attention when I'm busy?

2. What commands are given parents? For what reasons?

   Paul's language carries the force of "stop exasperating," "stop provoking them to anger." He recognized parental tendencies. How do parents provoke to anger or discourage?

3. What is the difference in training and instruction? How did your parents train and instruct you?

   For insights into how parents can give children training and instruction in the Lord, we'll examine God's early instruction to Jewish parents.

**God's instructions on parenting**

*Read Deuteronomy 5:32-8:25.*

1. What are God's instructions to all his people? With what results? (5:32-6:3)

2. As they realize who God is, how are they to respond to him and his words? (6:4-6)

3. How are they to impress God's character and words on their children? (6:7-9) Could you use any of these ways to do the same for your children: spontaneously talking about God, using written symbols expressing devotion to God, dramatizing Bible stories, reading Christian biographies, creating family traditions around events that demonstrate God's care and concern?


**Recounting God's provision**

One of my warmest childhood memories is hearing my parents recount at the supper table their decision before their wedding that the tithe would come out of the paycheck first. Then they would budget the rest. With gratitude, they told us of God's faithful provisions and blessings in one situation after another.

Jim and I made a practice of discussing at meals things we saw God doing in our family and in others, not breaking confidences but sharing things people had publicly related.

One family told us about the day a two-pound rock flew into the open window of their car, landing on the seat between the parents, not touching anyone in the car. They keep the rock in a special box and celebrate God's protection each anniversary of the event.

One morning Jim took our son John, about 10, for a lakeside breakfast and fishing. When they were hungry and the fish stopped biting, they returned to the car and discovered they had no keys. They retraced every step, searching grass, shore, parking lot, paths. No keys. In desperation Jim suggested that they pray. They looked at the car again and spotted the keys just under the rear tire. What do you suppose was the most remembered part of the fishing trip for father and son?

In Paul's letters to Timothy, he restates some of the principles in Deuteronomy and adds others for Christian families. Look for these principles in 1 Timothy 3; 1 Timothy 5:8; 2 Timothy 1:5; 3:14-17.

As a parent, I pray I will keep the biblical priority in what I want for my children above acceptance, prosperity, and accomplishments. "I have no greater joy than to hear that my children are walking in the truth" (3 John 4).

**Helps for further study.**

Dobson, James. *Hide or Seek.*


Neff, LaVonne. *One of a Kind.*


Dealing with "the public" (the church congregation) is an extremely important aspect of our role as pastors' wives. This type of interaction cannot be taught in a classroom; however, by following a few etiquette guidelines and using a generous dose of tactfulness when dealing with fellow church members, you can alleviate some of those "awkward and unpleasant" moments that occur in the life of a minister's wife.

The mini-quiz that follows will give you some helpful hints on how best to handle various situations. Some of the multiple-choice questions have more than one answer. (The answers will follow at the end of the quiz.) Good luck and have fun!

1. When introducing your husband (the pastor) to a visitor at church you:
   a. present the visitor to the pastor.
   b. present the pastor to the visitor.
   c. use first and last names.
   d. show deference to whomever is ranked higher in their profession.

2. As a pastor's wife, always stand when being introduced to:
   a. a woman.
   b. a visitor.
   c. Elder Folkenberg's wife.
   d. the janitor's wife.
   e. a man.

3. A pastor's wife should be a good conversationalist:
   a. She can talk about anything and everything.
   b. She loves to provide insights on most any topic being discussed.
   c. She has many interests.
   d. She is well read and has very strong views on many topics.
4. Some topics are best avoided in a business meeting of the officers for Women's Ministries. Some examples are:
   a. family
   b. religious red "hot" potatoes
   c. health
   d. politics
   e. weather
5. Because our churches are much less formal these days, it is entirely acceptable to call people by their first name.
   a. true
   b. false
6. The pastor does not cease being a gentleman during regular working hours. It is always appropriate for him to extend social graces (open doors, etc.) to women at work or out in public.
   a. true
   b. false
7. The church office grapevine should be of no use to you.
   a. true
   b. false
8. All phone calls should be returned within 24 hours.
   a. true
   b. false
9. A thank-you note should be written after:
   a. dinner at the conference president's home.
   b. dinner at a church member's home.
   c. receiving a gift from another pastor's wife.
   d. attending the symphony as a guest of a church member.
10. A thank-you note is not necessary if you have already thanked the person face-to-face.
    a. true
    b. false
11. A thank-you note should be written within one week.
    a. true
    b. false
12. A new church member is getting married. You should:
    a. send a gift.
    b. give a wedding shower.
    c. write a note of congratulations.
    d. ignore it; it is personal.
13. Condolence notes should not be written to people you do not know well.
    a. true
    b. false
14. You may respond to invitations up to one week before the event.
    a. true
    b. false

Answers to the quiz
1. b; c; 2. a, b, c, d; 3. b, c; 4. b, c, d; 5. b; 6. a; 7. b (Know what is going on, but do not encourage or perpetuate negative gossip.) 8. a; 9. b, c, d; 10. b; 11. a (within 24 hours is best); 12. c; 13. b; 14. b (respond within one week of receiving the invitation)
Helpful Hints for Rescuers

Sandra Carlson

When my husband came home for a few minutes all frazzled and began filling me in about his morning, I heard my rescuer-self answer to his every need. There was going to be a funeral dinner at the church next door but due to construction those attending the dinner would need to be directed to alternate entrances—the problem was that no ushers were available on short notice. “Oh, I can do that,” I answered. The things I had to do that morning could wait, and I often helped out in little ways like this.

My husband also said the part-time secretary would also make a directional sign if she could find the time. “Oh, I can do that,” I answered again. Also, the church sidewalks needed to be shoveled and because it was mid-week, the boys who provide that service were in high school. “Oh, I can do that, too,” I agreed. My husband wasn’t finished with his list of needs: he also needed to call the Smiths to find out if Bill had been admitted to the hospital. Repeating to myself, I said, “Oh, I can do that.”

The Rescuer!

Just the week before I was asked to do seven things for others—all within a 12-hour period. The requests included driving to my son’s school to deliver his forgotten swimsuit, baby-sitting a sick baby for seven hours, putting together a mission program for Primary Church that coming Sunday, teaching and leading hand-signing songs to the girls’ group, taking a roll of pictures of the outside of the church for a line-drawing for our church’s anniversary, making a copy of my husband’s sermon for a friend who had missed it, and agreeing to have a salesman (a total stranger) come into my house by appointment that weekend. I said yes to every one.

The Rescuer!

They were all good, helpful things to do (except, perhaps the salesman part). What was God trying to tell me with them...

A few of Sandra Carlson’s rescuing activities have included: V.I.S.T.A. volunteer, junior high choir director, church secretary, missionary to Mexican orphanage, contemporary service praise team leader, 21 weeks of summer Bible school, special education teacher, and fifth grade teacher. Sandra is a minister’s wife and she holds a master’s degree in guidance and counseling. She is the mother of two middle school boys.

This article appeared in Just Between Us, Spring 1993. Used with permission.

—Via Shepherdess International
bunched together like that in such a short time span? What was God trying to tell me through my husband's needs that I was capable of meeting? What is wrong with doing good and helpful things? What is wrong with being available to meet others' needs? What is wrong in saying, "Oh, I can do that" when I know I can?

What is wrong with all this is that when I do all those things without discrimination and without priority, I become quite exhausted and don't have time for my own family, myself, or God. The rescuer is the type of person who wants to take in every stray dog or cat. This is the type of person who would foster and/or adopt as many hurting children as possible, if the family, money, and time would allow. This is the type of person who is always doing things for the church and for other people. This is the type of person who just doesn't seem to be able to say no to people—even when not actually asked! "Oh, I can do that," is her constant cry. She wants to make everyone's life go smoothly any way she can, regardless of her own needs and desires. Her own needs and desires seem to be to help everyone else's needs and desires. She is the type who wants to stop the bleeding, stop the crying, stop the hurting. She would even be happy to save the entire world if she could.

In the past, this rescue syndrome may have been referred to as a "maternal nature." I prefer Rescuer since it is a male trait as well as a female trait and certainly can be attributed to many Christians—especially those in the ministry.

If you, like me, often find yourself being a Rescuer—there is hope for you. I think God has just wanted to make me aware of the type person I am and not to give up the bigger goals (a relationship with Him, my family, and the priority of witnessing for His kingdom) in order to say yes to others' little goals.

I want to assure you that it is not selfish to say no to doing things for others. Just because you have flexible time to do it, just because it is for the church or your husband's job, just because you are the pastor's wife, just because you don't have a good reason to say no—I want to assure you that you are free to say no for your own sake, your family's sake, and the Kingdom's sake.

How tricky Satan is, to wear God's people down with indiscriminate works of goodness and kindness. We must learn to choose our fights, to choose our good works. We must not run around like chickens with our heads chopped off. We must learn to make our priorities and stick to them—keeping our eyes on the bigger goals.

We must keep our hearts and minds and souls loving God in all we do, whether it be housework, a paying job, volunteer work, committees, or even things for fun or self-improvement (like reading, writing, sledding, painting or walking). Do what you can to help others, but you make the choices with prayer about how God wants to use you for Himself. Otherwise, you will be pulled in too many directions in this hurting world and be tired—worn out and useless for the bigger goals of the Kingdom.

Most of all, remember Jesus is the only true Rescuer. Give Him your life and your dreams and your goals. Ask His guidance in all you do, then wait and listen and say, "yes, I can do that"—to Him first. With our eyes looking vertical toward God, then our horizontal rescuing will fall naturally into its proper place.

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Jesus is the only true Rescuer.
Jeannie Melashenko

Victoria lived the good life. If she had a pedigree, it would have been thoroughbred. She was raised in a strict Long Island Catholic home. She married a brilliant husband, reared two children, and enjoyed a professional modeling career. She had it all.

Then she lost everything. Things began to fall apart. Her home broke up; she stepped out of her lucrative modeling job—tired of pretending to be happy when she wasn’t. Her dreams of riches, fame, and success suddenly slipped from her grasp like ropes of sand. She felt so alone.

But how her life was restored is “Victoria’s secret.” Hoping to begin all over again, Victoria and her family left New York and moved to Southern California. However, things went from bad to worse. Now she was single, her children were grown and gone. Then her mother died. She had to quit work because of health problems caused by stress. She had no money. With her life skidding out of control, Victoria was soon to become a national statistic—one of America’s “homeless.” Again, she felt alone.

Without a job, isolated from her family and friends, unsure of her future and even tomorrow’s meager meal, Victoria heard about a church that had a welfare program nearby—they called it Adventist Community Services. One Saturday morning in July 1994 she found her way to meet the community services director. As she drove into the church parking area she mused, “I wonder why there are so many cars in the parking lot on Saturday!”

Kendall, the head deacon on duty that morning, happened to notice Victoria with her quizzical expression and approached her. She seemed to be lost. He spoke to her. “May I invite you into our church service?”

Startled, she protested, “Oh, no—I can’t go in dressed like this!” She pointed to her “workout” stretch pants, sleeveless tank top and tennis shoes. Her eyes were black and blue and her nose was completely bandaged from a deviated septum surgery just two days before.

“My sheep hear my voice and I know them, and they follow me.”

(John 10:27)

Jeannie Melashenko works closely in ministry services with her husband, Lonnie, the director-speaker for the Voice of Prophecy in Netobury Park, California. Her interests are people, reading, her rose garden, and water and snow skiing. As a romantic, she enjoys establishing special little traditions in her home. But foremost in her life is that quiet hour first thing in the morning shared with her Very Best Friend.

—Via Shepherdess International
As Ministry Services Coordinator for the Voice of Prophecy, I excitedly told her about our brand-new DISCOVER Bible course just coming off the press. "The beautiful lessons make Bible truth so easy to understand, Joyce. And they include a lot of neat stories to illustrate each point more clearly. Best of all, the lessons make Jesus approachable."

But then I had to confess, "We do have a problem! We've only printed the first four lessons and none of the answer sheets have been printed yet."

"I don't care," Joyce exclaimed. "I'm desperate! Can you get those four lessons for me?"

Then she added with a certain calm in her voice that she'd been praying for two years requesting the Lord to bring a person into her life with whom she could share the gift of salvation. She wanted to give Bible studies. With a smile in her voice she softly added, "I guess it took me two long years to be ready to be used by Him in this way. Or maybe He was just waiting for this course to be written and printed!"

Joyce began giving Bible studies to Victoria. She called me regularly to inquire, "Is the next lesson finished yet?" As each lesson and answer sheet was printed I'd personally grab a couple of sets hot off the press before the ink was dry, and deliver them to Joyce. After each Bible study she would phone me rejoicing, "The lessons are so simple to use I hardly have to say anything! They're self-explanatory! They help us realize Jesus really can be our Best Friend!"

The lessons are so simple to use I hardly have to say anything! They're self-explanatory! They help us realize Jesus really can be our Best Friend!" was overwhelmed—all I wanted was food. But I came away with so much more! I became part of a church family. They shared Jesus with me through their love, acceptance and the DISCOVER course. I not only received physical food, but spiritual food as well. God gave me everything at once—it feels like home!"

That's "Victoria's secret!"

And, oh... Remember Kendall? The man who met Victoria at the Community Services door that Sabbath morning? He and Victoria began dating, he proposed marriage to her, and she said, "Yes!" They were married February 12, 1995!

But Kendall responded with a smile and gently insisted, "Of course you can; come on in!"

Victoria began attending church nearly every Sabbath for the next few months. "I immediately felt loved and accepted—it didn't matter how I looked. They made me feel like Queen Victoria of England! And Kendall stayed close by, very quiet and unassuming."

Last October the pastor's wife, Joyce Mulligan, asked Victoria if she would be interested in taking Bible studies. Victoria responded with an enthusiastic "YES!"

I'll never forget that afternoon when Joyce called me at my office at the Voice of Prophecy—panic in her voice. "Jeannie, you'll never guess what I did! I asked a lady who has been coming to church if she would like to take Bible studies. And she said, 'Yes!' I've never given a Bible study in my life! I'm scared to death! This just popped out of my mouth! Do you have anything at the Voice of Prophecy that I could use?"

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When Joyce and Victoria completed the course together, Victoria became the Voice of Prophecy's very first DISCOVER Bible course graduate—and Joyce, our first instructor.

Pastor Keith Mulligan invited Lonnie Melashenko, Director-Speaker of the Voice of Prophecy, to be present with me to witness that first DISCOVER course baptism in person on December 17, 1994. What a thrill to see the sparkle in Victoria's eyes—the joy of knowing Jesus. We noticed the thrill in Joyce, whose heart was overflowing with the joy of leading someone to Jesus through the power of the Holy Spirit.

But now, the rest of the story!

The weekly Women's Prayer group in the Ventura Church is so exuberant at what they witnessed in their own pastor's wife and Victoria that they have chosen to study the new DISCOVER course, too, lesson-by-lesson each week so they can give Bible studies. And recently Victoria began giving the DISCOVER course to one of her relatives!

Victoria told me, "Jeannie, I just waiting for this course to be written and printed!"

"The lessons are so simple to use I hardly have to say anything! They're self-explanatory! They help us realize Jesus really can be our Best Friend!"

The lessons are so simple to use I hardly have to say anything! They're self-explanatory! They help us realize Jesus really can be our Best Friend!" was overwhelmed—all I wanted was food. But I came away with so much more! I became part of a church family. They shared Jesus with me through their love, acceptance and the DISCOVER course. I not only received physical food, but spiritual food as well. God gave me everything at once—it feels like home!"

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Recently, while playing at the playground, my son fell from the slide. His full weight landed on his arm. We rushed him to the hospital where we were told his arm was broken. The doctor put a cast on his arm and sent us home. At first, my son was very proud of his new cast. However, eventually, the novelty wore off, and he was impatient to have the cast removed. His activities were encumbered and he became very irritable. I explained to him the importance of the cast. The cast stabilized the fracture in his arm, enabling new tissue to form. Without the cast, the fracture would not heal. Time passed, the bone healed, and the cast was removed. My son’s arm was like new.

Fractured bones are cause for concern, but there are other fractures that cause other serious problems, fractures that tax our strength and soul. Having a child may tax a parent’s strength. Along with job and household burdens, there is great responsibility in rearing a child. Add the demands other people make on one’s life (especially the lives of ministers and their families) and often a parent will lose his/her cool. The guilt is tremendous and the inability to control oneself is a sure sign that something is broken internally. Like the cast that is used to heal broken bones, so the soul needs a cast. This cast is comprised of silence, quietness and time for Jesus. If a person keeps the cast on long enough and allows enough time for the healing process, he will be better able to bear greater weights in all areas of his life.

Luke 10:38-42 tells the story of Martha. She is delighted to have Jesus visit and her first priority is to see that Jesus lacks nothing. She is a good and efficient homemaker who keeps busy and in control of her household. But she lets anger well up inside her when she sees her sister sitting, doing nothing else but listening to Jesus. Here Martha is working so hard to make Jesus comfortable and Mary is just sitting at His feet. Martha’s anger escalates as she thinks about Mary’s unconcern for her or Jesus’ comfort; after all, Mary is not a guest in the house; she should be helping Martha. Needless to say, Martha is quite surprised by Jesus’ words. He does not instruct Mary to help Martha; rather, He tells Martha to stop working and sit and rest. He has wonderful things to tell her; He has food for her soul.

Like Martha, we all have tasks to accomplish. The house must be cleaned, the meetings must be scheduled, the decisions must be made. But we must not allow our assignments to fully occupy us. If we do, we become like the parable of the sower. The seed fell on fertile ground, but the thorns, namely, work, worries and problems, choked the seed and nothing grew.

The great men of the Bible came out of stillness and returned again and again. The cast of silence, quietness and time for Jesus renewed them for their earthly trials. Think of Moses. After he had slain the Egyptian, he withdrew into the desert and there grew into a man who was able to fulfill the great task of leading Israel out of Egypt. And think of John. For many years he lived in the desert in order to proclaim the first coming of Jesus. Jesus Himself withdrew into the desert for 40 days before He became involved with people. Throughout His life, Jesus took the time to withdraw from the public; He knew the importance and necessity of fellowshipping with God.

Our quiet times with God guard us from the internal fractures. We gain strength to master all the demands of home, profession and church duties. By sitting at the feet of Jesus, and listening to what He says, we can receive strength, calmness and an inner peace that will sustain us throughout this earthly life.

Reingard Schwenger is a pastoral wife in Germany. She has two sons ages 6 and 8. She works twice a week in a doctor’s office as a doctor’s assistant. Her hobbies are music, silk painting, and reading. (Translated by Herbert Kiesler.)

—Via Shepherdess International Journal

Reingard Schwenger

Shepherdess International Journal, Third Quarter 1995
As mothers and wives, we often lead very hectic lives. Trying to fit everything into a 24-hour day can be very frustrating; all too often some things just never get accomplished. But one very important part of each day should be the time we share with God. Several of the women who attended the ministers’ meetings at the North New South Wales Conference shared their approaches to personal devotions.

I like to read the Conflict of the Ages Series with the Bible. A five-leaflet Encounter Series is available that gives a daily reading plan for the Conflict Series and the Bible. I keep a prayer journal, and as I read a Scripture I personalize it by writing the text down as though it was written just for me. For example, “Fear thou not, Glenda, for I am with you, be not dismayed, I am your God.” I write texts, such as promises, on cards and prop them up on the window sill to memorize while I am washing dishes and preparing meals. I sing, particularly if I am not feeling like it. A simple song like “Into My Heart” can make a difference in my day. I give my heart to God at the beginning of the day and ask Him to be with me and thank Him that I am His child. During the day I talk to Him about anything that concerns me.

—Sandra Meredith

I have worship with my husband in the morning. I have my personal devotions when my baby is sleeping in the morning or afternoon. I really enjoy reading articles in the Ministry magazine.

—Karen Pea

I take just one Bible verse every day, write it on a card, and stick it on the window above the sink so I can see it while washing dishes. If I have a lot of driving to do, I sometimes put the card on the steering wheel of the car. I place the cards anywhere I think I may be able to see them. I get to know lots of gems this way.

—Merrill

We have family worship in the mornings and evenings. Then I study the Bible for one hour when the children are asleep.

—Anonymous

I find that with a baby I cannot have a hard and fast time for my private devotions. Usually the best time for my devotions is when Dylan is asleep. As soon as he goes down for his morning nap I drop everything and sit in the middle of a messy house and have my quiet time.

—Melissa Urpahant

I have a special quiet place in my garden for my time with God. Both my husband and I have our devotional time early in the morning. Then, when the family is seated for breakfast, we read articles from such material as the Morning Watch and we join in special prayers. Such sharing of devotional material can also be done at the evening meal when everyone is relaxed.

—Ron De Costa

The early morning hours are a great time for devotions. If children are part of the family, the parents could have a story time for them before they go to bed.

—Lynda Hold

With my hectic schedule, I must plan a time for my devotions. I prefer the early hours before the children are up. Once I choose a time, it is important to keep my commitment. I make my devotional time an enjoyable time. Jesus is at the center of my worship. I incorporate praise, singing, prayer, study, and meditation—depending on what I desire. I tell Jesus my sorrows as well as my joys. I keep a small exercise book as a prayer journal and write in it the names of people I pray for. There is a column to tick off when the Lord answers my prayers.

—A. McCarron

I cherish my special time with Jesus each morning. I ask God to wake me up at a certain time before the family is awake. It may be the only time I can have a quiet time throughout the day! For parents with small children, I encourage you to talk to them about Jesus and His love throughout the day. This makes Him real to them.

—Kathleen and Dan

I have found that I can have quiet time with the Lord when I wake up early and have my devotional time before I get the family ready for the day! Later, when we study the kids’ lesson, I have another devotional time to acquaint myself with God.

—Iris Rani

As a working mom, I find it difficult to set time aside for devotions. But I realize the importance of having a strong spiritual connection with God and I make it a priority to spend some time with Him. My time with the Lord may take place any time during the day. Sometimes even my lunch hour is spent in devotional time.

—Anonymous

I try to have my quiet time with Jesus before breakfast. Though I sometimes forget, I don’t chastise myself. Sometimes I go for a walk to clear my mind and have a good talk with the Lord. When I get home, I read something uplifting. I like this approach as the outdoors helps me with a sense of oneness with God.

—Chris Gray

My devotional time varies from time to time. I usually try to study my lesson and read a chapter from the Bible before going about my duties. I keep a devotional book and magazines like Signs, Ministry magazine, etc, around the house and pick them up to read an article or two when I have a few minutes to spare. Need a few moments to sit and relax during the day and this is a good way to achieve it. Often I just walk around my garden and thank God for the blessings He has given and talk to Him about anything that is on my mind. I love walking in natural surroundings and often I use this time for spiritual refreshing. A bush or beach walk provides a time away from the house. If you have children, sometimes take them along and let them play and explore while you turn your thoughts to what is around you and to the Creator. Busy mothers need a break now and then and this is where fathers can help. If it can be arranged, ask your husband to take the children for a while to give you time by yourself. He needs his quiet time and so do you.

—Heather S.
Euro-Asia Division

Olga Murga, Shepherdess Coordinator for the Euro-Asia Division, reports on the activities of the Shepherdess chapters. The quarterly *Shepherdess International Journal* is translated into Russian and distributed to the Shepherdess Coordinators in the Unions. Olga states, “The pastoral wives in our division are good helpers and take an active part in the work, especially in evangelistic meetings. Many of the pastoral wives are active in support groups.”

Specific news from some of the areas include:

- **Nine pastoral wives of Byelorus in Minsk met together for their premier meeting.**
- **Romanova Angelina hosted a one-day meeting on “Encouragement” for pastoral wives in St. Petersburg.**
- **In Northern Moldova Conference, Sazhina Nina was elected the new coordinator. Then there was a discussion on avoiding the consequences of stress.**
- **In Moscow, Mariya Kukakova held meetings for the pastoral wives on the topics of working with children, healthy cooking, and the role of women.**
- **Tamara Prolinskaya conducted a seminar for pastoral wives in Kiev, on the topic “Five Secrets for the Pastors and Their Wives.”** Olga joined the group and took part in a discussion of different problems.

- **Podolsk Conference pastoral wives in the Ukrainian Union were treated to a seminar by Olga Murga on “Lady of the Moment.”**
- **In Moscow there were meetings for the Shepherdess Coordinators. Materials were distributed to be shared with pastoral wives throughout the Division.**
- **Pastoral wives in Byelorus in Gomel met and discussed “The Ladder of Descent.”**
- **The Southern Union Conference, in Tashkent, hosted a meeting for pastoral wives, and 12 attended. The women from Tajikistan and Turkmenistan could not come because of political events and the fact that there was no transportation connection. Please remember these pastoral wives in your prayers. Those who attended exchanged souvenirs and welcomed each other to the work of the pastoral wife.**

\* Anna, a pastoral wife in the Bukovinskaya Conference, endured a severe operation. In several pastoral families, the children are very ill, suffering after Chernobyl. Please remember these dear little ones in your prayers.

Inter-American Division

The North Caribbean Conference Shepherdess Chapter has begun a quarterly magazine just for pastoral children. Shawna Trotman is the editor of *The PK.* This exciting magazine is full of variety—entertainment, craft ideas, puzzles, and pictures to color. There are riddles and a special “Nature Nook.” PKs are challenged to stretch their minds in “Quiz..."
Sunny days brimmed with fellowship, good food, fun, and seminars by Elder Jaime Castrejon, from the division office, who spoke on Team Ministry and the example of Aquilla and Priscilla. Dr. Leo Acosta, a gynecologist from Venezuela, and his wife, Teresa, presented special women's health topics and were available for personal health counseling. Sharon Cress, from Shepherdess International, presented seminars on the blessings and challenges of pastoral life. Elder Rodriguez presented the morning devotionals. Elder and Mrs. Rodriguez are to be commended for setting exemplary leadership in the nurture and support of pastoral wives. These pastoral wives were treated to a little taste of heaven on earth. May this convocation be a catalyst for many more around the world.

**North American Division**

Northern California pastoral wives met in April for their annual retreat at Leoni Meadows. Pollyanna Prosper-Barnes spoke at the meetings. She is the founder of the Family Breakthrough Unlimited, an organization designed to develop fundamental skills and abilities of parents to help their children experience success in all aspects of life. The theme of the conference was "Committed Connections" and presentations were about being a "Whole Person in Jesus."

**Minnesota Conference** pastoral wives enjoyed a special Sabbath afternoon meeting chaired by Betty McCormick, a pastoral wife (now from Oklahoma). She led a valuable discussion on how to support husbands/pastors in their work, especially during difficult times.

**South American Division**

In February, Shepherdess Coordinators and Ministerial Secretaries from all Unions and most of the Conferences met together at the Union Adventist Educational Complex in Peru for almost a week of training, fellowship, and sharing. Inspiring preaching, seminars, idea-sharing, and emphasis on the pastoral family highlighted the event. South American Division Ministerial Secretary, Alejandro Bullon, and Associate Secretary, Jose Viana, hosted the ministerial secretary meetings with Jim Cress as their guest while Vasti Viana, Division Shepherdess Coordinator, and Sharon Cress, conducted training for all the Shepherdess coordinators. Each Union and Conference gave a report on the activities of Shepherdess and Ministerial.
They felt encouraged to hear about each other’s work.

Pastoral wives from the Rio de Janeiro Conference met for a full- day seminar with Vasti Viana and

Sharon Cress at the conference office headquarters in Rio. Everyone enjoyed the music before participating in a seminar on personality and the pastoral wife.

Nair Bessa, a pastoral wife from Brazil, has been a volunteer Bible instructor in 33 evangelistic campaigns conducted by her husband. From north to south Brazil, she visited people up and down the streets, in sunshine or rain, and gave nearly 6,000 Bible studies. Every night before the adult evangelistic session, she told the children stories and taught them songs. Some nights nearly 300 children attended. Nair will never know the full impact of such sacrificial service until she meets the fruits of her labors in the new earth. May the Lord bless her exceedingly.

Keila Trigo Martins, a pastoral wife from Manaus, Brazil, recently finished conducting an evangelistic meeting for the Central Amazon Mission. The auditorium was full each night and the audience paid rapt attention to her preaching. Many were baptized as a result of her dedicated work in using her God-given gifts to spread the good news of Jesus’ love. Remember her in your prayers as she continues her ministry.

Southern Asia Division
Pastoral wives in this Division are being rewarded monetarily for their work in giving Bible studies, teaching family life topics, and working with children. Margaret Nathaniel, Division Shepherdess Coordinator, reports that 225 pastoral wives are now on a stipend for their evangelistic endeavors. Praise the Lord!
Announcing...

300 pages of tastes from around the world!

Hundreds of recipes

Seasoned with Love

by pastoral wives

The cookbook you helped write will be fresh off the press this summer. The New Shepherdess International Cookbook Seasoned with Love

A thoughtful gift for yourself and others