

The Journal

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A Shepherdess International
Resource for Ministry Spouses





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Happy New Year! We have a new year, and *The Journal* has a new look. You'll notice that we have a new layout with a more up-to-date, open design. In addition to our regular features and news, we have also added several new sections—including a new center feature where we highlight you, the Shepherdess. Through the course of several issues, we will travel around the globe, featuring one Shepherdess from each of the 13 world divisions. We begin the new year with Mary Kajula, from the East-Central Africa Division.

We are also adding two regular columns. "Good For You!" is a wonderful place to read up on all things health-related, written by Rae Lee Cooper, an experienced registered nurse and pastor's wife.

If you have ever needed good advice from someone who understands the challenges of being a pastoral spouse, then you'll enjoy our new "Ask Anna" column. Written by a seasoned Shepherdess, "Ask Anna" invites you to send in whatever questions may be on your heart.

A long-time friend has joined us this year. We are truly blessed to have Gina Wahlen, a creative writer and editor, working with us on the interviews, and news, and coordinating the "Ask Anna" column. Gina has served as a ministry wife in three world divisions—North American Division, Euro-Asia Division, and Southern Asia-Pacific Division.

Be sure to also take a look at our Web site, where you will find needs, projects, and much more.

May God bless in all you do for Him in this new year!

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Mila Ramos

Mila Ramos was born in Portugal and now lives in South Africa. She is enjoying retirement after 31 years as an import/export assistant at an international pharmaceuticals company. She and her husband have an adult son, Jorge. She enjoys oil painting, piano playing, writing articles and poetry, home crafts, and volunteer work.

Jesus: A Friend Who Never Fails

Karina* is a small woman with a big heart and an enormous love for the Lord. She is a dear person, and being aware of so many of her real-life stories that may encourage other women to follow her implicit trust in the Lord, I was encouraged to send in this humble article to Shepherdess. She has been rewarded with many touches of His Hand. Why? Is she special? Yes. She is special because she chose Jesus as her best Friend in every walk of her life. Many times, when everybody at home was in deep sleep in the very early hours of the morning, she was kneeling in prayer to the Lord. She exercises her faith by practicing what she knows to be the Truth.

Karina has two lovely daughters who are now married with families of their own. When the girls were still teenagers and studying at one of our colleges in South Africa, life was good to them, and they lived quite comfortably,

as the family business was quite prosperous. However, life is very unstable in this secular world, and things suddenly changed, and the family was destitute almost overnight. Although people claim that money is the root of all evil, we, unfortunately, cannot live without it.

As the days went by, the situation became more complicated, and Karina had to start selling their most precious possessions to continue living with the bare essentials. Accounts had to be paid, college bills couldn't wait, and the family needed food to survive. Although Karina tried her best to keep the girls as comfortable as possible and the rest of the family unaware of the difficult financial situation that prevailed, eventually they all came to terms with reality. It started hurting when they had to sell the piano and the quality carpets in their home and when the BMW was repossessed by the bank. Karina was forced to find a job, although

the family also depended on the mercy of family and friends who finally discovered what a terrible situation they were in.

Finally, she was forced to take the ancient Ford Granada out of the garage and drive it to the girls' school and to work. How could they maintain a car with petrol when they hardly had money for the food their stomachs needed? Miraculously, this vehicle ran on air for the first couple of days. However, one day it happened. At a red light, the Granada stopped and wouldn't move. She felt embarrassed as she knew nothing about mechanics and didn't have the strength to push the car to the side. In no time, she felt the presence of a fine gentleman near her, asking if he could help. Very candidly she said, "I do not know why the car has stalled." (She was honest and did not believe there was a mechanical problem.) He checked here and there and voilà! "Madam, the problem is that the tank went dry. You need to put petrol in your tank." He

must have read the anguished look on her face as she touched her empty purse. Suddenly and without a word, he pulled the car to a nearby garage, ordered the attendant to fill it up, paid for the petrol, and disappeared. This was miracle number one. Karina smiled toward heaven. She was a partner with the Lord, and she quietly thanked Him with tears in her eyes. Saved for another couple of weeks, it seemed as if this old car was propelled by the wind. Surely, she thought, the angels of the Lord were pushing it most of the time. Why I do not have such faith that accepts miracles as a result of my connection with God? Is He as real as that? Oh yes, He rewards His children according to their dependence and relationship with Him.


Miracle number two (and she has numerous to share) was on another occasion, while the family was still struggling. The girls had been complaining for a while that their contact lenses needed to be lubricated with two rinsing fluids; otherwise, their eyes were red and sore, and they could hardly see the blackboard. At the time, Karina was desperately trying to sell books (colporteur). Anybody that has done this sort of work knows that it requires dedication and patience before you get any money as a result of sales. The days went by without a single sale. This specific day as she was returning home (not discouraged, as this word does not exist in her vocabulary) she felt apprehensive for not being able again to bring home the contact lens solution for the children.

Five o'clock was approaching, but she was impressed to go to the bank before going home. She told herself that this would

be a waste of time as she knew that her savings account showed a measly R37.00 (US\$3.70), and the required medicine cost much more than that. Yet, following her feeling, she went in, obtained an account balance, and could not believe her eyes when she saw the amount of R385.00 (US\$38.50), ten times more than the amount she thought was there. (Seventeen years ago, that was quite an amount of money.) With disbelief she inquired at the counter and was informed by the bank attendant that a few days prior, a bank transfer from overseas had been deposited into her account. Immediately she realized that the money was from her mom, who had been impressed by the Lord to send some money, knowing that Karina was in financial difficulty. Never in her life was such an amount of money so welcomed. A few months before, when she was living a prosperous life, she would have treated that as crumbs, not money. Once again she knew that her constant prayer for the Lord to send the means to buy the medicine for the girls had been answered. That, of course, wasn't a lot of money, but when you are in need (if you readers have already experienced a similar situation, you can testify to this), any small sum means a lot. Do you see how the puzzle fits perfectly when God and humans are connected? What are you thinking? That it probably would have happened anyway even if she wasn't a believer? No way. The difference here was that she never doubted that some response would come from above, and her belief was rewarded.

And the strange thing with Karina is that in her heart there is continual praise even for heavy

trials in life. She even finds a blessing in falling down the steps and breaking a leg. Whereas I might be discouraged or upset with the Lord for allowing difficult situations to come my way, she always extracts some positive reason to praise the Lord, even before her problems are resolved. It is easy to give glory when you have good health and a fat bank account, but when you do not know what to put on the table the next day, never mind the rest of your financial commitments—this is to live by faith.

Praying and smiling is the way this small and faithful woman struggles through her days. If this hardship in their lives was a test of faith, I do not know, but surely her life touched my life and that of many others, especially because we had the great joy to see her put her two girls through university and see them graduate mostly with her financial help and encouragement. Seventeen years have passed since then, and when I visit her in the country where she presently lives, it is with tears in my eyes that I see people that she encounters in the street almost kiss the ground she steps on. I see children leaving the hands of their mothers and running to hug Aunt Karina, elderly ladies whispering words of thanks to her for the physical help she gave them, needy people thanking her for sharing with them her meager mites. She receives from the Lord, and she shares her blessings with others. She is a small woman with a great heart and huge love for the Lord. 

* *Not her real name.*

Apprenticing Your Child

Diane Crosby

Diane Crosby is a freelance writer living in Kingsport, Tennessee.

This article appeared in Home Life. Used with permission.

Parents who do not take the time to teach their children practical skills are cheating their children and themselves.

Most of us send our children to school to learn the basics: reading, writing, social studies, science, and math. Then we go off to our own workplaces. Whether we love this arrangement or merely suffer through it, it is the modern way.

Yet there is so much children don't learn in school. Cooking, sewing, household repairs, gardening, baking, purchasing, banking, cleaning, hobbies, recreational activities—these lessons are often left behind in our fast-paced society. It is far easier for a busy mom to plant the flowers than to teach her daughter how to do it. Baking cupcakes (or buying them!) is quicker than showing a child how to bake and help him or her clean up afterward.

But “apprenticing” our children is far more important than perfect cupcakes or a showcase garden. Once a vital part of the American

educational system, the art of apprenticeship is disappearing rapidly. Fewer children are learning at their parents' sides.

Not many parents feel capable of teaching their children physics or English literature. But parents from all walks of life have skills to pass along to their progeny. Special interests, job skills, and chores can be shared daily with children. And kids love it!

What is apprenticeship?

What does it mean to apprentice your child? Certainly, it is much more than doling out chores. Chores should be the tasks children already know how to do. Apprenticeship, on the other hand, is teaching a skill as you work side by side with someone.

My eldest, age 10, takes out the garbage regularly. Had I attempted to entice him to take out the trash without first showing him how, he never would have made it. So the first few times he did this chore some years ago, I did it with him, step by step, explaining as we went.

Perhaps that seems like a simple concept. It is! At the time, I could have done it much quicker myself. Over the years, though, I've realized that the rewards of apprenticeship are well worth the effort.

Step by step

Apprenticeship begins when you allow your child to help you with a chore: “Please bring me two eggs.” “Can you go get the hammer for me?” Younger children love to help, even in the smallest ways. But that's just the beginning. Apprenticeship means actually teaching a child how to do a task. With small children the task can be as simple as setting the table. Or you may apprentice your child with a complicated task like painting a room. Whatever the job, don't just give the child a job and walk away. That's not teaching.

Just because children have seen us wash dishes hundreds of times (maybe thousands!) doesn't mean they can wash dishes on their own without instruction. The hierarchy of learning tells us that we learn

poorly by hearing, somewhat better by watching, and incredibly well by doing.

First, we parents must demonstrate the skill, explaining as we go. Then we do the job with them, side by side. When children have begun to learn a task, we can watch, prompting verbally as they work.

Be patient. Repetition and review may be necessary. If the job appears too difficult, save it for another time.

More complicated jobs can be broken into steps. This method, called "task analysis," suggests breaking jobs into separate learning steps. You teach one or two steps at a time. When all steps are learned, then you teach children to put the steps together.

For instance, one day you might teach your child to remember which drawers contain which clothes. He can practice by finding a pair of socks or a shirt. Later, he can learn to put clean socks in the sock drawer. Then he can take each pile of sorted clothes to the correct drawers. Soon he'll be capable of carrying a basket full of his sorted clothes to his room and putting them away on his own. Remember to teach tasks in steps.

Older children may benefit from task cards on which you have written reminders of the steps. These can be kept in a small file box and used as the other children grow up. When children begin to read well, encourage them to follow other written directions, such as those on packages.

Older children may also be included in your own professional skills, if appropriate. After-hours visits

to the workplace can give kids a special appreciation for their parents' roles away from home.

The rewards

Kids and parents gain a great deal from apprenticeship. New skills are learned, and children will be better prepared for independent living when they leave the nest. Some of the jobs you teach your children will become their permanent chores.

The rewards go beyond the practical. Self-confidence and appreciation for the craft are by-products. Trust, enthusiasm for learning, and closeness all blossom between parents and children who apprentice.

Worried about quality time? This is a way to have quality *and* quantity time! Plus, teaching your child can be great fun for both of you.

We do children no favors by waiting on them hand and foot. Teach them to cook easy snacks. Show them how to run the dryer. Instruct them how to use a telephone, and especially


about 911. Help them learn to tidy a room. You'll be laying the foundation for your children's growth into able adults.

Remember, to include children in family finances, as appropriate. Children who begin handling small amounts of money early learn valuable stewardship lessons.

The sacrifices

Don't fret when the job your child does isn't done correctly. Don't frown when the task isn't carried out as well as you could have done it. Perfection is not the purpose of apprenticeship; education is the goal.

Certainly a perfect flower bed or beautiful pie is a delight. But the glee from a child who creates a lopsided garden or a sunken pie is immeasurable. Don't do the job over. Don't criticize. Instead, sing praises for the effort and a job completed!

You can't hurry learning. Apprenticing your child takes time. Taking the time to teach a child a job you already do well is a sacrifice, but it's a sacrifice worth making. 

In our hurried society, time is

more precious than any

other commodity we have.

If we spend it on our children,

we have invested wisely.

One More Mouth to Feed

Mom wiped her hands on a towel as she looked out the kitchen window. “There’s the bus.” She stepped down into the living room and sighed as she watched the kids jump off the bus—the same bus that had dropped me and the other high school students off an hour earlier. “Here comes Sam* again.” Her shoulders raised and dropped, forcing her breath out in a puff. “I don’t think I can stretch supper another night for him. There’s barely enough for the eight of us as it is.” Dad was building his own business, and we had a tight budget.

I glanced up from my chemistry book. “Where is his mother?” I asked with an accusing tone.

“I hear she has a new boyfriend.” The sound of the

bus rumbling away was followed by the front door blasting open, allowing my two younger brothers and Sam to tumble into the living room.

“Hi, boys!” Mom said brightly, hugging all three. “How was your day?”

Danny plopped his books on the floor beside me and with both hands tossed my hair like a salad. I grabbed one wrist and tickled the ribs beneath it. At his cry for help, the other two blindsided me. Soon the free-for-all spilled to the middle of the family room. I crawled to the couch, gathered my books, and moved down the hall of our one-level home to my own room.

Close to suppertime, Mom knocked on my door. “Can you come set the table, please?”

“Sure,” I answered, unfolding my legs and swinging them

over the side of the bed. I set my literature book down. Mom came in and sat beside me.

“I can’t decide what to do about Sam,” she said quietly. She rubbed her chapped knuckles with her thumb. “He really can’t keep coming here every day after school. I have enough confusion, not to mention the extra food.” The crack of a bat sounded in the side yard. Cheers erupted. I could hear that my sisters, home from marching band practice, had joined the game.

I stood in front of her, arms akimbo. “He is not your responsibility. You’ll just have to tell him it’s time to go home.”

Darkness gathered around the house. I switched on the light over the kitchen table while Mom went to call the other kids. As they clamored inside, Mom touched Sam on the shoulder.



Carol Hamilton

Carol Hamilton and her husband have four young adult children. They live on a farm she likes to call “The Neverdull.” She is a past president of David’s Christian Writers’ Association, and her work has been published in several magazines. This article originally appeared in Women Alive!

“Sam, it’s time for you to go home now.” She looked into his eyes and spoke softly. Sam turned his face away. With a nod he glanced across the hay fields to where his tiny house sat in blackness a mile away. “If I run through the field instead of going by the road, I can make it before dark,” he said, more to himself than to anyone else. He started down the steps. “Bye, thanks,” he called over his shoulder.

“Wait,” Mom called, “I’ll drive you...” Sam didn’t hear. He was already running across the yard.

Dad came home and we gathered around the table more quietly than usual. Dad agreed Mom had done the right thing. Silverware scraped plates.

A metallic tapping sounded from my brother’s butter knife bumping off the table. “Sam could eat half of my food.”

“You need your food to grow right,” Dad said. Then his frown changed to a smile, “But it’s generous of you to offer.”

After the kitchen was clean, Mom and Dad went to their easy chairs to read the paper. The rest of the us scattered around on the couch and the floor. We heard a scuffle outside, then the door flew open. Sam ran to my mother, fell to the floor in front of her, laid his head in her lap, and cried. Mom stroked his sleek brown hair, saying, “Hush, now, hush,” in soothing tones. The rest of us stared, dumbfounded.

He tried to speak, but his chest heaved several times with each intake of air, and his breath came out in spurts. “I-I-I’m sorry. I know I’m supposed to be at home, but it’s scary there at night when I’m alone.”

He grabbed Mom’s pant leg in front of her shin and clutched it.

She rubbed his back. “It’s okay, honey. Don’t worry.”

“I kept hearing things. Then I couldn’t stand it anymore. I ran out of the house and across the fields.”

“In the dark?” one of my brothers whispered.

Sam nodded.

Mom sniffed and wiped her eyes. Dad seemed pretty choked up, too. “Have you eaten?” he asked.

Sam sat up and looked at him. “Yes, I had a can of peaches.”

“Peaches?” Mom looked at Dad with one of those silent communications.

“Well, yeah, that’s what I always eat when Mom isn’t home. All I have to do is open the can and eat them.”

Mom shuddered. Her jaw set. She stood, pulling Sam with her. “You come to the kitchen with me.” She sat him down at the head of the table and made him a sandwich with the last of the chicken while my brothers opened a jar of applesauce. I heated some peas on the stove and cleaned him a carrot. Sam sat with his hands folded, eyes wide.

“After you eat we’ll drive to your place for your clothes and toothbrush,” Mom said. “And leave a note for your mom to let her know where you are.” She turned to the sink and I heard her mutter in disgust, “Whenever she gets home and if she bothers to look.”

With a flourish she presented the meal to Sam on her good china. His eyes filled with tears again. We all stood around him. Dad said, “Let’s pray.” He asked

a blessing on the food and Sam.

When Sam finished, Dad put his arm around Mom. “Sam,” he said, “you are welcome here anytime.”

“For any meal,” Mom added.

My brother opened his mouth, but Mom cut him off with a glance and added, “God will provide what we need. I should have trusted Him before.”

Sam spent many hours at our house and consumed plenty of meals. We never went hungry. God did provide for our needs. When Sam was with us, he had a look of comfortable contentment. Eventually, he moved to another state with his dad and stepmother.

Years later, Mom and I saw Sam’s stepmother at a craft demonstration. When Mom asked about Sam, the stepmother answered sarcastically, “Oh, he’s into this Jesus thing. It’s almost all he wants to talk about.”

“That’s wonderful!” Mom bubbled. We grinned at each other.

“Well, I guess. His father and I don’t really believe that stuff.”

“He’s doing well then?”

“Sure. He’s one of the happiest people you’ll ever meet. He loves his job and helps kids in a gym.”

Later, as we drove home, I thought of Matthew 10:42. “Mom, remember how Jesus said when we feed someone or give them drink or take them in, we do it for Him?” Mom nodded.

“You did it.”

Now I am the mother of four. Often when my children want to invite friends to our home, I am rushed and tired.

The thought of filling one more empty tummy plus the extra noise and confusion makes me sigh.

One evening one of our farm helpers told me his mom was picking him up at 5:30, so he wouldn't be eating supper with us. I was glad—that night we had just enough for our family.

Some of us had filled our plates when the farmhand came into the kitchen. "Mom is here, but we aren't going straight home. May I please have something to eat?" he asked.

I eyed the barbecued beef croissants with cheddar cheese and figured we could spare one along with some vegetables and baked apples. "Sure," I said while I filled a paper plate for him to take with him.

Like *Oliver Twist*, he asked, "More, please?"

He was looking at the croissants. I knew three more people had to be fed, including myself, and that he would be home soon, where his mother would feed him again. I'd like to say I graciously offered this hardworking young man my portion, but instead I told him that we had not all had our servings. The minute he left, I felt guilty. Of course when everyone was full, one croissant was left. I hadn't remembered the lesson my mom modeled for me. I had to ask the farmhand's forgiveness, which he readily gave.

The next time I hope I will remember the benefit to one small boy through my mother's kindness and say, "Sure, have all you want. God will provide!"



* *Not his real name.*

*“Whatever you
did for one
of the least of
these . . . you
did for me.”*

Matthew 25:40





Teresa A. Sales

During her years as a pastor's wife, Teresa Sales was also a career journalist and editor while assisting her husband with community outreach and youth ministry. They live in Pueblo, Colorado near their four adult children. This article originally appeared in Praxis.

Pulling Up Roots

Pulling up roots can be a difficult process, whether it's the long tap root of a weed invading your garden or the dentist extracting an aching tooth. The most distressing kind of root-pulling, however, is experienced emotionally. Saying good-bye to dear friends and family, leaving a home which has taken on the perfect atmosphere for your family, casting final glances at favorite scenic sites, turning the key for the last time in the lock of a favorite church where you have experienced defeats and victories in the Lord's work—these are painful emotional experiences.

Most of us knew when we made the decision to serve the Lord full-time that we would never be able to put down deep roots. We realized that our roots would have to be strong but mobile. The excitement and joy of becoming co-workers with the Lord eclipsed the negative aspects of the ministry. It was easy to minimize the trauma of frequent moving—until the first time we had to do it.

As one who has moved 24 times in 34 years of marriage, I don't even have to close my eyes to visualize the physical upheaval of moving. A number of boxes from our last move, marked "to be filed," still occupy prominent space in what I refer to as "the Sabbath School room" or "the storage room" in the lower level of our home. (My husband has other uncomplimentary names for that room, but he is glad the room has a door that remains closed most of the time.)

We've shed a lot of tears about moving. Even the districts which were particularly challenging were hard to leave. We care deeply for our members and become involved in the communities we serve, so moving means saying good-bye to good friends both within and outside of the church.

Family decision

The pastor and his wife make a deliberate decision to become workers. But what about their children? Children don't choose the family into which they're born, and they rarely

have anything to say about where they will live. Often PKs who have experienced a tough time growing up will point to one move which was especially difficult for them.

As our children grew older, we included them in family councils to decide whether to accept a call from out-of-state. Many of the moves that the pastoral family makes are within the conference they serve, and the decisions about moves are made by the conference committee after seeking direction from the Lord. It is important that both the minister and his wife believe strongly that the moves determined by the conference committee are from the Lord. If parents are resentful about a move, the children will pick up the same feelings, regardless of their ages.

Infants and pre-schoolers

Even infants are aware of their surroundings and especially of the emotions of the adults who hold them close and care for them. The mother's stress may be communicated to

her infant by the way she communicates with others as she holds her baby. Some even suggest that stress is transmitted through the mother's milk to a nursing child. Although the move itself naturally disrupts the baby's world, it is helpful if the parents can spend quiet time with their little one, reassuring him that everything is all right with the adults he depends on.

What about the pre-schooler? His world revolves around his mother, father, and siblings, but he has also become attached to his physical surroundings. He is disturbed when, upon entering his bedroom, he finds a familiar toy or blanket missing.

While his parents become increasingly aware, as they survey the growing mountain of boxes, that everything that goes into a box must come out, the toddler doesn't understand that fact. He is sure he will never see his treasures again. Be sure to leave out the toddler's favorite toys, pillow, and blanket when you are packing.

The pre-schooler has made friends with other youngsters in the church, and these friendships have begun to mean a lot to him. Give the toddler time with his friends before you leave. Perhaps his playmates' mothers will offer to keep him a few afternoons while you are packing, giving you unencumbered time to sort and label, and giving him memories that he will cherish.

Pre-schoolers adjust easily to new situations. Usually they make friends upon contact. As long as their parents give them emotional reassurance, and as long as they can go to sleep with a treasured toy, their world remains secure.

School-age and older

School-age children face different problems. They not only have friends, but they have a familiar school setting. They know what to expect from their teachers; their routine is established. Now, everything they depend on is being disrupted.

Moving is especially hard for juniors, who are beginning to experience a lot of emotional support from their peers, as well as some pre-adolescent turmoil. A move at this time can be seen by the child as just another sign that his parents care nothing at all about his feelings.

Moving may be easier for families that do things together, such as hiking, swimming, rock-collecting, or other activities. We always discuss each move as though it will be the biggest adventure we have ever experienced. When we find out where we'll be living, we get out maps, atlases, and the encyclopedia and look for nearby parks, scenic attractions, special festivals, or other area events.

One time we moved with four school-age children from northeastern Iowa, where they were extremely happy, to Oklahoma. Our pre-move research uncovered only one paragraph in the encyclopedia about our new surroundings, indicating our new hometown hosted a yearly rattlesnake roundup! Only our junior-aged son was happy about this information. When the truck came to pick us up in February, the banks of snow in front of our Iowa home were shoveled back nearly as high as the moving van. As we drove south, spring became more and more evident. When we reached our

new home, the grass was green and robins hopped around on the lawn. The change lifted our spirits immeasurably.

We encouraged our older children to write to their friends to keep in contact. Several times we made trips back to former pastorates so the children could renew acquaintances that had meant a lot to them, and we encouraged our former members to come and visit us. We exchanged pictures, scrapbooks, clippings, tapes, and phone calls with treasured friends.

It is important for children to realize that friendships in the ministry are not cultivated only to gain the confidence and support of members. Friendships with Christians are for eternity, and the opportunity to make many of them is one of the extra bonuses of serving in the ministry.

There is one more type of uprooting that my husband and I will experience whenever our next move occurs: leaving behind one of our own children. As we have grown older, our children have married and established homes of their own, but up until now they have moved away from us. For the first time we will experience the sadness of saying good-bye to a child who has established her own home in the town we will be leaving.

Each move the pastor's family makes must be made within the perspective of that final move, that week-long trip through space to heaven. In light of the home and companionship which wait for us at the end of that move, the pain of earthly uprootings seems bearable.





From Tanzania, With Love



Edited by Gina Wahlen

Gina Wahlen has been a pastor's wife for 24 years, serving with her husband in the United States, Russia, England, and the Philippines. She now lives in Silver Spring, Maryland, where she does writing and editing for several departments at the General Conference.

Mary Kajula was born to missionary parents on June 26, 1949. Although born in Malawi, Mary is Tanzanian. Because her father was a mission school inspector, the family moved to Suji, Tanzania, where Mary attended the Suji Mission School and later attended the Bugema Secondary School in Uganda. She studied education at the Teachers College in Morogoro, a government school located in the central part of Tanzania.

For the past 30 years, Mary has taught in Tanzanian government elementary schools

and now serves as the director of the Women's Ministries, Children, and Family Life Departments at the Tanzanian



Union office. Her husband, Pastor Joshua K. Kajula, is the president of the Tanzania Union. The office is located in Arusha, a city of northern Tanzania surrounded by some of Africa's most famous landscapes and national parks.

Mary met her future husband while attending the Suji Mission School. Both Mary and Joshua enjoyed sports, but in different ways. "He enjoyed watching, and I enjoyed playing netball and football," said

Mary. "So from there we became friends, and the friendship led us to marriage."

The couple married at the Heri Adventist Mission in 1969, and the family grew to include three beautiful daughters—Glory, now 38 and married; Enid, now 35 and married; and Suzy, now 28 and single.

Mary enjoys visiting with women in their homes and praying with them. She is also happy to do what she can to help the women with problems that they face.

In addition to ministering to other pastors' wives, Mary also reaches out to help those





who do not yet know about Jesus. Remembering one man in particular who was helped with basic necessities and was so grateful that he nearly fainted, Mary advises, “As pastors’ wives, our focus should be first on giving people food, clothes, or even some money, and then we tell them about Jesus.”

Like most pastors’ wives, Mary has had times of discouragement. She remembers when “my husband was a leader where the people were always complaining and calling my husband names. I got tired of hearing this, so as my husband went out for his usual visitations, I sat at home on a couch, waiting for him so I could tell him to quit the job. But then a visitor knocked at the door. He said very few words and left.

Afterward I found myself quite calm. I learned that it was an angel who visited me to strengthen me, so that I might also strengthen my husband. Since that day I have become so strong, and it has really helped my pastor husband a lot. We work very cooperatively with people now more than ever.”



Mary has also learned that it’s good to be prepared for anything—such as being asked to preach with very little notice. “I asked the Lord to give me words to say, which He did, but I also learned a lesson,” she recalls. “The lesson is that church members expect much from pastors’ wives, and we should be well prepared for God’s work all the time, so that when we are asked to present or do something, we will be ready.”



Mary and Joshua will celebrate 40 years of marriage this year, and they are still in love. “I love my husband because he understands me,” Mary says. “He is always there when I need him, he cares for our children, and most of all, he loves God’s work.”

And as much as she loves her family, Mary loves the Lord even more. “I love my Jesus more than I can write on this piece of paper,” she wrote to Shepherdess International. “He has been very close to me, as though I am the only human living. I’ve seen His great hand so many times. Without Him, there’s no life for me—in my life, my problems, my husband, my children, or His work. He guides me. He is a true friend to me.”

Note: Logo compliments of Antonio Brito from North Coast Mission in Northeast Brazil Union, South American Division.

Typical Sabbath Meal

Sabbath is a resting day where we don’t work or cook, so we normally prepare the meal on Friday. Here in Africa, mostly Tanzania, the most common food is rice or ugali (ugali is maize flour). This can be enjoyed just after it has been cooked and while it is still hot. We add more things to the diet to make the Sabbath an enjoyable day. Here is what I prepare on Sabbaths:

1. Rice
2. Peas, or beans or stew from tomatoes, onions, garlic, and carrots
3. Salad with cucumber, tomatoes, bell pepper (capsicum), cabbage and carrots
4. Juice (I like making homemade juice)
5. Fresh fruits



Simple or Careless?



Patricia Navarro de Márquez

Patricia Navarro de Márquez and her husband, Jonathan, work in San Andrés Island in Colombia. She holds a degree in textile design. Patricia and Jonathan write a Sabbath School program help series, which is published in Colombia.

It was a hot day in February. My husband and I were in front of the house where we would live, our new district. Everything was new for me. It was the first time I had lived in a small town. All of my life had been spent in the city where I was born. I thought for a moment, “This is a challenge for me. How do these people live? How do they dress? What are their customs? Will it be necessary for me to live, act, and dress differently from here on out so the church members will like me? Maybe it will be necessary for me to be something that I don’t want to be.”

The pastor’s wife should be simple in all aspects because everyone looks at her. That is to say, they notice her house, her clothing, the words she speaks, the way she acts, how she walks, etc., but where does simplicity begin and carelessness end?

Does being simple mean that the house shouldn’t be nicely arranged or clean? What about personal appearance? Does she always have to dress in gray, have her hair pinned up and not fixed, have dirty fingernails, not take care of her skin, and use dress styles that are obsolete? Is it a sin to use perfume or to care for her skin, hair, and clothing? Let’s see what the Bible has to say.

First Timothy 2:9 says: “I also want women to dress modestly, with decency and propriety, not with braided hair (fancy hairdos), etc.” I believe that the Bible teaches us that the women’s attire is very important without being exaggerated or extravagant.

I am especially drawn to one of the beautiful books of the Bible, Song of Solomon. One text reads, “Behold, thou art fair, my love; behold, thou art fair ...” (4:1). These were the husband’s words as he praised

his beloved. How he loved his wife’s physical beauty! She had a wonderful combination of qualities. She was intellectual but manually skilled. She cared for herself and took special pains to look good when she was with her husband. She wasn’t just a good example for him, but also for the women of that time. She was a virtuous woman, as described in Proverbs 31:10-31.

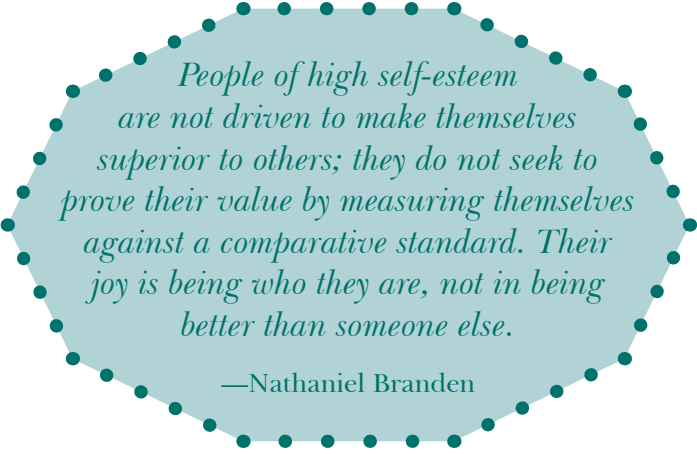
The Bible tells an interesting story in the book of Esther. It happened at Shushan, the capital of Persia, during the reign of Ahasuerus. In Esther 2 we read about a young woman named Esther. The king liked her, but first she had to have “beauty treatments” for 12 months—six months with myrrh oil and six months with sweet perfumes and feminine creams (verse 12). The result was that the king fell in love with her, put the royal crown on her head, and made her queen (verse 17). The story has a happy ending as it tells of

her courage and consecration to God, her intelligence and care. It presents the reasons why she is one of the most admired women in the Bible.

The Lord, through the apostle John, made a comparison when He referred to the New Jerusalem: “And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband” (Rev. 21:2). What a beautiful comparison! Each time that I think of this verse, I am glad to know that God likes beauty. He made everything wonderful. He made us very special. I know we have many imperfections, not only external but internal, but we must not forget that as Christians, we should be an example to others. We should be careful about our attitude toward others. We are read as letters, so we should be careful how we present ourselves to others.


Being in that district with my husband helped me present my best image as a pastor’s wife. But above all else, we need to be ourselves. We need to be authentic. We must remember that the church is concerned about our appearance, our home, our person, even the way we eat (we should be as healthy as possible). We are an example to others.

As a pastor’s wife, you are admired not only by your husband but by your church. I hope that all aspects of your life influence others for good. Remember, we are distinguished, along with our husbands, as ambassadors of the celestial King.



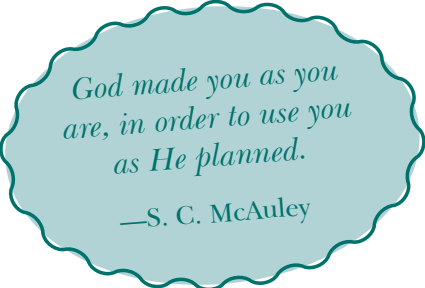
People of high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves against a comparative standard. Their joy is being who they are, not in being better than someone else.

—Nathaniel Branden



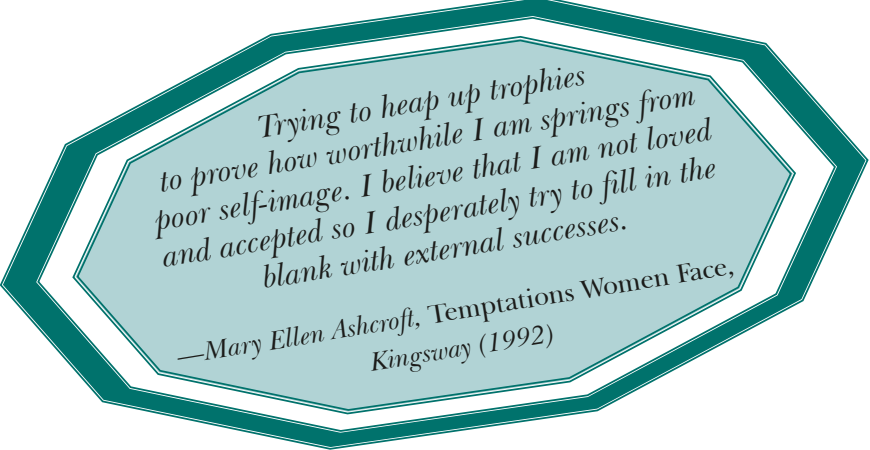
Self-respect is the key to self-esteem. We cannot hope to feel good about ourselves unless we are living a life that respects our own values.

—Gael Lindenfield,
Self-Esteem



God made you as you are, in order to use you as He planned.

—S. C. McAuley



Trying to heap up trophies to prove how worthwhile I am springs from poor self-image. I believe that I am not loved and accepted so I desperately try to fill in the blank with external successes.

—Mary Ellen Ashcroft, *Temptations Women Face*,
Kingsway (1992)

Biblical Womanhood: When “his ministry” doesn’t seem to be yours



Delina Pryce McPhaull

Delina Pryce McPhaull is a stay-at-home mom who uses her son’s nap time for blogging, writing, and photography. Her husband, Benjamin, is an associate pastor and founder of Quarterlife Ministries in southern California.



Sarah K. Asaftei

Sarah K. Asaftei is the Assistant Director of CSPS (Centre for Secular & Postmodern Studies) at the GC Adventist Mission Office and is the Marketing Director for tedMEDIA productions. Sarah loves to travel and is looking to visit her 30th country later this year. She’s a missionary kid, writer, speaker, active blogger, former Bible worker, and radio host, and serves in women’s ministries at her husband’s church in the metro Atlanta area. They are excited to celebrate six years of marriage this spring.

Sarah Hi, I’m Sarah. As a pastor’s wife in my late 20s, I’ve often heard other ministers’ wives in my generation express regret or even antagonism toward their husbands’ career.

“It’s *his* job, not mine! *His* congregation, not mine. *His* calling, not mine.”

It’s natural to struggle against our own hearts. Some of us don’t *want* to be called. We’d like to let all the divine calling be for our husbands.

Admittedly, being a pastor’s wife has its unique challenges and joys. It’s not like being the wife of the banker or doctor or even the plumber. People watch us, measuring our performance against their own (often unreasonable) expectations. And let’s be totally honest; the life of a

pastor’s wife can occasionally be downright inconvenient, getting in the way of our plans, our dreams, and our visions of how marriage and family life would be.

In this generation we’re often trapped between culture and our biblical calling. Society says we can have it all—the career, the kids, the home—but never urges us to ask God what *He* calls us to be.

Before we can begin to acknowledge, accept, and even embrace our role and calling as pastors wives, we must first find our identity in biblical womanhood.

And it’s not easy. In fact, it’s counter-cultural. World culture urges women to be self-serving, self-involved, and self-absorbed. We just call it independence, ambition, and

confidence. It’s a daily struggle to reject contemporary culture and surrender first to God.

Proverbs 31 describes the biblical woman as someone who isn’t afraid to work with her hands, and who loves serving people. This woman is strong, loves beauty, and stays organized. She’s someone who blends kindness and capability so well that her husband’s reputation is built up because of how she acts. Everything she does enhances the lives of those around her.

Heavily influenced by the feminist movement, today’s society tells us to protect ourselves. Be independent. Focus on our own needs first. Look out for ourselves, because if you don’t take care of yourself, who will? But Scripture says we are created to serve each

other. Live for the well-being of others, and the church. Set aside our wants for the good of other people. And submit ourselves to the authority and leadership of the man God placed at the head of our households. Ouch!

As biblical women we *choose* to live differently than other women around us. Different attitudes. Different priorities. Different expectations of ourselves and others. It's about sorting through our culture, and taking only the best and most biblical. It's about holding tight to what is good.



Delina

It's a high calling, I know. Wait! Let me introduce myself. I'm Delina. As a pastor's wife in my early 30s, I've often thought it would be much easier to embrace biblical womanhood if I was married to someone other than a pastor. As Sarah discussed, we can all think of plenty of reasons why being a pastor's wife might be undesirable, inconvenient, annoying, or our husband's

call to ministry. At face value, you can live your life resenting your husband's call to ministry, or you can choose to step it up a notch. Or maybe a few notches.


But what does this look like? It might be that you won't allow your career aspirations to compete with his. It might mean you'll intentionally seek out friends in unexpected places when you live someplace you don't want to live, away from family, friends, and anything familiar or comfortable. It may mean that you'll ask God for a heart change when you're resentful because you're moving away from each district just as you were finally beginning to feel at home and make friends. I don't know what it'll look like for you. But God does. And I know that when you submit your dreams and desires to Him, you can be assured that His plans for you exceed your wildest imagination. They're good.

Trust that He has a plan to use your gifts, skills, experience,

knowledge, and interests. More importantly, know that He's intensely interested in molding you into the woman He created you to be.

I will never forget the words of one wise woman who, during our time in seminary, told me: "God brought you together, so always know that your husband's calling and your calling will never lead you in opposite directions."

The next time you experience something very frustrating, I invite you to step back and ask God to change your heart and your perspective to better reflect His plans. Ask Him to help you figure out what to cling to and what to let go of in your life.

No, it's not easy to set aside your own desires and take up the role as helper, encourager, and partner in ministry. But it's what the awesome, infallible, infinitely wise, and providential Creator of the Universe designed for *you*. He's entrusting this awesome task to *you*. It really *is* your calling too. 

How to get inner peace ...

A friend sent me an article that said the way to achieve inner peace is to finish things you've started. It's definitely working for me. I am now making a point of always finishing whatever I've started, and I think I am well on the way toward finding inner peace.

Because I care for you, I am passing this wisdom on to you. Here are the things I finished today:

- * Two bags of crisps
- * A strawberry cheesecake
- * A packet of chocolate biscuits
- * A bottle of non-diet fizzy drink
- * A small box of chocolates I found under the sofa from Christmas.

I think I feel better already!



Rae Lee Cooper

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.

The Fine Art of Hospital Visitation

Timing is everything.

Hospital visiting hours are primarily for the benefit of the patients. While patients are encouraged and cheered by visits from family and friends, designated visiting hours are often planned in such a way as to have the least chance of coinciding with patient care, rest, or procedures. By honoring the visiting hours, you are actually helping the staff care for your family member or friend.

Knock before entering.

The polite and proper thing to do is to knock at the door of the patient's room and announce your name before entering. You might avoid entering at an inconvenient time and thus creating embarrassment for you and the patient. Even hospital staff is required to announce

themselves before entering a patient's room.

Smiles required.

Check yourself at the door. Have you come to be cheered up or to bring cheer? The patient's condition may be serious, and you may be very concerned. However, remember that "a merry heart doeth good like a medicine" (Proverbs 17:22). You are Christ's ambassador of hope and encouragement, "His dose of "good medicine." Entering the room with a pleasant expression and even some colorful flowers may do more than you realize to uplift the mood of the room and encourage healing.

No sad stories allowed.

Visiting time should be centered on the patient. Ask how she/he is feeling. In most

cases the patient will be happy for the opportunity to talk about the experience of being sick because for most this is not a usual occurrence. However, it is important to remember that this is not the time for you to tell of your great aunt or grandpa who had a similar illness with all the complications and trials involved. Patients who are sick enough to be in the hospital often cannot process someone else's misfortune while they are struggling to cope with their own situation.

Keep it short.

Hospitals generally are not known as spas or places of restful retreat. There is usually plenty of activity and noise in the hallways from hospital personnel, patrons, and paging systems—not to mention sounds from adjoining patient

rooms—so much so that your friend or relative is probably finding it difficult to get a good block of time for sleep, even at night. This situation, plus the illness or injury the patient may be experiencing, can cause him or her to tire very quickly. Your visit is important, but a short visit is recommended. Be aware of the patient's condition during your visit. Are he or she yawning? Looking pale and weary? Not speaking much? Look distracted? Drifting off to sleep? Struggling with pain? In most cases, a 15-minute visit is long enough. But depending on the situation, a shorter or longer visit may be advisable.

Not a good time for a party!

At times visiting guests will converge on a patient in groups. Usually this is not a planned occurrence. While your friend or relative is blessed to have such concerned, caring visitors, remember that the focus of the visit is on the patient. This is not the ideal place for work or social discussions by the visitors among themselves. Patients tire more quickly with group visits. Sometimes the noise of a group is disturbing to other patients and the staff. This is another instance where a shorter visit is recommended.

Leave your medical degree at home.

Often we can be tempted to share our amateur medical knowledge with a sick friend or relative, especially when they are such a captive audience. Any serious suggestions you may have can be shared quietly with a close family member of the patient. Suggesting to the patient he or she may not

be receiving the best of care will only add worry and stress to an already tense situation. Similarly, a hospital visit is not the time for lectures on what the patient *should* have done to avoid getting sick (or injured) in the first place. Let the primary focus of the visit be to encourage and support.

When hospital staff enter the room.


Should a doctor, nurse, or any other member of the staff enter the room, it is appropriate for a visitor to ask, "Should I step out for a moment?" Such a suggestion shows support and respect for staff responsibility and gives opportunity for privacy to the patient and opportunity for him or her to fully focus on what medical attention is needed at that moment.

End the visit on a positive note.

"May I pray with you before I leave?" Most patients feel comforted by a prayer on their behalf. Remember to ask if there is something specific the patient would like prayed for. Often there are real worries and concerns not expressed during

the visit which, once prayed for, may significantly decrease in intensity. The reading of a Bible promise is often well received too. Depending on the situation and your relationship with the patient, it might be appropriate to ask if there is something you could do to help or offer to leave a phone number where you can be reached in the event of a need.

"I was sick, and ye visited me" (Matthew 25:36).

It is our pleasant duty as members of Christ's family here on this earth to care for one another. Sickness and injury can cause discouragement, uncertainty, and loneliness to the sufferer. The hours spent in recovery can be long and wearisome. We are therefore commissioned to be heaven's voice of comfort and hope. Visiting the sick may take a little time out of our busy schedules, but the potential for good is beyond estimate, both in encouragement and healing of body and spirit. Following a few simple guidelines can help to ensure a more positive experience for both you and the patient. 





Introducing “Ask Anna.” The Bible tells us about a godly woman named Anna, who worshipped in the temple and recognized the Savior when He was still a babe in the arms of Mary. We would like to introduce you to our own “Anna”—a wise and godly woman who has, with her pastor husband, served the Lord for many years. In this column, Anna will address your questions and concerns. Send your questions to “Dear Anna” c/o Shepherdess at 12501 Old Columbia Pike, Silver Spring, MD 20904, USA, or email: lowes@gc.adventist.org.

Dear Anna,

My husband and I have been married for three months, and he will soon be the only pastor in a two-church district. I am not sure what my role as the “Pastor’s Wife” should be. I hear so many conflicting ideas. I need some guidance.

First, I’m delighted for you! What a privilege it is to serve God, the members of His Body, and the many people who live within the boundaries of your district!

Next, let me ask you: Just who are you? What are your interests, abilities, education, and history? What makes up the package called YOU?

Now look at your personality. Are you outgoing? Shy? Somewhere in between? Let God stretch you beyond what you consider your limit—as you depend totally on Him.

Finally, consider what God has called you to do. Ask Him! Then spend some time exploring it with Him, and take notes.

You are God’s beloved daughter who has married a pastor. Because every member is a minister, you will want to find your place in ministry for God. Allow

Him to move you at His pace. And because your husband, whom you love dearly, is the leader of this group of ministers, you will want to support him. One of the most important ways to support him is to pray earnestly for him. And remember to appreciate him and his efforts for God.

Dear Anna,

We are ministering in a difficult church. I often hear sharp words about the pastor. Of course I know his strengths and weaknesses—some of what they say has some merit, but some does not. How should I respond when I hear criticism about my husband? And should I pass the criticism on to him?

My heart goes out to you as you describe a tough situation. Ask yourself, Is a critical spirit the personality of the church? Or is it the nature of one or two individuals? Remember, the same individuals probably spoke cutting words about the previous pastor—and the one before that.

Please don’t take the burden onto your own shoulders. We have a wonderful God, whom I sometimes call my “Warehouse Man.” I hand

off the trouble to Him and ask Him to deal with it. Prayer! Much prayer is essential—for your husband, and for the adversary! Then, don’t dwell on the problem. Thank God that He will care for it and continue to thank Him with a smile on your face. It is amazing how a smile can tell your body and your mind that you are not stressing.

Talk to your husband during a time that is free from criticism. Discuss how he and you will relate to disapproval. Ask him if he feels a need to hear the criticisms. Create a plan of action. However, let insignificant criticisms roll off. Simply say to yourself, “Hmph! This is not worth worrying over!”

But how should you respond when *you* hear? If the critical person is speaking to you, in a gentle way ask the person criticizing to speak directly to your husband—not to you or to others. You might remind them that each of us has strengths and weaknesses. As part of the body of Christ, we must lift where another is weak. Model love, forgiveness, and kindness to the critical individuals. That will take a miracle—that will take the power of God!





Shepherdess International News

North American Division

Georgia-Cumberland Shepherdess Meeting:

Pastors' wives in Georgia-Cumberland had a Shepherdess Retreat in October 2008 at Cohutta Springs Camp. The featured speaker was Sharon Cress, and the ladies enjoyed good fellowship.



*Marilyn Wright,
Shepherdess
Sponsor for
Georgia-
Cumberland
Conference*



Saturday-night pajama party



Small group sharing fun and fellowship while hiking at the Georgia-Cumberland Shepherdess Retreat

Mountain View Conference Camp Meeting Shepherdess Meetings:

Pastors' wives in the Mountain View Conference, gathered together one evening during camp meeting at the Conference Center of the Valley Vista Adventist Center in Huttonsville, West Virginia. A lovely luncheon was provided by the Mountain View Conference president, Sherry Blundell. In addition to the delicious meal, a bubbling fountain flowed with sweet punch. Everyone in attendance received a goodie bag along with a cup and saucer with an herb tea packet. The guest speaker, Evelyn Kissinger, spoke on the topic, "Rest for the Stressed," which included tips on how to stay healthy in the midst of a hectic life.



The Mountain View Conference Shepherdesses enjoy receiving their beautiful gift packs.



*Evelyn
Kissinger,
guest
speaker from
Michigan
Conference*

South Pacific Division

Shepherdesses Attend Children's Ministry Expo and Worship Summit at Fulton College, Fiji:



Worship conference leaders and participants gather for group photo during the last day of the conference at Fulton

Shepherdesses throughout the South Pacific Division were "greatly blessed" by attending these special meetings held at Fulton College, according to Momoï Sausau, Shepherdess coordinator for the region.

During the children's expo, participants learned how to make the Bible "come alive" through various activities and resources, including how to create crafts from scratch. Topics such as "Faith Begins at Home" and "Family Worship" were also addressed. "I want to thank the Lord and the leaders responsible for the children's expo for giving me the opportunity to attend the workshops," said Naly Qwero from Vanuatu. "I know [this] will enable me to be more effective in my ministry to children."

One of the major features of the program at the worship conference was the

involvement of every delegate in a worship planning team, where they planned and led one of the worship services at the conference. Each team had access to a number of resources to help in their planning, including a mentor and a core team of musicians and technical supporters.

Janet Tiingia from the Solomon Islands seemed to sum up the feelings of the Shepherdess group when she wrote, "Thank you so much for helping us to learn something that will help us to support our husbands in their ministry. This program makes us, the pastors' wives, come together to encourage each other in what we will do in the field. I just want to say thank you so much for the privilege that you gave me to join this program. I was so blessed."

Southern Africa-Indian Ocean Division

Zimbabwe Shepherdesses Continue Serving the Lord:

In spite of civil unrest throughout the country of Zimbabwe, Shepherdesses have continued with a wide variety of ministry and outreach activities. In the West Zimbabwe Conference, a group of 15 Shepherdesses conducted "MEGA Crusade 2008," sponsored by the Ministerial Department. At the end of the crusade, 31 people were baptized. A separate crusade led by Mrs. E. Sithole and sponsored by the Shepherdess organization resulted in 42 baptisms.

The West Zimbabwe Conference also offered an in-reach health training seminar by a number of health officers

as well as Pastor I. Gwizo, the Union HIV/AIDS departmental director. The seminar was well attended by the WZC shepherdesses.

Shepherdesses in the East Zimbabwe Conference have also been active with numerous activities. Two cooking schools were held in April, where Mrs. Garwe and Mrs. Marovha taught vegetarian cooking, bread baking, and preparing soy products.

Mrs. Marovha also conducted a seminar on counseling for community service ladies. Many of those attending the seminar remarked on its success.

Two Shepherdesses, Mrs. Marunze and Mrs. Muzira, were trained by the "Population Service International" (PSI) group to lead out in parent-child communication seminars.

Another Shepherdess, Mrs. Mbiriri, led out in a pre-campaign crusade in Bindura, where she distributed a large amount of free literature and Voice of Prophecy Bible lessons.

In the Central Zimbabwe Conference, Shepherdesses conducted "Tri-District Ministerial Enrichment Seminars" for the wives of church elders. The seminars covered the Kwekwe East, Kwekwe West, and Redcliff districts. The seminars were well attended by the elders' wives from the three districts. The Shepherdesses took turns giving presentations on the importance of an elder's wife.



West Kwekwe District



East Kwekwe District



Redcliff District

Zambia Union Conference Report:

Shepherdesses in the Southern Africa-Indian Ocean Division (SID) are "on fire for the Lord," according to Mrs. Marie Denise Ratsara, Shepherdess coordinator for the region. Most recently, the Zambia Union Conference reported that over 150 Shepherdesses attended a Bible conference held at Rusangu. In addition, approximately 800 donated Bibles for prison ministries and other activities have been distributed, and five electric



Zambian Shepherdesses fellowship together



Avinat Chitebeta, Zambia Union Shepherdess Coordinator and Denise Ratsara, SID Shepherdess Coordinator



Zambian Shepherdesses fellowship together
sewing machines have been placed in needy areas where they will best be used.

The SID has developed an action plan with several initiatives and is encouraging all Shepherdesses throughout the region to participate in the implementation of those plans. The initiatives include:

1. The Zachariah Project (Evangelism). Evangelistic meetings will be held for female prisoners within the Central Zambia Conference.

2. Epaphras Ministry (Prayer). Shepherdesses are establishing prayer partners throughout the area and are also planning for special days for prayer and fasting.

3. Paul's Method (Training). Pastoral spouses will be given training in preaching, prayer sessions, etiquette, flower arrangements and design, and establishing the "Zambia Union Conference Shepherdess International Training Centre."

Madagascar: Recently pastors and wives gathered for meetings in Madagascar.



Meeting together in Madagascar

Southern Asia-Pacific Division
Busy in Bangladesh:

Many pastors and Shepherdesses have been busy soul-winning for Christ. For example, a new church is being established in the village of Patagazir. Many people in the village want to know about Jesus, but there has been no Adventist teacher or pastor until now. Recently, more than 150 people attended evangelistic meetings held in someone's yard. Mrs. Cecilia Kisku, Shepherdess coordinator of BAUM, along with Pastor Chambugong and Lucena Chambugong, were at the meetings where 54 of the attendees were baptized. "Everything was well there, so we thank God," reports Lucena.



Many listen as Cecelia Kisku preaches at the Patagazir in Bangladesh



On the way to evangelism meetings in Patagazir, Bangladesh

SI Evangelism at Monosapara Adventist Seminary (MAS) in Bangladesh:

In the Bangladesh Union Mission, the Shepherdess group held an evangelistic meeting at

MAS from July 24-27. Getting there involved crossing rivers in wide canoes. Many attended the meetings presented by the BAUM Shepherdess leaders and enjoyed the special songs presented by various groups. Awards were presented to 13 women and pastors for their excellent work throughout their territories. In addition, 35 people accepted Jesus Christ as their Savior and were baptized in the nearby river.



North Bangladesh Shepherdess Coordinators



Thirty-five people were baptized as a result of the meetings at MAS



Participants at the MAS Meetings in Bangladesh Union Mission

West-Central Africa Division



Angele Nlo Nlo, WAD Shepherdess Coordinator, speaking at the Leadership Training Seminar at the East Nigeria Union Mission

Check out our Web site:



Shepherdess International

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*Welcome to our virtual home.
We're glad you stopped by.*

As a clergy spouse, you most often act as a hostess, responsible for entertaining everyone from the leaders to the least. Here at Shepherdess International, however, we would like to offer you a respite, a place where you can be spiritually fed, emotionally nurtured, and physically relaxed. Within our enclave, we want to provide an ambience of support and understanding. So take off that superwoman cape and make yourself comfortable.

We hope you find your best friend, Jesus, here. We also hope you experience His guidance as you claim the assurance of being His beloved daughter. And, we hope you find here candid snapshots of life in the parsonage—that enchanting temporary home we have hopefully learned to love.

If we don't meet personally here on earth, let's plan to meet around Jesus' supper table, at that magnificent dinner He's planned for us—the one where the pastors wives won't have to cook or clean up!



Sharon Cress
*Associate Secretary, GC Ministerial Department
Shepherdess International Director, Ministry to Clergy Spouses*

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