



The Journal

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A Shepherdess International
Resource for Ministry Spouses





Editor's Musings

Dear Ones,

In the classic story, "The Incredible Journey," three beloved pets trek hundreds of miles to find their way safely home. Faced with difficult circumstances, injuries, and detours, they eventually reach their destination safely.

As ministry wives, we can often relate to those little animals' saga. We also know the urgency of making our way back to our homes. When the going gets tough, when we don't feel well, when we need encouragement, we instinctively know to "head for home." It seems that no matter where we are or what we are doing, there truly is "no place like home."

This became a reality to me a few weeks ago when, on an itinerary far away from my own home, I became very ill. In His goodness, God kicked in some of His beyond-human strength, and I was able to continue and finish my trip. God abundantly blessed. But then I began the long trek home. Sick as I was, miserable as I was, weary as I was, the focus was to get home. Home is where healing takes place and where refreshment and nourishment are abundant.

During what seemed like endless flights and connections, in the darkness of the long ride, it occurred to me that as focused as I was to make it to my home, there was a longer and better journey: when we make our last trip to our heavenly home. No matter how difficult our days on this earth have been, no matter what illness or heartache or crises we have endured. No matter what discouragement and despair we have experienced, it will all be okay when we arrive Home. Walking through our new front doors, we will finally eternally enjoy all the safety, security, good health, good times, paid for by our Wonderful Jesus.

See you there!

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Special News Flash!

Shepherdess Moves into King's House



Patricia Allen

Life is full of surprises. One day we are leading a quiet, simple, “normal” life. The next day we are catapulted into the limelight, sharing life with a head of state and walking on an even tighter rope. Such is the experience of Denise Patricia Allen.

“Patricia,” as most people call her, is the wife of Dr. Patrick Allen, who until recently was the President of the West Indies Union of Seventh-day Adventists with headquarters in Jamaica, West Indies. Patricia was the Shepherdess Coordinator. Then the unexpected happened.

When the Prime Minister of Jamaica summoned Dr. Allen to a meeting, the possibility of being appointed Governor-General of Jamaica had never entered the pastor’s mind. The announcement of his appoint-

ment as the next Governor-General of the nation stunned the administrator of the Seventh-day Adventist church. The Governor-General of Jamaica represents the Queen of England (Queen Elizabeth II). The Queen, on the advice of the Prime Minister, appoints a Governor-General to be her representative in Jamaica.

While the real legislative and executive powers rest with the elected representatives of the nation, not with the Governor-General, the Queen and the Governor-General reserve powers under the constitution to take full control of the governing of the nation in cases of emergency which may require action. The Governor-General also represents the Queen on ceremonial occasions such as the opening of Parliament, the presentation of honors, and



Gloria Trotman

Gloria Trotman is a commissioned minister of the Seventh-day Adventist Church which she has served for more than thirty years and is also a Certified Family Life Educator. In addition to being the SIEMA Coordinator; Dr. Trotman is presently the Director of Women’s and Children’s Ministries of the Inter-American Division. Gloria’s motto is “Making a Difference.”

military parades. As of February 26, 2009, Dr. Patrick Allen will be the sixth Governor-General of the nation of Jamaica.

Following the announcement of Dr. Allen’s appointment, there was a deluge of comments, negative, positive, and ambiguous. While all of this was taking place, Patricia and her husband agonized in prayer to find out God’s will and plan for their lives. Imagine being trapped in a maze of expectations, ambivalence, and suspicion, amid the eloquence of pundits of all types. After consulting with the leadership of the Seventh-day Adventist Church, the Allen’s decided to accept the appointment.

Barbara Ellington*, lifestyle editor of *The Sunday Gleaner*, a national newspaper of Jamaica, conducted a striking interview with Patricia.

The following excerpts of the interview reveal the depth of the feelings of our fellow pastoral wife and spouse of the Governor-General Designate:

Ellington: There has been a lot of talk, particularly about your denominational beliefs, since it was announced that your husband will become Governor-General on February 26. How do you feel about it?

Allen: It is not something that we aspired to, so I truly believe that God had a hand in it; we do not know the prime minister, nor are we close to him. When he asked my husband to take me to speak with him, it was the third time I had met him. The previous times were all at functions that had to do with the work of the church.

Ellington: So how did the prime minister decide to choose your husband to succeed Sir Kenneth [current governor-general]?

Allen: I asked him. I said, “Sir, we are deeply honoured that you have considered us, but I have one question: Why us?” He said, “Maybe it is your God who put it in my head. I need someone who has moral authority to speak on certain issues.”

When my husband told me [about the appointment], I told him I knew him as a man of principle and asked him why he was lying. . . . The next day he told me, and after it sank in, I told him we had to pray about it. He said he had prayed all night but that we should take two weeks to pray some more. He had received the Prime Minister’s permission to discuss it with the church leaders.

. . . My children gave me strength, but my daughter said “Someone once said when you are in a pit and you have a shovel, throw it away lest you dig yourself in deeper.” My son, who lives overseas, reminded me that his father and I had taught them all along to be faithful and love the country and when the opportunity to serve, don’t let what others have to say daunt us. Stand up for what you believe!



Patricia Allen

Ellington: So do you totally support your husband’s decision?

Allen: I totally support him. I am behind him 100 percent. There is not a job description for the Governor-General’s wife, but we have been taught certain moral principles, and I am from the old school where parents taught children to respect everyone. There is not one set of rules for one place and different rules for another. Respect is due all over Jamaica.

Ellington: One concern is that as head of state, but also as a man of religious convictions, Dr. Allen’s views may conflict with the Prime Minister’s? What will happen then?

Allen: I have heard the concern, but if my husband is appointed by the Prime Minister to be just a figurehead, he does not need such an appointment. He needs to be able to think clearly, and I expect that if he disagrees with the Prime Minister, he will speak with him man to man. If he feels so strongly about something that he would have to step down from the position, then he would have to do so. At the end of the day, you are in the position for the people of the country, not for one individual. You have to do what your conscience tells you is right.

Ellington: Are you prepared for the glare and scrutiny of the press and wider public?

Allen: Yes, my eight years of living overseas, plus with my husband serving in a public position, I understand what being in the spotlight can do to you. Criticism is not always bad. You have to look at yourself, examine the criticisms, and decide what to embrace and what to discard, and use that information in a positive way. There are times when some things need to be examined and changed.

Ellington: How did you spend your eight years in America?

Allen: We went for five years, but I was studying when my husband came home. I returned home every month. I did not save much because of that. I wanted to complete my master’s degree, but I had to be mindful of my duties to my husband. I did not stay for graduation because I knew he wanted me to come home. So, as soon as I handed in my coursework and finished my exams, I took

the next flight home. The years were challenging, but we got through them.

Ellington: There has been so much speculation about diet at King's House [the residence of the Governor-General]. When you entertain, are you going to make a rule that there will be no pork in the house?

Allen: I understand that pork is never served there. This is because of all the guests from various cultures. It has never been on the menu at functions because the Governor-General doesn't want to offend anyone. But it is not a sin to eat meat, so other clean meats will be served. My husband and I became vegans more than a year ago. My daughter introduced us to veganism, and we like it. However, I serve meat to my friends, and I still miss fish. We use nuts as a substitute. We are not going to impose our lifestyle on people. Meat-eating is not a sin. There is no salvation in not eating meat.

Ellington: This is another big question from the public. You are Adventists who strictly obey the Sabbath. You know what the gospel of Mark says about man and the Sabbath and even performing good deeds on the Sabbath. Many of the functions you will have to attend take place during the hours you are observing the Sabbath. What do Jamaicans need to know about the clashes between your official duties and your moral obligation to the Sabbath?


Allen: We asked that question during talks with the Prime Minister because we wanted it clear that we are Adventists who believe in the Sabbath. If there is an emergency such as a hurricane, we will be the first ones

out there to help. I am a nurse, and I have had to work on the Sabbath in the past. Events of the State are usually planned between Jamaica House and King's House; since we respect the Prime Minister's day of worship as Sunday, he ought to respect ours as Saturday. We discussed it with him, and I would not expect any significant events to be deliberately scheduled for a Friday night or Saturday.

Ellington: What will your main focus be as the Governor-General's wife?

Allen: I would like to focus on the plight of children who are not getting positive affirmation at home. We must find a way to teach children to love them-

selves. I want to consider issues such as children being left at home alone to die in fires, yet nothing is done to caregivers who are responsible for these kids. Of course, I have to bear in mind what the needs of the country are and some of the projects that Lady Hall [Mrs. Allen's predecessor] started that I can continue.

What an honor! What an opportunity for higher and wider service lies in the hands of our dear sister as First Lady of the nation. We assure Her Excellency the Most Honourable Mrs. Allen of our love and continued prayers. 

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Their Excellencies the Most Honourable Dr. Patrick Allen and Mrs. Allen (center) with their children and grandchildren. Left to right: David; Candice with Jonathan; Kurt with Alexandria.



Pat M. Fretten

Pat Fretten is a pastor's wife from New South Wales, Australia.

A Touch in the Dark

Sometimes when I need encouragement, I think of someone who, although he never knew it, greatly strengthened my faith in ministry. I would like to share Wally's story with you.

It was at his funeral that his story really began to unfold, when John, my husband, began the service by saying, "I loved Wally. He was my friend."

An audible ripple of amazement rolled around that little country church, and tears welled up in Otto's eyes as sad memories of his brother whisked him away back down the years. He, better than anyone, knew what the town's people had always thought of Wally.

As early settlers from northern Europe, Carl, their cruel, overbearing father, had made their lives unbearable. Meela, their poor gentle mother, who never had been strong, attempted to cope with the strict regime he imposed upon them. But despite her determination, the sheer overwork of the farm drove her to an early grave while the boys were still in their teens.

Shortly after, their remaining parent was lost in a logging accident. But Wally, without a

backward glance, stepped determinedly into his father's boots and took over management of the farm. He seemed to thrive on long hours and actually appeared to enjoy inflicting pain on the farm animals. Otto, by contrast, found these cruelties abhorrent and was only too happy when Wally sold the farm.

The inheritance was divided, and the brothers went their separate ways.

Wally found employment in the town's hardware store and quickly became its manager. With the advent of more sophisticated agriculture machinery, Wally realized his future lay elsewhere, and soon he had established himself in a profitable equipment franchise. In a few years, he had found financial security.

But not so for the valley farmers who struggled through severe drought. That's when many discovered the "easy repayments" Wally had talked them into were impossible to make. They watched helplessly as he repossessed their farm implements.

Wally had always enjoyed good health and had little patience with anyone who didn't. He rarely left the valley except

to attend sales promotions for his lucrative business.

As the years rolled on, people began making bets about how long Wally would keep working. "You can't take it with you, Wal," jibed someone good-naturedly. "Why not take a holiday?" One day, much to the surprise of everyone, he did, in the form of a Pacific cruise.

On board ship he made himself surprisingly affable to a lady considerably younger than himself. Wally recognized Sylvia as someone who was obviously quite comfortable herself, and he made no secret of his interest in her, as the dollar signs danced before his eyes.

Sylvia, kindly, gentle soul that she was, felt sorry for this lonely, rather brusque man and agreed to his offer of marriage. She thought her love might sweeten his disposition. They soon returned to his modest house in the valley.

Now that Wally was secure, back on home ground, he soon returned to his old ways, and before long, he had reduced the life of his sweet little wife to one of abject misery.

Weeks stretched into months, and Sylvia found herself unable to cope with his bullying

tactics. Finally she succumbed to a complete breakdown from which she never fully recovered.

The district nurse, who knew about most things that went on in the valley, organized caring ladies to call in and do little things for Sylvia, in an attempt to make her life more bearable. But when Wally discovered this, he became exceedingly angry and refused them entry.

After that Sylvia became somewhat of a recluse and was seen only occasionally, seated woodenly beside her husband when he drove about the valley inspecting his properties.

The years rolled on and it was rare that anyone received more than a grunt from Wally in reply to a greeting.

One morning, late in autumn, he was heard complaining loudly about doctors and their new-fangled ideas of medicine. "I only wanted something for indigestion, and he tells me I should have some tests." He stalked off angrily.

Several more weeks elapsed before his pain drove him back to the doctor. This time he was admitted to the hospital.

It was there that John, my husband, met him for the first time. Wally, a tall, well-built man with a shock of short, white hair, appeared in remarkably good condition for a man of 80, even dressed in hospital attire.

Gazing out of the window, Wally swung 'round when he heard John's cheery greeting. "And who the _____," he began, not bothering to delete his expletives, "do you think you are, sounding so cheerful?" He sat heavily on his bed. "You're that parson feller." He eyed John suspiciously. "Well, don't bring any of your parsoning in here!" He turned his back,

clutching his side, obviously in pain. "Never had any time for it. Never did anybody any good," he gasped angrily.

John, realizing Wally was in no mood to talk, gently touched his shoulder, promising to return the next day.

"I won't be here," he snapped. "They're shipping me down the track," which was the locals' way of describing treatment in the city.

"Well, I'll look forward to seeing you later on. I'll be thinking of you while you're away."

John stopped by the hospital every day, but it was more than a week before one of the Sisters told him that although Wally was back in his room, he had been diagnosed as terminal. But she didn't prepare him for the sight of Wally lying hunched against the pillows with a kidney dish propped in the crook of his arm. His face was now yellow, his sunken eyes leaden in watery sockets. Gone was the bluster and bravado and in their place lay a very sick old man.

"Well, did yer?" Wally began. "I bet yer never thought of me once," he said, curling his lip.

John pulled up a chair and sat down quietly. "Yes, I did, Wal, you have been in my prayers continually."

But his assurances were brushed aside. "Fat lot of good your prayers did. Oh, where is that nurse?" He groped for the buzzer. "Well, yer prayers never did anything for the pain, and they operated and everything, but it was not good!"

Tears coursed uncontrollably down his hollow cheeks. He hid his face under his arm as a nurse administered a hypodermic.

John waited for him to settle down before continuing. Placing

the tissues where Wally could reach them, he pulled his chair closer and frantically prayed for a line of communication. "Are you a fisherman? Any trout in the head streams?"

"Naw! Never had any time for it."

"What about that car of yours? I heard you rebuilt it."

Wally's head sank back on the pillow, his eyes far away.

"That really sounds like something," John began, moving gently into gear. "That's something I'd love to be able to do. How did you start?"

So their friendship, based on the love of an old car, began. But it wasn't without its "squalls."

With much prayer, we continually brought Wally before the Lord, asking that his heart be softened and surrendered to Him while there was still time!

So the daily visits continued, and although there were ups and downs, Wally's eyes lit up now when "that parson feller" arrived.

But the selfish streak was still there, just below the surface and ready to erupt, like the night John was running late. "You took yer time," Wally pouted angrily. "Thought you were never coming!"

"I'm sorry, but I was caught up with Meals on Wheels today," John explained as he reached for a seat. "It made me a bit late. Your brother, Otto, was on my list. He's had a bad fall."

John was totally unprepared for the fury that his news unleashed. "Otto, Otto! That's all I ever heard as a boy, and it's no different now. Trust him to fall on his feet and have you waiting on him." His eyes glared resentfully. "He's older than me, you know. He's the one who should be in here," he said,

thumping his bed weakly. He paused for breath. "I suppose he showed you all his fancy pottery. Always fooling around with that stupid wheel of his. Never did a lick of real work in his whole life." He fell back, exhausted, his knuckles whitening as he clutched the side rail.

The television news came to John's rescue. "Turn that thing off," Wally gasped, as the usual trail of death and destruction flickered across the screen. "It's too depressing."

"You're right, Wal. Aren't you glad that we've been promised something far better than what this worn-out, old world can give?"

Wally didn't answer, but he listened quietly as John talked about the wonderful life the Bible promises. He repeated John 14:1-3: "Let not your hearts be troubled. . . . I will come again." John talked a little longer and then, seeing that Wally was tired, prepared to leave. "Would you mind if we had a prayer together, asking the Lord to give you a good night's rest?"

Wally didn't reply, so John prayed aloud, but Wally's eyes remained open, staring hard at the ceiling.

Next evening John was disappointed to find a "No Visitors" sign on Wally's door. Inquiring at the desk, he was quickly assured, "Oh no, Pastor, Wally is so much calmer and more easily managed after your visits." Breathing silent thanks to heaven, he walked back to Wally's room.

At each visit, John could see the man was sinking away, but not so fast that his cruel tongue hadn't lost its sting. "Took yer time, didn't you," he sneered. "I coulda died here and you wouldn't have cared!"

"I do care, very much," said John. "I won't let you down. We're friends, aren't we? And friends trust each other."

Tears streamed uncontrollably down Wally's hard, unhappy face as John reached for his hand. He was thrilled to find that Wally didn't resist but tightened his grasp, as if to hold on for dear life.

Quite suddenly Wally became violently ill. And in answer to the buzzer, nurses quickly came to his aid. "I think you might as well go," one said. "He will be exhausted after this attack." John was so disappointed. "Just when You were getting somewhere with Wally, Lord!" he said as he drove down the tree-lined hospital drive.

He had driven only a few kilometers when he distinctly heard a voice say, "Go back and tell Wally about Jesus."

"Not tonight." John argued with himself. "I'll try again tomorrow."

"Go back and tell Wally about Jesus." There it was again.

Making a U-turn, John thought about how foolish he would appear to the staff after having just said "Good night" so recently.

Passing the deserted nurses' station, he went back to the room that had become so familiar to him. It was completely dark except for a pinpoint of light, casting its silvery beam on Wally's now-resting form. "I came back, Wally." John whispered. "I came back to tell you that Jesus loves you."

Wally turned toward him, peering into the darkness. "Well, wad (sic) yer (sic) know!" he whispered, "I was just thinking about Him."

John reached through the rail, took Wally's hand, and told

him the good news about how Jesus forgives sins and wants to share His heavenly home with His friends.

Wally listened quietly as John repeated the text, "I will come again and receive you unto Myself." He could see the tears glistening now.

"Would He have me too?" His grip tightened. "I mean, could He ever forgive me?"

"I know He will," John assured him, "if you ask Him."

"But I don't know how. Will you help me?"


So there in the darkness, clutching both of John's hands, he followed step by step in prayer, and Wally gave his heart to the Lord. He asked forgiveness for all the wrongs he had done to people and for all his wasted years of life.

"Please go and tell Sylvia what you've just told me. She needs to know, too!" Wally begged.

John sang all the way home and was quite sure that both he and the car were floating.

The next day Wally could hardly wait, "Tell me again about Heaven and about the mansions." His voice quavered. "Tell me again about what you and me are going to do there with Jesus."

After that, things were different in Wally's room. There was a new joy in his face. The nursing staff noticed it. His visitors noticed it and couldn't quite believe it. It was true that the Lord really had changed him. But there were not many days left before Wally was gone.

Otto squeezed John's hand as they followed Wally's casket out of the church. "Thank you for what you did for Wally." He smiled through his tears. "I loved him, too." 

Dimensions of Love

God loves and accepts individuals as they are, different from one another because He did not create sons and daughters in a series or as clones. Each one is unique within the universe. Our Heavenly Father loves us and forgives us when we ask. He forgets our shortcomings. He encourages and enables. He never accuses, criticizes, or belittles us, nor does He despise us when we do not carry out His will perfectly. On the contrary, God inspires, gives hope, and gratifies us with a sense of well-being when we get things right. As our Creator and Model, He has a positive and pleasant attitude toward us.

Considering this fact, I ask, "What right do I have to react differently in my home? If my spouse has done something that does not please me, why should I treat him badly?" If a spouse lives with constant criticism and censure, he or she becomes fearful, insecure, annoyed, and discouraged.

Low self-esteem occurs. The critical spouse becomes even more intolerant, and a vicious cycle begins. Both partners in the marriage become unhappy and angry.

Certainly, this is not the partnership God intended. He desired man and woman to be in a happy union, one where each partner honors and cherishes the other. The Christian marriage vows include caring, honoring, protecting, and loving.

Individuals who treat their spouses in negative ways often make excuses for their behavior. They blame their actions on their parents, traditions, customs, or society. And, of course, all those things affect attitudes and behaviors, but there is no excuse for cruel or belittling behavior toward one's spouse.

Committed Christians can overcome the errors committed by their parents. They can refrain from accepting society's view on what constitutes a good marriage. They can



Vasti S. Viana

Vasti Viana is a retired pastor's wife living in Brazil. She is a former Shepherdess Coordinator for the South American Division.

study the Bible and seek God's guidance when interacting with their husband or wife. Also, remember that criticism, anger, intimidation, and contempt do not draw a spouse to Christ; rather, they drive the person away from God. This topic is of such importance that God links answering prayer with the treatment given to the wife (1 Peter 3:7).

Symbolism of the Couple

Within human relationships, the couple was the symbol chosen by God to illustrate the union of Christ with His spouse, the Church. He treats the Church with love, care, forgiveness, and protection. The spouse should be treated in such a manner. Husbands should treat their wives as competent individuals, companions, and confidants. Such husbands will be appreciated and loved by their wives.

Even in the most adjusted marriage relationships, there are ups and downs. When conflicts appear, the best thing

a partner can do is to remain calm. Words said in anger often leave psychological scars that last a lifetime.

From Loving to Hostile Behavior

It seems many women are attracted to men who treat them badly. In their book, *Men Who Hate Women and The Women Who Love Them*, Drs. Susan Forward and Joan Tores explain that many women do not realize they seek such behavior in men. Individuals who are strongly critical and scornful of their spouses are called misogynists. Such individuals do not recognize or perceive the pain they inflict. According to psychologists, their need for control has its origin in childhood. Many times, a misogynist is only copying what he or she saw as a child. This character deficiency is found in a greater number of men than women.

The misogynist often belittles everything about his spouse. He criticizes her clothing, the way she talks, her child-rearing abilities, her cooking, etc. He always expects his wife to agree with him and believes she should feel lucky to have someone as intelligent as he is to care for the family.

In reality, although the misogynist may be a good provider, his unconscious objective is to maintain spouse dependency. Psychologists state that the internal insecurity he feels leads him to react in such a controlling manner because he fears he may lose his wife.

Many times, the misogynist uses verbal or physical aggression. Other times, he will lock himself into punishing

silence and remain that way for several days. The wife may or may not know what she did that made him angry. His silence simply increases her fear of his soon-coming explosion.

Since the misogynist is unpredictable, his spouse is always “walking on thin ice.” Her goal in life is to refrain from doing anything that will displease him. Even when she is doing everything she can do to make life pleasant for her spouse, he lashes out at her. Soon she becomes confused and incapable of making decisions. Her self-esteem disappears, and she lives with constant tension. But just when she thinks she can take no more, the misogynist becomes amiable, charming, and delightful. The wife becomes hopeful that “this time” he will change.



Living with Wisdom

A woman who lives with a misogynist should refrain from allowing herself to feel

like a victim. She should train herself not to take his “insults” personally. She should remember that he is motivated by a strong prejudice and errors from his upbringing, and he does not realize the injury his attitude inflicts on his family. If the wife can remember this, she can better control her emotions. Though it is difficult in the beginning, the mental discipline she uses can make her husband change for the better.

The woman who is married to a misogynist should refrain from arguing. She should speak clearly with charm, security, and calmness. She should give her opinion regarding matters in the home, as well as present suggestions regarding the education of the children. Though her partner may become irritated and speak in a loud tone, she should inform him that it is important he know what she thinks. She should make her husband aware of spiritual matters, news items, sports events, etc. She should ask him to respect her ideas as she respects his. The wife should remind her husband that living with continuous bad moods is bad for his health, her health, and the health of their children.

It is important to find a leisure activity that both spouses enjoy. When the husband reacts in a pleasant and enjoyable manner, the wife should compliment him. Both partners should focus on the fun the family is having.

Being the spouse of a misogynic partner is difficult. Only God can completely calm the mental affliction and agitated heart of those in

such relationships. Prayer and reliance on God can help soothe the trials of the marriage and possibly change the misogynic spouse into a person who is positive and loving.

Is There Misogyny in Your Relationship?

Are you in a relationship where one spouse seems to have more control? Are you afraid to voice your feelings about things that are important to you because you fear ridicule? Is your spouse full of anger and condemnation?

The following questions will help you determine if you are in a relationship where misogyny is present:

- Does the man you love insist on maintaining control of your life and actions?
- Does he intimidate you with crude words, shouts, or irritated silence?
- Does he belittle your opinions, feelings, or accomplishments?

- Is he extremely jealous and possessive?
- Is he highly critical?
- Does he accuse you constantly of everything that is wrong in the relationship?
- Is he unpredictable: charming one moment and angry the next?
- Do you have to give up activities and friendships just to make him happy?
- Do you keep “practicing” what you are going to say so you won’t irritate him?
- When you are in public with him, do you withdraw?
- Is he only at ease with his friends?
- Do you frequently feel inadequate, confused, and out-of-place in his presence?

If you answered “yes” to at least six of these questions, you can be certain your relationship is misogynic. If that is the case, you should turn to someone for professional and spiritual help.

As contemporary women, we need to maintain the qualities that make us women—our strong emotions, our capacity to nurture, our ability to abandon negative behavior. Being a woman no longer means being passive and invalidating oneself. It does not include imitating the traditional masculine role. There is no contradiction in being a loving, unselfish woman who can take care of herself while defending her best interests. The best gift a woman can give herself and the man she loves is self-worth and the expectation of being loved and well-treated.

A misogynic relationship is not what God intended when He made Adam and Eve. Marriage is to be a partnership where both spouses are upheld and respected. Pray daily for your spouse, treat him well, and, with God’s help, marriage can be all that God intended it to be.



“Husbands, love your wives, just as Christ loved the church and gave himself up for her.”

Ephesians 5:25



From ESD, With Love

Three Shepherdesses

Share Their Wisdom



Gina Wahlen

Gina Wahlen enjoys meeting people from around the world and has lived in many wonderful places such as Russia, England, the Philippines, California, and Nebraska! She currently lives in Maryland where she writes about people, adventures, and God. She and her husband, Clinton, have been married nearly 25 years and they have a son, Daniel, 17, and daughter, Heather, 11.

Tamara Prolinskaya

Tamara Prolinskaya was born in St. Petersburg, Russia just two years after World War II. During the 872-day siege by Nazi troops, Leningrad (as it was then known) suffered the worst famine ever known in a developed society. Over 1.5 million people died in the city, and although 1.4 million women and children were evacuated, many evacuees also died from starvation and bombardment.

Tamara's father was a military man who miraculously escaped death during the siege. Sometime after Tamara's birth, the family moved to Lugansk, Ukraine, where Tamara's grandparents lived. There, at the age of 7, Tamara met

Vladimir, her future husband. When Tamara was 22, the two married. Vladimir served as a pastor for many years and

eventually became president of the Kiev Conference in Ukraine. Sadly, he passed away in July, 2008. The family included



Tamara Prolinskaya (second from right) with her family.

three children—Alexander, who is now 39, Inna, 37, and Vitaliy, 34.

Tamara still lives in Kiev, where she is responsible for the Women’s Ministries and Shepherdess departments of the Kiev Conference. She enjoys serving the Lord by supporting and praying with widows, lonely people, and new church members. She also conducts meetings for older people in Kiev, participates in prayer ministry, and distributes Christian literature.

“Every morning starts with the dawn of God’s wonderful light,” says Tamara. “I wake up, do morning exercises, pray, read, and then make breakfast for my beloved ones. In the evening I plan the next day by writing down in a notebook all the things I have to do, and I ask God to direct my steps. At the end of the day, I review my notes, asking: ‘What experience or knowledge did I gain? What did I achieve? What attitude did I have? Whom did I help? How did I serve? Who brought joy to me? How is my physical condition?’ I review the day, focus on positive things, and thank God for everything—good and bad.”

In thinking about what encouragement or advice she could give to other pastoral spouses, Tamara shares from her heart. “Every woman, every mother, should remember that a peaceful, joyful, and kind atmosphere in the house can be created by the wise wife—but it doesn’t happen by itself. I understand that in order to have such an atmosphere, I have to start my day with prayer and [Bible] reading. When I start a day with worries, the blessing is

lost. May every home be a center where husband and children can return with great joy. My husband was always saying, ‘It is so good to be home.’”

Olga Glamozdinova

Olga Glamozdinova was born on March 27, 1978, in Novochoerkassk, in the war-torn Caucasus region of Russia, where she grew up and became a seamstress. It was while visiting her aunt and uncle in Sevastopol, a well-known city on the Black Sea, that Olga met her future husband, Alexander. The two were married in February 2002, and are now living in a small village in the Rostov region of the Caucasus, where Alexander is pastoring in Kamensk-Shahktinskiy. The family includes two children: Diana, born in 2004, and Timothy, in 2008. While she enjoys staying at home with the children, Olga also presents cooking classes and health lectures.

Olga has found that being a pastor’s wife can have its challenges. She shares one such experience, hoping that

it will be a warning for other pastors’ wives:

“One of our church members had a very hard life. She didn’t have a permanent job and had financial problems, so I decided to support her. I invited her to our home quite often, and she would sometimes sleep in our house when we were away. After some time I realized what a mistake I had made. This lady became envious of the things we had, our success, and our happy family. She started spreading rumors about us, blaming us for different things. When I turned to more experienced pastors’ wives with this problem, unfortunately I didn’t find help or support.

“Then I fasted and prayed for that lady, for myself, and for my husband, asking God to intervene. Later I wrote her a letter, trying to answer all her claims. Sometime later she came to our home and asked forgiveness for defaming us. Praise God! He supported me and my family.”

Alexander and Olga are now serving in their second



Olga Glamozdinova with her family.

church—which has 52 members, including several young people. They are currently constructing a church building which they hope to dedicate soon.

Tamara Moldovanu

Tamara Moldovanu was born in a small village in Moldova on July 29, 1959, and grew up in a loving Christian home. However, during the Communist era of the Soviet Union, school teachers poured ridicule on Tamara and called her derogatory names. “But I will never forget how my classmates stood up for me,” she says.

Tamara was baptized at age 17. “It was such an event in my life! The only thing I am so sorry for is that it was in secret, at night. Anyway, I was very happy and I continue to love my Shepherd, Friend, and Savior more each day and each year!”

Tamara met her future husband, Alexander, at a youth meeting and was delighted to learn that their birthdays were the same year—just one day apart. They were together for New Year’s Eve, and by April they were married. The couple has three children—Anatoly, 25, married to Marina and is in his second year of serving as a young pastor; Alik, who died as an infant; and Diana, 16.

Tamara enjoys working alongside her husband as he pastors two young churches in Moldova. Out of 400 members, 100 are under the age of 15, and 95 are between the ages of 15-30.

“I like to be among young people,” she says. “I just love them and try to be helpful—



Tamara Moldovanu and her husband

encouraging them and preparing programs.”

Tamara also enjoys women’s ministries, which she led in her conference for 10 years. She now uses that experience in the local churches.

In addition, Tamara keeps in touch with non-Adventist friends who live some distance away, praying for them and hoping that they will visit her church. One day her prayer was answered when these friends were able to attend her son’s wedding at the church. “It was a miracle—an answer to prayer!” she exclaimed. “They liked the wedding ceremony very much and were crying because of what they saw. And I was crying as well because of the joy I experienced.”

Tamara has learned to trust God—even when prayers don’t always seem to be answered. “I like everything about Jesus, even though sometimes I don’t understand Him—like when our baby died or when we were robbed while at church on Sabbath. But I understand the other side of my questions and don’t feel resentment toward Him. He is my closest Friend, Counselor, and Helper. I am longing for Him and want to embrace Him!”



Church in Moldova

Reflections on Doing Good

As I looked around the church one Sabbath morning, I noticed that many of our regular members were missing, and most of those present looked tired and pale. Throughout the sermon, my husband had to speak a little louder to be heard over the coughs that echoed through the congregation. It didn't take a medical degree to figure out that colds and the flu had hit our flock with tremendous force.

The next morning I took out my biggest kettle and went to work concocting my secret recipe of super-duper noodle soup. In my opinion, this soup is sure to make you feel better, and if you've eaten it and don't feel better, it's a sign that you'd better call the doctor!

Carefully, I loaded jars of my miracle brew into the back seat of my car and headed for the homes of our ailing church members. I was filled with a warm feeling of goodwill. Our parishioners appreciated my gift, and I was rewarded with

many warm smiles and words of thanks.

Finally, there were only two homes left. As I opened the gate to the next house, I was greeted by three barking dogs. Fortunately, they were chained, but none of them looked happy to see me. Watching their bared teeth, I slunk past the first big black one, weaving out of reach of his chain. Zig-zagging back, I made my way past the second dog—a hairy mongrel just as menacing as the first. Now there was just one left, the little brown mutt chained by the steps. I climbed the steps on the far side, thinking I was safe.

But that little dog, stretching the chain to its full length, jumped and was able to reach me. Just as I'd feared, I felt needle-sharp teeth sinking into my flesh where I sit down. A sharp pain seemed to shoot down my leg. Needless to say, my visit was a short one; I left my soup and got out of there quick!

That warm fuzzy feeling I'd been so full of before was

Marsha Hammond-Brummel

Marsha Hammond-Brummel is a teacher, pastor's wife, and Bible study coordinator from Leavenworth, Kansas. Despite the following experience, she is really quite fond of dogs and is the proud owner of Molly, a purebred Cocker Spaniel that she raised from a two-week-old pup.

gone, and I made an impulsive vow never to take soup to sick people again. For the next two days (during which I did very little sitting), I felt that my circumstances were unfair. After all, I reasoned, I had been out doing good work, and this was my reward.

But then, the still, small voice reminded me of Jesus “who gave Himself for us, that He might redeem us from all iniquity and purify unto Himself a peculiar people, zealous of good works” (Titus 2:14). My Savior had suffered much more than a dog-bite on my behalf, and He never tired of doing good things for me. Clearly I began to see that only His many blessings in my life can motivate me to be “zealous of good works.” Letting Him work through me is the greatest reward I can possibly have. The warm, fuzzy feeling started to creep back into my soul.

I prayed a prayer of understanding that day: “O Lord Jesus, today I want to reflect on the many good things

You've done for me—not the few that I've done for others. And only when I realize what You have done for me am I enabled to let You live in me and be zealous to do good. That partnership is the only reward I seek. Please help me always to see Your good works and not my own. Amen.”

* * *

Marsha's Noodle Soup

2-3 carrots, peeled and sliced
 2-3 celery stalks, chopped
 1 large onion, chopped
 8 cups water
 2 tablespoons chicken seasoning
 1 bag fine egg noodles
 Fresh parsley

Boil the vegetables in water and seasoning until they are almost tender, about 10 minutes. Use kitchen shears to cut the parsley into the soup. Stir in the noodles and simmer for 5 more minutes. Add more seasoning or water if necessary.



Praising God For Life

*A*lthough things are not perfect
*B*ecause of trial or pain,
*C*ontinue in Thanksgiving,
*D*o not begin to blame.
*E*ven when times are hard,
*F*ierce winds are bound to blow;
*G*od is forever able,
*H*old on to what you know.
*I*magine life without His love;
*J*oy would cease to be.
*K*eept thanking Him for all the things
*L*ove imparts to thee.
*M*ove out of “Camp Complaining”;
*N*o weapon that is known
*O*n earth can yield the power
*P*raise can do alone.
*Q*uit looking to the future
*R*edeem the time at hand
*S*tart everyday with worship
*T*o “thank” is a command.
*U*ntil we see Him coming
*V*ictorious in the sky.
*W*e’ll run the race with gratitude
*X*alting God on high.
*Y*es, there’ll be good times, and yes, some will be bad, but...
*Z*ion waits in Glory, where none are ever sad.

The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.

—Received via Internet



Flying With Children Can Be Fun

“There are two ways of traveling, first class, or with children.”
(Often quoted by my mother!)

As I seated myself on an United flight traveling from Baltimore, Maryland, to California, I settled my carry-on bag under the seat, fixed the blanket on my legs, and opened the book I had planned to enjoy during the 3.5-hour flight. Then I saw something that struck terror to my heart—a family with four lively children settling in the seats in front of me. The children were about ages 5 to 10. “Okay,” I thought, “there goes my quiet, peaceful flight!” Visions of loud voices, arguments over who gets to sit by the window, jumping up and down in the seats, and fights between siblings flashed through my mind. But it turned out I did enjoy the flight, and by the time we arrived in California, I

had nothing but profound admiration for the mother who kept complete control of her children the entire trip. How did she do it?

After that I took an interest in observing other families and single parents who traveled with children. Some managed very well while others had challenges during the entire journey. What made the difference between a relatively peaceful flight and a chaotic one?

Traveling with children presents age-specific considerations. Babies and toddlers often require special equipment (strollers, car seats, etc.), clothing, hygiene and feeding supplies, entertainment items, and sometimes special needs including a good supply of patience. Children ages 5 to 12 enter another category of travel planning. Travel planning for the adolescents and teenagers requires yet another field of thought.



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.

When I was a child, my family’s travel involved trips to and from the mission field. In the earlier years we traveled primarily by ship. What a fun way to travel, with interesting things to see and do and new friends to make during the days and nights on board. However, in more recent years—and certainly while our own two children were growing up—travel by air has become very common and is the preferred method to reach a destination quickly and inexpensively. Being confined to a seat for several hours is tiresome enough for adults, but it can become unbearable for active children. Behavioral problems can easily erupt unless some planning strategies are carefully prepared before take-off.

That Important Pre-Trip Chat

Under normal circumstances, children become excited

about an upcoming trip, especially by plane. The anticipation can be even more fun if parents enter into the adventuresome spirit. To begin preparing the way for a smooth trip with your family, go over the events of the journey, especially the flight plan. Find a map and discuss the route of the trip, pointing out states, countries, and significant landmarks the flight will go over. Pre-flight discussions also present an excellent opportunity to remind everyone of airport behavior: how people wait in line at the ticket counter, what is required going through security, what waiting at the flight gate is like, what to do if a restroom is needed, how to be safe, and the appropriate behavior expected of passengers on the plane. Talk about seating on the airplane and plan in advance who will sit by the window. Take time to answer the many questions children will have.

Packing Those Essentials

For children, the novelty of being on an airplane can quickly wear off after take-off. They will need activities to keep them occupied. Children really enjoy having their own carry-on luggage, such as a backpack or a roller bag. Help them pick out just the right carry-on and then carefully pack it together beforehand. They will need a change of clothes (in case of accidental spills, change of weather, etc.); a favorite toy or two; several activities such as coloring books, reading material, games, or puzzle books; and maybe a comfort item such as a small blanket, pillow, or favorite stuffed animal. Not every toy or entertainment gizmo needs to be included. Save some room for one or two new items which may be added during the trip. You could take

along a surprise item or two to help relieve boredom later on the journey.

Don't Forget the Snacks

Also include in their carry-on bags several snacks prepared and packaged with the children's help and input on choices. Even if your flight promises a meal, having some back-up snacks will be good insurance against food incompatibilities or preferences, or those off-hour hunger pangs. Children can help pack an assortment of easy-to-eat snacks such as grapes, apples, crackers, juice boxes, or drinks (to be purchased after going through security), peanut butter and jelly sandwiches, etc., which can be accessed easily during the trip. Also available at select airports are boxed meals for sale which can be brought on board.



Referring back to my flight behind the family with four children, I noticed that at a certain time the mother announced, "Children, it's time to take out your first snack." They all eagerly searched their belongings for little plastic bags of food and sat quietly enjoying every bite. A couple of hours later, she again announced that it was time for snack #2. The flight we were on offered no snacks or meals but did provide water and juices.

Stay on Schedule

For most of us our pre-trip routine involves staying up late the night before to pack and take care of last-minute details.

But make sure children get a good night's sleep before a big trip. Well-rested kids—and adults—make better travelers.

To save some last-minute stresses, check beforehand tickets, passports (or appropriate identification), visas, immunization records, birth certificates (if required), medications, Band-Aids, sanitizing handwipes, Kleenex, etc. Pack these items in your own carry-on luggage in easy-to-access compartments.

Have a back-up plan in mind in case a flight or connection is delayed or even canceled. (Anything is possible these days!)

Dress for Success

Forget about being ultra stylish when choosing traveling clothes—go for a more dressy casual look, focusing especially on comfort and ease of wear with plenty of layers which can be adjusted depending on your travel situation.

At the Airport

When checking in, review your seating plan with the ticket agent. Often on a less-than-full flight, extra space will be given to families.

When traveling with children, it is often easier to fly out of smaller regional airports than large international airports. The staff in smaller airports are often friendlier and more helpful, and with the reduced crowds, travel can be less stressful. However, smaller regional airports often do not accommodate direct flights to desired destinations.



Allow plenty of time at the airport for check-in, and connecting flights. Remember how much longer it takes to achieve anything with children in tow and apply the same formula to your travel plans. Layovers of an hour or two can be a good thing. They give children a chance to get off the plane and walk/run around a bit, getting the wiggles out and giving plenty of time to locate and reach a connecting gate. Many airports have interesting museum-like displays. Play areas for children are also featured at some airports.

All Aboard!

Most airlines invite families with children to board the plane before other passengers. This is especially helpful to a single parent as it gives opportunity for the family's hand-luggage to be stowed ahead of everyone else's, with time to organize belongings before take-off. Remember to make sure everyone has a bathroom stop before boarding. Often it can be a stretch of time before the seat-belt sign is turned off after take-off, and one can wait quite a while before being allowed to use the restroom.

In most cases it's advantageous to disembark last as it gives plenty of opportunity to gather up belongings and get organized before leaving the plane. Another advantage is that the family is easy to spot and airline staff can help if assistance is needed. Children may also have the opportunity to meet the pilot when leaving the plane after the other passengers.

In some cases, perhaps during a long flight, parents may want to spell each other in caring for the children. This gives opportunity for each parent to have a period of rest.

During my flight the father of the four children sat one row ahead of his family and appeared to sleep most of the trip. This was puzzling to me until I learned he was a physician and had worked some long hours prior to the flight.

In-Flight Entertainment

On my flight, I observed that the mother of the four children kept a watchful eye on them. She instructed them initially to take out the first item of entertainment from their carry-on luggage. During the flight she spent some time with each child separately—reading to one, playing a game with another, etc. If one child became restless, she was ready with a suggestion of something else to do.

Some flights will show a movie during the trip; however, the movie might not be considered kid-appropriate. Some parents will bring along a portable DVD player and let the child or children watch a family-approved movie en route. It is possible in many airports to rent DVD players, picking them up in one airport and leaving them at another.



Parents may not realize the plane's in-flight audio system usually includes a kids' channel. Show children where to plug in the headphones and how to tune in to the channel, and they might stay occupied for some time listening to songs and stories.

Be Prepared to Be Surprised

Not all trips will go smoothly. Family members get

sick, flights are delayed, seating arrangements may be less than ideal, surrounding passengers can be annoying, etc., etc. Don't be overly concerned about what other people on the flight are thinking if your child becomes agitated. You will probably never see those passengers again. Instead, focus on your child. How can you help him or her at that moment? Your attitude of calmness in the face of the unexpected will often be reflected in your children's reactions and overall view of the situation.

Having prepared as much as possible for the trip, whether a long one or short excursion, don't be surprised if you find that travel with children can be enjoyable! Seeing the world through a youngster's eyes can be illuminating, entertaining, and memorable. For instances, look out of an airplane window with your child during a flight and listen to his or her comments on what is seen. One of my favorite moments in another flight was when we were approaching a large city in preparation for landing. Two young girls were seated behind me, eagerly watching the scene out of the window. "See all the little buildings? Aren't they cute? Look at the tiny cars?" Just at that moment the plane dipped to our side while making a turn. I loved the comment from behind me: "Oh, look, the pilot is tipping the plane so we can see better!" Children have the God-given capacity to keep us young at heart and alive in spirit. And traveling together as a family can provide opportunities for unique experiences, closeness, and fun memories.

So relax, sit back, and enjoy the flight!





*In this column, Anna will address your questions and concerns.
Send your questions to: "Ask Anna"
c/o Shepherdess
12501 Old Columbia Pike,
Silver Spring, MD 20904, USA,
or email: lowes@gc.adventist.org*

Dear Anna,

We have three children. Usually they are well-behaved but not always. Many in our church are supportive, but some expect more from "the pastor's children." How should I respond to those who openly criticize our children for not meeting expectations?

Before your members have a chance to criticize your children, assure them that neither you, your husband, nor your children are perfect. Remind them that you are very human. Invite them to pray daily for your family and your children.

If they then criticize the children openly to others, ask them in a gentle way to speak directly to you—it is a Matthew 18 issue. Try not to be defensive; be gracious instead. Remember that you do not have to explain your children's behavior nor defend them to these individuals. Without agreeing or disagreeing, simply thank them for their concern and invite them again to pray even more earnestly for your family.

Perhaps you could visit the critical parents and ask them to share with you stories of how God helped them in their child-raising. Invite them to share tips with you.

Teach members how to minister to all the children of the church. Create an atmosphere in the congregation

in which children and teens feel loved, encouraged, guided, and empowered in ministry. Along with the others your own children will be the beneficiaries of this love.

In a lesson to the whole church, perhaps during a sermon, the pastor could distribute to each of the members a stone from a bag of decorative stones and tell the Bible story: *He who is without sin may cast the first stone*, a lesson in loving and helping each other, especially the children of the church.

Dear Anna,


I enjoy being active in our church, and I would like to become more involved with the non-Adventist community in our area. How can I do this?

It is a great privilege to move outside of the "church cocoon" and spread your wings to bring beauty into the wider community. Opening our hearts and hands to people of other faiths or no faith at all will help break down the walls of prejudice and fear within ourselves. Good for you! Perhaps, however, we should consider the Scripture: "We ought to do the one [minister within the congregation] and not leave the other [ministry in the community] undone!"

- First, ask God what He has in mind. He is likely placing the wider community on

your heart for a specific purpose. Pray with the intention of acting on God's response.

- Find ways the ministries you serve in the church can connect with the community.
- Invite church members to join you in community ministry.
- Make an inventory of all the service organizations in your community. Pray about each one and see if God points you to a specific one that matches your gifts and interests.
- Look for needs in the community that you or a team of members can meet.
- Smile and speak with real interest to every person your life brings you in contact with—the more you do this, the easier it will become.
- Develop a hobby or take a class that interests you, and build relationships with others.
- Become involved in a sport that will connect you to other people.
- Be sure that you are daily with God in His Word and in prayer so that you will have a fresh testimony of what God is doing in your life to share with those you meet.

New experiences, surprises, and an exciting life of service will surely be yours! 



Shepherdess International News

North American Division

Year-End Meetings

During the North American Division (NAD) year-end meetings held in Silver Spring, Maryland, Shepherdess leaders from across the NAD enjoyed fun and fellowship together during special events planned by Marti Schneider, NAD Shepherdess Coordinator. On Friday, November 7, the group gathered together on the third floor of the G.C. building for a morning meeting featuring a contest and two presentations. During the contest, participants were invited to briefly write what they would do if they had a free day and \$100 to spend. The judges, wearing white wigs supplied by Sharon Cress, then chose the top three most innovative entries, awarding the second- and third-place winners with small gift bags, and the grand-prize winner with \$100 in cash. The winner said that she would use the money to buy her husband some much-needed jeans!

Gina Wahlen, a pastor's wife who has served in Russia, England, and the Philippines, spoke on "Mission? Impossible!" where she shared her experience of being a reluctant missionary. Nancy Kyte, from Adventist Mission, shared her wisdom and experience in

gaining more self-confidence and esteem through the mentorship of a woman who taught her how to make beautiful decorative items.

On Sunday morning, the group took a bus from the GC to the newly-opened Newseum in the center of Washington, D.C. The participants enjoyed their visit to the Newseum, taking in the sights and eating a delicious lunch at the Newseum café.



Judges Marti Schneider, Gina Wahlen, and Sharon Cress in judges wigs decide who will win the contest prizes



The NAD Shepherdess leaders with Marti Schneider, NAD Shepherdess Coordinator, at a portion of the Berlin Wall displayed at the Newseum in Washington, D.C.

Southern Asia-Pacific Division

Shepherdess in Malaysia helps demon-possessed woman

Shepherdess Judy Sagit has been very active in the ministry for 37 years. Her husband is a field pastor, and they have three grown children. Her work for God is ongoing; she



Shepherdess Judy Sagit is in the pink dress (second from right), and Mama Ray is in the red and black dress (fourth from left)

visits the needy, prays for the sick, and encourages people to give their tithes and offerings to support God's Church. She has trained women to lead out in the church, teaching Bible stories to children, ministering to young people during school holidays, and reaching out to Muslims.

One day when she was living in the village of Entebeh, Tebedu, near the Indonesian border, a very concerned woman, Adeng, came to see Mrs. Sagit. Adeng was worried because her older sister, Mama Ray, had been suffering from the devil for a week—unable to sleep, feeling sick, restless, moaning, and speaking incoherently. Village friends and relatives had encouraged

Adeng to prepare a big feast which involved offering a big pig as a sacrifice to the devil. The blood from the sacrifice would then be sprinkled on the head of Mama Ray, which, according to the villagers and relatives, would allow the spirit of Mama Ray's deceased father to heal her.

Adeng was crying as she described the situation to Judy Sagit. Seeing that the Lord's intervention was needed, Mrs. Sagit took Adeng to the nearby Seventh-day Adventist Church where they knelt together in prayer. A miracle took place, with the Holy Spirit giving peace to Adeng and healing to her sister, Mama Ray.

The following Sabbath, both sisters came to church, bringing a thanksgiving offering of 10 Malaysian ringgits (US\$2.79) to the Lord. Judy, along with her husband, Pastor Sagit, a church elder, and the women's ministries leader had Bible studies with Adeng and Mama Ray. Both sisters accepted Jesus as their Savior and were baptized.

South-Central Luzon Conference

Pastors' wives in the South-Central Luzon Conference in the North Philippine Union Mission (NPUM) enjoyed a "Pajama Night Out" with Ellen Roque, NPUM



*South-Central Luzon Conference
"Pajama Night Out"*

Shepherdess Coordinator, and Arlene Gayoba, wife of the NPUM Ministerial Secretary. According to Ellen Roque, the objective of the program was to build a closer relationship together as pastors' wives. The women enjoyed various activities together until 2 a.m., and the following day had a wonderful time learning how to make flower arrangements.

Bi-Division Shepherdess Advisory

The Northern Asia-Pacific and Southern Asia-Pacific Divisions held their second annual bi-division Shepherdess advisory July 2008 in Bangkok,



*Gloria Trotman, IAD SIEMA
Coordinator, spoke at the Advisory*

Thailand. Mrs. Helen Gulfan, SSD Shepherdess Coordinator, and Sally Lam-Phoon, NSD Shepherdess Coordinator, planned the event. More than 250 ladies attended these meetings, where Gloria Trotman, IAD SIEMA Coordinator, and Sharon Cress were the featured speakers.



*Several groups played their angklungs for
the Advisory*



*Pastors and wives enjoyed the meetings
during the bi-division advisory*



Shepherdess Coordinators at the bi-division Shepherdess Advisory

Delegate Spouses Shepherdess Meetings During Annual Council

More than 600 delegate spouses enjoyed meetings presented by Shepherdess International during Annual Council, held at the Philippine International Convention



The meeting presenters: Sally Lam-Phoon, Galina Stele, Denise Ratsara, and Sharon Cress, Shepherdess International Director, enjoy their beautiful bouquets



Mrs. Helen Gulfan, Shepherdess Coordinator for the Southern Asia-Pacific Division, which hosted Annual Council



Galina Stele, from the Euro-Asia Division, speaks about "Criticism and Forgiveness"

Center in Manila from October 12-14, 2008.

"Mission of Hope" was the theme for the meetings. Each day featured music, intercessory prayers, helpful seminars, and special features. One special feature was the daily "oxygen cocktail", a time to learn about health and enjoy exercise presented by Rae Lee Cooper.

Sally Lam-Phoon, NSD Shepherdess Coordinator, presented the seminar on Sunday, titled "Quality Family Time." On Monday, Galina Stele, ESD Shepherdess Sponsor, spoke about "Criticism and Forgiveness," and on Tuesday, Denise Ratsara, SID Shepherdess Coordinator gave the presentation "A Shepherdess After God's Heart."



Shepherdess women enjoy their "Oxygen Cocktail" during the Annual Council meetings in Manila

Special features included an SSD Shepherdess DVD report and a message from Kari Paulsen, Shepherdess sponsor and wife of Elder Jan Paulsen, GC President.

Rae Lee Cooper, a registered nurse from the General Conference, leads out in the exercise program



The group was blessed with many beautiful songs



Delegate spouses enjoy the Shepherdess Meetings in Manila

The Gospel Simply

The best mathematical equation:

$$\begin{array}{r} 1 \text{ cross} \\ + 3 \text{ nails} \\ \hline 4 \text{ given} \end{array}$$

*That's the whole gospel
message simply stated.*