



The Journal

Vol. 27 | First Quarter 2010

A Shepherdess International Resource for Ministry Spouses



LORD, MAKE ME LIKE JOE

A PASTOR'S KID **BECOMES** A PASTOR'S WIFE

PLEASE **LISTEN** TO ME!

THE JOY OF **ANIMALS**

A **SPARKLING** LIFE



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THE PRAYER RING

As you open your Journal, the first feature you see is our Prayer Ring. This is on purpose! Prayer is our link to Jesus, our first and best Friend. We welcome your praises and petitions on this page. Please write or email us; you may share your name or remain anonymous. We here at Shepherdess, as well as ministry spouses around the world, will thank our Lord and petition Him on your behalf. Give your thanks and requests to the Lord right here!

PRAISE:

My son, Todd, is in remission from Burkett's Lymphoma.
—Anonymous

As we see all the different events happening around the world—natural disasters, war, political upheaval, or personal attacks—I praise the Lord for His guidance through the Holy Spirit and His Word. I can't imagine seeing and experiencing all of this turmoil, not knowing through these avenues how much God is with me and loves me so much that He sent His only Son to come and die for me, so that I may live ETERNALLY with Him! Praise God for the Holy Spirit and for knowing He is personal with me, no matter how the walls fall around me.

—Sheryl Beck, Laurel, Maryland, USA

A year ago, my mom was diagnosed with Large B Cell Lymphoma, but I am glad to say that she is now in remission. My mom was anointed at her church, and from that point on, she knew Jesus would heal her. She hung on to every one of Jesus' promises. I am so thankful that we know Jesus and that we can depend on His Word. At the same time, Precious, my mom's dog was struggling with congestive heart failure, and I was so worried that something would happen to her while Mom was going through chemo. Our church prayed not only for my mom but for Precious as well, and today she is doing fine, too. What a wonderful message God provides for us when He even takes care of a little dog. Just think, what more can He do for us?

—Cathy Payne, Laurel, Maryland, USA

We serve a really awesome God. I am so thankful, so thankful. My son Tony was hit by a car when he was in the middle of a crosswalk, and we praise God that he was not injured. What a really awesome God we serve.

—Gloria Massenburg, Silver Spring, Maryland, USA

PRAYER REQUESTS:

Please pray for my husband, Arnold, as he continues treatments at the Wound Center in Kansas. We believe in prayer.

—Frankie Roland, Coffeyville, Kansas, USA

Pray for one of our shepherdess workers who is in the hospital.

—Anonymous

Please pray for Donovan Mora, my son-in-law's nephew. He is 13 years old and has bone cancer.

—Anonymous



Dear Ladies,

The new year brings new opportunities. We've managed to survive the hustle of the holiday season and are eager to move forward into 2010. The new year usually means implementing those resolutions we made last year. Here at Shepherdess, we made some resolutions about the magazine. Listening to suggestions from you, the ministers' wives, we are in the process yet again of going through a metamorphosis. Preserving the parts of the magazine you appreciated and reviewing how we can continue to improve—welcome to the Journal 2010!

First, the new look. Erika Miike, a designer from Brazil, has given us a facelift. Who doesn't like a fresher appearance? Her creativity is evident in the new design. We are grateful to her for using this gift to benefit all of us. Thank you, Erika!

Secondly, the regular features you have come to look for will continue. The section featuring clergy spouses from different parts of the world has been a favorite. Gina Wahlen

will continue her work researching and writing *Meet Me Here* and editing the *Ask Anna* page—another regular feature that has received rave reviews. Rae Lee Cooper's *Good for You*, addressing physical and emotional health, is always appreciated.

The new year brings us new features, too. In the coming issues, Karen Holford will present a series for ministry couples that will conclude with a couple's interaction assignment. Sarah Asaftei is writing a series focusing on young ministry wives. Adventist Risk Management will be sharing ideas for better quality of life. And there will be a special section for PKs: the *View From Under the Pew*. As always, we anticipate hearing from you. Ministry wives are invited and encouraged to write for *your* magazine.

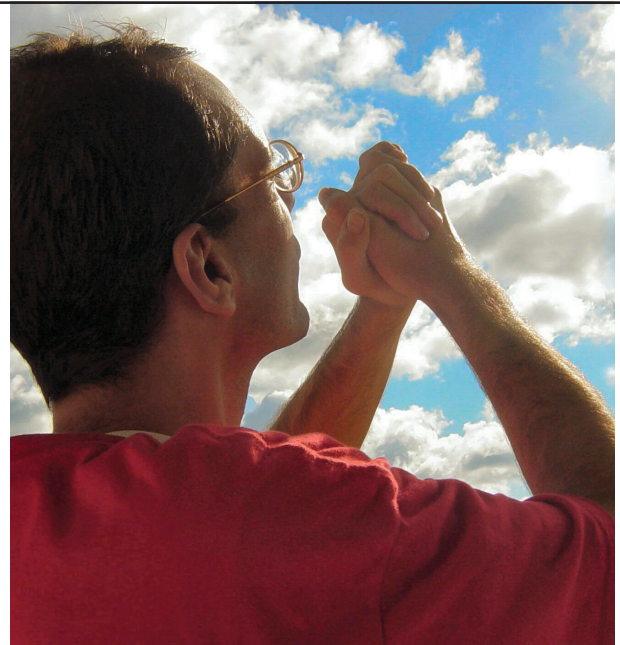
May the new year bring all of us the blessing of knowing we are closer to the coming of our Lord, Jesus!

God bless you every one,



LORD, MAKE ME LIKE JOE

by Hepzibah Kore



Joe was a drunk who was miraculously converted at a Bowery mission. Prior to his conversion, he had gained the reputation of being a dirty wino for whom there was no hope. But following his conversion to a new life in Christ, everything changed.

Joe became the most caring person that anyone associated with the mission had ever known. Joe spent his days and nights hanging out at the mission, doing whatever needed to be done. There was never anything that he was asked to do that he considered beneath him. Whether it was cleaning up the vomit of a violently sick alcoholic or scrubbing toilets after careless men left the men's room filthy, Joe did what was asked with a smile on his face and seeming gratitude for the chance to help.

He could be counted on to feed feeble men who wandered in from the street and into the mission, and to undress and tuck into bed men who were too drunk to take care of themselves. One evening, when the director of the mission was delivering his evening evangelistic message to the usual crowd of still and sullen men, one man looked up, came down the aisle to the altar, and knelt to pray, crying out to God to help him change. The repentant drunk kept shouting, "Oh, God, make me like Joe! Make me like Joe! Make me like Joe!"

The director of the mission leaned over and said to the man, "Son, I think it would be better if you prayed, 'Make me like Jesus.'"

The man looked up at the director with a quiz-

ical expression on his face and asked, "Is He like Joe?"

A friend sent me this story with a note, "One of my favorite stories." The story touched me. It became one of my favorite stories, too. I began to contemplate the story.

What made the man shout, "Lord, make me like Joe?" Would the man have prayed, "Lord, make me like Joe" if Joe were still a drunk? Never. It was Joe's kind deeds, words of hope and encouragement, cheerful countenance, humility, being there when help was needed, and the positive influence he spread. What transformed Joe's life? It was God's unconditional love, the blood of Jesus Christ, and Someone who valued his worth as a child of God and a worthy citizen for His kingdom that gave him hope of a new life in Christ.

I thought about myself. Has anyone ever prayed, "Lord, make me like Hepzi"? My heavenly Father picked me up from the miry clay. He sent His only Son, my big Brother, to cleanse me with His blood. He tenderly, constantly, untiringly counsels me through His Word and through His messengers. Is my life transformed like Joe's? I often give excuses when I do wrong. I justify my actions by saying, "I was conceived in sin. No one is perfect. It is human to err. So don't look at me; look at Jesus."

How does anyone who comes in contact with me know about Jesus? The apostle Paul says that people should learn of Jesus through me. Paul lived such an exemplary life that he could tell the Corinthi-

ans confidently, "Follow my example as I follow the example of Christ" (1 Cor. 11:1). Another version of the Bible says, "Be imitators of me, as I am of Christ" (1 Cor. 11:1, NRSV). To the Philippians he wrote, "Join with others in following my example" (Phil 3:17).

Why does Paul say that to the Corinthians and the Philippians? They had not seen Jesus Christ and did not know much about His life and ministry. Moreover, according to theologians, the gospels were not written yet. The only way the Corinthians and the Philippians could learn of Jesus Christ was from the lives of Christ's followers, like Paul. Paul believed that the best way to point new Christians to Christ was to direct them to someone they trusted. While in Corinth almost two years, Paul built a lasting relationship with the believers and earned their trust.

Did he think he was sinless? No. He called himself "the chief of sinners" and "the worst of all sinners" (1 Tim. 1:15). After Jesus touched Saul, his life was transformed, and he did all he could to live an exemplary life. He wrote to the Philippians, "Not that I have already obtained all this or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me" (Phil. 3:12, 13).

Ellen G. White wrote, "Moral perfection is required of all. Never should we lower the standard of righteousness in order to accommodate inherited or cultivated tendencies to wrongdoing. We need to understand that imperfection of character is sin. All righteous attributes of character dwell in God as a perfect, harmonious whole, and everyone who receives Christ as a personal Savior is privileged to possess these attributes. . . . Let no one say, I cannot remedy my defects of character. The impossibility lies in your own will. . . . Be ambitious for the Master's glory, to cultivate every grace of character" (*Christ's Object Lessons*, p. 330-332).

We limit God's power when we say we cannot correct ourselves. The apostle Paul said, "I can do all things through Christ who strengtheneth me" (Phil. 4:13, KJV). He admonishes that all God's children ought to be without blemish (1 Cor. 9:25-27). The love and close relationship Paul maintained with God enabled him to live according to God's will. The joy he experienced in this relationship gave him the



I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS

ME

Phil. 4:13



strength to suffer for Him (2 Cor. 11:23-27).

In his second letter to the Corinthians, the apostle Paul wrote that the only letter I need is you yourselves. By looking at the good change in your hearts, everyone can see that we have done a good work among you. People can see that you are a letter from Christ written by us. It is not a letter written with pen and ink but by the spirit of the living God, not carved on stone but in human hearts" (2 Cor. 3:2, 3). We who work for Christ ought to live the truth, not merely speak the truth. People watch us and compare our teaching and preaching with our lifestyle, actions, and attitudes. Our preaching and teaching become more effective,

bringing desired results in making us true disciples of Jesus Christ only when we live by the truth we preach.


Let me conclude with three verses from the apostle Paul's epistles that inspire, encourage, and strengthen me to carry on with my responsibilities in spite of many challenges.

"I can do all things through Christ who strengthens me" (Phil. 4:13).

"Stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain" (1 Cor. 15:58).

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers" (Gal. 6:9, 10).

Sisters in Christ, when we give ourselves fully to the work of the Lord without becoming weary or discouraged or disappointed, Jesus Christ who strengthens us will use us the way He wants to use us.

May our prayer always be, "Use me, Lord, the way you want to use me. Not my will. Let your will be done in my life. Amen." 



HEPZIBAH KORE is the Shepherdess Coordinator for the Southern Asia Division in India. She and her husband have been in church-work ministry for 40 years. They have one daughter and two grandsons.

A PASTOR'S KID BECOMES A PASTOR'S WIFE

by Edith Abwooli

God called me to serve the gospel cause as a pastor's wife, not because my mother was a pastor's wife but because it was God's design. Although the leading of the Holy Spirit is most important, I also pay tribute to my dear parents. My dad has died, but my mom is still alive and continues to counsel me.

Four decades ago I was born to parents who were already Adventists. Four years later they entered full-time ministry, where they remained until 1993 when my dad died of cancer at the age of 58.

My husband and I have now completed two decades in ministry. My successes are due in part to my parents' training and counsel as God-fearing people.

As a pastor's wife, here are six areas I would like to highlight:

TIME-CONSCIOUSNESS AND REGULAR DEVOTIONS

Every Christian knows that time is precious. I believe that God Himself believes time is very important. One area where I score high marks is in connection with time-keeping, especially during my mornings. We get up at 6:00 a.m. and begin our devotions. Time and again in this article I will be mentioning the legacies of my parents' training and counsel. Time consciousness and a regular devotional hour are two of them. Yes, I even lead my husband in waking up because it is in my blood.

CLEANLINESS AND ORDERLINESS

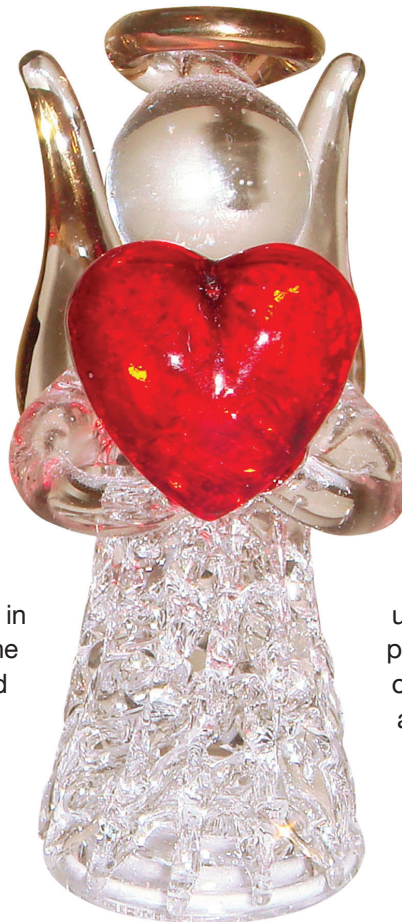
I always associate cleanliness with a life free from sin. For this reason, I always see to it that our house, clothes, compound, and many other aspects connected with cleanliness are kept well. This is what my parents did. Cleanliness is deeply rooted in the teachings of the Bible.

As for orderliness, I used to observe my dad's way of planting crops. He made sure that he planted in lines and rows for two reasons: (1) to maintain orderliness, and (2) so it would be easy when it came time to take away the amount for tithe.

THE SPIRIT OF GIVING AND HOSPITALITY

Sometimes my husband complains because of my desire to always give. Well, I have learned that the more I give, the more the Lord gives me to give away. Is this not the secret of prosperity? I hope so. This legacy is from my mother; she is still that way.

I will never forget that the time when 12 people stormed our parsonage. They belonged to a different tribe and had come to spend the night with us because of an emergency. My parents did all they could to provide our unexpected guests with supper and space for sleeping. This was not the only occasion when I observed such hospitality from my parents. Now I try to follow their example whenever possible.





LEADERSHIP ROLES/QUALITIES

When my husband was a sophomore in college, I was employed as the girls' dean. He used to say to me, "You are a leader." It was not easy to deal with over 200 girls from all sorts of backgrounds, but I was the girls' dean for three years and experienced only minor challenges.

Time and again I find myself taking over some of my husband's duties when his itinerary takes him away from home. When church members need his help when he is away, they sometimes come to me. I recently sat on a certain committee, and a contentious issue came up. It dawned on me that referring to the *Church Manual* was the only solution. I brought it to the meeting, and the tensions subsided. As pastors' wives, we can handle some issues when our husband's are away. However, we ought to consider these issues prayerfully.

Not only must we take over some of our husbands' roles when they are away, we must also assist them when they are present. My husband always remarks before congregations that "where I fail or I am weak, my wife excels, and where she is weak, I excel." I am always very particular about the way he dresses. On many occasions, when I observe that his way of dressing needs correction, I encourage him to wear something else. He often takes my advice. My mother used to do the same thing with my father.

PRAYERS OF MY PARENTS

My parents were strong supplicants. My husband always remarks that people love and feel comfortable with me. Perhaps it is God's way of answering my parents' prayer: "Give our children love and several friends."




WHERE I FAIL OR I AM
WEAK, MY WIFE EXCELS, AND
WHERE SHE IS WEAK, I EXCEL.



HARD WORK AND CAREFUL PLANNING

A local adage says, "Work hard and eat like a cow." The idea behind this saying is that our African cattle spend the whole day grazing. Hence, hard work yields what one can eat and drink. Without the presence of a resource, there is only yawning. For this reason, I find it fitting that I have to work hard in the gospel cause, in my garden, and in other areas.

In some African Unions (mine, for example), a field treasurer's salary is never enough. To make ends meet, most of us do side jobs like baking bread, raising chickens, and a host of other activities. I am not trying to advocate for moonlighting; I am just saying that a pastor's wife has to work hard in all areas.

Yes, as a pastor's wife I have come this far because of the Holy Spirit's leading and because my dear parents, who served the same cause, instilled in me worthwhile values. 

EDITH ABWOOLI is a pastor's wife in Uganda. She is also the Shepherdess Coordinator for the Western Uganda Field.

PLEASE LISTEN TO ME!

“AND THINE EARS SHALL HEAR A WORD BEHIND THEE, SAYING, THIS IS THE WAY, WALK YE IN IT.”

Isaiah 30:21

I quickened my step as I followed the nurse down the hallway. It was nearing the end of my shift working as the hospital's IV therapist, and I was trying to give the nurse important instructions regarding her patient's intravenous status. "Please be very careful when you're pushing medications through this new line. The patient's skin is very fragile, and I'm afraid there aren't many good veins left for another site if this one fails." The nurse continued walking away from me, giving no indication she heard or understood my instructions. Finally, in exasperation, I asked, "Do you speak English?" She stopped at the doorway of a patient's room and gave me a short reply over her shoulder, "Of course I do!"

Hellen Keller, deaf and blind from birth, was once asked, "If you could have either hearing or sight, which would you prefer?" She astonished the inquirer with her answer—"Hearing."

Listening is the most underrated of all the sensory experiences. One of the reasons for this is the failure of most people to appreciate the many facets of listening. It is a multidimensional skill through which we gain information from the world around us, are able to help and reach out to others in a multitude of ways, and in the most elevated of uses, discover God.

A LISTENING HEART

What is meant by a "listening heart?" Some have said it is the ability to listen with the third ear, or the ability to perceive what is said, thought, and felt, as well as what the voice is saying. This is called holistic listening. When we involve all of our senses in the process of listening, we have achieved the ultimate

in caring—listening with the heart. So, how do we do that?

THE SEVEN LISTENING LEVELS

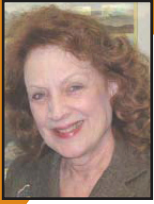
1. Eye-Listening

The eyes are the most expressive of our facial features. Their movements narrowing, widening, and their brightness or lack of brightness all reveal the moods of their owner. We must learn to use our eyes—really use them—if we are to hear with our hearts. Looking around the room, cataloging the books on the shelves, or staring into space is not the way to give a person our best gift—our attention. Looking at that person carefully, giving the subject our gentle, interested, concerned gaze, assures him or her that we intend not to pry but to help.

2. Ear-Listening

During a trip home from a dance, an interested medical man noticed that his teenage daughter wasn't hearing what he was saying. His curiosity aroused, the doctor paid a visit to the next dance and set up some monitoring equipment which revealed that the band's sound level peaked at 120 decibels. At the conclusion of the dance, further tests indicated that, despite their youthful resilience, the kids showed an average hearing loss of 11 decibels, and one boy showed a 35-decibel loss.

So when trying to converse with a young person with little apparent success, it would be appropriate to consider a potential hearing problem. In talking with elderly folks, consideration should be given to their hearing ability. Most people are embarrassed and would rather fake understanding the conversation than admit to hearing difficulties.



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.

Besides physical hearing barriers, one also has to ask:

- a. Do I understand the basic idea the person is trying to communicate to me?
- b. Is vocabulary a problem?
- c. Is there an accent I'm having trouble understanding?
- d. Is the noise in the room interfering with my ability to really hear this person?
- e. Am I so preoccupied with other matters that I'm having trouble focusing on what is being said to me?

Ear-listening would seem to be the most obvious of all types of listening. But we can see that there are obstacles which can interfere with clear listening.

3. Head-Listening

Studies show that the angle at which a person's head is held is another indicator of how much attention is being paid. Here are some examples:

Listening critically: head in the hand, with a forefinger resting against the side of the face.

Relaxed readiness: sitting back in the chair with hands behind the head.

Reflective listening: lifting the head and stroking the chin or beard.

The worst type is *head-in-hand-listening*, accented with eyelids half descended. This position gives the impression that if the listener's hand were not supporting his head, it would certainly roll forward. The message is: "Poor me! I've got to put up with this, but please hurry up and get it over with."

Dr. Ralph D. Nichols of the University of Minnesota once addressed a high-school commencement in which, from his point of view, everything went wrong. One child began to cry, and then another swelled the chorus. A small boy galloped up and down the aisle, chased by another. Nichols realized he had lost his audience.

Nichols tried every trick in the book. He spoke loudly, told a funny story, walked around the stage,

peered intently and disapprovingly at the areas of disturbance. But all was to no avail.

Then he tried his last desperate trick. He found one good listener—an elderly gentleman in the first row who was looking up, smiling and nodding his head approvingly. Concentrating all his attention on this one listener, the speaker gradually salvaged the situation and the speech.

During the refreshment period that followed, Nichols asked the school superintendent to introduce him to the old gentleman who had sat on the front row. "Well, I'll try to introduce you," said the superintendent, "but it may be a little difficult. You see, the poor old fellow is stone-deaf." Unable to listen with his ears, the deaf man had saved the day by listening with his head.

4. Hand-Listening

We use our hands a lot when talking. We use our hands to wave a friend, clap our approval, and shake the hands of others. But hands can also reflect our level of interest in what is being said to us. A person can convey an unspoken message by the way he or she straightens a tie or scarf, toys with glasses, adjusts a belt, waves to another friend, or bites a fingernail.

5. Tactile-listening

Touching may be the most misunderstood method of paying attention. In our society we associate touching with sexual overtures. There are many people in our society who need touching—children and the elderly in particular.

People need physical contact—a touch on the shoulder, a pat on the arm, a hug—which can convey messages that cannot be expressed in words. Jesus was a person who touched people.

6. Third-Ear Listening

Listening with the third ear refers to listening for the unspoken message contained in the emotional tones of the speaker's voice. Quite often the

words which are spoken do not match the tone. We can pick up clues by noting the pitch or tone of the voice, the quality and clarity of the voice, and the emphasis placed on a particular word or group of words. This process has also been called “listening beyond the words.”

7. Body-Listening

The techniques of body listening make up the acrostic SOFTEN—

S – Smile: Carrying on communication with a sullen-faced individual is altogether different from talking with a person with a winning smile. A smile is probably the most important factor in establishing rapport between two people.

O – Open Posture: The gesture for defensiveness, defiance, and withdrawal is an arms-crossed posture. The person who is listening with his body will avoid crossed arms and maintain an open posture.

F – Forward Lean: The body listener who leans toward the speaker gives the impression of movement toward him or her and signifies intense interest in what is being said.

T – Touch: We’ve discussed touch previously.

E – Eye Contact: Turning the head to look directly at a speaker is the primary indication of attention.

N – Nod: We talked about this type of listening.

THE TOTAL LISTENER IN ACTION

Total listening might be described as the activity in which the listener goes to work to utilize every part of his body—mouth, eyes, head, etc.—to make the other person feel loved, valued, and worthwhile.

Frank Capra, the celebrated movie producer, spent some time with Franklin D. Roosevelt, then President of the United States. Capra described the way in which FDR entered into a conversation with him:

“...with a big friendly smile, and the glint of intense interest in his sparkling eyes, he would encourage you to talk about yourself, your family, your work, anything. ‘Well, I declare!’ he’d exclaim after you’d made some inane statement. By little laughs, and goads, and urgings such as ‘Really? Tell me more!’ . . . ‘Well, what do you know!’ . . . ‘Same thing’s



happened to me dozens of times!’ . . . ‘Oh, that’s fascinating!’ . . . his warmth would change you from a stuttering milquetoast to an articulate raconteur” (*The Awesome Power of the Listening Heart*, John W. Drakeford, Zondervan Publishing House, 1982, p. 105).

Small wonder President Roosevelt, the man of the people, was able to marshal the forces of democracy against the tyranny of the Axis powers. Body listening will help you to be as effective in your field as the president was in his.

We’ve touched on only a few aspects of listening skills. There is so much more that could be explored on this topic. If we learn to sharpen our listening abilities, all sorts of good things will happen. We will become better wives, better mothers, better family members, better co-workers, better employers, better supervisors, better encouragers, and better advisers.

If we learn to really listen, it may be said of us—as it was of one in bygone days—“and thine ears shall hear a word behind thee, saying, This is the way, walk ye in it” (Isa. 30:21). If we hear this voice, we are blessed indeed.



Information and material for this article taken from: *Caring Enough to Hear and Be Heard*, David Augsburger (Regal Books, 1982); *The Awesome Power of the Listening Heart*, John W. Drakeford (Zondervan Publishing House, 1982); *Listening & Caring Skills*, John Savage (Abingdon Press, 1996).

ASK ANNA

DEAR ANNA,

I ENJOY BEING AT HOME WITH OUR THREE YOUNG CHILDREN, BUT WE LIVE IN AN AREA WITH HIGH EXPENSES. IN THESE DIFFICULT TIMES, WHAT ADVICE CAN YOU GIVE US FOR LIVING ON ONE INCOME?

Like anything you really want to accomplish, living on one income will take intentionality, strategy, and follow-through. Start by making the decision: *We will* live on one income so that our children can have their mother at home. Keep your purpose in mind.

Decide how long you are committed to remaining at home. Is it until all your children have entered first grade? Or ninth grade? Or college? It doesn't need to be for a lifetime. Focus on your pleasure in seeing and guiding the progress and development of your children and in supporting your husband.

Control expenditures by controlling your wants. Create a budget and stick to it. Make it a family game. Then reward yourselves with a free, fun-filled activity when you don't step outside of your budget.

One young pastor's wife I know, a mother to three children, always dresses with class even though she shops in second-hand clothing stores. Colors are coordinated, fabrics are interesting. It *can* be done.

Here are some other ideas that we have used:

- Drive a "paid-for" car! Of course, a *paid-for* car is not the latest model—but do keep it spotless for your own self-esteem. Driving one car saves on insurance and other costs.
- Use public transportation when possible. Watching and meeting people can be fun! And you can even be intentional about witnessing on the bus or train.

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

- Choose a home within your means. Don't spend so much on expensive housing that you cannot spend a little on simple family outings now and then. Keep the décor simple and colors coordinated. Enjoy hand-me-down furnishings. Learn how to arrange your things with flair.
- Provide family meals and hospitality with simple, inexpensive foods. Enhance your table settings with items gleaned from nature or things you already own.
- Live the eight natural remedies and save on doctor, hospital, and pharmacy costs.
- Dress warmly—keep the temperature in your home down. Be sure to have jackets and lap robes for guests.
- Learn how to cut one another's hair—with style!
- Read borrowed books or check books out from your local library.
- Enjoy no- or low-cost hobbies—identifying birds, learning about different countries or cities via the Internet, or finding a hobby that will give you a return, such as gardening.
- Entertain one another. Play games as a family.
- Collect cans and bottles to recycle, which ones will yield exercise and spending money.
- Look at your skills and explore which would allow you to work from home. Should you consider homeschooling your children?

Home! It's a beautiful word! Do whatever it takes to stay with those children and disciple them for Jesus. That's the most rewarding job in the world. The reward? Joy now and joy throughout eternity.



THE JOY OF ANIMALS

by Valerie Smetheram

Do you have animals in your life? I think you may have missed something wonderful if you haven't. Have you noticed how nearly all children love being with, touching, and interacting with animals, particularly baby ones? I always feel for city kids when they're taken to the country, seeing how they react with such delight when encountering animals as if they're rediscovering something basic, something which is their right and somehow they've lost. To me, interaction with animals is a natural, comfortable condition, and I thank God for the pleasure.

I was fortunate in discovering this joy early in life when my father brought home a tiny, shivering black-and-white bundle, telling my sister and me that this puppy was joining our family. She was friendly, wonderfully warm to cuddle in the winter, and became a great playmate for us as we grew up. When she birthed her litters, she allowed us to carry the puppies around all the time. Recalling it brings back that warm puppy smell into my nostrils. The puppies were used to being handled by the time our parents found homes for them. Then, of course, we were upset at losing them.

Later, in my seagoing days, it was against the rules to have animals aboard, and I missed them terribly. The Purser had a huge neutered male Persian, a most unfriendly creature with a seemingly inflated estimate of its own importance, not unlike its owner. So I had to be satisfied with interaction with the animals at home when I went on leave.



In my adult life, I've had a dog or two, especially when living in the country on acreage. One of my favorites was a black medium-sized dog collected from the pound. She looked exactly like the dogs you see on the ancient Egyptian tomb friezes, which rather appealed. She was scared though, and I thought she'd probably been badly treated, but somehow we took to each other. At home, however, when I picked up the broom to sweep, she slunk into a corner, tail between her legs. Thus time had to be spent gaining her trust. Once gained, though, she was a one-person dog until, five years later, I lost her either to a snake bite or a tick bite. I wept for my faithful friend, who I'm sure would have defended me with her life.

Later, during a very traumatic period in my life, I had the pleasure of the company of a large tabby tomcat, the most affable creature I think I have ever known. My two boys were very young, and at that time I was stretched financially; I was alone since my first marriage had broken up. My mother was on the other side of the world. The cat stayed around for some time. His loud contented purring somehow gave me a sense of normalcy and, oddly, a feeling of reassurance. He was quite partial to curling up on laps—whose, it didn't matter, except that the little ones didn't sit still much, so it was usually mine. Consequently, we forged a great friendship. A couple of years on, when things were improving for me, he suddenly disappeared. After several days, he crawled home in a pitiful state, an inch-long piece of

bone sticking out of his flank. The veterinarian shook his head, telling me there'd be no pain at the moment, but immediate action was essential. It seemed the final needle was the only solution. I stroked the animal, he purred his pleasure, and yes, I wept over him, too, feeling like a traitor as I handed him over.

One time I had the opportunity to interact with horses. Let me say here that I am not the world's greatest horsewoman, that's for sure. Myra, my friend and tutor, owned a small farm with her husband. There were many acres of wild bush country around their property, and we and the horses enjoyed some wonderful rides. As a beginner, most times I rode a quiet little mare who (Myra assured me) I couldn't get a gallop out of even if I tried. True! But she was gentle and patient with a novice like me. Star, abandoned in a horribly neglected state on a neighboring property, had been rescued by Myra a couple of years before.


Gentle and reliable she certainly was. However, Morocco, Myra's usual mount, was somewhat different. Part Arabian, 16 hands high, and with a mind of his own (with me anyway), he probably sensed how unused to riding I was and thought he would sort me out. He did; I only rode him twice. The first time he trotted over to the water, leaned over to one side, and neatly dropped me into the dam. I tried another day. He wouldn't move. Myra was perplexed. "He's never done that before," she said in surprise. It was deliberate but not malicious, and there was no harm done. I think he just thought that having to work with greenhorn riders was beneath his dignity! I swear he was laughing at me! Thus Star the gentle little mare became my regular mount, and we became completely comfortable with each other. I recall one memorable ride on a warm spring day when we rode for hours through flank-high yellow flowering bushes. Both animals snorted with pleasure, and Myra commented how they too were enjoying themselves. We could have been a million miles from anywhere, and everything seemed so much in tune; I wanted the day to go on forever. That period of my life ended when Myra and Ted sold their farm and moved on, so my animal friends moved on, too. They left a gaping hole in my life.

I was also keeping Nubian goats in those years, which was great fun, plus we used the milk, of course. Come to think of it, is there anything prettier or more appealing than a baby goat? I don't think so. The long, floppy ears and cute little faces are more appealing even than lambs, I think. I also milked one

or two of the neighbor's cows on occasion, although none of them cooperated (maybe because my hands were cold). More than once the tail flipped around my face or the buckets were kicked over. I have to say that cattle are not on my list of favorites, but in spite of that, I do like having animals around me.

I guess the most well-remembered and loved was our golden Labrador, who lived happily with us for 16 years, sharing our vegetarian diet and our lives. She was never known to turn down fruit of any kind, was partial to nearly all vegetables, and was far more entertaining than television. Although normally boisterous, she could on occasion be very gentle. I took her at the Matron's request to the hospital where I worked, walking my dog around the wards so the elderly patients could make her acquaintance. They'd been told she was coming, so most had saved a little of their morning tea for her.

Having been raised on Kipling, I always wanted to interact with elephants, but the opportunity never presented itself. In my early years, I thrilled to hear stories of the mahouts and their elephants, which each man trained, cared for; and worked with his whole life. My father used to tell me about watching working elephants in India, but I didn't see them for myself until my early 20s, when I watched them working and being bathed in the river in Sri Lanka (then Ceylon). There, too, I was aware of that indefinable something going on between animal and mahout. A wonderful sight and a memory I treasure.

These days we have no animals at all. We travel in the job quite often and have decided that until retirement it would be easier not to have pets. Easier and more convenient, yes, but there's definitely a missing dimension. In the meantime, for creature interaction, I get by with a little "play time" with our neighbors' small dog, who never seems to run out of energy or the need of human company. I'm so grateful God gave us animals. How empty life would be without them. 



VAL SMETHERAM, British born, is a naturalized Australian living in Queensland, Australia. Her husband, Richard, has been the trust services director for Queensland and the Northern Territory for the last 15 years. Together they have been engaged in full-time ministry for 25 years, 10 of which have been spent in New Zealand. Passionate about the environment, animals, justice, and the natural world, Val is an amateur writer and poet with over 200 published pieces. Her ambitions are to become fitter and to finish a book she's attempting to write.



A SPARKLING LIFE



Linda Martella starts her day early—snuggling onto the couch to read her Bible and other devotional materials and to pray.

“This gives me a balance for my day—which can get pretty hectic at times!” says Linda, who teaches and serves as the principal’s secretary at Rio Lindo Adventist Academy, a boarding school in northern California.

In addition to her secretarial duties, Linda is also a professionally certified teacher and has taught a variety of classes at Rio, including ESL, Pre-Algebra, and Home Arts, which features a lab of 6 kitchens, 8 sewing tables, and 18 sewing machines.

With over 160 teens living at the academy, Linda enjoys being available for the students. “It’s such a treat to greet them in the hallway, to share a smile or a laugh, and just take time to listen,” she says.

When not on duty at the academy, Linda supports her husband,

Dan, who pastors the Healdsburg and Cloverdale churches, about 75 miles north of San Francisco. Having been involved with Children’s Sabbath Schools for many of the 32 years of their ministry, Linda now coordinates the children’s storytellers, runs PowerPoint slides, and helps with music. Each Sabbath, she joins Dan at the church door to greet members. The Martellas enjoy hosting potlucks and gatherings in their home and serving on the church social committee.

Since their children, Heidi, 27, and Jeffrey, 25, are now grown, Linda enjoys finding single people to sit with at church “so they won’t feel so alone. (Heidi currently serves as the associate communications director of the Washington Conference, and Jeffrey teaches grades 7 & 8 at the Buena Vista Elementary School in Washington.)

Although Linda has many talents, she believes the most important way to support her husband “is to be there for him when he needs someone to talk to, to pray with, to bounce ideas off of.”

“When we were first married, I thought I needed to make Dan successful as a pastor,” Linda admits. “I thought I had to do everything—lead a division, tell stories, host dinners, sing—you name it, I thought I had to do it.

“One day it occurred to me that he could do just fine on his own with God’s help, not mine. It freed me to be myself and develop my own ministry so that we could partner together in the plan God had for each of us. I just need to be available to love the people.”

Hospitality is one of Linda’s passions, and over the years the Martellas have hosted 10 Japanese students. “Our kids loved the experience, and every year



The Martella family includes (l to r): Heidi, 27, Dan, Jeffrey, 25, Linda.



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 have one son, Daniel, 18, and one daughter, Heather, 12.



Linda enjoys teaching Home Arts classes.

we looked forward to our new set of guests.”

Currently, Linda and Dan have opened their home to a friend’s son who joins them during short school breaks. “It’s fun for us to be ‘Auntie Linda’ and ‘Uncle Dan,’” Linda says.

While Linda is comfortable in her many roles, it hasn’t always been easy. “During my ‘Martha’ days,” she recalls, “I ended up so overloaded it just about submarined me emotionally.” Usually a happy and energetic person, Linda found it difficult to even get out of bed. Feeling helpless and unable to cope, she cried a lot.

One day Linda shared her struggles with a physician friend, who explained that she was struggling with depression. “He told me I had been doing too much and needed to take some time to care for me. He also called in a prescription.”

After connecting with a counselor and taking medication for a short time, Linda was able to snap out of the depression. Shortly afterward, the Martellas moved to another congregation, and Linda felt that “life turned right again.”

Through her experiences, Linda has learned some valuable lessons. “It’s OK to say ‘No’ sometimes,” she says. “It is so important to know our limitations and live within them.”

“Prioritizing and organizing is very helpful, even though I know that I may not accomplish everything on my list in one day,” she continues. “Learning to relax and let God take control of my calendar has helped me so much. . . . I also have learned to put exercise high on my priority list. Some days I only get in devotions and exercise, but even then I feel I have done the most important things on my to do list.”

Linda has found that a happy attitude can add much joy to life. “Not worrying about trying to be something I can never be enables me to focus on who God wants me to be,” she says. “For now it is just being a sparkler for the Lord, brightening the corner where He has placed me. . . . If all ordinary people just brighten the corner where they are, living their lives dedicated to doing God’s will, just think how bright we could make the world.”

SABBATH MORNING BAKED OATMEAL

- 4 cups water
- 3 cups oats
- 1 tsp salt
- ½ cup powered milk
- ¾ cups chopped dates
- ½ cup coconut
- ¼ cup oil

Mix and bake at 375°C in shallow greased casserole for 30-40 minutes.



CELEBRATING THE LIFE AND MINISTRY OF SANDRA L. HOLLAND-PEARSON



Sandra was born October 5, 1945, in Indianapolis, Indiana. She was the sixth of 16 children born to Eline and Burks Holland, Sr. Sandra graduated from Oakwood College (University) in 1967, where she met Walter L. Pearson. After a fairy-tale courtship, Sandra and Walter were wed on November 26, 1967. Their 42-year union produced two children. Sandra was a loving wife, devoted mother, and beloved grandmother. Her family was always her first concern. She doted on them, but she also belonged to the world of church ministry. She worked and traveled tirelessly around the world, by the side of her celebrated husband, leading many souls to Christ. Always smiling, she never complained or murmured.

REMEMBERING SANDRA'S LOVE

God must have known there would be times we'd need a gentle touch and a tender understanding heart to love us. He must have known we'd need someone to listen to our cares, to comfort us, and remember us in loving thoughts and prayers. So in His boundless wisdom, He sent us the dearest blessing in the world, our precious Sandra's love.

SANDRA, THE LOVING WIFE

Who can find a wife of noble character? She is worth more than the costliest jewels. Her husband has confidence in her abilities. He will never be poor. All her life she will do him good and will never do anything to harm him. She works with energy and puts all her strength into her tasks. Her husband is respected with her support and is chosen to sit with the city officials. She's respected in her own right and is not afraid of the future. She speaks words of gentle wisdom and teaches kindness to others. She is never lazy and watches over the affairs of her family. Her children respect her and say so, and her husband praises her, saying, "Many women do wonderful things, but you surpass them all." Charm is deceptive and beauty dis-

appears, but a woman who honors the Lord will be praised. Reward her for what she has done. Let her works be praised by everyone in the city (paraphrased from Proverbs 31).

Sandra and Walter were soul-mates. They were a team. As anyone who knew them can attest, they were inseparable. Their solid bond was strengthened during her illness. Walter never left her side. Whenever you walked into the hospital room, he was there—morning, noon, or night. She took her last breath in his loving arms.

SANDRA, A GODLY PARENT AND GRANDPARENT

It is amazing how Mom always knew what to do and say. She was always filled with so much love and tenderness and wisdom. With just a word or smile or look, she made our hearts lighter. She always had high expectations for us and accepted nothing less than our very best.

SANDRA, OUR SISTER

Family ties are precious bonds that seem to grow stronger and deeper through the years. They keep us close together no matter where we are. Sandra was a strong link in our chain of family ties. Sandra represented different things to different people. She was an





unusual counselor. Her easy style and warmth made it natural for others to hear her words of wisdom. She had a special gift of using one-liners to get and keep the listener's attention. The words were brief yet potent. Sandra had the ability to go straight to the core of the problem or concern, and she would delicately yet meticulously cut to the chase. Her words were always laced with praise to God, admonishing one to depend on Him for a solution.

SANDRA'S EARLY MINISTRY


Sandra and her two sisters, Sharon and Jacqui, were close in age and even closer in sharing in each other's daily experiences. The family almost considered the threesome as one. This was obvious in the way they would call them in an almost-hyphenated, single name: "Sandra-Sharon-and-Jacqui." The three formed a singing trio. Most Friday nights were spent sitting around the record player matching word-for-word, note-for-note to replicate the sound. Later they learned to create their own sound. This prepared them to form "The Hollandaires," a name given to them by their brother-in-law, Charles Joseph, when they sang for his Bible tent meetings. Sandra's voice was beautiful. It was a perfect blend of opposite textures, rough with a velvet-like smoothness. What a voice!

SANDRA, OUR AUNT

Her love made such a difference in our lives. Her life

exemplified many virtues: love, humility, faith, patience, forgiveness, service, wisdom, and joy. The world was a gentler place because of the joy and comfort in the smiles that lit her face. We will remember heart-to-heart talks and happy times. Reunions will always be extra special because they meant so much to her.

SANDRA'S LAST GOOD-BYE

Even as she walked through the valley of the shadow of death, she was fearless. She walked with God and called out to Jesus, her personal Savior. On the morning of July 29, 2009, Sandra fell asleep in the arms of Jesus. Her life was a ministry. She left her family a legacy of hope, love, and service. Her legacy will be continued by the following family members: her husband, Walter L. Pearson, Jr.; her daughter, Ericca L. Pearson-Paige; her son, Walter L. Pearson III.; her son-in-law, Devroux Paige; her daughter-in-law, Summer Scott-Pearson; three grandsons, Walter Leonard IV, Gabriel Alexander, and Pearson Gault Paige. She was also loved by seven sisters: Elnora Browne, Vivian Joseph (Charles), Barbra Russell (Charles), Sharon Turner (Samuel), Jacquelyn Williams (Samuel), Debra Aduba (Henry), Angela Sylvester (Stephen); and eight brothers: Burks Holland, Jr. (Sandra), Harvey Holland (Patricia), Larry Holland (Gloria), Keith Holland, Jarman Holland (Barbara), Dwayne Holland (Bette), Nathaniel Holland (Tanya), Ronald Holland (Dawn), and numerous nieces, nephews, aunts, uncles, and several cousins. 

EAST-CENTRAL AFRICA DIVISION



Milliam Kakembo, Shepherdess coordinator for ECD, has traveled around her division meeting with pastoral couples and young girls. Following is a pictorial report.

Milliam Kakembo (center) with young girls to whom she spoke about the dangers of drugs and alcohol, encouraging them to abstain. She also talked with them about HIV/AIDS.



John and Milliam Kakembo met with pastors and elders and their spouses in Uganda, where they focused on family matters.



Shepherdesses singing after their pastors-husbands were ordained in Kisangani, North Congo.

EURO-ASIA DIVISION

Mariya Leahu, Shepherdess coordinator for ESD, shared several photos about meetings in her division. There were meetings this summer in a variety of places. The following is a pictorial report of these events.

On September 4-6, 2009, pastoral couples met in Moldova. The theme was "Follow the Bible."





Pastoral couples in Moldova.



Pastoral couples during meetings in Caucasus.



On September 7-10, 2009, pastoral couples met in Caucasus, Anapa. The theme was "Reaching the Aim."



Ilia and Mariya Leahu, Ministerial Secretary and Shepherdess Coordinator for ESD (sitting second and third from left), met with pastoral couples of Trans-Caucasus Union in Tbilisi from July 7-13, 2009.

NORTH AMERICAN DIVISION

GREATER NEW YORK: Bonnie Marker, Shepherdess sponsor, planned a wonderful day of meetings for the Shepherdesses in Greater New York. On October 4, 2009 nearly 40 ladies gathered to hear Sharon Cress, the featured speaker. The ladies were blessed by this time together.



Shepherdesses enjoying the time of fellowship in Greater New York.



The meetings were beautifully decorated with fall décor for this event.



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Bonnie Marker, coordinator for Shepherdess meetings in Greater New York.



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A special meal was planned for the ladies.

IOWA-MISSOURI: Becki Knobloch reported in the *Mid-America Outlook* that pastors' wives in Iowa-Missouri attended "Spa Guné" in March in Branson, Missouri. The retreat was planned by Nancy Littrell of the Mountain Grove Church and her daughter, Jennifer Davis of the Columbia. The spa-themed weekend offered relaxation treatments, stress-free stations, and spiritual applications of the weekend's presentations. Planning this retreat took more than a year, with much assistance from Gail Coridan, Iowa-Missouri's women's ministry coordinator. Each church was invited to sponsor its pastor's wife for the event; the majority who attended did receive this gift of appreciation from their congregations.



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Pastor's wife Angela Van Schaik receives a manicure from retreat organizer Jennifer Davis.



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Janice Browne from South Central Conference.

SOUTH CENTRAL: Recently Elder and Mrs. Benjamin Browne announced their retirement. South Central *Tidings* paid tribute to Janice Johnson Browne, Ph.D., for serving faithfully as an integral part of her husband's ministry. In the September 2009 issue, *Tidings* reported that Janice is dedicated to women's ministry and to Shepherdess International. As Shepherdess leader, Dr. Browne has sponsored spiritual and personal development, as well as leadership training, at camp meetings and officers' meetings for pastors' wives. Mission awareness to other countries was created by adopting the village of one of the South Central Shepherdesses. Team-building was developed with the creation of a Shepherdess chorale, volleyball team, and a Legends Luncheon to include current and retired Shepherdesses. She also planned a variety of events to meet pastors' wives' mental, emotional, physical, dietary, and spiritual needs. Thank you, Janice Browne, for your dedication to Shepherdess. May God bless you in your retirement!

NORTHERN ASIA-PACIFIC DIVISION

Hundreds of pastors' wives attended meetings in Korea from August 23–27, 2009. Sally Lam-Phoon, Shepherdess coordinator for NSD, planned these wonderful meetings, and the ladies were blessed by their time together. Sharon Cress, director for Shepherdess International, was the featured speaker. Following is a pictorial report of this event.



Shepherdesses from the division office gather for a special traditional Korean luncheon.



Singers at the Korean meetings.



Sharon Cress (left) and Sally Lam-Phoon (right) with Shepherdess coordinators from Korea.

SOUTH PACIFIC DIVISION

Merilyn Webster, Shepherdess coordinator for SPD, recently had a booth that showed the evangelistic efforts of pastors' wives from around the world. Many were interested in the great work they are doing to bring people to Jesus Christ.



Merilyn Webster (right) shows photos of a literacy project in India where pastors' wives lead out.

SOUTHERN AFRICA-INDIAN OCEAN DIVISION

NORTH MALAWI FIELD: Shepherdess Betty Moyo from Nkhata-Bay SDA Church shared how God has proved His faithfulness in her life. She had been longing to continue her education for quite a while, and the Lord provided the opportunity in 2000. It was not easy to study in a secular educational institution; one had to stand firm to lift the banner of Adventism. There were rumors that exams would be held on Saturday because of circumstances beyond the control of administration.



From left is Mrs. Ngwira, Betty Moyo, and Mrs. T. Y. Nyirenda on graduation day.

This soon became reality, and the Adventist students tried to raise their concerns through the student union, without success. They started to meet regularly to pray about the situation. The Adventist students endured jeering as fellow students insulted them and their God.

During this time, Betty's husband was facing the possibility of losing his job. She did not want to have to drop out of school during this time, so she spent much time fasting and praying. Neighbors mocked her and said that her God had failed. Betty remained faithful and continued to pray.

A notice was posted for an assembly which she did not want to attend for fear of being humiliated. The announcement was made that administration had decided to let every student write exams with a free mind. No exams were going to be held over the weekend. Betty could not believe her ears, and students rushed to tell her that she worshipped a living God.

The chairperson of the students union approached Betty to say that one of the lecturers from Canada had been surprised to see students take a stand for their faith.

Our God is faithful as He promised that He would fight battles for us. He also changed Betty's graduation day from Saturday to Friday, and her husband kept his job. Betty learned to trust more than ever from this experience.

Shepherdesses in Malawi Union distributed food and clothes to the needy during a crusade. The items were donated by ADRA.



Shepherdesses in Malawi Union.

SOUTHERN ASIA-PACIFIC DIVISION

NORTH PHILIPPINE UNION: On March 21, 2009, the Central Luzon Conference held a Pajama Night for 25 pastors' wives. The theme of the evening was "Hold Out Your Candle." The program started with a light dinner and ended at midnight with Bible reading and prayer. Eleanor Roque, Shepherdess coordinator for the Central Luzon Conference, planned this event to foster a closer camaraderie and bonding among pastors' wives. Roque shared that the program was designed to enhance the relationship with the ladies, pastor-husbands and children, train them on crisis counseling so they can assist their husbands in ministry, and provide livelihood opportunities that will help them have a sense of self-sufficiency.

Seminars were presented on team ministry and crisis counseling. Many pastors' wives are stressed, so they also learned stress management techniques.

During the commitment service, Pastor Fofue, Central Luzon ministerial director, encouraged participants. He stated, "What percent do ministers' wives contribute to their ministry? It's not 95 percent; it's 100 percent!" He also said, "[Pastors' wives] are the model in your home and outside your home, in your churches and outside your churches."

Many participants were touched and learned more about their role in helping their husband succeed.

This activity is just an opening to more Pajama-Night events in different areas of Central Luzon.



Pastors' wives from Central Luzon Conference enjoyed Pajama Night.

BANGLADESH: Lucena Chambugong reports that on July 2-5, 2009, she and her fellow shepherdesses conducted a Shepherdess evangelistic meeting in Moohur SDA Church in West Bangladesh Mission. In spite of it being the rainy season, 382 people attended—mainly women and young girls, along with some men. The children and youth helped make the meeting joyful and lively as they participated by leading the singing.

On Sabbath there were no seats available. There was no space to walk. Fifty-seven people accepted Jesus as their Savior. Let's pray for these pastors' wives as they continue sharing the light of truth in their communities.



Exercise break during the evangelistic meetings in Moohur Church.



Pastors' wives presenting messages at the evangelistic meetings.



Attendees at the evangelistic meetings by Shepherdesses in West Bangladesh.

MEETINGS FOR ADVENTIST WOMEN



GC SESSION 2010 | ATLANTA, GEORGIA

A series of special meetings at the Session for women who are not delegates will be presented by Women's Ministries and Shepherdess International. The morning meetings will be held Monday through Thursday, June 28–July 1, from 9:30–10:45 a.m. Two afternoon seminars will be held Tuesday and Thursday, June 29 and July 1, from 2:00–4:00 p.m.

These events will take place in the Georgia Ballroom in Building C, Level 3, Sections 1-3.

All meetings will feature dedicated presenters who will explore topics of spiritual and personal growth, service, and daily living. Features will include inspiring and interesting reports from around the world.

No registration is required.

Proclaiming God's Grace