

THE JOURNAL

A RESOURCE FOR MINISTRY SPOUSES

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Healthy Lifestyle

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ON THE COVER

Living a healthy lifestyle is not only important for our bodies—it is also vital to our emotional and spiritual well-being. God has commanded us to honor Him with our bodies, and in this issue we will explore some ways to do that. Read about how you can achieve a healthier, happier life for Him!



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Energy and Endorphins

SO MANY ADVERTISEMENTS promise quick solutions and miracle cures for almost any condition—weight loss, saggy skin, bulging stomachs . . . the list is endless.

Years ago I was feeling sluggish, low in energy, and emotionally drained. I was sure there must be something wrong with me. When I noticed a health lecture scheduled in my area, I decided to go. Maybe the information would help.

The topic was the importance of diet, fresh air, sunshine, and exercise. After the lecture I started walking every day. At first one mile was hard. But within a couple of weeks, I could speed walk three miles.

I was amazed at how much better I felt. The endorphins were flying in my brain. (Exercise releases chemicals called endorphins in the brain that reduce pain and trigger positive

feelings. We have a wonderful Creator!) I felt so energized and happy that walking became a passion. In fact, I drove my family crazy with how happy and energized I was!

Then I learned that my diet—which consisted mostly of white flour, fat, protein, sugar, and lots of salt—could make me feel tired and depressed. This was also the food I was feeding my family. So we started eating more vegetables (raw or cooked) with some seasonings instead of oil or butter. I was amazed at the difference in how I felt!

My eyes were really opened one day. For a special treat our family went to a restaurant. And, of course, the food was high in oil, sugar, and salt. Then we stopped for ice-cream sundaes. We were having a wonderful time laughing and enjoying one another—that is, until we were driving home. Soon our sons were

arguing and fighting with each other, and my husband, Jerry, and I started to disagree. It wasn't long before we were all irritable. What was going on? I started to pay more attention, and I observed the same behavior at other times when we ate high-fat foods with a lot of sugar and salt.

Recently I was in Turkey for three weeks. The food was good, but it was too rich for me. I began to feel sluggish and tired. Then I started eating more raw veggies and dark-green salads. Within days, my energy was back and my mind clear.

I am more and more convinced that a lot of our ill-tempered behavior and depression could be avoided or resolved by following God's laws of health. My husband pointed out to me, "We are all going to die of something. After all your healthy eating, you could be hit by a bus. We need to eat healthy food so we have clear minds and can better understand what God is trying to communicate to us."

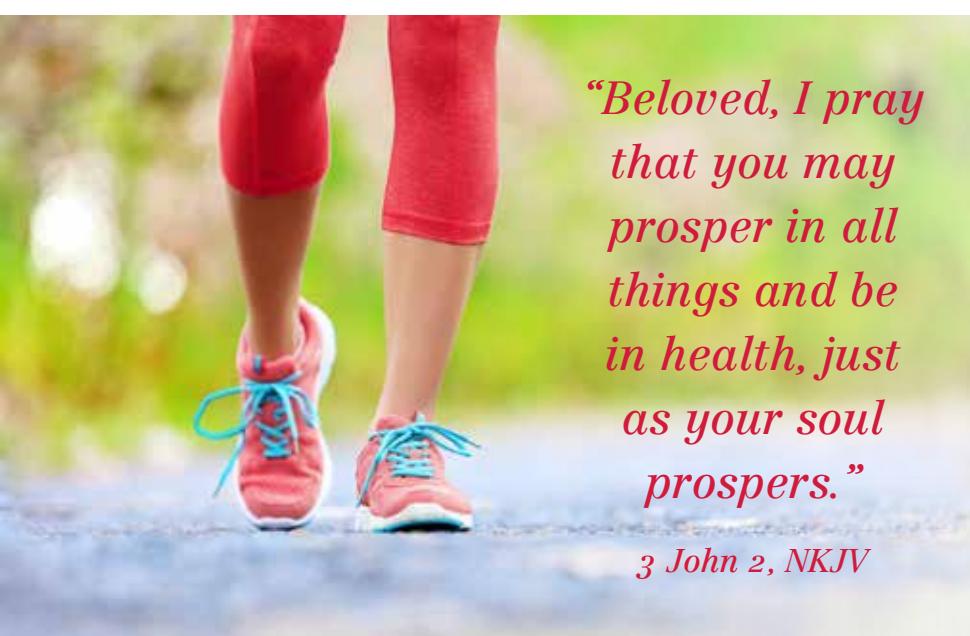
I realized that he was right. That became my focus and gave me a stronger desire to eat a healthy diet. I don't want anything to cloud my mind. And with more energy, I am able to get up early so I can listen to God's voice. What a precious experience with my God and Savior!

The articles in this issue provide practical ideas on eating, emotions, and exercise. I pray that you will be blessed.

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

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

3 John 2, NKJV



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7 Secrets to Happiness

YOU CAN FIND CONTENTMENT IN THE MIDST OF A BUSY SCHEDULE AND SINFUL WORLD.



EVEN THOUGH WE LIVE in a sin-sick world, we all want a level of peace and contentment. Yet the Bible reminds us in Isaiah 14:12-15 that Satan, a fallen being from heaven, is the prince of this world. Therefore, we will face trials and temptations on this earth until Jesus appears. However, despite the obstacles, frustrations, and feelings of loneliness we might face, God is able to rock us in the cradle of His arms.

Having been married to a pastor in the Seventh-day Adventist Church for the past 11 years, I have shed many tears, felt the yearnings for a normal life, and wondered when the burden of our district would become lighter. But I have also learned many lessons about contentment. Realizing that I could not change everything, I asked God to give me a different perspective on life. So here are my seven “secrets,” or reminders, of how to find true happiness.

1. Don't get involved in all the church's issues and problems. My role is to support my spouse, not solve his problems or those of the district. There are a lot of things we cannot handle, so it's best to just listen and pray for our spouses. This does not mean we cannot assist or offer sound advice, but we must remember that we are not the captain of the ship—the shepherd of the flock is responsible for the sheep. The pastor was trained and equipped with the Word, a church manual, and an employee handbook. God will give pastors wisdom to cope, and we should hold up their hands as Aaron and Hur did for Moses. The prophet Isaiah wrote, “You will keep in perfect peace those whose minds are steadfast, because they trust in you” (Isaiah 26:3, NIV).

God is able to rock us in the cradle of His arms.

2. Spend time alone with God. I cannot overemphasize this point. It is mainly in my quiet moments that God reveals Himself to me. Of course, the devil does not like that, so he distracts us with anything he can think of, both good and bad. When our minds are cluttered with everyday activities, work, the children, and church duties, it's easy to feel overwhelmed. Yet even though family and friends are important, God is greater, and He must have time alone with His children. Mark 1:35 tells us that even our Savior found time to pray very early in the morning, so dedicate a corner or room in the house and let the family know that it's your quiet space.

3. Choose friends who care about your eternal salvation. The life of a pastor's spouse can be a lonely one, so close friends are critical. One evening I was looking at pictures on social media, and I noticed that many friends I grew up with have left the church. But I have also come to realize that even in the church we can be lost. Matthew 7:21 reveals that not everyone who says "Lord, Lord" will enter heaven. And even though it's hard to find people we can confide in or socialize with on a personal level, with prayer God always provides a friend who will care and pray for you.

4. Remember that our children are our ministry. Preachers' kids have their unique battles. Our role is to nurture and love them from day one. Feelings of hypocrisy, abandonment, being in the spotlight, criticism, and isolation are some of the challenges in their lives. Not all may experience these, and others may never share these feelings with us as parents. Yet many pastors' kids feel that the church is not friendly territory at times, so it is our duty to let them know and experience Jesus for themselves. We can do this through having morning devotions, creating opportunities for them to sing and participate in

church, and helping them make friends with the less friendly. Sometimes because of movements between churches, they are left out of participating in special events. If your spouse pastors more than one church, ask the Lord to choose a church (don't focus on size) that will meet the needs of your children (even if it's not your personal first choice).

5. Cultivate forgiveness. On our wedding day we promised to love faithfully, forsaking all others. Then came ministry. It brought late dates, forgetting birthdays and anniversaries during evangelistic meetings, interruptive phone calls during bonding, and unexpected visitors at our home. Seemingly endless funerals, weddings, and meetings interrupted game nights and plans. We spouses tend to resent being ignored, and we gather hate for the brethren and even neglect to forgive our spouses when they forget these treasured moments and dates. Yet when we forgive, we nurture a heart of pity.

6. Never neglect the sanctity of marriage. When God made the first man and woman, He pronounced a blessing on them that is holy, and He encouraged them to become "one flesh" (Genesis 2:24). The truth is that sex is also a great stress reliever for men, especially pastors. Never withhold that need, as it can lead to infidelity and wandering thoughts. Sadly, many pastors have fallen by the wayside due to weakness of the flesh. Let us not be deceived that our spouses are invincible. Remember David.

7. Pray for your members. We all have needs, and Jesus' method was successful in meeting the needs of the people. It is impossible to please or attend to everyone, but when others know that the pastor's spouse is praying for them, it makes a difference. We all need the prayers of those we love. ■

Stacy Harvey is a nurse educator at the University of the West Indies, Western Jamaica Campus. She is married to Pastor Christopher Harvey from the Lucea district of churches in the West Jamaica Conference. Their union of 11 years has produced two young children, Jonathan and Kristashay. She enjoys writing and quiet moments with God.

Eat Those Greens

TAP INTO THE POWER OF GREEN LEAFY VEGETABLES.

SPINACH IS AN EXTREMELY nutrient-packed vegetable. Its tender leaves and mild flavor have made it a versatile food. Interestingly, the cooler the temperatures and the more stress the spinach experiences while growing, the denser the vitamins and minerals it contains.

Unfortunately, even though spinach is probably one of the most commonly consumed dark-green leafy vegetables, the average American (myself included) does not get anywhere near the three cups a day of green leafy vegetables that Dr. Terry Wahls consumed to address her multiple sclerosis. Her testimony is quite provocative, as she shares how, with the aid of dramatic dietary intervention, she went from being wheelchair-bound to riding bikes and running.

After reaping such results, Dr. Wahls is motivated to eat her greens. What would motivate you to eat more green leafy vegetables?

CANCER FIGHTER

Rather than saying that green vegetables prevent cancer, science likes to identify individual substances that have proven efficacy in the lab. Spinach contains chlorophyll; chlorophyllin, a substance produced from chlorophyll;

NOG (N-oxalylglycine); and MGDG, among other substances, which have been found to have various anticancer actions. These actions include reducing carcinogen activity, blocking colon cancer cell multiplication, intercepting tumor growth, and inhibiting cancer progression. NOG has been found to play a key role in regulating the expression of genes. Because of its role in gene expression, researchers view this substance as having potential therapeutic value when it comes to fighting cancer.

DIABETES DEFIER

Spinach contains nitrates, which have been demonstrated to reverse insulin resistance when consumed. Mice were fed a high-fat and high-fructose diet with and without spinach-derived nitrates. The high-fat and high-fructose diet was used to cause insulin resistance, endothelial dysfunction, and inflammation in the mice. The researchers compared the impact of spinach nitrates on insulin resistance, markers of endothelial function, blood lipids (such as triglycerides and cholesterol), and inflammation in the mice. Amazingly, all these parameters improved in the mice that were given the spinach-derived nitrates. The cells



It turns out that E. C. Segar, creator of Popeye, was right after all.

lining the blood vessels became healthier. Tri-glycerides (blood fat), total cholesterol, and LDL cholesterol levels were reduced. HDL cholesterol levels improved as well. The spinach nitrates also decreased blood markers of inflammation, such as CRP (C-reactive protein), tumor necrosis factor-a, and interleukin-6 levels that had been elevated. That is a pretty impressive accomplishment for one element found in a green leafy vegetable.

HYPERTENSION

Consuming nitrate-rich vegetables increases nitric oxide (NO) inside the blood vessels. The NO released by the cells lining the blood vessels signals the blood vessels to relax. Studies have been conducted in which beet juice was used as a concentrated source of nitrate. Beet juice and cooked beets were given to 24 individuals with hypertension. Both beet juice and cooked beets were effective in improving blood pressure, endothelial function, and systemic inflammation. The raw beetroot juice had greater antihypertensive effects. For hypertensive patients, one half cup of beet juice was found to be an effective dose. Arugula, another leafy green, tops the charts in terms of being a nitrate source. Like spinach, arugula is delicious raw or cooked.

STRENGTHENING SEXUALITY

In a random study of American males ages 40 to 70, more than 50 percent indicated that they had some form of erectile dysfunction. This could be related to the reality that tobacco and alcohol, rather than green leafy vegetables, are advertised as sexy. While alcohol reduces testosterone levels and can ultimately lead to impotence, green leafy vegetables increase nitric oxide levels in the blood, which ensures that men retain optimal function. Viagra's efficacy to treat impotence and sexual dysfunction is dependent on its ability to manipulate nitric oxide. Interestingly, chewing spinach and other green leafy vegetables is more effective in producing nitric oxide than drinking them in a smoothie or juice form. The benefit we derive from food has much to do with the length of time it stays in the mouth.

APPETITE SUPPRESSOR

Thylakoids are a chemical in spinach and other green leafy vegetables. After giving five grams of spinach leaf extract to volunteers, researchers measured satiety (post-meal satisfaction) and compared the ratings to a placebo group. Those who took the extract had increased satiety two hours later. The spinach extract is thought to promote the release of hormones that help us feel that we are full, while increasing other hormones that regulate appetite suppression and food cravings. Thylakoids have also been found to lessen body fat accumulation and lower blood lipids in humans and rodents. Animals that consumed thylakoids had reduced body fat mass deposition and reduced liver fat accumulation compared to control groups. Fat cell size decreased, which increased fat usage as a source of fuel.

MUSCLE BUILDER

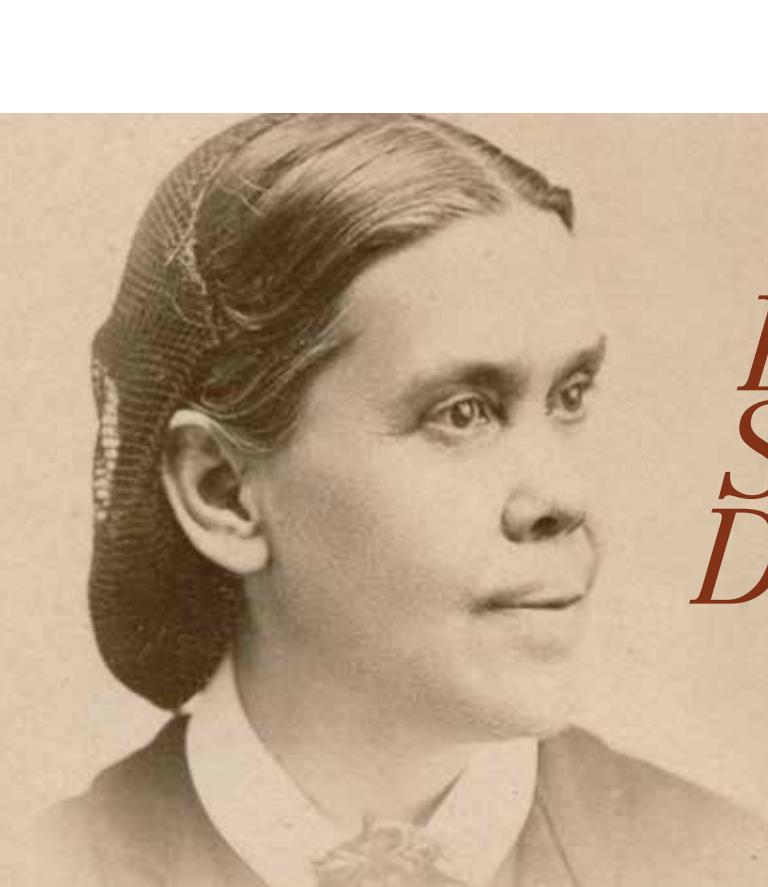
It turns out that E. C. Segar, creator of the Popeye cartoon, was right after all. Spinach really does build muscle. Mice that drank nitrate-laced water developed stronger muscles than a non-nitrate-supplemented control group. Muscle fibers used for high intensity workouts were impacted positively in the mice that drank the nitrate-laced water. Nitrate consumption increases two proteins that pertain to muscle action and was found to improve the force of muscle contraction. It turns out that two cups of sautéed spinach will do the trick, just what we might find in the can Popeye used to swallow.

BRAIN BOOSTER

Research targeted at mental health suggests that eating more green leafy vegetables slows cognitive decline. Vitamin K is believed to be the beneficial substance. For five years, 950 elderly individuals were followed. It was found that those who consumed the most green leafy vegetables had the most significant decrease in the rate of cognitive decline. Consuming just one to two servings per day resulted in the cognitive ability of a person 11 years younger than those who consumed none.

Now are you hungry for spinach or any other green leafy vegetable? I hope so!

Risé Rafferty is a registered dietitian nutritionist. Her understanding of how significantly diet and lifestyle impact one's health and happiness fuels her passion to help, educate, and inspire others.



Did Ellen White Suffer From Depression?

YOU MIGHT BE SURPRISED
AT THIS GLIMPSE INTO
HER PERSONAL LIFE.

"CHRISTIANS WILL NOT BE mournful, depressed, and despairing,"¹ wrote Ellen White.

Really? When I have feelings of despondency, have I lost my Christianity? Some would say so. Is that what Ellen White implies?

As we look at her writings, it's important to remember that Ellen White used the common language of her day to describe emotional health. She was not diagnosing mental states as a licensed psychiatrist might do today after a patient's thorough examination. And the counsel she offered to those she described as suffering with depression may not be fully applicable to every individual who is challenged by what is currently called major or clinical depression.

In her autobiographical accounts Ellen White frequently describes times of depression and melancholy. Many were merely a passing sadness over present conditions, but others were extended periods of gloom and discouragement. She often attributed her depressed spirits to physical ill-health, which she suffered throughout her life, in part as a result of the life-threatening accident she experienced at age 9.

In 1859 Ellen candidly informed church members, "For years I have been afflicted with dropsy [edema] and disease of the heart, which has had a tendency to depress my spirits and destroy my faith and courage." She described having felt "no desire to live" and being unable to muster enough faith even to "pray for my recovery."² During this time she confided in her diary, "Oh, why is it that such gloom rests upon everything? Why can I not rise above this depression of spirit? . . . I have no health and my mind is completely depressed."³

UNDERSTANDING THESE EMOTIONS

Even in healthier times, though, Ellen White knew from experience that emotions can turn inexplicably. "I have had a very depressed state of feelings today, unaccountably sad," she wrote to her husband, James. "I could not explain why I felt so exceedingly sad."⁴

On other occasions Ellen White knew exactly why she felt as she did. As the Lord's messenger, she was uniquely sensitive to the spiritual deficiencies of individuals and the church generally. Both she and James carried the state of the church continually upon their hearts: "Our happiness has depended upon the state of the cause of God. When God's people are in a prospering condition, we feel free. But when they are in disorder and

“Despondency may shake the most heroic faith.”

backslidden, nothing can make us joyful. Our whole interest and life has been interwoven with the rise and progress of the third angel’s message. We are bound up in it, and when it does not prosper, we experience great suffering of mind.”⁵

Ellen White recognized that there are a variety of causes for depression beyond physical illness, including diet, genetics, guilt, inactivity, and the weather.⁶ She knew the darkness of losing children and even one’s life companion to death. Recalling the bereavement of her 3-month-old son John Herbert, she wrote, “After we returned from the funeral, my home seemed lonely. I felt reconciled to the will of God, yet despondency and gloom settled upon me.”⁷

Ellen White found hope in the biblical accounts of spiritual giants who experienced periods of deep discouragement, yet who were not abandoned by God: individuals such as Elijah, David, and Paul. Even Jesus, she noted, was not free from such feelings.⁸ Of Elijah she wrote, “If, under trying circumstances, men of spiritual power, pressed beyond measure, become discouraged and desponding, if at times they see nothing desirable in life, that they should choose it, this is nothing strange or new. . . . Those who, standing in the forefront of the conflict, are impelled by the Holy Spirit to do a special work, will frequently feel a reaction when the pressure is removed. Despondency may shake the most heroic faith and weaken the most steadfast will. But God understands, and He still pities and loves.”⁹

Writing to her son Edson, who had a tendency to “look on the dark side” of things, Ellen White reminded him that “with the continual change of circumstances, changes come in our experience; and by these changes we are either elated or depressed. But the change of circumstances has no power to change God’s relation to us. He is the same yesterday, today, and forever; and He asks us to have unquestioning confidence in His love.”¹⁰

HER ADVICE

What counsel did Ellen White give to those suffering under depression, and how did she herself cope with such feelings? She learned that support from family and friends can be invaluable.

Often it was the prayers of close associates that broke the spell of darkness.¹¹ Recalling the feelings of overwhelming despair that followed her childhood accident, Ellen White reflected, “I concealed my troubled feelings from my family and friends, fearing that they could not understand me. This was a mistaken course. Had I opened my mind to my mother, she might have instructed, soothed, and encouraged me.”¹²

Ellen White also recommended the benefits of outdoor activity, gardening, enjoying nature, and simply praising God.¹³ She counseled others to go “right along, singing and making melody to God in your hearts, even when depressed by a sense of weight and sadness.” “I tell you as one who knows,” she added, “light will come, joy will be ours, and the mists and clouds will be rolled back.”¹⁴

While Ellen White acknowledged the reality of such emotions, it was her practice not to give voice to negative feelings and thereby spread an atmosphere of gloom among others. She was determined that faith should conquer feeling. When one reads of her experiences, almost invariably what turned the tide was a deliberate and purposeful decision on her part not to succumb to such troubled states of mind through a firm reliance on God’s love in spite of His apparent absence.

But the victory was by no means easily obtained. Typical of her resolve to break through the darkness is this description written after a long period of excruciating physical pain with its negative emotional effects: “It is not a common thing for me to be overpowered, and to suffer so much depression of spirit as I have suffered for the last few months. I would not be found to trifle with my own soul, and thus trifle with my Savior. I would not teach that Jesus has risen from the tomb, and that He is ascended on high, and lives to make intercession for us before the Father, unless I carry out my teaching by practice, and believe in Him for His salvation, casting my helpless soul upon Jesus for grace, for righteousness, peace, and love. I must trust in Him irrespective of the changes of my emotional atmosphere. I must show forth the praises of Him who has called me out of darkness into His marvelous light.”¹⁵

Did Ellen White Suffer From Depression?

Will Christians be “mournful, depressed, and despairing”? Ellen White recognized through Scripture and by personal experience that faithful believers are not exempt from these emotions, but neither should they characterize the life. With Paul we can say, “We are hard pressed on every side, but not crushed; perplexed, but not in despair. . . . We fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:8-18, NIV). J

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1. Ellen G. White, in *Review and Herald*, Apr. 15, 1884. See also Ellen G. White, *Child Guidance* (Nashville: Southern Pub. Assn., 1954), p. 146.
 2. Ellen G. White, *Testimonies for the Church* (Mountain View, Calif.: Pacific Press Pub. Assn., 1948), vol. 1, p. 185.
 3. Ellen G. White manuscript 6, 1859, in *The Ellen G. White Letters and Manuscripts With Annotations* (Hagerstown, Md.: Review and Herald Pub. Assn., 2014), vol. 1, pp. 632, 633.
 4. Ellen G. White letter 7, 1876, in *Ellen G. White, Manuscript Releases* (Silver Spring, Md.: Ellen G. White Estate, 1990-1993), vol. 7, p. 278.
 5. Ellen G. White, *Spiritual Gifts* (Battle Creek, Mich.: James White, 1860), vol. 2, p. 297.

6. For examples, see Ellen G. White, *Mind, Character, and Personality* (Nashville: Southern Pub. Assn., 1977), vol. 2, pp. 482-496, 807-812.
7. E. G. White, *Spiritual Gifts*, vol. 2, p. 296.
8. Matthew 26:38; John 12:27; Ellen G. White, *The Spirit of Prophecy* (Battle Creek, Mich.: Seventh-day Adventist Pub. Assn., 1878), vol. 3, p. 94: “[Jesus’ disciples] had frequently seen him depressed, but never before so utterly sad and silent.”
9. Ellen G. White, *Prophets and Kings* (Mountain View, Calif.: Pacific Press Pub. Assn., 1917), pp. 173, 174.
10. Ellen G. White letter 150, 1903, Ellen G. White, *In Heavenly Places* (Washington, D.C.: Review and Herald Pub. Assn., 1967), p. 120.
11. For example, see E. G. White, *Testimonies*, vol. 1, p. 185.
12. Ellen G. White, *Life Sketches of James White and Ellen G. White* (Battle Creek, Mich.: Seventh-day Adventist Pub. Assn., 1880), p. 135.
13. Ellen G. White letter 147, 1904, in E. G. White, *Manuscript Releases*, vol. 1, pp. 255, 256; Ellen G. White, in *Signs of the Times*, Dec. 30, 1903.
14. Ellen G. White letter 7, 1892, in *Ellen G. White, Selected Messages* (Washington, D.C.: Review and Herald Pub. Assn., 1958, 1980), book 2, pp. 242, 243.
15. Ellen G. White, in *Signs of the Times*, July 25, 1895.

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ARE YOU
A LOCAL
CHURCH
LEADER WITH A
POWERFUL
STORY TO
TELL?

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23 Ways to Curb Cravings

GOT THE MUNCHIES? TRY SOME OF THESE IDEAS.

1. Plan healthful meals ahead of time.
2. Drink plenty of water between meals.
3. Eat at regular, set times and avoid snacking.
4. Take time to eat meals: eat slowly and deliberately; put your fork down between bites.
5. Chew food well.
6. Fill up on fiber-rich, unrefined foods, such as whole grains and beans.
7. Enjoy a wide assortment of fruits and vegetables.
8. Enjoy soluble fiber foods on a regular basis (oats, beans, barley, flax, legumes).
9. Include healthful fats (olives, nuts, seeds, avocado, olive oil) in your diet instead of trans fat and saturated fats.
10. Eat a piece of fresh fruit instead of sweets.
11. Share your dessert (if you have one) with another person.
12. Limit the number of food choices you allow yourself when at potlucks or buffets (i.e., two entrees, one salad, one veggie).
13. Bring healthful choices to share at social functions.
14. Chew gum or use a breath-mint strip after eating.
15. Push your plate away from you when you are full.
16. Push your chair back from the table while visiting after a meal.
17. Put a napkin over your plate when done with a meal while others are still eating.
18. Divert your attention away from food after a meal.
19. Don't keep binge food items in the house or workplace.
20. Exercise every day; a 10-minute brisk daily walk will energize you and reduce cravings.
21. Get regular sleep.
22. Manage stress.
23. Utilize prayer.

Vicki Griffin is director of *Lifestyle Matters* and director of Health Ministries for the Michigan Conference of Seventh-day Adventists. She has authored numerous books and teaching materials for community health education. As a science writer, her special area of research is lifestyle stressors and simple stress solutions; that is, the relationship between diet, lifestyle, stress mechanisms, addictions, and brain health.

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The Smile You Don't Want!

LEARN THE FACTS ABOUT A SERIOUS RISK TO YOU AND YOUR FAMILY.

IT WAS JUST A LITTLE PRICK to the toe, probably by a thorn or a small, sharp stick.

Janie* was used to scratches and scrapes as she worked in her large flower and vegetable garden in the heat of summer. On most days she wore open-toed shoes in keeping with her cooler summer clothing.

Being an avid gardener and always striving to have the best, most healthful produce, she made compost from fruit and vegetable peelings, eggshells, and other household food waste. On their small farm she and her family

raised animals and poultry, and the manure from these was just the thing to further enrich her plants and produce.

Although Janie washed her feet well after gardening that day, it wasn't long before the toe began to swell and show signs of infection. In a passing thought, Janie wondered when she had received her last tetanus injection. She considered checking her immunization record with the doctor's office. However, the toe healed up rather quickly, and since she had no further symptoms, she soon forgot the tetanus issue.

Several weeks later Janie began to notice a strange feeling in her throat—not a typical sore throat, just a different feeling. Her doctor ordered a series of blood tests and sent Janie home to await the results. The next morning she had difficulty swallowing and called the doctor, who then put a rush on the test results. However, the findings all came back negative. Concerned about the progression of symptoms, the doctor made an emergency referral to a neurologist, who diagnosed Janie with tetanus and immediately admitted her to the hospital.

The next 10 days were a nightmare of increasing nerve spasms and agonizing muscle contractions, mainly in the neck, stomach, and jaw. Cramping in the arms and legs and difficulty in breathing increased, as did terrible pain. When the medications became inadequate, Janie was put in a medically induced coma and placed on a ventilator. She progressed to kidney failure and then suffered a fatal heart attack.

WHAT IS TETANUS?

Tetanus is a serious bacterial disease. Once the bacteria enters the body, the incubation period can be from seven days to three weeks. Often called



Janie began to notice a strange feeling in her throat.

"lockjaw," tetanus affects the nervous system, causing painful muscle contractions and making it difficult to open the mouth, swallow, and breathe. Generalized muscle spasms, convulsions, profuse sweating, fever, and chills are also associated with the disease. One of the hallmark symptoms can be an abnormal spasm of the facial muscles, which produces a painful, locked-in smile.

The tetanus-causing bacteria (or *Clostridium tetani*) is present in dust, soil, around animal feces, and in compost and manure. This bacteria can easily enter the body through a cut or wound as tiny as a pinprick or small scratch. Tetanus is *not* transmitted from person to person.

Globally, tetanus strikes about one million individuals annually, as reported by research from the Mayo Clinic. Most of those affected live in developing countries, where the tetanus immunization is not common or the vaccine readily available. In North America tetanus is rare, so rare that most practicing physicians today have never seen a case. However, their unfamiliarity with its symptoms can delay diagnosis and lifesaving treatment.

RISK FACTORS

A combination of factors needs to be present for the tetanus bacteria to enter and become activated in the bloodstream. There has to be initial exposure through a cut or wound. Those who have not received the vaccination series as a child, and/or who have not kept their 10-year booster shots up-to-date, are at risk. Untreated or infected puncture wounds, such as body piercings, tattoos, gunshot injuries, surgical wounds, infected ulcers,

and animal bites, can all provide tetanus spores a pathway into the bloodstream. Diabetics are especially susceptible and need to be particularly vigilant in wound treatment and in maintaining their immunization schedule. Young children who for one reason or another have not received immunization are seriously at risk.

Tragically, there is no cure for this disease once the tetanus toxin has fused with the body's nerve endings. Treatment focuses on managing the painful symptoms until the body is able to grow new nerve endings, thus eradicating the toxin completely. This process can take several months, during which time medications will be prescribed to control muscle spasms and pain. Taking these sedatives over the long term can have the possible effects of minor mental deficits, cerebral palsy, and brain damage, especially in young children. It's not unusual in particularly severe cases for the patient to be placed on life support with artificial ventilation to assist with breathing. The disease of tetanus can be fatal.

LIFESAVING FACTS

1. Tetanus disease can be prevented by a safe and effective vaccine. If you are allergic to any component of the vaccine, you should talk with your physician.
2. You cannot get tetanus from the vaccine.
3. Tetanus toxin is produced by bacteria found in soil, dust, and manure.
4. Tetanus disease cannot be spread from person to person.



The Smile You Don't Want!

*God
created
it. Jesus
died for
it. The
Spirit
lives in it.
I'd better
take care
of it.*

—Rick Warren

5. Most cases of tetanus have occurred in individuals who either have never received the primary series of tetanus vaccines or have not kept up with their 10-year booster injections.
6. About 10 to 20 percent of reported cases of tetanus are fatal.
7. Those who contract tetanus usually have to spend several weeks in the hospital in intensive care, and frequently need to be placed on breathing support.
8. Recovery from tetanus may not result in immunity. Routine booster injections should be initiated as soon as the patient is stabilized.
9. The tetanus vaccine is commonly combined with diphtheria vaccine. Diphtheria is a serious bacterial infection that can be transmitted easily from person to person. It affects the mucous membranes, eventually releasing dangerous toxins throughout the body. If left untreated, it can result in difficulty swallowing and breathing, inflammation of the heart muscle, paralysis, and kidney failure. For adults, the tetanus-diphtheria booster (Td) given every 10 years provides effective protection against both of these diseases.
10. The Tdap vaccine (tetanus-diphtheria-acellular pertussis) should be given to adults in place of one Td vaccine. This will result in protection against pertussis, usually called "whooping cough." Pertussis, a highly contagious disease, can cause serious illness in children, teens, and adults and can be particularly life-threatening in babies.

Vaccination protection against the potentially deadly disease of tetanus may one day save your life. This precaution can be compared to the paramount importance of storing up in our hearts precious truths and promises from God's Holy Word. When occasions of temptation, uncertainty, sorrow, and spiritual crisis threaten us, "angels are round about those who are willing to be taught in divine things; and in the time of great necessity they will bring to their remembrance the very truths which are needed" (Ellen White, *The Great Controversy*, p. 600). J



*Name has been changed.

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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.

Be Still, My Soul

BE STILL, MY SOUL. I love those words—both the scripture (Psalm 46:10) and the song.

Do your days hum with busyness? Do you remember what it feels like to be still and quiet with your soul?

Recently my sister-in-law, Ruth, challenged me to take 24 hours and be quiet. Alone. No interruptions.

Perhaps this was inspired by her recent 24 hours alone. She is a missionary wife, married to a pastor (my brother, Darron), with four boys ages 9 to 16. Her home whirls with constant activity as she juggles homeschooling the younger two and keeping up with the older two in high school. Also, she must often adapt her schedule to my brother, who comes and goes on all kinds of trips. Meanwhile, she and the family must adjust to intrusions on their time and maintain a balanced life in a different culture.

Ruth said that Darron gave her the most amazing gift recently when he took all four boys away for a night of camping and left her home alone for 24 hours . . . 24 hours of peace, solitude, comfort, reflection, and quieting her soul.

How long has it been since you have been really quiet? Would you benefit from time being still and listening to God? When was the last time you stopped all the craziness and rested quietly before God?

With some focused effort, I freed a full day in which I could meet the challenge. For me the day of planned recharge meant that I chose creative, refreshing, and quiet activities. I intentionally turned off the phone and left the laptop behind. I learned that taking this day and dedicating it to being “still” forced me to have an identity outside of my occupation or my responsibilities as a wife and mother. The day found me reflecting and evaluating my life, better identifying my values, and mentally letting go—creating energy and a renewed spirit.

I challenge you to do this for yourself—then encourage someone else to do it also. Read Psalm 46:10 and Psalm 131, and remember Isaiah 30:15: “In quietness and trust is your strength” (NIV).

J

Malinda Haley is a pastor’s wife, mother of three grown children, a maternal/infant nurse, and, above all, God’s servant. She lives in Nashville, Tennessee, with her husband, Steve, who is president of the Kentucky-Tennessee Conference.



How long has it been since you have been really quiet?



From Misery to Mastery

CAN DEPRESSION BE HELPED OR EVEN PREVENTED?

ABRAHAM WAS NO STRANGER to depression. His melancholy tendencies, combined with an impoverished childhood, failed businesses, and unfulfilled love, seemed to point only to defeat. At one time he expressed, "I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would be not one cheerful face on the earth."

Winston came from a privileged home with every material benefit. However, his life was riddled with illness, accidents, poor grades, and lack of love. His indifferent father prophesied that W. C. would ultimately "degenerate into a shabby, unhappy, and futile existence." In his own words, Winston battled the "demon of depression" for many years, and at times it seemed his father's dire prediction would prevail.

Happily, depression does not have to be the end of any life story. Abraham, whose full name was Abraham Lincoln, overcame his depression and went on to become one of the most revered presidents in United States history.

Winston's battle with depression could have been the last chapter in a sad, obscure life. But Winston Churchill rose above circumstances and, as prime minister of England during World War II, mastered his own internal challenges. Against formidable opposition, almost constant ridicule, and great odds, he rallied the British troops to defeat the Third Reich in Europe. His famous motto became

"Never, never, never, never—in nothing great or small, large or petty—never give in, except to convictions of honor and good sense."¹

These noble examples tell us a story—not just about singular people who overcame great odds but also about the awesome power of the human brain to re-tool and reshape itself according to what it learns and how it is cared for.

THE STATS TELL THE STORY

If you suffer from depression, you are not alone. Clinical depression affects 20 million adults and 3 million teens in the United States alone. Milder forms are even more widespread, affecting all age-groups.²

Risk factors for depression include family history, medical or mental health conditions, unresolved guilt or anger, lack of purpose, social and environmental factors, and diet and lifestyle, to name a few.

Neal Nedley, M.D., author of *Depression: The Way Out*, states that it is important to find the cause or causes of your depression. Tackle as many changeable causes as possible by addressing nutrition, lifestyle, social factors, habits of thinking, and spiritual needs. The importance of seeking qualified medical care for depression cannot be overstated. Adjusting and reducing medications must be supervised by a qualified health professional.

NUTRITION AND LIFESTYLE

John Ratey, a psychiatrist and author who researches lifestyle and mental health, has concluded: "Physical

Depression does not have to be the end of any life story.

and mental exercise, proper nutrition, and adequate sleep will help anyone gain cognitive clarity and emotional stability.”³

Alcohol, smoking, caffeine, and high-fat and sugary foods increase depression risk and symptoms. Nutrition and exercise encourage growth factors that put the brakes on self-destructive cellular activity, release antioxidants, and provide protein building blocks for brain cells. Food is medicine—good-tasting, colorful, and powerful medicine!

Include in your diet healing fresh fruits, vegetables, beans, and whole grains such as brown rice and oatmeal. Give nourishment to your body and brain with omega-3 fatty acids found in walnuts, chia seeds, and ground flaxseed. Keep your brain hydrated with 8 to 10 cups of water a day instead of sugary drinks. Get an adequate intake of vitamins B12 and D.

A nutritious diet improves brain chemistry, provides energy and stress-lowering compounds, and provides brain growth factors that increase brain nerve connections. This means a greater capacity for learning, meeting challenges, fighting depression, and solving problems.

REST

Rest restores and helps heal the body and brain. Establish a regular “sleep routine.” A rested brain makes better choices.

EXERCISE

Exercise is a major factor in relieving and preventing depression. It causes structural changes in the brain that improve brain function even in cases of serious clinical depression. Exercise relieves anxiety; improves focused attention, creativity, and problem-solving; and lowers stress. A 10-minute brisk walk can elevate mood for an hour. Daily exercise has been dubbed the most potent antidepressant agent known to humans. New evidence has shown that exercise actually stimulates the production of new nerve cells in the brain.

SOCIAL AND ENVIRONMENTAL

Attitude, social networks, and a healthy lifestyle weave together for physical and mental health. Establish relationships that support healthy choices.

HABITS OF THINKING AND OUTLOOK

To a large extent we have the ability to choose how we will think about a situation. Focus on gratitude and thankfulness. Check negative thoughts. Focus on solutions rather than problems. Look at difficulties as opportunities for gaining strength to meet challenges. Two of the most important tasks in overcoming depression are focusing on thinking in a positive way and trusting God and His Word regardless of feelings.

THE LIVING WORD

Everyone faces turmoil, trouble, trials, uncertainty, and sorrow. The stories in the Bible show us that in the middle of difficult times, God provides peace, comfort, and direction.

“He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure” (Psalm 40:2, ESV). Healing takes place with time and perseverance. Today’s choices yield tomorrow’s gifts. Persevere to press in, press on, and press through your situation. There is power for your journey and even joy in the healing process.

“He put a new song in my mouth, a song of praise to our God” (Psalm 40:3, ESV). Choosing God, choosing faith, and choosing His plan are all decisions based on your personal choice, not feelings. You can trust His promises. Isn’t now the best time to discover in God’s Word the peace, comfort, and plan He has for your life? ■

1. Neil Nedley, *Depression: The Way Out*, Nedley Publications, 2008.

2. www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml.

3. John Ratey, *A User’s Guide to the Brain*, p. 356.

Vicki Griffin is director of Lifestyle Matters and director of Health Ministries for the Michigan Conference. She has authored numerous books and teaching materials for community health education. As a science writer, her special area of research is lifestyle stressors and simple stress solutions; that is, the relationship between diet, lifestyle, stress mechanisms, addictions, and brain health. Visit LifestyleMatters.com or call 1-866-624-5433 for resources to build a better brain, body, and lifestyle.

Fitness Fanatic

HERE ARE SEVEN TIPS TO KEEP YOU MOTIVATED.

LET'S FACE IT. Between working, raising children, housekeeping, cooking, and last but not least, being a pastor's spouse, it can be challenging to take care of our bodies like we ought to. Our long Michigan winters don't help either.

While there will always be ups and downs when it comes to maintaining an exercise routine, here are a few tips that I've found to be crucial in my physical journey to be who God wants me to be.

1. HAVE THE RIGHT MOTIVATION.

Right motivators are timeless. Wrong motivators are temporary.

Right motivators include: obeying God by taking care of our bodies, being healthy and having a clear mind, promoting good mental health, destressing, and being a good example to our children.

Find something you like, and when you don't like it anymore, change it up.

Wrong motivators include: trying to lose weight, trying to fit into a certain dress or outfit, making wrinkles or acne go away, or looking more attractive.

As time goes on, we may or may not reach our ideal weight and look, but our desire and motivation to be fit and healthy should still be there! We should always care about our bodies because our mental, spiritual, and emotional well-being depends on this.

2. CHOOSE AN ACTIVITY THAT YOU REALLY ENJOY.

It's your choice, and you have so many options. Don't try to run as your main form of exercise if you hate running. If you enjoy what you do, the likelihood of your sticking with it will be much greater.

You have tons of options: exercising outdoors or in a gym, with a buddy or alone, with a club or from the comfort of your living room. As time goes on, what works for you may also change depending on your spouse's or your children's schedule, your increasing fitness level, and the changing seasons.

Bottom line: Find something you like, and when you don't like it anymore, change it up and find something new.



3. SET GOALS.

Make them clear and attainable.

Now, this is different from what motivates you. Our motivation is what helps us achieve our goals. Goals are meant to be temporary benchmarks and should periodically change. For example, if your goal is to lose 3 inches off your waist, once you reach that, you celebrate and choose another goal!

Sit down and discuss it with your spouse or a friend. Sometimes it helps to set goals together. Goals can range from finishing/competing in a race to lowering your BMI or blood pressure to improving overall mood/attitude, strength, stamina, and endurance. I would suggest incorporating weekly/monthly “weigh-ins” to see how close you are coming to your goal. Give yourself a realistic time to attain each goal, and make sure you celebrate each goal met.

4. MAKE A PLAN.

It's all about scheduling.

Especially for pastoral families, it's imperative that you work with your spouse's sometimes irregular and unpredictable schedule to find a good time for you. If it takes waking up extra early or staying up late, do what it takes to give you uninterrupted time when you don't have to worry about watching the kids or the next thing on your to-do list.

Have a family meeting. Decide what time of day and which days per week are ideal. Protect that time, and make sure that if you have kids, your spouse or someone else can watch them during that time. Pull out everyone's calendars and choose a start date and end date. It's best to start when there is a good stretch of time when the schedule is predictable. For example, starting a workout schedule right before camp meeting pitch wouldn't be the best idea. Decide how long you think the exercise routine should work for. Whether you plan for a month or for the year, make sure you take the time to tweak how things are going from week to week to ensure that things work.

If you find it helpful, give yourself breaks and cheat days to avoid burnout. Knowing you have a family vacation coming up may help keep you on your exercise routine in the weeks leading up to it.

5. MAKE YOURSELF ACCOUNTABLE TO SOMEONE.

Tell someone besides Jesus.

Unless fitness is already a reliable part of your lifestyle, you may need extra help to keep going from time to time. This is when it helps to tell someone. Tell Jesus, of course, because we need His strength to keep us faithful, but this is one case where it's a good thing to tell others about your business. Tell your spouse. Tell your friends. Tell your parents. Tell Facebook. Do whatever works for you. If you are motivated by money, put down money for a race, a gym membership, or an exercise class.

6. REWARD YOURSELF.

Find ways to make it worth your time.

Endorphins are the natural reward for a good workout, but sometimes other rewards help too. Take time to make a workout soundtrack with your favorite inspirational songs. Treat yourself to new shoes or workout clothes. Soak in a long, hot bath after long workouts. Plan delicious, healthy meals after your workouts. Reward yourself positively for being good to your body, and then you'll want to keep doing it.

7. MAKE GOOD LIFESTYLE DECISIONS.

Little decisions each day go a long way.

As you make little decisions each day to be healthy, you will feel motivated to make other healthy choices. Drink more water. Stretch in the morning and at night. Take the stairs. Park farther from the entrance of the store. Play outside with your kids. Choose the vegan option. Skip dessert or juice at potluck.

Let's ditch the excuses and make it a priority to take better care of ourselves. Not only will our bodies thank us, but we'll also be better spouses, happier parents, more effective thinkers, stronger ministers, and a clearer example of God's ideal for humankind. That is my heart's desire. How about you? J

Judy Ramos is a pastor's wife and administrative assistant for the Michigan Conference Youth Department. She enjoys exercise, outdoor activities, triathlons/races, and keeping up with her three active sons—Immanuel, Micah, and Titus.

Create a Warmhearted Home

MAKE YOUR HOME A LITTLE BIT OF HEAVEN ON EARTH.



HOME IS WHERE WE can experience a taste of heaven on earth, no matter what kind of house we live in or whom we share it with. With a little care we can infuse our homes with Christian values and create places that soothe and refresh. My Danish relatives call this experience *hygge* ("hooga"), which is roughly translated as a happy, friendly, simple, and cozy sense of togetherness. (But it's much quicker to say *hygge!*)

Creating a warmhearted home isn't just about making your house more attractive. It involves helping everyone who lives there to feel happier and calmer and less likely to feel anxious or quarrelsome.

Read together Proverbs 24:3, 4. Then, as a couple or family, make a list of your home values. You might include such things as warm welcomes, togetherness, joy, comfort, peace, helpfulness, gratitude, and an atmosphere of simplicity and beauty that reflects the presence of God. Then blend these values into your home so that they create an atmosphere of love.

WARM WELCOMES (Romans 15:7)

The response you experience from others the minute you step through your front door is very important. Do people welcome you, hug you, help you bring in the groceries, or sit down with you and chat about your day? What kind of welcome would each person like? What can you do to make your homecomings a little more warm and joyful?

The Wilson family has a welcome ritual. Whenever anyone arrives home, everyone else stops what they're doing for five minutes. They sit down together, light candles, and take time to reconnect.

When my husband comes home at the end of a busy evening, we sip fruit tea, share a square of chocolate, and talk about our day. It's a tiny little thing, but it keeps us connected and gently slows us down for bedtime.

Pastor Jack asks everyone in his family the same questions every evening: "Where did you see God in action today?" and "How did you show God's love to someone today?" These questions help everyone to look for God in unexpected places and to find creative ways to show kindness to others.

TOGETHERNESS (Psalm 133:1)

Recent research has helped us to understand the importance of eating together. It's more than just feeding the family. It's a time to talk about your day, discuss your ideas and your values, share your experiences, be thankful to God, celebrate the good things that have happened, and comfort each other when sad things have happened. Eating several family meals each week helps protect teenagers from all kinds of peer pressure and negative influences.

One family shares, "We make our family mealtimes screen-free and drop all the gadgets in a basket. We light low candles all year round because they make us feel more peaceful. Everyone has to spend at least five minutes helping to make the meal and at least five minutes helping to clear up. And we try to make that time cozy and peaceful too."

"We installed a woodburning stove in the family room. It draws us together in the winter, and we all want to be close to the warmth. We don't have a TV in the room, just a pile of our favorite family games and a stack of good books."

JOY (Philippians 4:4)

Tell each other about the happiest moment in your day, and thank God for the experience.

Find natural things that bring you joy, such as flowers, interesting seeds, beautiful shells, rocks, and photos of nature, and arrange them in your home.

Collect favorite Bible verses and quotes. Create small posters and pictures that include the quotes, or look for inspirational printables to download. Place them around your home where they can inspire you every day.

Share the funniest thing you saw, did, or heard during the day. Watch funny video clips of animals, children, or Christian comedians.

COMFORT (Proverbs 31:21, 22)

Create a home where you enter and breathe a sigh of relief, because just being there comforts your heart.

Add softening touches to your home and make it a comforting place to be: vintage quilts, soft woolen throws, white embroidered linens, and hand-stitched pillows. Natural materials such as wood, ceramic, and glass are more pleasant to use than plastic. Bake homemade bread and simmer warming soups to make your home smell comforting.

PEACE (1 Samuel 25:6)

Flickering candles soothe our stress. Battery-operated tea lights and strings of fairy lights can also add a glimmering sparkle.

"I feel much more peaceful when my home is tidier," says Julia. "It doesn't have to be clinically perfect, just neat. Whenever a person leaves a room, they have to leave it tidier. They pick up their stuff and take it to their room, or they carry something to the kitchen and stack it in the dishwasher. All these little things help to make our home a nicer place for everyone to live."

"We've decided not to yell in our house," explains Heather. "It's so much nicer to find each person and talk to them face-to-face, even when we want to tell them dinner's ready! In fact, sometimes we whisper in their ears instead of yelling, and it's made our home a kinder and gentler place to be."

HELPFULNESS (Galatians 6:2)

If we're struggling on our own, we often feel sad, lonely, and even resentful. But when someone offers to help us, it feels like we've been given an incredible gift!

Do chores together. Offer to help each other with something challenging for five to 10 minutes. Make it fun to help in the home, bake pizza, and create a positive atmosphere around teamwork. Doing things together also helps to build our children's confidence and character.

GRATITUDE (Psalm 107:8, 9)

"We decided that we weren't paying enough attention to gratitude in our home," Dave shares. "Every day God blesses us with more gifts and treats than we can count, even when times are hard, and we hardly ever thank Him for everything. We have a large chalkboard in our kitchen, and everyone writes or draws on it anything they want to thank God for. But we're not allowed to repeat the same thing twice in a week! It's helped us become more aware of God's gifts."

He adds, "Sometimes we go on a gratitude walk through our home. We have to find at least 20 things to thank God for in each room before we move on!"

TIME TO REFLECT

- What are your favorite tips for creating a warm-hearted home?
- What difference does it make to you and your family when you grow the *hygge* in your home?
- How can your home be a blessing to everyone who lives there and everyone who walks through the door? J

ELLEN WHITE'S WARMHEARTED WORDS

"Make your home atmosphere fragrant with tender thoughtfulness" (*The Adventist Home*, p. 16).

"Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy" (*The Ministry of Healing*, p. 393).

"The home may be plain, but it can always be a place where cheerful words are spoken and kindly deeds are done, where courtesy and love are abiding guests" (*The Adventist Home*, p. 18).

Karen Holford is director of Family Ministries for the Trans-European Division.

Balance

IT'S HARD TO ACHIEVE, BUT IT'S VITAL TO YOUR EMOTIONAL AND PHYSICAL HEALTH.

HOW DO WE STAY emotionally healthy and strong? Praying and singing might lift our spirits, but the Lord needs us to be proactive and make the changes that need to happen.

After some time of struggling to cope emotionally and physically—and eventually ending up with shingles and extremely poor health—I placed this matter before the Lord. Here's what He commanded me to do:

1. Delegate. I was working myself to death and doing everything only halfway. I realized that if Satan cannot make me bad, he will be sure to make me busy! At least 30 percent of my time I was doing things that could have been delegated to others (even to my children!). I had to learn that I am not empowering people when I do everything for them—I am impoverishing them, and that made me a poor leader and even a poor mother.

2. Let go of the past. Past mistakes. Past failures. Past anger. Past resentment. Past fears. I had to ask forgiveness, give forgiveness, and accept forgiveness. I also had to learn that this is an ongoing process!

3. Make time for health. I made the mistake of thinking that health comes from food. But health also comes from exercise, fresh air, joy-filled times with friends and family, and 30 minutes of solitude every day.

4. Affirm faith. Unfortunately, many people have lost the true meaning of being a Christian and being a Seventh-day Adventist. God reminded me that the Seventh-day Adventist Church is not a health organization. It is not a welfare organization. The Adventist Church is a Bible-believing, evangelism-driven denomination. And I am sorry to say that only after I was reminded of this fact was my faith in the church affirmed. Then I was once again proud to be part of it! I now make time every day to seek Jesus as the center of every one of our fundamental beliefs. I lost Christ while I was working for Him in the church due to a misguided understanding of our true calling.

5. Make a schedule. God reminded me that He is a God of order, and He expects us to have that same order in our

*If Satan
cannot
make me
bad, he
will be
sure to
make me
busy!*

lives. Today I live according to a proper schedule. I schedule time to spend with God, to exercise, to be alone, to be with friends, and to perform the carefully and prayerfully chosen duties I am willing and able to do at church. Yes, spending time with God is in my daily planner. And when we are together, I ask Him to show me if there is any forgiveness I need to give, receive, and accept. I even ask Him daily to renew my passion for His work.

What makes this process successful? I keep to my schedule religiously! I do not let people tell me that they are incapable of performing their own duties and convince me that I am apparently the only person who can help. I will assist them and help them through the process, but they will sort out their own messes and live out their own visions.

When I schedule proper time for my children, my husband, my home, myself, and God, I suddenly have more than enough time. And believe it or not, I have a full-time job and study part-time as well. No burnout. No emotional meltdowns. No debilitating fatigue at the end of a week.

But I had to become organized and be strict about it. That was a command of God to this emotionally drained and physically sick woman. I listened, and it worked. And I cannot thank Him enough!

Roné Fürstenburg writes from Kimberley, South Africa.



Think Happy

THE APOSTLE PAUL was in prison when he wrote a letter to his friends in Philippi. His life was tough, and he knew he didn't have long to live. But he managed to stay positive and hopeful in spite of the challenges.

At the end of his letter, in Philippians 4, Paul shares some of his happiness secrets. Let's discover what they are so that we can stay hopeful and happy when our life gets tough.



POSITIVE PAUL

Search for Paul's happiness secrets in Philippians 4, and write down the Bible verse where each secret is found.

PAUL'S 12 TIPS FOR BEING HAPPY IN THE TOUGH TIMES

VERSE

Rejoice and be happy all the time because God loves you.

4

Let God's peace fill your heart and mind.

When you learn something about God, put it into practice in your life.

Be content with whatever you have and wherever you are.

Instead of worrying, pray and ask God to help you.

Treat other people kindly and gently.

Try to get along with other people.

Be thankful for everything.

Share with others in need.

Remember that whatever happens, God is with you.

Think about things that are lovely, true, right, and pure.

Trust in God to give you strength when you need it.

IN GOD'S HANDS

Put your worries in God's hands:

- Fold a piece of typing paper in half.
- Place your left hand on the paper with your little finger against the fold.
- Draw around your hand and cut it out to make a hand-shaped card.
- Open the card and write your worries inside so that they are placed in God's hands.
- When you feel worried again, remember that you gave your worries to God; ask Him to help you.
- Share your worries with an adult. Tell your parent, teacher, or caregiver what you are worried about. They may be able to help you.
- Think about possible solutions. List some different things you could do to help make things better.
- Get busy! Find something you enjoy doing—something fun, something creative, or something active. When we're busy doing something interesting or fun, it helps us to forget our worries for a while.



REMOVE THESE PAGES FOR CHILDREN

PEACE—BE STILL!

- Read John 14:27 in your favorite Bible.
- Make a poster to remind your family of the peace that Jesus gives us. You could write the words of this verse in blue wavy lines across the bottom of the paper so they look like water, and then draw Jesus in a boat. Or write the words on a white paper dove, or on a picture of the world.
- As you work on your peace poster, learn the words of the Bible verse so you can repeat them in your mind whenever you feel troubled.
- Put the poster where it will help you and your family to feel peaceful.
- Which other Bible verses help you to feel the peace of Jesus?



HAPPY PEOPLE

Some people are like Paul. They know how to stay positive and close to God in every situation.

- Ask the people in your family and your church about the things that helped them through the tough times in their lives.

- How did their faith, friends, and positive attitude help them to stay strong? What Bible verses comforted and strengthened them?
- What can you and your friends learn from these people?



THE LOVE SIGN

- People who use sign language have a special hand sign that means “love.” Find out how to make the hand sign for love.
- Try making different heart shapes with your hands and see how many you can make.
- Create a secret sign with your family that means “I love you!” Then create another sign for the special love that Jesus has for us.

CALM DOWN

Sometimes we can feel very frustrated, annoyed, or upset. That's normal, because we live in a world where lots of hurtful things happen.

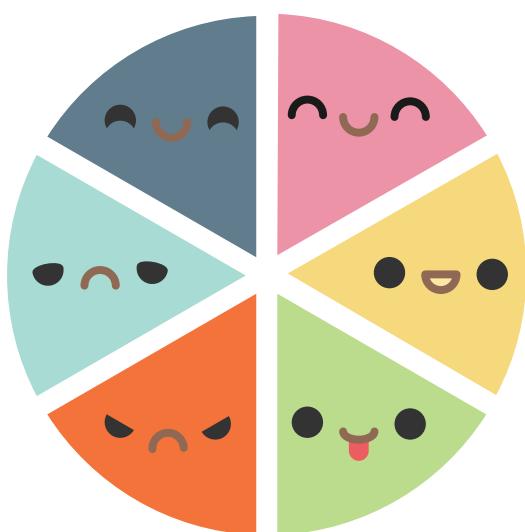
List some things that help you to calm down when you feel frustrated or angry. Here are some simple activities that help children and grown-ups to calm down. Try a few and see which ones work best for you.

- Pray. Put the whole mess in God's hands and ask Him to help you sort it out.
- Drink a glass of cool water.
- Blow bubbles. The slow blowing helps you to calm down. No bubbles? Just pretend to blow the biggest bubbles ever, and it will really calm you down. Maybe it will make you smile too!



- Find someone to talk to, someone who really listens well.
- Ask someone for a hug.
- Do something energetic, such as bouncing on a trampoline or running around the park.
- Have a warm bubble bath.
- Watch something funny.
- Distract yourself by working on a hobby or doing something fun or challenging.
- Read a good book.

MAKE AN EMOTIONAL PIE



Sometimes life is complicated or sad, and our feelings are all mixed up inside. When this happens, make an emotional pie to help you think about what you are feeling and to let other people know how they can help you.

- Draw a big circle on a piece of paper. Imagine it's like a pie, and each slice is a different feeling and a different size.
- Think about how much sadness, happiness, fear, worry, anger, or whatever you are feeling right now. If you are very sad, make that slice bigger. One girl even made a slice for all the feelings she had that she didn't have words for yet.
- Write the name of the feeling on the pie slice or next to it.
- Color the slices to match your feelings.
- Next to each pie slice write what you would like other people to do to support you when you have that feeling.
- Show your pie to a parent or caregiver and talk about your pie with them.



THANKS!

When we say thank-you to God and others, it usually helps us to feel happier too! Try one of these:

- Sit in your bedroom and make a list of everything in your room that you're grateful for: clothes, books, toys, furniture, heating, etc. See if you can hit 100!
- Walk down a street or in a park with your family. Take turns finding things along your way to be thankful for. Speak them out loud: "Thank You, God, for the tree that gives us shade." "Thank You for the ambulance going by to help someone." "Thank You for the birds singing in the trees. Help me to notice their music."
- Keep a gratitude journal and write down three things you are thankful for every night before you go to bed—then you will go to bed feeling happier!
- Make a thank-you card to leave in a restaurant with a generous tip.



A KINDNESS A DAY

Have you heard the expression "A kindness a day keeps the gloomies away"? It's true! One of the best ways to be happy is to do something kind for someone else.

- Ask an adult to print off a calendar page with a month of days.
- Ask God to show you where you can be kind each day—in school, at home, with your friends, in your neighborhood, or at church. Write or draw your ideas on the calendar.
- Try to do one kind thing every day, even a small thing, and see how happy it makes you.
- Why not get your whole family involved? It's a great way to make friends and show people how much God loves them!

A GOOD THOUGHT

- Cut some paper into lots of thought-bubble shapes. Write each word of Philippians 4:8 on a different shape.
- Shuffle them up and see if you can put them in the right order to make the Bible verse.
- Now cut a very large thought bubble from the biggest piece of paper you can find to make a poster.
- Fill your thought-bubble poster with lots of things that are good to think about, such as encouraging Bible verses, positive messages, answered prayers, happy memories, your special hopes, and beautiful photos of nature.
- Whenever your mind is troubled by sad and unhelpful thoughts, stop and think about the things on your "good thought" poster.

J

Karen Holford has spent many years talking to families and helping them to be happy again.

TIPS TO ~~SURVIVE~~ THRIVE

ASK FOR HELP

Pastors' spouses often carry a lot of responsibilities within the church, from teaching children's Sabbath School and coordinating church events to leading music up front and visiting families on Sabbath afternoons. Life can be pretty busy—especially if you also have young children or work a full-time job outside of the home. If you're feeling overloaded, overcommitted, and on the verge of burnout, consider asking for help!

Often we take on too much responsibility and then do all the work ourselves, leaving us feeling exhausted, frustrated, and alone. But ministry doesn't have to leave you feeling this way! And you don't have to do the work alone!

Next time you're asked to visit someone, invite a friend from your congregation to go along. You will enjoy the company and ministering together. Don't try to plan the whole Vacation Bible School on your own; ask for help. Put together a group of people who can help you plan and prepare, or at least ask different individuals to cover various aspects for you. Likewise, build a team of helpers for the children's Sabbath School you are in charge of; others can cover certain weeks or a certain element of the program each Sabbath.

You've been asked to cook a meal for the visiting choral group? Think about people you enjoy spending time with or people you would like to get to know better, and ask them to shop and cook with you. This is not always easy to do at first, but as you build relationships within the church (this is key!), it will become easier and more natural to ask for help.

If you get denied, don't give up. Pray that God will lead you to just the right people who can help you and support you. And as you do this, you will find that your load is lighter, that your friendships are growing, that you enjoy your work more, and that your ministries are more blessed. You might also be surprised at the additional ideas, insight, and experience that come from those you have asked to help you. Remember, "for the body is not one member, but many" (1 Corinthians 12:14, KJV).

Have a survival tip that someone shared with you once upon a time, or that you have learned along the way? Send it in to share here at: spouses@ministerialassociation.org

Special Quotes

"The physical constitution of Jesus, as well as His spiritual development, is brought before us in these words, 'the child grew,' and 'increased in stature.' In childhood and youth attention should be given to physical development. Parents should so train their children in good habits of eating and drinking, dressing, and exercise, that a good foundation will be laid for sound health in afterlife. The physical organism should have special care, that the powers of the body may not be dwarfed, but developed to their full extent. This places the children and youth in a favorable position, so that, with proper religious training, they may, like Christ, wax strong in spirit."

Child Guidance, p. 187

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death."

Counsels on Health, p. 344

"It is for her own interest, and that of her family, to save herself all unnecessary taxation and to use every means at her command to preserve life, health, and the energies which God has given her; for she will need the vigor of all her faculties for her great work. A portion of her time should be spent out-of-doors, in physical exercise, that she may be invigorated to do her work indoors with cheerfulness and thoroughness, being the light and blessing of the home."

The Adventist Home, p. 251

"Health reformers, above all others, should be careful to shun extremes. The body must have sufficient nourishment. We cannot subsist upon air merely; neither can we retain health unless we have nourishing food. Food should be prepared in good order, so that it is palatable."

Testimonies for the Church, vol. 2, p. 538

Dear Abigail,

I am not sure what is going on with me. Lately I've been complaining and feeling frustrated . . . a lot!

I didn't really think much about it until my husband and mother brought it to my attention.

All I seem to do is pick up toys, wash dirty dishes, and cook. It is like I am not thankful anymore. To top it off, I am yelling at my kids on a regular basis for basically no reason. I am struggling to turn things around.

Feeling Like a Failure

Dear Feeling Like a Failure,

I well remember my own “grumbling” days. One particular time I shared my feelings with a very godly woman. I explained to her that I could not stand doing the dishes, and there were many other things that caused me frustration. I was waking up without joy each day.

She took me to her sink and asked me to help her wash her dishes while we talked. I wasn’t really interested in doing that, but I obliged her anyway.

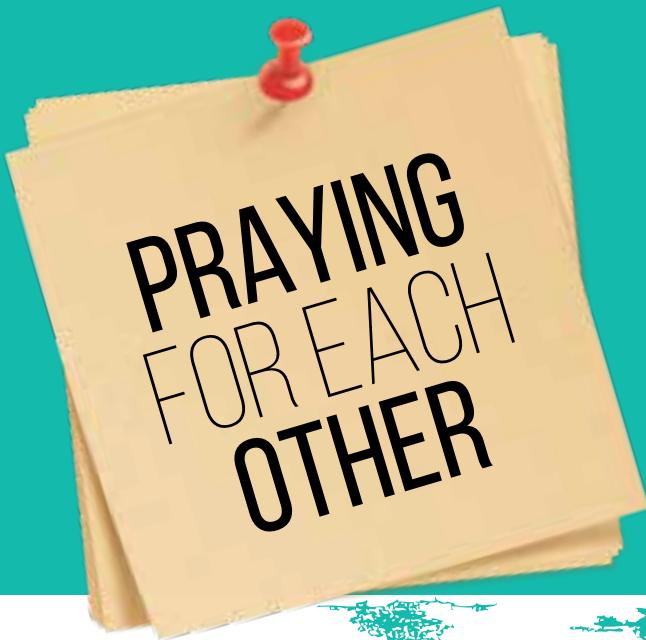
I am glad I did. I walked away with a renewed heart and outlook that day.

She told me that each time I wash a glass, fork, plate, or other item, I should thank God for giving me hands to do the chore. She said, “Say a thank-you for your healthy child who drinks out of the cup or your husband who eats off of the plate.” And she added, “Thank God for giving you food to put on those dishes and a house where you can serve the food.”

I honestly had never thought of those things before! Of course, we can apply this advice to laundry, toys, and the other tasks we tackle each day.

Here are some more suggestions to help you live a life of gratitude:

1. Journal: Research has shown that writing down what you’re thankful for can lead to a multitude of benefits. Keeping a gratitude journal can reinforce positive thoughts.
 2. Spend time with loved ones: Thankful people know they didn’t get to where they are by themselves—and they make it a habit to spend time with those people who matter most.
 3. Mindfully use social media: It seems impossible in our culture to avoid social media completely. But remember, positive thoughts shared on social media spread faster than negative ones! Avoid the negative media threads.
 4. Volunteer: Everyone needs a little help sometimes—and grateful people know there’s no other way to acknowledge this than by paying it forward. Volunteering can result in lower feelings of depression and increased overall well-being.
 5. Get moving: Believe it or not, gratitude and fitness can go hand in hand. Exercising will clear your mind and reduce stress. Thankful people who move their feet experience an overall healthier mind and body, therefore making gratitude one of the best medicines!
- In the challenging moments we all experience, we can “give thanks to the Lord, for he is good, for his steadfast love endures forever!” (Psalms 107:1, ESV).
- Gratefully,
Abigail



THIS QUARTER WE WILL PRAY for the Holy Spirit to work through our church departments and services to reach the world's large cities.

1. Pray for Adventist Chaplaincy Ministries (ACM) as they mobilize chaplains and interested members to reach those in prison.
2. Pray for Adventist Chaplaincy Ministries as they share present truth with those serving in the military.
3. Pray for Adventist Chaplaincy Ministries and the Youth Ministries Department as they mobilize Adventist students at public colleges and universities to share Christ and live out the precious Three Angels' Messages through Public Campus Ministries (PCM).
4. Pray for the Adventist Development and Relief Agency (ADRA) as they meet the practical needs of the urban poor.
5. Pray for the Holy Spirit to expand the number of Adventist World Radio (AWR) listeners in the cities.
6. Pray for the Holy Spirit to prepare church members to follow up and disciple the AWR listeners in the cities.
7. Pray for the members of the Adventist Professionals' Network (APN) to have divine opportunities to disciple the urban elite, preparing them for Christ's soon return.
8. Pray for the members of Adventist-laymen's Services & Industries (ASI) to help their local conference or mission leaders to devise long-term urban mission plans that include comprehensive health ministry and Total Member Involvement in reaching large cities.
9. Pray for the members in Special Needs Ministries to have opportunities to share the blessed hope of Christ's return with those who have special needs (the blind, the deaf, and the handicapped).
10. Pray for the Youth Ministries Department's One Year in Mission (OYiM) initiative as it trains the next generation of urban mission leaders.
11. Pray for the Youth Ministries Department's Pathfinder program as it trains the next generation of urban missionaries for Jesus.
12. Pray for the Women's Ministries Department of every local church to join Christ in the ministry of intercessory prayer for God's children in the cities.
13. Pray for the Women's Ministries Department of every local church to be open to Christ's calling to minister to the "least of these" in their city (like Tabitha, or Dorcas, in Acts 9).
14. Pray for each local church Sabbath School/Personal Ministries Department as they seek God's plan for ministering to their cities through Bible study and personal witnessing.
15. Pray that every member will have an opportunity to be an urban missionary—as a teacher, chef, Bible worker, church planter, graphic designer, etc.—through Adventist Volunteer Service (AVS) www.adventistvolunteers.org.

If you have a special prayer request, or you'd simply like some friends in ministry to pray for you, email spouses@ministerialassociation.org. If requested, the prayer needs you share will be kept confidential, but all heaven promises to get involved!

Our Facebook page (facebook.com/groups/ministerials spouses) has an active prayer session every Wednesday called "Wednesday's Prayer Circle."



FROM THE FIELD

East-Central Africa Division



ECD held a Shepherdess retreat in Rwanda.



A Shepherdess advisory took place in Southern Tanzania Union Mission.

Southern Africa-Indian Ocean Division



SID Shepherdesses donated food and blankets to older women in Zimbabwe.



In February 2017, Shepherdess leaders met for an advisory in Zimbabwe.



Shepherdess coordinator Robson Chiyangaya conducted an evangelistic campaign in Zambia.



The Southern Africa Union Conference held a Shepherdess retreat at Banana Beach Holiday Resort in September 2016. The theme was "A Woman After God's Expectations."

Southern Asia Division

A Shepherdess seminar was held in Nepal in August at the Udayapur Rajabas SDA Church and Itahari SDA Church. Mrs. Sofia Wilson, Shepherdess director of SUD, Mrs. Shanti Lata Pokharel, Shepherdess director of the Nepal section, and Pastor Umesh Kumar Pokharel were the speakers during the seminar.



The 50 attendees representing eight different churches were welcomed with garlands at Rajabas SDA Church, Udayapur.

Though the present situation in Nepal is unfavorable for conducting any evangelistic meetings, God made it possible to conduct a fruitful seminar. Women, particularly evangelists' wives, learned how they could be effective in serving God with their spouses.



Participants at the seminar in India.



A similar meeting was held the next day at the Itahari SDA Church, where more than 60 women attended.



Attendees received certificates of participation after the seminar.

After the seminar at Udayapur and Itahari, the officers came to Kathmandu. Local church leaders from about eight churches gathered in Dhulikhel at Elder Bhaju's home, which is also called Adventist Point. There the group had a special prayer meeting and worship service with Mrs. Sofia Wilson, Mrs. Shanti Lata Pokharel, and Pastor Umesh Pokharel.



Shepherdesses attended a seminar at Dhulikhel.



Meetings and seminars such as these, held at Adventist Point in Dhulikhel, encourage workers to be effective in God's ministry and inspire revival in their own spiritual lives.

A Shepherdess Council was held in July 2016 in Hosur, Southern Asia Division. All 24 newly appointed Shepherdess coordinators from various unions, conferences, sections, and attached fields were enriched and blessed.

About 30 Shepherdesses from Bangalore Metro Conference gathered at Spencer Tamil Church for a Shepherdess seminar on December 11, 2016. The theme was "Reflecting Jesus."



The council ended with a consecration service that included lighting candles.

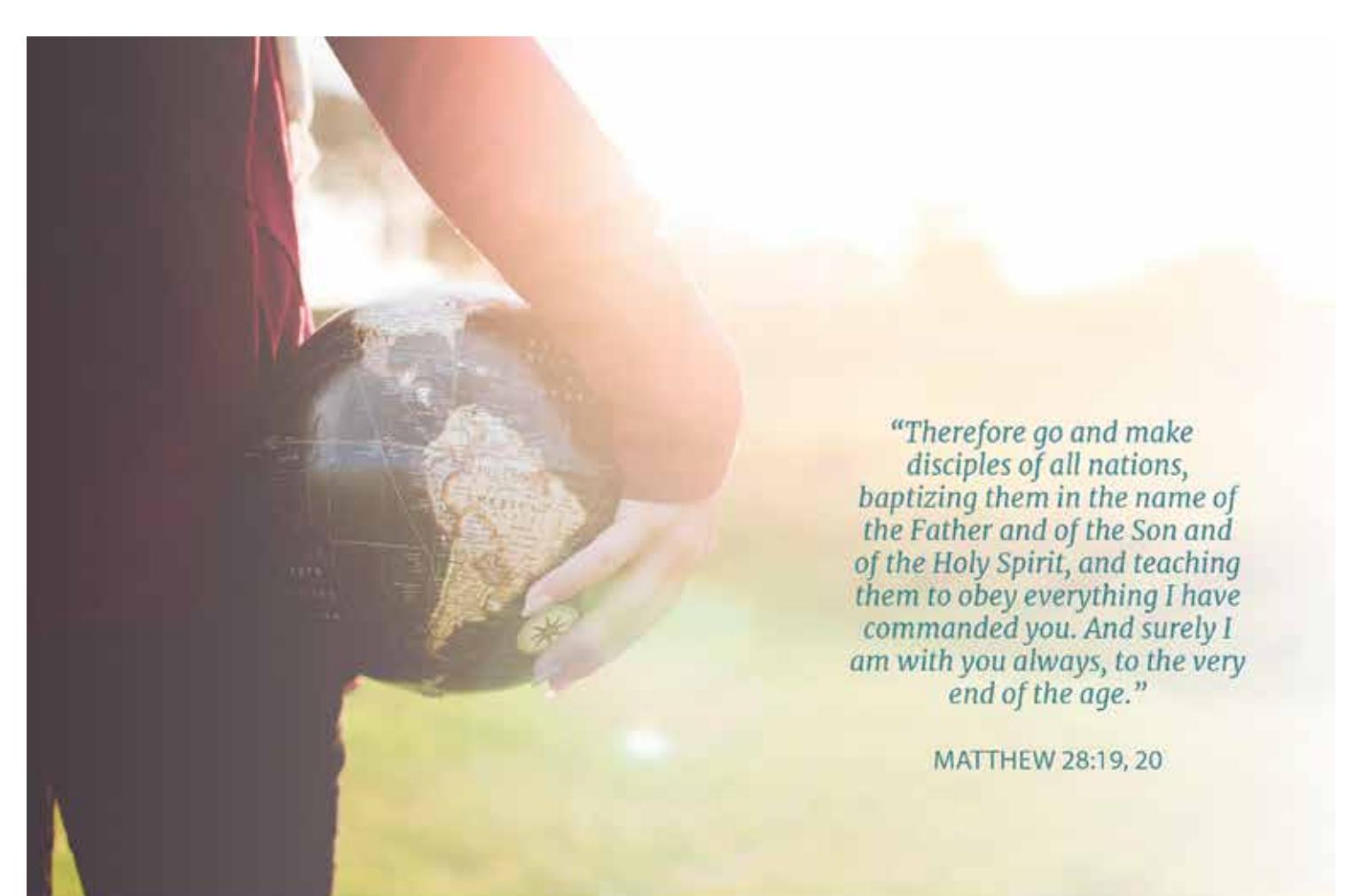


Shepherdesses met at Madurai, South Tamil Conference, and gained new thoughts from the life of Hannah and from the writings of Ellen White.

Mrs. Naomi Shanthakumar shared her witness about how the Lord saved her family in their travels for ministry.



A special prayer session was conducted for the Shepherdesses and their families. They were given a small gift in addition to the spiritual blessings received. They left with zeal to do greater things for the Lord in their families and in their churches.



"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

MATTHEW 28:19, 20

FOURTH QUARTER 2017

Day of Prayer and Fasting

SABBATH, OCTOBER 7

The Battle Belongs to the Lord:
Fighting for the World

Revival
& REFORMATION

Visit www.revivalandreformation.org
for quarterly prayer and fasting
materials and additional resources.