

STRONGER TOGETHER

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ABUSE

STRONGER TOGETHER

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ON THE COVER

Each of us is wonderfully, beautifully made, created in the image of God (Genesis 1:27; Ephesians 2:10). But the devil, angry at God and everyone created in His image, prowls the earth, “looking for someone to devour” (1 Peter 5:8). Too often, sin gives rise to physical, sexual, financial, or spiritual abuse—the mistreatment of someone, resulting in distress or harm. It can happen anywhere, including at home, church, work, or in a public space. This issue tackles abuse: how to spot it, how to respond, and how to heal.



SCAN TO READ ONLINE



| ARTICLES

- 10 KNOW THE SIGNS OF ABUSE**
Do you know what to look for?
Katia Reinert
- 19 HOW YOU CAN STOP CHILD ABUSE IN YOUR MINISTRY**
Steps we can take to provide a safe environment
Leander Tomazeli
- 21 BULLYING IN MY CHURCH? NO WAY!**
It's there. What can we do about it?
Gerry Lopez
- 24 LOOKING FOR HIS APPEARING**
Living our God-given legacy
Hvyeth Williams

| FEATURES

- 03 EDITORIAL**
Understanding Sexual, Emotional, and Spiritual Abuse
- 06 SPECIAL QUOTES**
- 07 FAMILY MATTERS**
Helping Heal the Pain of Abuse
- 12 LIFESTYLE**
The Body Remembers
- 17 TIPS TO THRIVE**
Supporting Victims of Abuse
- 23 BOOK REVIEW**
Love Is!
- 26 KIDS**
Let's Get to Know Noah!
- 29 NEWS FROM THE FIELD**

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UNDERSTANDING SEXUAL, EMOTIONAL, AND SPIRITUAL ABUSE



SCAN FOR AUDIO

ABUSE WOUNDS, BUT GOD HEALS

BETTY HAD ALWAYS BEEN a woman of faith. She was raised with Methodist beliefs and continued to value her spiritual life into adulthood. Her husband, John, was an alcoholic and domineering. He did not mind her going to church. But when she became a Seventh-day Adventist, he became enraged and began to mistreat her. He began to abuse her verbally and emotionally and forbade her to attend church.

Abuse, in all its forms—physical, sexual, emotional, and spiritual—is a painful reality that many people face. These forms of abuse can be subtle, often hidden, and misunderstood. The Bible speaks clearly about the inherent value of every individual and calls us to treat others with love and respect. As we examine some types of abuse, we will also look at what Scripture says about healing, restoration, and God’s design for healthy relationships.

The Bible speaks clearly about the inherent value of every individual and calls us to treat others with love and respect.



PROTECTING THE TEMPLE OF THE HOLY SPIRIT

Sexual abuse, whether it involves physical assault or coercive manipulation, is a violation of the human body, which Scripture teaches is the temple of the Holy Spirit. 1 Corinthians 6:19, 20 reminds us, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

This passage emphasizes the sacredness of our bodies and how they must be treated with dignity and respect. Sexual abuse defiles this sacred space, and those who suffer from it may carry deep emotional and spiritual wounds. Knowing that God sees their pain and offers healing and restoration is essential for survivors.

In John 8:1–11, Jesus interacts with a woman caught in adultery. Rather than condemning her, He offers grace and restoration, telling her to “Go now and leave your life of sin” (verse 11). This story illustrates that God’s response to those suffering in shame is not judgment but compassion. Sexual abuse survivors need to understand that their worth, in God’s eyes, is not diminished by what has been done to them.

RESTORING THE BROKENHEARTED

Emotional abuse can be even harder to detect because it doesn’t leave physical scars, yet it can be just as destructive. Abusers often manipulate, demean, and belittle their victims to gain control. Proverbs 18:21 says, “The tongue has the power of life and death, and those who love it will eat its fruit.” Words can build up or tear down, and in the case of emotional abuse, they are used to break a person’s spirit.

The Bible also acknowledges the pain caused by emotional wounds. Psalm 34:18 promises, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” For those enduring emotional abuse, this is a reminder that God is near, ready to comfort and heal.

In relationships where love should be present, such as marriage or family, emotional abuse distorts the God-given design for healthy interactions. Colossians 3:19 commands husbands to “love your wives and do not be harsh with them.” Emotional abuse is the opposite of love—it is a form of oppression, and Scripture calls for kindness, patience, and love as the foundation of our relationships.



True spiritual leadership is about serving others, not exerting control.

MISUSING GOD'S WORD

Spiritual abuse occurs when someone uses religion or the Bible to manipulate or control others. Spiritual abuse can happen in churches, religious communities, or even within families. Leaders or partners may twist Scripture to justify harmful behavior or make victims feel spiritually inadequate. Jesus strongly opposed religious leaders who misused their power, as seen in Matthew 23:4, where He says, “They tie up heavy, cumbersome loads and put them on other people’s shoulders, but they themselves are not willing to lift a finger to move them.”

True spiritual leadership is about serving others, not exerting control. In Matthew 20:26–28, Jesus tells His disciples, “. . . [W]hoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Spiritual abuse violates this principle, turning faith into a tool for oppression rather than liberation.

Spiritual abuse often leaves people feeling distant from God, as though they are unworthy of His love. But the Bible offers a different message: “The Lord is gracious and compassionate, slow to anger and rich in love” (Psalm 145:8). God does not want to control through fear but invites us into a relationship built on love, grace, and freedom.

THE PATH TO HEALING

The Bible offers hope and healing to those who have suffered abuse in any form. Here are some biblical principles to guide survivors on their journey toward wholeness:

- 1. Trust that God heals the wounded:** Psalm 147:3 says, “He heals the brokenhearted and binds up their wounds.” Healing is a process, but God promises to walk us through it, offering comfort and restoration.
- 2. Seek help and support:** Ecclesiastes 4:9, 10 reminds us of the importance of community: “Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.” Don’t face abuse alone. Reach out to trusted friends, family, or professional counselors who can walk with you on your journey to healing.
- 3. Know God values you:** Abuse can strip away a person’s sense of worth, but Scripture is clear about our value. Isaiah 43:1 says, “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.” No matter what you have endured, God calls you His beloved, and nothing can take that away.
- 4. Forgive, but pursue justice:** While God calls us to forgive those who hurt us (Ephesians 4:32), it’s important to understand that forgiveness does not mean allowing abuse to continue. Seeking justice and setting boundaries are healthy and necessary steps in the healing process.

CONCLUSION

Abuse—whether sexual, emotional, or spiritual—leaves lasting scars. But God’s Word reminds us that we are not alone in our pain. He is a God of justice, healing, and restoration. As Psalm 46:1 says, “God is our refuge and strength, an ever-present help in trouble.” If you or someone you know is experiencing abuse, take courageous steps to seek help. Healing is possible, and God is ready to walk you toward wholeness. 

Aurora Canals serves as associate ministerial secretary for pastoral spouses and families.



Special Quotes

by Ellen G. White

Every word you speak, every action you perform, has an influence for good or evil upon those who associate with you; and, oh! how necessary it is that you have Christ dwelling in your heart by faith, that your words may be words of life, and your works, the works of love.

Mind, Character, and Personality, vol. 2, p. 433

Not all who profess to be workers for Christ are true disciples. Among those who bear His name, and who are even numbered with His workers, are some who do not represent Him in character. They are not governed by His principles. These persons are often a cause of perplexity and discouragement to their fellow workers who are young in Christian experience; but none need be misled. Christ has given us a perfect example. He bids us follow Him.

The Ministry of Healing, p. 493

The Lord has a warning for His people. When men in positions of trust grow careless, when they disregard the requirements of God, when they abuse the influence and misappropriate the talents God has given them, they are abusing His goods, and punishment will surely come upon them. Those who are called by Christ's name are to wear His credentials, showing that they have learned His meekness, His lowliness, His compassion, His love for others. When Christians do this, there will be a different condition of things in the church; for Christ will be revealed. Humanity will be under the influence of divinity.

The Signs of the Times, October 31, 1900, par. 9

But sin is not to be lightly regarded. The Lord has commanded us not to suffer wrong upon our brother. He says, "If thy brother trespass against thee, rebuke him." Luke 17:3. Sin is to be called by its right name, and is to be plainly laid out before the wrongdoer.

Christ's Object Lessons, p. 248

We need a constant sense of the ennobling power of pure thoughts. The only security for any soul is right thinking. As a man "thinketh in his heart, so is he." Proverbs 23:7. The power of self-restraint strengthens by exercise. That which at first seems difficult, by constant repetition grows easy, until right thoughts and actions become habitual. If we will we may turn away from all that is cheap and inferior, and rise to a high standard; we may be respected by men and beloved of God.

Help in Daily Living, p. 34

When ministers thus take advantage of the confidence the people place in them and lead souls to ruin, they make themselves as much more guilty than the common sinner as their profession is higher. In the day of God, when the great Ledger of Heaven is opened, it will be found to contain the names of many ministers who have made pretensions to purity of heart and life and professed to be entrusted with the gospel of Christ, but who have taken advantage of their position to allure souls to transgress the law of God.

Testimonies for the Church, vol. 5, p. 143



HELPING HEAL THE PAIN OF ABUSE

LISTEN, PRAY, AND LOVE

“PLEASE, CAN I TALK TO YOU? My daughter’s boyfriend abused her. I want to help her and comfort her. But I don’t know where to start.” My heart went out to Melody.* I knew the story. Her teenage daughter, Ana, had come to me for counseling, and our conversation was confidential. However, I could still help Melody navigate her fears and concerns and give her some simple skills to support Ana.

ALL KINDS OF ABUSE

Abuse can happen in many ways. Anything that violates a person’s sense of safety and well-being and leaves them afraid, hurt, sad, and even ashamed can be a form of abuse. Abuse can be **physical**—when the body has been injured and hurt. Abuse can also be **emotional**—when a person has been shamed, belittled, criticized, and made to feel afraid, or when someone tries to distort their sense of reality. There is also **sexual** abuse—when someone has been forced to engage in sex acts against their will. **Financial** abuse can happen when their money is taken away from them or when they are not given enough for their basic needs and the needs of their dependents. **Spiritual** abuse happens when any of these abuses occur in a religious context or when the Bible and spiritual teachings are used to manipulate and hurt people.

Anything that violates a person’s sense of safety and well-being and leaves them afraid, hurt, sad, and even ashamed can be a form of abuse.

Helping Heal the Pain of Abuse

ARE YOU OK?

Not everyone feels safe to talk about their abuse because abusers often threaten their victims into silence. Someone might be more withdrawn than usual or stop using social media. Abusers often disconnect their victims from their friends and family. Those who have been hurt may stop coming to church or wear long sleeves to cover up their bruises. They may look sad and avoid eye contact, not have enough money to buy food, or be restricted from leaving the house. If you notice changes in a person's life, quietly ask them if they are OK or need help. Make sure that no one else can see you or overhear your conversation. Slip them a note or find a secure way for them to communicate with you. Be aware that their abuser might ask to read all their messages and emails.

LISTEN WELL

It's not easy to listen to stories of abuse and pain. We don't want to hear them. But we need to speak up in a supportive and loving relationship. Melody needs to be aware that hearing Ana's story might cause her distress, and she will need to calm herself with prayer and deep, slow breathing when comforting Ana (James 1:19, 20; Ephesians 4:29).

TALK ABOUT THE EFFECTS

We used to think that people had to talk about their abuse to find healing. Now we understand that talking about abuse can be traumatic too, as people re-live their frightening experiences. Melody can ask Ana about the effects that the abuse has had on her life. What has Ana stopped doing that she used to enjoy? What is she doing differently to help keep herself safe or to find healing? What are Ana's hopes, and what are the best ways for Melody to support and help her?

HEALING MESSAGES

Melody can share these healing messages with Ana: I believe you. What happened to you was wrong. You are not to blame. You were a victim of someone else's very bad choices. You did the best you could in dangerous circumstances. You were courageous and made good choices that protected you from more harm. I care about you, and I am so sorry that you went through this



We used to think that people had to talk about their abuse to find healing. Now we understand that talking about abuse can be traumatic too, as people re-live their frightening experiences.

experience. God cares about you. He hurts so badly that this happened to you, His precious child. God is always with you and notices every tear. He wants to comfort you and help you to feel safe and loved (1 John 4:18).

WHAT CAN YOU DO TO HELP?

When someone has experienced abuse, it's important to let them make their own choices about how others can help them. Ana may feel like a broken victim. Empowering her to make decisions will let her know that her choices are important. If Ana is not sure what she needs, her mom can offer some suggestions and let Ana choose the one she likes most. Melody can ask Ana what she can do to help. She can write a comforting prayer for Ana to read. She can help Ana access medical, legal, and counseling support; protect her from further abuse; and plan lovely things to look forward to that will help her feel precious and loved.

A BASKET OF COMFORT

If you know someone who's been abused, fill a basket with experiences that will help them feel cherished and blessed, such as a book of encouraging devotionals, hand cream, a handwritten prayer, favorite treats, a creative distraction such as Bible verse coloring cards, and a print out of the "Father's Love Letter" from www.fathersloveletter.com. The website provides the letter, based on many Bible verses, in almost every language.

SITTING IN GOD'S LAP

Melody can help Ana remember that God loves her. The abuse didn't happen to punish her or because God wasn't caring. He hurts with us when we are distressed. He notices all our tears, and He binds up the brokenhearted (2 Corinthians 1:3, 4; Psalm 56:8; Psalm 147:3). Melody and Ana can imagine that they are sitting in God's loving lap and that He is giving them a big hug. He is rocking them in His loving arms, stroking their hair and crying with them as He wipes their tears. What do they think their loving Father would say to comfort them in this moment of deep distress?

FINDING JOY AGAIN

As part of the healing journey, Melody can encourage Ana to list 100 things that bring her joy and help her to do as many of them as possible. They can share three things that went well each day and thank God for them. Melody and Ana can plan kind things to do together for other people because kindness to others can help us heal our sadness and distress. You can find lots more ideas for emotional healing at <https://ted.adventist.org/family/flourish/>.

We are not all therapists or counselors, but we can all find ways to be present in the lives of others like Ana by listening kindly, loving them, praying for them, and helping them to find joy and confidence again in the safe arms of their loving Father. 

*All names and circumstances have been changed to protect confidentiality.

Karen Holford is a family therapist who has helped many people in their journey from abuse to joy. She is a departmental director at the Trans-European Division.

KNOW THE SIGNS OF ABUSE

UNDERSTANDING ABUSE TO KEEP OUR HOMES AND CHURCHES SAFER

SCAN FOR AUDIO



TOO MANY PEOPLE HAVE DIFFICULTY identifying when physical, emotional, or sexual abuse has taken place. When people grow up in an abusive home, sometimes that is the only “normal” they know. This helps explain why many survivors of abuse end up with an abusive partner. Sometimes violence begins early in a relationship, and other times it takes years to appear.

SIGNS OF ABUSE

We must educate ourselves to recognize signs of abuse and refer people to professionals who can help.

Warning signs of abuse in families¹

People who are being abused may:

- Seem afraid or anxious to please their partner
- Go along with everything their partner says and does
- Check in often with their partner to report where they are and what they’re doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner’s temper, jealousy, or possessiveness



We must educate ourselves to recognize signs of abuse and refer people to professionals who can help.

We should pray for the individual or family in crisis, but we must also act.

Warning signs of physical violence

People who are being physically abused may:

- Have frequent injuries, often using the excuse of “accidents” when questioned
- Frequently miss work, school, or social occasions without explanation
- Dress in clothing designed to hide bruises or scars (e.g., wearing long sleeves in the summer or sunglasses indoors)

Warning signs of isolation

People who are being isolated by their abuser may:

- Be restricted from seeing family and friends
- Rarely go out in public without their partner
- Have limited access to money, credit cards, or the car

Psychological warning signs of abuse

People who are being abused may:

- Have very low self-esteem, even if they used to be confident
- Show major personality changes (e.g., an outgoing person becomes withdrawn)
- Be depressed, anxious, or suicidal

WHAT YOU CAN DO

Consider participating in the Adventist **enditnow**[®] global initiative to raise awareness about abuse. An annual emphasis at your church on the fourth Saturday in August helps educate your church and community. Excellent materials are prepared each year, including sermons, children’s stories, and seminars. Be intentional about raising awareness and referring people to appropriate experts who can help guide the family.

We should pray for the individual or family in crisis, but we must also act. Reaching out with love and compassion is critical, using wisdom and kindness as we offer help. Refer people to appropriate experts who can help guide the family. Make yourself available and identify counselors in the church (if available) or the community who are experts and can be trusted to help.

In cases of child abuse, or if you witness or learn of a dangerous situation for anyone in the family, call the police or social services. In the case of spousal abuse, you may help save a life. In some places, females are killed by their partner twice as much as males.² Unfortunately this has happened among Adventist families when pastors or other leaders have ignored victims’ calls for help.

We can also become more involved in our community and partner with ongoing domestic abuse prevention programs. We may assist a local shelter or domestic violence organization in their efforts to raise awareness.

In other words, use your influence and refuse to support the culture perpetuated in music, movies, television, games, and the media that glorifies violence, particularly against women and children. When cases come before the church board, take them seriously and do not condone or protect the abuser because of their position in the church. Instead, call the police, use discipline appropriately, and seek to refer both the victim and perpetrator for individual counseling. 

¹ <https://www.domesticshelters.org/articles/ending-domestic-violence/10-ways-you-can-help-prevent-domestic-violence-where-you-live>

² <https://www.helpguide.org/relationships/domestic-abuse/domestic-violence-and-abuse>

Dr. Katia Reinert is Health Ministries associate director for the General Conference. This article is excerpted from <https://family.adventist.org/keeping-our-homes-abuse-free/>.

THE BODY REMEMBERS

8 SELF-CARE STRATEGIES TO HELP YOUR BODY HEAL



SCAN FOR AUDIO



The brain can block out a traumatic memory as a defense mechanism, but the imprint is still left on the body.

MOST OF US KNOW THAT OUR BRAINS are responsible for storing memories. Not all of us are aware that our bodies at the cellular level hold tight to the physical sensations and emotions of our memories, especially those of a more painful nature.

JERRY'S STORY

It was fun for young Jerry to be in the little boat on the local pond with some boys from school that warm afternoon. The boys, including his older brother, had tried fishing for a while, but mostly they were just having fun goofing off.

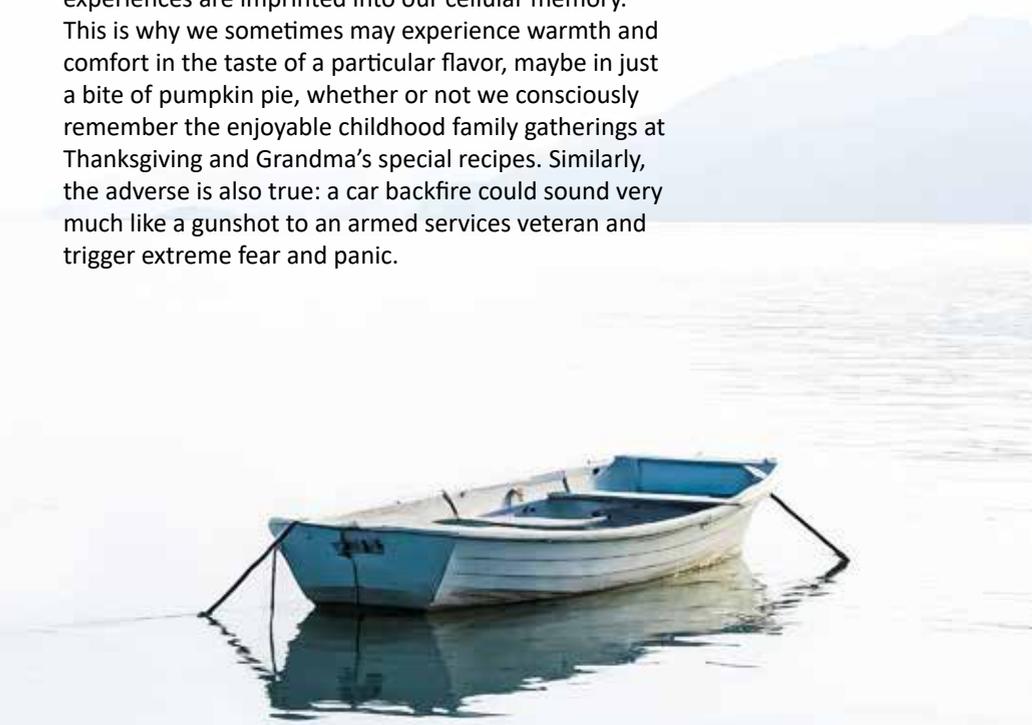
When Jerry stood up, endeavoring to change positions, one of his friends playfully gave him a shove, which resulted in Jerry's tumbling into the water. Not knowing how to swim, he sank helplessly down into the dark, murky depths. He was terrified, sure he was going to die.

Suddenly, his brother's hand reached down and pulled him up, hauling him back into the boat, where he heard the fellows laughing. He tried to laugh, too, but had just been so traumatized that he could only slump quietly down in a corner, shivering in his wet, smelly clothes. Since no one seemed immediately concerned about him or bothered about the incident, he decided to avoid being laughed at more. He kept his feelings of fear and anger to himself.

Although he came down with a cold and fever shortly thereafter and for some time suffered from nightmares and bouts of anger, Jerry continued to suppress the episode in his mind, not wanting his family and friends to know how afraid he had really been. For some years to come, Jerry was puzzled to note that on rare occasions when he happened upon the sight and smell of any pond-like body of water, he would sometimes experience waves of anxious foreboding, headaches, and rapid heartbeat. He may have largely blocked out the conscious memory of his near drowning, but his body remembered.

TRIGGERS

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes" (*The Ministry of Healing*, p. 241). Trauma impacts this close relationship of mind and body even when we are unaware that it does. Because we experience life through our senses—sight, smell, sound, touch, and taste—all the components of our experiences are imprinted into our cellular memory. This is why we sometimes may experience warmth and comfort in the taste of a particular flavor, maybe in just a bite of pumpkin pie, whether or not we consciously remember the enjoyable childhood family gatherings at Thanksgiving and Grandma's special recipes. Similarly, the adverse is also true: a car backfire could sound very much like a gunshot to an armed services veteran and trigger extreme fear and panic.



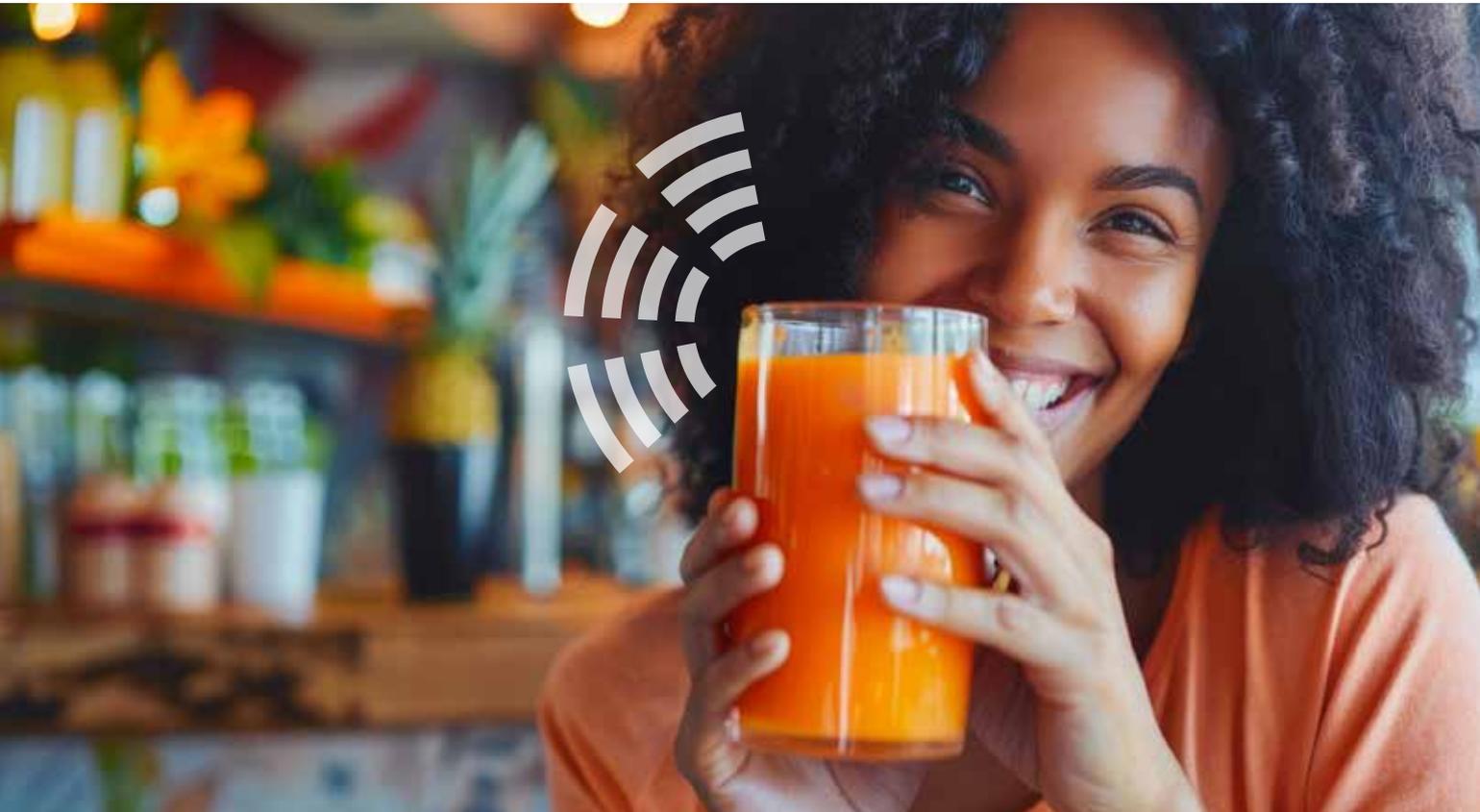
The Body Remembers

Years after a traumatic event, one can still experience physical symptoms of unexplained pains, mood swings, and symptoms of a suppressed immune system, as demonstrated by frequent colds and flus, especially prevalent near the calendar date of a previous overwhelming experience.

For several years after Jenny lost her baby to SIDS, just the approach of the anniversary date of that traumatic loss caused her to sink into deep sadness, lose her appetite, feel anxious and fearful, experience poor sleep, and suffer from headaches.

Childhood trauma, such as traumatic abuse and injury, can trigger emotional or psychological trauma. In his book *The Body Keeps the Score*, Dr. Bessel van der Kolk, founder and medical director of the Trauma Center in Brookline, Massachusetts, tells of a study he was engaged in where a group of traumatized clinic children under treatment, ages 6 to 11, were shown ordinary pictures which had been cut out of magazines. He reports: "The responses of the clinic children were alarming. The most innocent images stirred up intense feelings of danger, aggression, sexual arousal, and terror. We had not selected these photos because they had some hidden meaning that sensitive people could uncover; they were ordinary images of everyday life. We could only conclude that for abused children, the whole world is filled with triggers."¹

Proper treatment and self-care can significantly lower the risk of post-traumatic physical and psychological health conditions.



A person, such as Jerry, may have difficulty recalling the details or even the entire event of a particular traumatic experience but find themselves reacting to a trigger in a manner that makes no apparent sense. The brain can block out a traumatic memory as a defense mechanism, but the imprint is still left on the body. Unprocessed trauma can remain at the cellular level of the senses and has the potential to lead to emotional and physical symptoms for years, increasing risks for diabetes, heart attack, cancer, and stroke.

RECOVERY

Thankfully, this doesn't have to be your future or the future of someone you care about. Proper treatment and self-care can significantly lower the risk of post-traumatic physical and psychological health conditions.

Self-care strategies after a traumatic event should include:

1 RESIST ISOLATING YOURSELF

Reach out for support from friends, family, or a mental health professional, and share what you are experiencing. You will find emotional support and help to cope with the difficult feelings and symptoms that may arise.

2 GET BACK TO ROUTINE

A traumatic event can disrupt regular life. Getting back to a sense of what is normal as soon as possible can help you regain control.

3 FACE THE FEELINGS

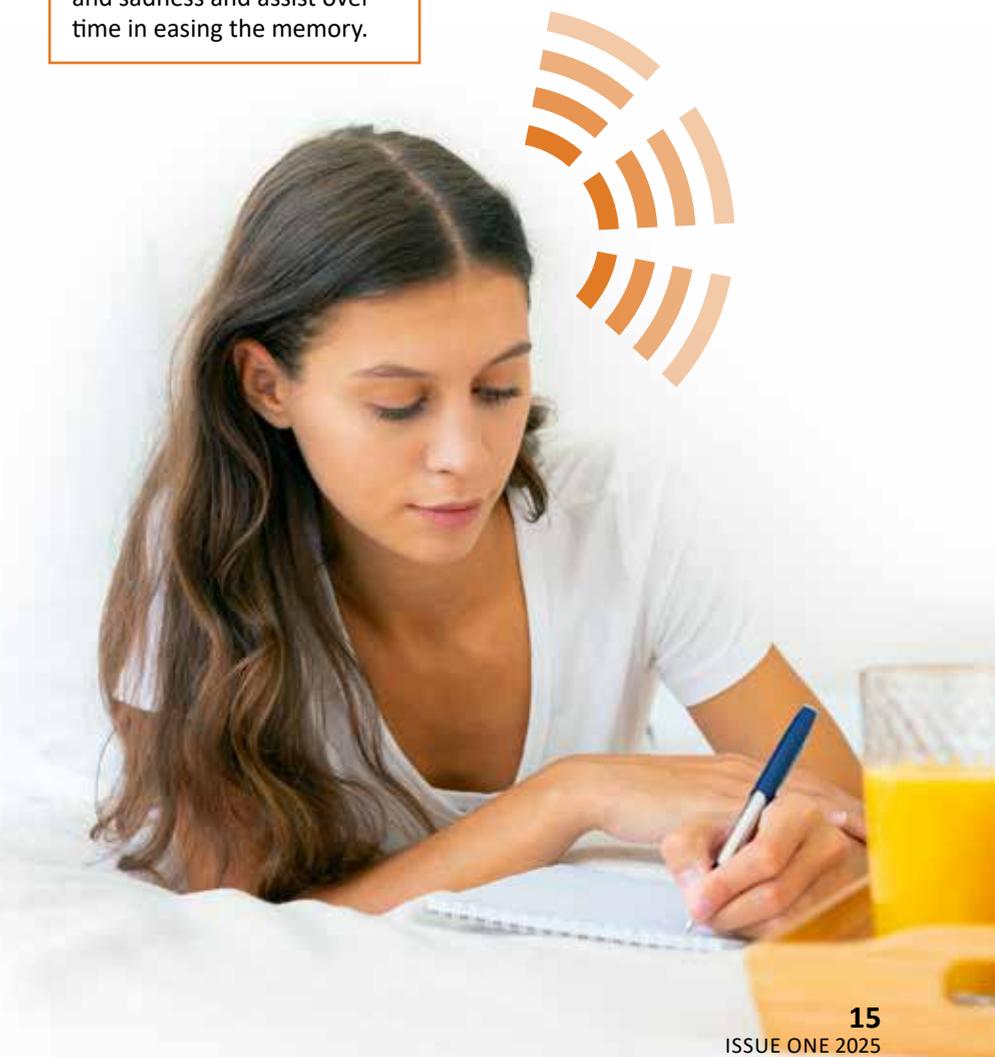
A key to recovery is not trying to avoid the memories but to be OK with experiencing them. Acknowledging them will help you move forward.

4 BE AWARE OF ANNIVERSARIES

Realizing you will have difficulty coping around the anniversary of a significant event can help you prepare in advance and encourage a sense of control. Added support, whether from family and friends or a support group, will lessen the pain and sadness and assist over time in easing the memory.

5 BENEFIT FROM JOURNALING

Journaling allows you to express emotions that may be difficult to articulate in any other way. Feelings of anger, fear, sadness, and sorrow expressed in writing aid in emotional release and can help you organize your thoughts and make sense of a significant event, thus encouraging self-awareness and healing.



“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18

6 TAKE GOOD CARE OF YOURSELF

Taking care of yourself is important when managing a post-traumatic incident. Create a self-care plan that includes activities that help you relax and reduce stress, such as exercising, eating simple and healthful meals, resting when needed, striving toward a regular sleep schedule, engaging in meditation, and doing something with friends you enjoy. This can help prevent flashbacks and encourage your overall sense of well-being.

7 GET OUTDOORS

“Nature is God’s physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving” (*Ministry of Healing*, pp. 263, 264). Benefits include improved mental health and mood, decreased stress, improved thinking and reasoning, and improved ability to sleep at night.

8 FOCUS ON BLESSINGS

To help your mind focus more on the positive rather than on negative distressing memories, engage in thankfulness often. Gratitude expressed can reduce stress, enhance resilience, bring peace, and cause a ripple effect of joy.

Bad things will happen in this world until the Lord Jesus returns to earth to change everything for the better forever. However, He doesn’t leave us alone in our times of distress and sorrow. He has promised to carry us through our valleys and bring us home at last. 

¹ Bessel van der Kolk, MD, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (London: Penguin, 2015), p. 110.

RESOURCES:

<https://www.scarymommy.com/lifestyle/trauma-body-remembers>

<https://theawarenesscentre.com/what-is-the-anniversary-effect/>

<https://www.goodtherapy.org/blog/trauma-body-when-anniversaries-arent-so-happy-0609164>

<https://www.ptsduk.org/what-is-ptsd/understanding-ptsd-flashbacks-and-triggers/>

<https://www.charliehealth.com/post/how-does-your-body-remember-trauma>

<https://www.webmd.com/mental-health/ss/slideshow-emotional-trauma-self-care>

<https://grandrapidtherapygroup.com/journaling-addressing-trauma-through-writing/>

<https://covingtonhospital.com/the-health-benefits-of-getting-outside/>

<https://rotary5150.org/stories/mental-health-matters-the-power-of-gratitude-practice#:~:text=Enhances%20Resilience%3A%20Gratitude%20can%20help,to%20bounce%20back%20from%20setbacks>

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.



SUPPORTING VICTIMS OF ABUSE

THE ROLE OF THE PASTORAL SPOUSE

AS PASTORS' SPOUSES, we are placed in positions of trust and are sometimes expected to find solutions for our members who need help. Sadly, I've heard many stories of children, women, and men being abused.

Forty years ago, as a young pastor's wife, I didn't have the understanding or the tools to support those who came to me with their painful stories of abuse. You see, I grew up in the '60s to '80s in a country where men dominated their wives and children. The use of abusive punishment and violence was the "norm." It took me years of training as an educator and minister's wife to learn how to help. Through supporting others in their pain, the Holy Spirit taught me to listen with compassion, to pray for others experiencing abuse, and to find help for those who need it.

IS THERE ABUSE IN OUR CHURCH?

Abuse is a very difficult subject to talk about in public, especially in the Christian community. It's necessary to know how to address it in these days when it is increasing in our culture and becoming more prevalent in our churches.

TYPES OF ABUSE

Abuse can be physical, sexual, verbal, mental, emotional, financial, and even spiritual. It involves intentionally or

unintentionally harming or injuring another person. Abuse can occur at the same time as neglect, which is defined as emotional deprivation, abandonment, and/or failing to meet a vulnerable person's basic physical and medical needs.

RECOGNIZING ABUSE

Many "red flags" can help identify child or adult abuse. Typical signs of abuse include behavioral changes, withdrawal, aggression, violence, hyperactivity, bedwetting, low self-esteem, and physical signs such as bruising. If some of these are present, there may be cause for concern. Some of these behaviors may persist into adulthood.

PROVIDING SUPPORT AS A PASTORAL SPOUSE

1. Support the victim. Take time to listen and believe what they are saying. Pray for the victim and pray for wisdom and guidance from Above.
2. Let the victim know that you care about their safety and that they don't deserve to be hurt. Use phrases like these: "This must be so scary and difficult for you." "I am so glad you are sharing this with me." "It takes courage and strength to talk to someone." "You've been hurt to such a degree that you do not feel safe."
3. Connect victims with crisis hotlines, support groups, domestic violence shelters, mental health services, or whatever they need.
4. If the victim is a minor, it must be reported to the local child protection authorities for further evaluation and to prevent further harm to the young person. Learn how best to do this.

Although the Bible condemns all abuse, it contains many stories of abuse and suffering.

5. When the victim is an adult, authorities need to investigate if the alleged perpetrator is a pastor, teacher, medical employee, or anyone else in a position of authority over the victim. What we sometimes call a clergy “affair” is actually illegal in many jurisdictions and abusive in all cases.

HOW TO PREVENT ABUSE

1. Educate yourself and others about this topic.
2. Advocate for and support policies and procedures that include screening, training, prevention, identification, investigation, protection, and reporting/response.
3. Ensure that young people are always supervised, preferably by at least two adults in church ministry settings.

THE BIBLICAL POSITION ON ABUSE

Although the Bible condemns all abuse, it contains many stories and descriptions of abuse and suffering. In Isaiah 53, we find words such as *afflicted, distressed, crushed, oppressed, broken, wounded, and*

pierced. If these words describe you or someone you know, be assured that you are not alone. Jesus understands and cares about what has been done to you. And as you move forward in life, trust God and know that you are in His arms. No matter what pain you are going through, He is with you and will set you free and lift you up with Him. “Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you” (Isaiah 35:4). ❤️

For more detailed information, Adventist Risk Management provides resources and training on abuse issues to all schools and church members at <https://adventistrisk.org/en-US/Safety-Resources>. Other resource include <https://nadyouthsafety.org/>, <https://enditnow.org/>, and <http://www.thehopeofsurvivors.org>.

Angelina Wood has served in many ministries over the past 41 years, including as an educator, administrator, and conference department director. She and her husband currently serve in a variety of roles in the North American Division. She enjoys reading, gardening, and adventuring with her husband.

MARRIED TO A PASTOR?
Discover a safe place to fellowship, ask questions, and learn from others on social media!

DISCUSS SHARE CONNECT

Official groups for ministry spouses online:
Facebook: [ministerialspouses](https://www.facebook.com/ministerialspouses)
Twitter: [@ministryspouses](https://twitter.com/ministryspouses)
Instagram: [@gc_ministerial_spouses](https://www.instagram.com/gc_ministerial_spouses)
NEW <https://www.facebook.com/groups/esposasministeriales/>

HOW YOU CAN STOP CHILD ABUSE IN YOUR MINISTRY



SCAN FOR AUDIO

5 WAYS YOU CAN HELP PROTECT CHILDREN

EVERY TEN SECONDS, A CHILD ABUSE incident is reported in North America.¹ As a parent, I am troubled when I look at the sinful world we live in. Although our churches and schools continue to protect children proactively, we must remember what we can do to provide a safe environment for children.

INTERVENE ON BEHALF OF OTHERS

A bystander is a person who is present when an event takes place but is not directly involved. Bystanders might be present when sexual assault or abuse occurs, or they could witness the circumstances that lead to these crimes. Most crimes are committed by someone the victim knows, and a bystander intervening may be the only way out. Many people see abuse or sexual misconduct taking place, but nothing is done or reported due to fear or lack of education on how to report an incident. Your actions matter! If you suspect that someone has been sexually assaulted, take action.

SCREEN YOUR VOLUNTEERS

Protecting the children in our ministries is every leader's moral and ethical responsibility. To provide an added layer of protection around those who attend our churches and schools, the North American Division (NAD) Working Policy, Section FB20, includes language outlining the steps for selecting and screening volunteers who work with children in Adventist churches and schools. According to this policy, all adult volunteers are required to participate in a screening procedure that includes personal references and a criminal background check before they begin to serve. Background checks for each person must be updated every three years. Your division might have other policies, and I encourage you to follow them. If none exist, use these methods to develop local church policies.

*As a parent,
I am troubled
when I look at
the sinful world
we live in.*



Two or more adult ministry leaders should always be with children.

ALWAYS HAVE VISIBILITY

Secluded rooms and areas with low visibility can be danger zones, creating the potential for abuse or bullying to take place. Minimize these danger zones by making sure to have visibility windows on all doors in your facility and be sure the visibility panes are not blocked or covered. Always lock rooms when not in use so they are inaccessible to others.

FOLLOW THE “TWO-ADULT RULE”

Establish a “Two-Adult Rule” for all child and youth ministry activities and interactions to ensure proper adult supervision. Two or more adult ministry leaders should always be with children. Whether it is an afterschool activity, a church Bible study, or any other situation, an adult should never be alone with a child or young person. Children should never be left without adult supervision.

ALWAYS PROVIDE SUFFICIENT, QUALITY SUPERVISION

Depending on the day or the activity, your ministry may work with a large group of children or a smaller group. In any case, it is essential to provide not only sufficient supervision but also quality supervision.

This means the on-duty volunteer is engaged and attentive to the children in their care. The volunteer should be alert, aware of any potential risks, and prepared to intervene. If you know you will be working with many children, make sure the staff/leader-to-children ratio is sufficient to supervise the entire group. The team must be adequately trained to provide quality supervision for that designated day. Review steps to take should a staff member encounter inappropriate behavior between children or between a staff member and a child.

These procedures are designed to protect children but can also help shield volunteers from inappropriate situations or false accusations. 

¹ <https://www.childhelp.org/child-abuse-statistics/>

RESOURCES

<https://www.rainn.org/articles/your-role-preventing-sexual-assault>

<https://adventistrisk.org/en-US/Safety-Resources/Solutions-Newsletter/2018/May/How-You-Can-Stop-Sexual-Abuse-in-Your-Ministry>

Leander Tomazeli is the Placement Manager with Adventist Risk Management, Inc. This article is excerpted from the Solutions newsletter, May 28, 2018. Reprinted with permission of Adventist Risk Management, Inc.



BULLYING IN MY CHURCH? **NO WAY!**



SCAN FOR AUDIO

HOW TO RECOGNIZE—AND PREVENT—IT

A PARENT TOLD ME RECENTLY that their child didn't want to come to church because they got bullied by the other children at church. This wasn't at school or online; this was happening at church!

As a children's pastor, I don't want to hear these statements, but I need to be aware of them. I thought to myself, *No, not here in church, not in this place where we all should feel safe and loved!* It blew my mind and made me ask, *Am I doing enough to make sure this stops?* Sadly, I realized that I am not. But why not? I've known that bullying behavior has been around for a while, but I have put the matter on the back burner.

WHAT IS BULLYING?

The US Department of Health and Human Services identifies "bullying" as:¹

1. **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.
2. **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.
3. **Types of Bullying:** Bullying includes attacking someone physically, verbally, or socially, such as making threats, excluding someone from a group on purpose, or spreading rumors about them.

I thought to myself, No, not here in church, not in this place where we all should feel safe and loved!



When we see our own sinfulness in front of us, we realize that we cannot treat another person as beneath us.

There is a growing trend in America and in our churches among children and teens that is scary and dangerous, which most of us know about but rarely take seriously and many times do nothing about. Pew Research states that “nearly half of US teens” have been cyberbullied and “around two-in-ten US middle and high school students said they were bullied at school”—but half of them don’t report it to an adult.²

So what can we do about bullying? The *Christian Post* states, “We are calling upon Christian kids throughout the nation to stand up and assertively, but non-violently, oppose intentional acts of cruelty and abuse because it is abuse. Right now our Christian kids are just silently sitting by and doing nothing when they see another person being torn apart.”³

THERE IS ALSO MUCH THAT WE CAN DO.

Adults can help prevent bullying by:⁴

- **Helping kids understand bullying.** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- **Keeping lines of communication open.** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- **Encouraging kids to do what they love.** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- **Modeling how to treat others** with kindness and respect.

Our responsibility is to teach our children to have integrity and be kind, sympathetic, caring, courteous, non-boastful, and thankful. We need to teach our children that bullying in any setting is not right, and if they get bullied, to let us know.

Bullying can affect a child negatively, so much so that many children end up thinking about taking their lives or harming themselves. Let us not tolerate bullying in our church; let’s help those who need help and stop those who are willing to bully others.

We need to be aware—and ensure that our children are aware—that we are not better than another person. When we see our own sinfulness in front of us, we realize that we cannot treat another person as beneath us.

Paul reminds us: “Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness, and redemption. Therefore, as it is written: ‘Let the one who boasts boast in the Lord’” (1 Corinthians 1:26–31). 

¹ <https://www.stopbullying.gov/bullying/what-is-bullying>

² <https://www.pewresearch.org/short-reads/2023/11/17/9-facts-about-bullying-in-the-us/>

³ <https://www.christianpost.com/news/anti-bullying-expert-asks-wheres-the-church.html>

⁴ <https://www.stopbullying.gov/prevention/how-to-prevent-bullying>

Gerry Lopez is associate director of Children’s Ministries at the North American Division. This article originally appeared in the Columbia Union Visitor magazine on June 20, 2017.

LOVE IS!

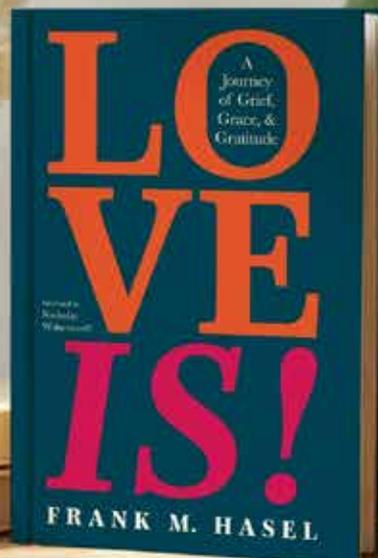
WE EXPERIENCE DIFFERENT LOSSES in our lives, but the most tragic is the loss of a person you love the most. In his book *Love Is!: A Journey of Grief, Grace, and Gratitude*, Frank M. Hasel shares his struggle to accept the loss of his wife, Ulrike, which made him a widower and a single parent to their three sons. He describes mixed emotions of tender love, fear, and grief as he navigated a bumpy road of adjustment to life without her.

The book is personal, poetic, and philosophical, but its value goes much beyond that. Hasel shares insights on how to deal with the frightening news of the terminal illness of your partner, how to function during trying times, and how to find peace and hope despite the enormous emptiness that the loss creates. It shows a way out of depression, meaningless existence, and heavy grief. The loss that shakes the core of your identity will not say the final word, but the One Who knows your way will do so. The author found strength in the Bible's promises and faith in God. He encourages his readers to trust God's Word, which, as a bright

star, can lead them through the storms. The book is a helpful tool for people who mourn a significant loss or want to help those who experience it.

You can get the book from Amazon, Goodreads, Barnes & Noble, or at <https://wipfandstock.com/9781666782370/love-is/>. 

Dr. Galina Steele, director of GC Women's Ministries, loves Bible study, small groups, writing, gardening, cooking, assembling puzzles, and spending time with family. She and her husband, Artur, have a married son and a grandson.





LOOKING FOR HIS APPEARING

WE ALL HAVE A DATE WITH DESTINY

HAVE YOU EVER HAD A PREMONITION about the end of your life—not a morbid, suicidal death wish, but a flash of recognition that life hangs from a delicate thread? I had one after a beloved family member was killed in a tragic car accident days before the wedding of her only son.

I suddenly became painfully aware of how quickly life can change. Commitments to pay bills were instantly upgraded to convictions about how to change the world. Rather than look backward, I calculated the hours of each day in a forward march to the beat of a different drum.

This is not unique. Paul, the aging apostle to the Gentiles, had a premonition (Acts 20:25). And what had been a possibility (Philippians 2:17) became a certainty in A.D. 67 when he was rearrested by Nero and sentenced to death. His testimony (not a deathbed confession) appears in 2 Timothy 4:6–8, where he clearly stated that he had a date with destiny for which he was well prepared. However, while awaiting his execution, he was determined to continue serving his Master, even from a prison cell (verses 9–13).

*I suddenly
became
painfully
aware of how
quickly life
can change.*



Paul left us a legacy about how to prepare and live for our dates with destiny.

OUR DESTINY: TO FIGHT THE GOOD FIGHT

Paul left us a legacy about how to prepare and live for our dates with destiny. He stated that he had fought the good fight, using terms borrowed from the athletic contests of his day to describe his struggles for Christ (Acts 20:17–35). He understood what it meant to fight the good fight; he had battled Christ and His followers prior to his conversion (Acts 8:1–3; 9:1, 2; Philippians 3:4–6), leading them to their death.

When, like Paul, we fear the corruption of our corporate faith, it's easy to think we are enforcing God's will by persecuting others who think and see things differently. Paul finished the course set before him after his Damascus Road conversion. This seems like a favorite metaphor, also used when Paul addressed the elders in Ephesus (Acts 20:24). As he reviewed his life, he could confidently assert, ". . . I am innocent of the blood of any of you" (verse 26). Why? Because he practiced what he preached (Hebrews 12:1–3).

Paul kept his faith in and with Christ. The result was the certainty that "the crown of righteousness" (not *diadema*, symbol of imperial rule, but *stephanos*, the simple wreath of victory, Revelation 14:14) was put on layaway by God for his reward on that great, blessed date

Paul had with destiny. The exciting part of Paul's testimony is that this crown is also laid away for "all who have longed for his appearing" (2 Timothy 4:8).

Here's the thriller I missed: In most English translations *epiphaneian*, the word for "appearing," can and should be interpreted as Christ's incarnation (2 Timothy 1:10). This brings out the fullness of meaning that those who receive the crown of victory from the just and righteous Judge will believe that Jesus, the God-man, came to earth in human form and will return as such. When He returns, He will be Christ incarnate, and we will recognize Him. Therefore, those with this hope (of seeing Christ incarnate at His second coming) purify themselves just as He is pure (1 John 3:2, 3).

Even so, come Lord Jesus! 

Dr. Hyveth Williams directs the Doctor of Ministry program at the Seventh-day Adventist Theological Seminary, Andrews University. She has authored numerous articles, including this one from the December 9, 2015, Adventist Review.



LET'S GET TO KNOW NOAH!

(GENESIS 6:1–9:17)

SCAN FOR AUDIO



BUILD A BOAT

God asked Noah to build a very big boat. It was to be 450 feet long, 75 feet high, and 45 feet wide. Ask a parent to help you measure these distances on a beach or in a park to help you see the ark's size. Noah and his family built the ark together. Work with your family to build a small boat using anything you can find, like building toys or boxes and tape. Can you make a boat that will float? What do you enjoy about working as a team with your family? What do you do well when you work as a team, and where might you be able to make improvements? Ask God to help your family be a great team that works together cheerfully! Read Psalm 133:1.



GOOD AND KIND NOAH

In Noah's day, God was very concerned about human beings—just as He is today. He saw that many of them were unkind to other people, and they were very violent. Noah was good and kind, and God decided to save him and his family and make a new start on the earth. List five ways in which people are being unkind and cruel today. Tell God your concerns for these unkind, sad, and dangerous situations. Ask Him what you can do, like Noah, to make the world kinder and safer. Listen to the Holy Spirit guiding you to be good and kind.



THANK GOD FOR TREES!

When God created trees, He gave us many wonderful gifts! Noah and his sons used the trees with the strongest wood to build the ark. Because of trees we can build houses, make furniture, burn wood for warmth or cooking, eat fruits and nuts, use fibers to make fabrics, plus many more things! Make a list of all the ways trees help us. Draw a picture of your favorite tree and write a Thank You prayer to God for making trees. Or collect leaves from the trees close to your home and see how many different ones you can find. When you go for a walk, put your hand on a few trees and thank God for them.



DESIGN A FLOATING ZOO!

Have you ever wondered what the ark looked like inside? It would need lots of different spaces to keep all the animals safe and happy. The elephants and giraffes would need very different places from the rabbits and birds. Make a list of your ten favorite creatures. Then take a big piece of paper and draw a plan for fitting them safely into the ark. What space would they need to live in? What would you need to gather to feed them? How would you clean out their homes each day? How much time would it take to care for these ten animals each day?

God helped Noah build an ark where all the animals could be safe. Praise God for caring for animals as well as people!



COLLECT ANIMALS

God asked Noah to take seven of every clean animal (animals that could be eaten and sacrificed) and two of every unclean animal into the ark. What toy animals do you have in your home? Gather them all together and see if you can make pairs of the animals. Do you have seven of any animals? How would you care for each of these animals if they were real? Find out what they need to eat and what kinds of homes they live in. What can you do this week to care for the animals and birds God has made? You can look after your pets or put out birdseed and water for the creatures outside. Visit a zoo, farm, or pet shop. Watch the animals carefully and learn more about caring for them.



SHOWERS OF BLESSINGS

God sent rain when Noah's family and all the animals were safe in the ark. It rained for a very long time. Read Genesis 7:17-8:17 and see if you can work out how many days Noah and his family lived safely in the ark. Would you like to live on a boat for that many days? What would you enjoy, and what would be frustrating? Today, some places on earth have too much rain, and some don't have enough. Can you find out where these places are? Pray for more rain to fall on the very dry places and for less rain to fall on the places where there are floods.

Cut large raindrop shapes from blue or white paper. On each drop, write a short prayer thanking God for the blessings rain showers bring or asking God to protect those with too much or too little rain. Hang your raindrops by a window or from the spokes of an umbrella hanging from the ceiling.



DOVES OF HOPE

After many days, Noah sent out a dove to fly over the earth. Eventually, it returned with a leaf from an olive tree. This was a sign for Noah that the water was going down and dry earth would soon appear. The dove gave everyone hope that they could soon leave the ark and live on dry land. What are you hoping for right now? A new home, some good friends, passing a test, that someone will get better? Cut dove shapes from white construction paper or card stock and write a hope on each one. Write today's date on the dove. When your hope is met in any way, write the story of the answer on the back of the dove.



OLIVE BRANCH OF PEACE

The dove brought a little twig from an olive tree. Down through the ages, an olive branch has been the symbol of people making peace after an argument. Make or draw a little pretend olive branch. Stick green paper leaves on a small branch, and make black olives out of buttons, fabric, scrunched-up black tissue, or whatever you can find. When you have argued with someone in your family, give the olive branch to the other person to show that you want to make peace again.

Read Romans 12:17, 18.



RAINBOW OF PROMISE

After Noah and his family had left the ark, God made a beautiful rainbow as a sign that He would never flood the world again. Take a sheet of white paper and your markers or crayons. Choose seven promises from the Bible and write them using the different colors of the rainbow to make a rainbow of verses. Ask an adult to help you by drawing the curved lines for you to write on. Put your rainbow of promise on the wall or give it to someone who needs encouragement.

Or gather things you love that are all the colors of the rainbow. Arrange them into a pattern or picture and thank God for making such a colorful world! 

***Karen Holford** writes from England, which is famous for its rainy weather. She has learned to thank God for the rain because it makes her world beautiful and fresh, and there is always plenty of water to drink!*

Northern Asia-Pacific Division

MONGOLIAN MISSION

On September 29 in Ulaanbaatar, Mongolia, pastoral wives from the capital's districts gathered for a special time of fellowship and encouragement, supporting one another in their unique roles of serving their congregations.

Raquel Arrais, Northern-Asia Pacific Division (NSD) ministerial spouses association coordinator, shared uplifting words of wisdom, value, and blessings with the attendees. Arrais emphasized the importance of their roles in nurturing their communities and offered practical advice on staying spiritually strong while balancing ministry and family life.

This gathering provided a much-needed opportunity for ministerial spouses to connect, share experiences, and receive spiritual refreshment, reminding them of their vital contribution to the growth and care of their congregations across Mongolia.

“Pastors’ wives are essential in Mongolia as co-pastors and sources of wisdom. Their role goes beyond supporting their husbands; they actively serve the congregation, offering spiritual guidance and nurturing the church community. Their wisdom and compassion are invaluable in helping to lead and strengthen the faith of others,” says Bae Jee Hyun, Mongolia Mission ministerial spouses association coordinator. We are grateful for their valuable contribution and dedicated work.



Pastoral wives in Mongolia enjoyed good fellowship and spiritual refreshment.

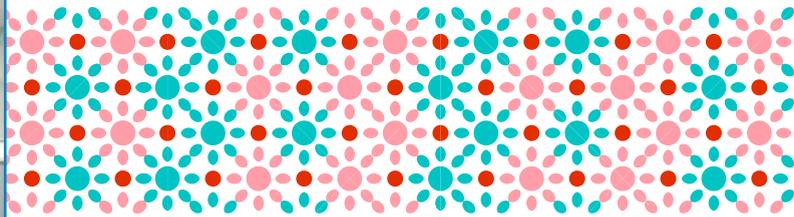
KOREAN UNION CONFERENCE

In April 2024, the ministerial association of the Korean Union Conference (KUC) held a gathering for the spouses of newly appointed ministerial interns, licensed pastors, and ordained pastors at the Northern Asia-Pacific Division Leadership Training Center. Fifty people attended, including 24 newly appointed pastoral wives, their children, family members, and five ministerial spouses association coordinators from each Korean Union Conference.

The main speakers were Mrs. Nami Kim, a professor in the counseling department at Korean Sahmyook University, and Hyung Sik Joo, pastor of the Headquarters Church of East Central Korean Conference. The theme was “Shepherdess, what a beautiful coworker you are!”



Ministerial wives new to the Korean Union Conference met for training and support.



Pastoral spouses met at the Northern Asia-Pacific Division Leadership Training Center.

Participants learned about the overall role of the pastor’s wife and had ample time to voice their opinions and situations in groups. Wives also had opportunities to receive counseling whenever time permitted. At the end of the event, everyone committed to serving with the gifts God gave them.

“Training programs for pastors’ wives are essential to equip them for effective service in the church,” says Raquel Arrais, Northern Asia-Pacific Division ministerial spouses association coordinator. “The KUC ministerial association, led by Pastor Chang Soo Huh, has provided these programs faithfully over the years. These programs often focus on spiritual growth, leadership, counseling, and communication skills, helping wives support their husbands while fostering a personal ministry. Through mentorship and theological education, pastors’ wives are empowered to serve their church communities with wisdom, compassion, and strength.”



Ministerial spouse leaders from the Northern Asia-Pacific Division met for year-end meetings at the division office in Korea.

West-Central Africa Division

NORTH GHANA UNION CONFERENCE

The ministerial spouses of six conferences met on August 17, 2024, at the office of the North Ghana Union Conference. Myra Omeler, formerly with the Atlantic Union ministerial spouses association; Audrey Folkenberg, Southern New England Conference planned giving and trust services director; and Regina Boateng, wife of the senior pastor at First Ghana Adventist Church in New York, gave inspiring presentations. The Shepherdesses were very pleased to receive copies of *Stronger Together* and compact mirrors from the Ministerial Spouses Association at the General Conference.



Audrey Folkenberg, speaker for meetings held in Ghana, dressed in traditional attire.



Ministerial wives from North Ghana met together for fellowship and inspiration.



Myra Omeler spoke at North Ghana Union Conference meetings for pastors' spouses.



WORLD CHURCH QUARTERLY

Days of Prayer & Fasting

April 5, 2025

July 5, 2025

October 4, 2025



Revival
& REFORMATION



find the program materials at
revivalandreformation.org/prayerdays