Welcome New Associate Director, Brenda Billingy

New NAD Ministerial Associate joins to help focus on Women Clergy

Brenda Evril Langford Billingy joins the North American Division team as an associate director for the NAD Ministerial Department. Billingy joins the NAD Ministerial Team with mission and focus to serve women clergy, and to support and mentor younger women called by God to be pastors in the North American Division. Billingy replaces Esther Knott who transitioned as a full-time NAD Ministerial Associate and Director of the InMinistry Center at the Seventh-day Adventist Theological Seminary at Andrews University.

Pastor Billingy was born on the Island of Trinidad, West Indies - the youngest of eight children born to Gladys and Lenny Langford. She received a pre-professional degree from Caribbean Union College at 18 years of age and then migrated to the United States where she completed her B.A. degree in Psychology from Columbia Union College and a M.A. degree in Education from Howard University.

In 1995 Brenda was ordained as a local Elder and her life began to change dramatically. Serving in that capacity allowed her to discover the special gifts that God has graciously bestowed upon her - especially the gift of speech, counseling and encouragement. It was then that she made a promise to the Lord that when her children were enrolled in College she would devote all of her time and attention to His purpose for her life. Read More.

12 Ways to Take Care of Yourself by Heidi Baumgartner
Taking care of yourself during a crisis often takes a backseat while you are dealing with the crisis situation. A crisis brings extra stress to your body and it is important to keep up your emotional, physical and spiritual health.

Here are 12 ways to help you manage your personal stress during and after a crisis situation:

1. Pray. These may be short prayers of, “God, help me,” or longer prayers asking God for wisdom, endurance, and grace as you go through this crisis. Keep praying throughout the crisis. Ask a trusted, confidence-keeping prayer partner to intercede and pray for you during this time of crisis. They do not need to know the full details of the situation, but they can know that you are in a period of time where you are in extra need of prayer. Make arrangements with your prayer partner ahead of time so you can send a quick email or text saying, “Prayers needed” or something similar so they know to jump into a “crisis prayer mode.”


3. Exercise or Stretch. If you have time, take 30- or 60-minutes for aerobic exercise. Get your heart rate up. Break a sweat. Physically let go of the crisis situation. If you do not have time to exercise, take a few moments to stretch your back, neck and shoulders. Touch your toes. Do some jumping jacks. Stretch your calves.

4. Nutrition. You may not have time to prepare and eat healthy meals. Ask a family member, trusted friend or colleague to bring you healthy meals and/or snacks. Drink plenty of water. Skip junk food as much as possible. Give your body good nutrition to keep moving forward.

Heidi Baumgartner is communication director for the Washington Conference. This presentation was originally shared at the Society of Adventist Communicator’s convention in Salt Lake City, Utah, on October 24, 2013, as part of a Crisis Boot Camp training session. Shared with permission.
Theological Seminary at Andrews University in Berrien Springs, Michigan.

How did the early Christians leave such a profound impact on their world? And how can we, 2,000 years later, follow in their footsteps?

The Big Four thoroughly explores four key secrets that not only made the early church a success but also produced thriving Seventh-day Adventist churches that are rapidly growing the kingdom of heaven.

No matter who you are, The Big Four's inspiring stories and practical, proven methods will equip you to experience personal and collective revival, ultimately leading to powerful ministry and evangelism.

Pastors, do you want your church grow? Do you want to know the keys yielded from years of research regarding growing Adventist churches in North America?

Don't miss this exciting and revealing webinar. This is the last webinar for 2013.

WISE WORDS - GRATITUDE

One thing is certain - you can't harbor heartfelt gratitude and depression at the same time. There's not room for both. Ingratitude produces emotional paralysis, while a grateful heart releases a continual bounty of affirmative rewards. - Neil Eskelin

When we learn to give thanks, we are learning to concentrate not on the bad things, but on the good things in our lives. - Amy Vanderbilt

If you are not thankful for what you do have, why should God give you anything else to murmur about? - Joyce Meyer

Feeling gratitude and not expressing it is like wrapping a present and not giving it. - William Arthur Ward

Brains, like hearts, go where they are appreciated. - Robert S. McNamara, former U.S. Secretary of Defense

LET'S TALK

Share with us a favorite sermon illustration-
Float an idea for an article you would like to write-
Raise a question you would like answered by a seasoned pastor-
Contact us at danmartella.nadbestpractices@gmail.com

IDEAS, EVENTS, RESOURCES, ANNOUNCEMENTS

Our worldwide Adventist Church is engaged in a conversation about ordination without regard to gender. The General Conference of Seventh-day Adventists asked each division in 2011 to form a Theology of Ordination Study Committee (TOSC), conduct a comprehensive review of the theology of ordination and present its conclusions and recommended actions.

The North American Division Theology of Ordination Study Committee presented their report at the October 31 - November 6 Year-End Meetings. The NAD Executive Committee Action taken and an Interview with NAD President Dan Jackson are also available.

The Barna Group pegs the average Protestant church size in America at 89 adults. Sixty percent of Protestant churches have less than 100 adults in attendance. Only 2 percent have over 1,000 adults attending. Carey Nieuwhof, lead pastor of Connexus Community Church, tells us that while most small churches want to grow, there are 8 Reasons Why Most Churches Never Break the 200 Attendance Mark.
## Previous resource links:

- NAD Prayer Conference
- Adventist Ministries Convention
- Why Men Have Stopped Singing in Church
- Sharpening the Sword
- Ten Reasons Pastors Quit Too Soon
- Free Inspirational E-Cards
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In 1995 Brenda was ordained as a local Elder and her life began to change dramatically. Serving in that capacity allowed her to discover the special gifts God has graciously bestowed upon her - especially the gifts of speech, counseling and encouragement. It was then that she made a promise to the Lord that when her children were enrolled in College she would devote all of her time and attention to His purpose for her life.

This decision led her to return to Columbia Union College in 1998 to complete a B.A. degree in Religion. Upon graduation she was hired by the Allegheny East Conference as the Associate Pastor of the Metropolitan SDA Church in Hyattsville, Maryland. Brenda later served as the Senior Pastor of the Bladensburg SDA Church for 4 years before returning to Metropolitan SDA Church as the Senior Pastor for the past five years.

Ministry assignments include the United States, Australia, New Zealand, Trinidad, St. Croix, Jamaica, and Africa. Brenda has also had the honor of preaching the Word for the General Conference Session in 2010. As ministry partners, Brenda and her husband, Edsel, celebrated their 39th anniversary in 2013. They are blessed with two wonderful daughters - Rhonda and Shana, the joy and pride of their lives.

Her hobbies include reading, creative writing, tennis, swimming and skiing. Her goal is to perform Earthly ministry with a Heavenly mindset, and her desire is to be known as a "humble vessel willing to be used by God".

Ivan Williams, NAD Ministerial Director says, "Pastor Billingy brings a passion to serve pastors in our division. She will use her church as a classroom for training and her position as senior pastor to help lead, mentor and coach other women clergy towards excellence. We are excited to have her on our team and know God will greatly use her."
12 Ways to Take Care of Yourself During and After a Crisis

by Heidi Baumgartner

Taking care of yourself during a crisis often takes a backseat while you are dealing with the crisis situation. A crisis brings extra stress to your body and it is important to keep up your emotional, physical and spiritual health.

Here are 12 ways to help you manage your personal stress during and after a crisis situation:

1. **Pray.** These may be short prayers of, “God, help me,” or longer prayers asking God for wisdom, endurance, and grace as you go through this crisis. Keep praying throughout the crisis. Ask a trusted, confidence-keeping prayer partner to intercede and pray for you during this time of crisis. They do not need to know the full details of the situation, but they can know that you are in a period of time where you are in extra need of prayer. Make arrangements with your prayer partner ahead of time so you can send a quick email or text saying, “Prayers needed” or something similar so they know to jump into a “crisis prayer mode.”

2. **Breathe.** Take a series of deep breaths. Get extra oxygen into your system. Calm your nerves. Pray again.

3. **Exercise or Stretch.** If you have time, take 30- or 60-minutes for aerobic exercise. Get your heart rate up. Break a sweat. Physically let go of the crisis situation. If you do not have time to exercise, take a few moments to stretch your back, neck and shoulders. Touch your toes. Do some jumping jacks. Stretch your calves.

4. **Nutrition.** You may not have time to prepare and eat healthy meals. Ask a family member, trusted friend or colleague to bring you healthy meals and/or snacks. Drink plenty of water. Skip junk food as much as possible. Give your body good nutrition to keep moving forward.

5. **Shower.** As time allows, squeeze in a shower. Wash away the stress, the anxiety, the fears, the worries, the problems. Pray as you shower and ask God to baptize you anew with His Holy Spirit and to give you renewed wisdom in dealing with this crisis. Showering at night will help you go to sleep feeling clean and whole. Change into clean clothes and step forward with confidence that God is on your side.

6. **Sleep.** Sleep can be rare during a crisis. If you do have a chance to crawl into bed, your mind is likely racing with thoughts of what still needs to be done or what else you need to do. Pray and ask God to help you turn off your mind and find peaceful, rejuvenating sleep. Ask a trusted family member or friend to monitor your cell phone and allow you a pocket of time for undisturbed sleep.

7. **Read through the Psalms.** David fought many enemies, and the passages of Psalms particularly resonate during times of crisis. Consider the promises of Psalm 139: God knows when I come and go. He knows my thoughts from afar. He knows what I’m going to say before I do. God’s right hand will hold me fast. He will cleanse me from the trauma and memories (anxious thoughts) of this crisis. God will lead me in the way everlasting.

8. **Laugh.** Ask a family member or trusted friend to send you corny jokes or cartoons. Laughing helps take your mind off the situation and gives you renewed perspective. The crisis won’t last forever. The laughter will be good for your soul.
9. **Attitude.** Every day you have a choice about your attitude. Choose to keep a healthy attitude throughout the crisis situation. Sin has caused so much heartache in this world. You do not need to be a “savior” or “super person.” You are not a victim of the crisis trauma. You are a victor in Jesus Christ. This attitude will trickle into how you react and interact with the situation…and with your family.

10. **Debrief.** Take time to debrief with your crisis team. You’ve just come through a major or minor crisis. Talk about what worked, what didn’t work and what could be done better. Talk about new policies or procedures that need to be developed and implemented. Take time to talk, to laugh, to heal together. This core group understands what you’ve been through and can help you move forward.

11. **Seek counseling.** We suggest counseling for others during a crisis, but we often don’t consider it for ourselves. If you’ve been through a traumatic or dramatic crisis situation, seek counseling for yourself. Find the help you need. Meet with a Christian counselor. Learn how to forgive yourself, forgive others and forgive the situation. Ask God to give you healing down to the very cells of your body and to erase the memories of trauma.

   Pray:    Dear Jesus—

   I purpose and choose to forgive [this person and/or this situation]. This was a difficult situation for me, and I choose by Your power to forgive [this person and/or this situation] for the extra stress and trauma that resulted. I release [this person and/or this situation] and cancel their debt to me.

   In the name of Jesus, I cancel all of Satan’s authority over me in this memory because it is forgiven.

   In the name of Jesus and by the power of His blood, I command the spirits of stress, trauma, fear, resentment, anger and bitterness to go.

   Holy Spirit, come and heal my mind, body and soul. Erase the traumatic memories of this situation. Release the memory triggers down to the cells of my body.

   Show me Your Truth about this situation. Amen. [Listen for what God tells you.]

12. **Choose to heal.** The crisis is over. You’ve taken care of your emotional, physical and spiritual health. You asked God to guard your attitude. Now…choose to heal and move forward. Healing may be instantaneous or it may take some time for your wounds to heal. Be gentle with yourself and allow God to heal you.

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