From the pen of Donna Jackson...

When my eyes first gazed on the Taj Mahal in Agra, India, I gasped, "Poetry in marble!" But when I caught the first glimpse of our newborn (prior to the days of parents getting ultrasound pictures) and my hands touched our beautiful, responsive, precious firstborn, Dena, my soul found no adequate words to portray my wonder and praise.

Psalm 139, written many centuries before the discovery of the science of anatomy, has been described by some Bible commentators as one of the most sublime songs of praise for our omniscient, omnipresent Creator. David addresses his Creator with profound gratitude and awe as he meditates on God's purposeful, intimate, attention in his life prior to conception and onward.

How much more should we! Now, imaging technology allows us to view with our eyes what David could only do with his Holy Spirit - inspired imagination. Now, we know that we each are made up of many trillions of cells (the estimate stretches from 10-100 trillion, depending on what source you're reading) and that our three-pound brain has approximately 86-100 billion neurons, and that each neuron connects to 5,000-10,000 (and possibly many more) other neurons. And that tiny dendritic spines, bulging like tiny light bulbs, are where synapses get input from nearby neurons. Read More.

FAITH ALIVE!

God's Word Is for Everyone!

Sandi Case, a ministry spouse for more than 45-plus years, shares her testimony of how God's Word

God's Desire for His Daughters

Planning Family Time

What if That's not My Gift?

When the Pastor Has a Husband

Coaching Skills Training for Ministry Spouses

Ministerial Spouses Survey

Prayer & Praise

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6, 7 NLT
Sandi Case offers hope and makes an incredible difference in her life. [Listen here.]

We'd like to hear from you too. Take your smartphone or iPad, and ask someone to film you sharing a short testimony or story about what God is doing in your life. [Email] your video clip to us.

HEART TO HOME

Quick Romance and an Unexpected Turn

"Keeping it Real" was aired as a live TV program for ministerial spouses on the Hope Church Channel, in 2011. In "Increasing Spiritual and Emotional Intimacy," the second segment of a six-part series, listen to the remarkable story of Cynthia and Rick Mercer whose quick romance quickly led to an unexpected turn. [Watch here.]

FAMILY MATTERS

Planning Family Time in Ministry Homes

Life can be hectic at times for the Case family, ministry team at the Wisconsin Academy Church. To keep their family relationships strong, they schedule a weekly family day, couple's date and father-son date.

The Cases find it helps to inform the church family of their scheduled family dates. [Read the letter] they recently shared with members in their church newsletter.

COUNSELORS CORNER

What if That's not

We welcome your proven parenting tips, family worship ideas, financial tips (low budget anything!), family management ideas and de-cluttering strategies. Submit your ideas [here].

Rave Reviews

Stories of hope in the face of adversity, [God Wants To Hear You Sing] is author Ruthie Jacobsen's 11th book. In it, she collaborates with Southern Gospel legend, Rodney Griffin, to create a powerful message about the electrifying encouragement of hope. Each of the 15 easy-read chapters in [God Wants To Hear You Sing] tells the true story of someone who faced challenging and difficult circumstances. [Read more.]

We welcome your review of a great book or resource. Submit [here].

Artistic Musings
My Gift?

As a new ministerial spouse, there are often invitations and expectations to serve in areas of ministry in which you may not be comfortable in or feel gifted. In this [video clip], the De Leóns share suggestions on how to handle the members’ expectations, tell why churches may have those expectations for the ministerial spouse, and provide ideas on how to be authentic and transparent in your ministry journey with Jesus.

[Click here] to submit questions to the counselors, Carolann and César De León.

HIS PERSPECTIVE

What To Do When the Pastor Has a Husband?

When your wife is called to pastor a church, what is your role as the pastor’s husband? How do you help the church adjust to the fact that the pastor has a husband? What do you do when the welcoming committee gives you a corsage and hands you a bouquet of roses at the first Sabbath service? What do you do when you are invited to the conference’s pastor’s wives afternoon tea meeting? What do you do in that moment of awkward silence when a church member realizes you are not a visitor but, rather, the pastor’s husband? [Read more].

BEST PRACTICES

Coaching Skills Training for Ministry Spouses

In 2011, a training program was initiated in the Florida Conference to teach coaching skills to spouses of pastors. On July 23, at Camp Kulaqua, in High Springs, Fla., [Dottie Cauley] asked some of the spouses to share how the training they received personally benefitted them and their families. [Click here] to listen to their responses.

To learn more about the Florida Conference coaching initiative, [click here].

"He’s Been Faithful"

[Damaris Carbaugh] performs with the [Brooklyn Tabernacle Choir]

We want to feature what you have created in this section: a poem you’ve written, a painting you’ve completed or original music you’ve performed, etc. [Submit here].

Fit for Life

Fitness Tip

Water benefits your body in many ways. It eases digestion, regulates body temperature, may ward off crankiness, and is a natural appetite suppressant. [Read more] at the Healthy Life Info website, the site for Adventist Wellness and Health Information.

Recipe

[Zucchini Boats] by Debi Pedersen

To learn more about the Florida Conference coaching initiative, [click here].
**MISSION POSSIBLE**

**God's Desire for His Daughters**

Jeanne Nicolle Brisé, chair of the NAD Ministerial Spouses Evangelism Committee, shares her story of God's leading in her life, her involvement with evangelism and training women, and invites ministry spouses to consider how God might be calling you to the high calling of leading others to Jesus.

I praise God for the gift of life. Since the day I could remember, my parents have always told me how my life was miraculously spared three times from birth to nine months of age. The Lord defied natural and scientific laws to give me life. My parents always concluded their testimony by saying, "God spared your life because He has a special mission for you." [Read more](#).

**Laughs & Gaffs**

**The Organist's Surprise**

The minister got into a big hurry as he dressed for the baptism of his male convert. Instead of putting on the baptismal gown with the weighted hem, he inadvertently slipped into a black choir robe. When he entered the water, the organist stared in horror. The organist was the only one who had a full view of the baptismal tank where the minister's gown had floated up to the surface, revealing his undergarments.

P.S. The organist who reported this incident was, luckily, the minister's own wife.
Conference Shepherdess/ministerial spouse leaders forward, either by email or by mail, the following link to this survey to the spouses who they serve. Be assured your opinions are very important and will be kept strictly confidential; no one in your Conference or Union or the NAD will have access to the responses collected, unless you supply information that identifies yourself. The results of this survey will assist Conference, Union and NAD ministerial spouse leaders to better understand and minister more effectively to the ministerial spouses they serve.

- If you haven't already done so, please access the survey by clicking here.
- If you have any questions about this project or any research-related questions, please email Dr. David Sedlacek or phone 269-471-6375.
- If you have any questions about your rights as a research participant, you may contact Andrews University, the School of Graduate Studies and Research, Institutional Review Board (IRB) at 269-471-6361. The IRB is a group of people who review research studies to protect the rights and welfare of research participants.

THANK YOU!

Thank you to all who submitted names for the Ministerial Spouses Association bimonthly newsletter from the North American Division Ministerial Department. We hope you like the committee's choice of Fresh Strength. Please forward this email to a ministerial spouse and urge them to subscribe to receive this newsletter and any or all of the Best Practices newsletters.

HELPFUL APPS FOR SMARTPHONES

- VeganXpress: Find all your favorite franchises and vegan items on their menus. ($1.99)
- Gasbuddy: Research gas prices at stations near you. (Free)
- Drink-O-Matic: Receive reminders to drink water until you get your 6-8 glasses finished. (Free)
- Adventist News Network: Keep current on SDA world news. (Free)
- Tap-N-Tip: Quickly calculate restaurant tips. (Free)
- AnyList: Create lists, e.g., grocery lists, and share them with your spouse phone-to-phone. (Free)
- Mvelopes: Track personal or shared family finances using an online envelope method for easy tracking. (Free)
- Way of Life: Identify and set goals, and track personal habits and progress in an online journal. (Free)

Please share your favorite
Fresh Strength (NAD Ministerial Spouses Association Newsletter)

This email was sent to ahc@andrews.edu by donna.jackson@nad.adventist.org | Update Profile/Email Address | Instant removal with SafeUnsubscribe™ | Privacy Policy.

NAD Ministerial Spouses Association | 12501 Old Columbia Pike | Silver Spring | MD | 20904
Fearfully and Wonderfully Made ... Who Me?

You made all the delicate, inner parts of my body
and knit me together in my mother's womb.

Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it. —Psalm 139:13, 14 NLT

When my eyes first gazed on the Taj Mahal in Agra, India, I gasped, “Poetry in marble!” But when I caught the first glimpse of our newborn (prior to the days of parents getting ultrasound pictures) and my hands touched our beautiful, responsive, precious firstborn, Dena, my soul found no adequate words to portray my wonder and praise.

Psalm 139, written many centuries before the discovery of the science of anatomy, has been described by some Bible commentators as one of the most sublime songs of praise for our omniscient, omnipresent Creator. David addresses his Creator with profound gratitude and awe as he meditates on God’s purposeful, intimate, attention in his life prior to conception and onward.

How much more should we! Now, imaging technology allows us to view with our eyes what David could only do with his Holy Spirit — inspired imagination. Now, we know that we each are made up of many trillions of cells (the estimate stretches from 10–100 trillion, depending on what source you’re reading) and that our three-pound brain has approximately 86–100 billion neurons, and that each neuron connects to 5,000–10,000 (and possibly many more) other neurons. And that tiny dendritic spines, bulging like tiny light bulbs, are where synapses get input from nearby neurons.

Friend, did you know that the trillions of synapses in your pink-grey, three-pound brain (which possess a consistency of soft gelatin or soft tofu) represent millions of miles of wiring between neurons?¹ And that there are approximately a half-billion synapses per cubic millimeter?² And if 100,000 neurons are wired up to that many other cells, it means that quadrillions of messages are zipping each day through your electro-biological brain grids! It’s no wonder we’re tired at night! But are you fearfully and wonderfully made, my friend?

Neuroscience has discovered that our brain's very design makes it sociable and that we are, as author Daniel Goleman wrote in his book, Emotional Intelligence, inexorably drawn into an intimate brain-to-brain linkup whenever we engage with another person. Friend, did not God give us these amazing brains to connect with Him and with one another? So that, as the apostle Paul says, “you yourselves are God’s temple” (1 Corinthians 3:16, NASB)?

God speaks to you and me today, “I created You and have cared for you since before you were born. I will be your God throughout your lifetime — until your hair is white with age. I made you, and I will care for you. I will carry you along and save you” (Isaiah 46:3–5, NLT).

God’s infinite immensity and His careful attention and understanding of every detail of our lives — our joys, challenges, disappointments, frustrations, failures and successes — are understood by Him. In fact, “We praise you, God, for we are fearfully and wonderfully made — and this our souls know well. Lord of our life, we praise You. Lord of our life, we trust You. Amen.”


---

**Donna Jackson**

Director, Ministerial Spouses Association, North American Division
Planning Family Time

Life can be hectic at times for the Case family, ministry team at the Wisconsin Academy Church. To keep their family relationships strong, they schedule a weekly family day, couple's date and father/son date. The Cases find it helps to inform the church family of their scheduled family times. They shared the letter below, which was recently shared in their church newsletter to inform members of their family dates.

Family Time

On behalf of my family, I would like to thank you for your collective effort to respect our published family time. As you know, family time is extremely important given the assault on families that is currently taking place. Satan works hard to break all families apart.

With Joshua starting school, this is a new phase in life for us; and our family schedule will be changing. (Probably a few times until we find something that works.)

Sunday will remain our family day. Instead of a date night, Laurella and I will be having a "date afternoon." We are thinking roughly 11:00 a.m.–3:00 p.m. on Thursdays.

Finally, I will no longer have the same opportunity for long pancake breakfasts with Joshua. :-( We will be trying out a boys' afternoon on Wednesday.

So my new family time schedule will look like this.

- Family Day: Sunday
- Boys' Time: Wednesday, 3:00 p.m.–6:00 p.m.
- Hot Date with Laurella: Thursday afternoon, 11:00 a.m.–3:00 p.m.

Adam Case, Pastor, Wisconsin Academy SDA Church, Columbus, Wisconsin

Source: Originally published in Pastor's Post, August 15, 2012

Pastor Case also shared the following about his commitment to guard family time:

"I have maintained a day off and weekly date night with my wife since I began ministry. Advice given to me in college. :-) When I go into a district, one of the first things I talk to them about is the sanctity of family. Two of the most important institutions created by God (during the creation week) are marriage and Sabbath. Both are under great attack in our world.

"I publish my day off, date night; and after my son was born, I began to publish my 'boys' time.' My congregations have been respectful and even appreciative of this. With Joshua starting school, this changes everything. So it's time to adjust. :-)

Adam and Laurella Case, ministry team at the Wisconsin Academy Church, and their son, Joshua, recently enjoyed a hike at Devil's Lake State Park in Wisconsin.
What To Do When the Pastor Has a Husband

When your wife is called to pastor a church, what is your role as the pastor’s husband? How do you help the church adjust to the fact that the pastor has a husband? What do you do when the welcoming committee gives you a corsage and hands you a bouquet of roses at the first Sabbath service? What do you do when you are invited to the conference’s pastors' wives afternoon tea meeting? What do you do in that moment of awkward silence when a church member realizes you are not a visitor but, rather, the pastor’s husband?

Being a pastor’s husband comes with no job description or traditional expectations. Resources, workshops and training for a pastor's wife are commonly available, but limited for the pastor’s husband. Though efforts are now being made to support the pastor's husband, there are very few husbands (scattered all around the North American Division); and this makes it challenge to connect with one another. The wives of pastors have a far greater support system due to their large numbers. In addition to the fewer number of pastors' husbands, men are less likely to seek support or help — until a crisis occurs. As many churches try to adjust to having a woman as a pastor, they are confused even more with how to relate to her husband. Male pastors and their wives are viewed as partners in ministry. Do congregations have that same view for the husband of a pastor?

My role as a pastor’s husband is a new adventure for me as I am sure it is also for you. So, let’s take this journey together to discover what it means to be called a pastor’s spouse.

I’m starting this blog for us who are a pastor's husband, and for the women we’re married to. We may be few in number, but I hope we will connect and share some thoughts. Whether you’re a pastor’s husband, a pastor with a husband or a church member dealing with a pastor’s husband, I welcome your comments, observations and experiences. You may email me at Hernandezj85@yahoo.com. —Jose Hernandez

Jose Hernandez

Jose Hernandez has been married to Ann Roda since 1985, and they cherish their passionate, powerful relationship. Jose is a healthcare chaplain. He is completing his M.S. degree in Pastoral Counseling to become a licensed professional counselor. In addition, Jose is a lay pastor at New Hope SDA Church in Fulton, Maryland, where his wife serves as pastor of children, youth and family ministries.

Jose enjoys walking, hiking and biking in nature, reading and traveling to unique places in this world. He has climbed Mt. Sinai, bicycled in Ireland; ridden on a camel around the Egyptian pyramids, and trekked through the pyramids of Mexico and Belize.

Jose's vision as a co-minister with his wife is to help others understand their God-given distinctiveness, comprised of their spiritual giftedness, personal style and ministry passion.
Coaching Skills Training for Ministerial Spouses

Coaching is being trained to serve as an unseen partner with someone as they journey through life. It is coming alongside an individual to form a friendship, nurture them and help them to accomplish life's goals. The idea behind this initiative in the Florida Conference is not to train spouses as certified coaches but, rather, to provide the opportunity to gain skills for coaching and create a network for peer support.

In 2005, the Florida Conference began a training program to teach coaching skills to leaders. It has developed into a vital part of how the Florida Conference seeks to invest in pastors, educational administrators and office leadership. A similar format was adopted, in 2011, for training the spouses of pastors. Not only has the program equipped the spouses to better function within their various vocations, through developing peer coaching relationships in the learning group, the spouses also have established relationships, which provide support and friendship that are rarely found in the life of a pastoral spouse.

The greatest desire I have for my pastors' spouses is for them to connect with each other. This has enabled this to happen. —Dottie Cauley

Note: Pastors' spouses from the Florida Conference were recently invited to share their thoughts about how the coaching skills training benefitted them. You are invited to listen to some of their responses here. For more information about the program, you may email Dottie Cauley.
Michigan Conference Ministry Spouses Group Grows

Ministry Spouses is an active group in the Michigan Conference. At each Ministry Retreat, the spouses have meetings of their own. Active Child care (walks, trips to the lake, programming) is provided, so all spouses can attend the meetings.

At a recent retreat, Kathie Lichtenwalter, Ministry Spouses president, with her involved committee planned a day of breakout groups, which included "Stress Management for Ministry Spouses," by Laurie Snyman; "Getting in the Word," by Shirley Holmes; "Feeding a Crowd," by Linda Nelson; and "Understanding Taxes and Finances," by Linda Gallimore.

The next day, the ministry spouses got involved in the following breakout groups: "Parents of Teens," "Parents of Tots," "Adult Children of Older Adults" and "Pinching Pennies." Those groups went well, too.

The third day, ministry spouses shared their difficult experience and how God led them through situations like the death of a child, a child in prison, a divorced child and the death of a spouse. Many tears were shed, but God got the glory in how He pulled the ministry spouses through the difficult situations.

There was a banquet decorated by the committee. There was an oriental theme with hanging lanterns and beautiful artifacts, which were brought by our Korean spouses and those who have been in the Orient. This year, we had a music program during the banquet; and last year, a talent show.
Camp meeting is a time when the ministry spouses get together. We all brought items we wished to get rid for an exchange. Each picked out items and shopped, selecting up to three items until everyone had chosen something. Then there was a free-for-all. What fun was had while the ministry spouses were treated to an endless salad bar and Latin cuisine made by our Hispanic ministry spouses.

We want to incorporate everyone to have a part in our programs, and I think this has been particularly successful. For our services, we have a list of those with musical talents, and we were so blessed by the music throughout our retreat. We especially enjoy how talents can be enjoyed across the cultures.

Our next time together will be at a sleepover. We will stay at a house on a lake, and eat, fellowship and boat together. We look forward to getting to know each other better.

We just selected our new officers, and were thrilled to see how many people wanted to be volunteers. We know we have a good thing going, when people want to do their part. I am glad we are making a difference. We have seen about 60 people at our ministry spouse programs, and participation is growing.

We had a drawing for the Michigan Conference Mother-Daughter Banquet, which will be held in October, and two mothers and their daughters get to go free. There is also an opportunity for all ministry wives to go free to any women's ministry retreat. That is a real blessing!
The Rocky Mountain Conference is a vast territory that includes Colorado, Wyoming and a few counties in northwest New Mexico.

There are several opportunities each year for the Rocky Mountain ministerial spouses to come together for fellowship, fun and enrichment. Regional luncheons are hosted during each of the three camp meetings: Wyoming, Western Slope and Northeastern Colorado. The photo to the left is from the camp meeting luncheon for the Northeastern Colorado ministerial spouses, held this year at Carino's in Loveland, Colo. It was a delightful time of fellowship, and provided an opportunity for some new ministerial spouses in that region to meet new friends.

In addition the regional luncheons, activities and meetings are scheduled at the annual workers' retreats, which take place in January and August at Glacier View Ranch in Ward, Colo. At the last worker's retreat, in August 2012, the ministerial spouses joined together with their spouses for a panel discussion on parenting pastors kids. This panel included couples, with children, who represent the span of ministry life and beyond. The panelists included (from left) Craig and Carissa Carr (Boulder Church); Mitch and Lena Williams (The Adventure and Greeley Churches); Bruce and Linda Aalborg (Littleton Church); Ardis and Dick Stenbakken (retired ministry couple); and Marti and Don Schneider (Denver South Church). The panel was moderated by Martin Weber, Mid-America Union communication director, who has conducted research about ministry families. Questions were prepared in advance and provided to the couples for thoughtful consideration and responses before the meeting. It was evident the Holy Spirit was present as the ministry spouses both on the panel and in the audience shared, from their hearts, their own journeys in pastoring their children. It was a wonderful discussion, and many expressed their appreciation for the panelists' vulnerability and the opportunity to openly dialogue...
The Rocky Mountain ministerial spouses enjoyed times of prayer and support for one another at the retreat, but also enjoyed creating coasters together during an optional craft activity time. They selected decorative stamps, which were pressed into colored ink pads, and then applied to travertine tiles. There were many fun conversations that took place during this time together, and some beautiful, creative coasters were made. From left (foreground): Jerene Nelson, Martha Treat and Geertje Tumbarante.

In an effort to help ministerial spouses better understand and appreciate the diverse cultural backgrounds represented in the Rocky Mountain ministry team, several ladies were invited to share a recipe from their country of origin. All the ministerial spouses really enjoyed learning more about ethnic cooking and tasting the delicious, new recipes prepared in the camp's kitchen. Cristiane Jones (right, from Brazil) demonstrated how to make a cheese bread ball, and Rosie Alomia (left, from Ecuador) and Vivien Vasquez-Vivanco (middle, from Ecuador) demonstrated how to make potato patties filled with cheese and covered with a savory peanut gravy. The Rocky Mountain ministerial spouses look forward to more ethnic cooking demonstrations at future retreats shared by other ministry spouses representing countries like Mexico, Thailand and Korea.
Ministry highlights shared by Diane Thurber
Leader, Rocky Mountain Conference Ministerial Spouses Association
I praise God for the gift of life. Since the day I could remember, my parents always have told me how my life was spared miraculously three times — from birth to nine months of age. The Lord defied natural and scientific laws to give me life. My parents always concluded their testimony by saying, “God spared your life because He has a special mission for you.”

Growing up with such motivation, I admired my parents who dedicated their lives to God’s service. Consequently, as a pastor's kid, I grew up with a burning desire to serve God. My brothers and I grew up singing in the church, participating in children's Sabbath school, learning at the feet of Christian teachers in the Adventist schools, and receiving honors in the Adventurer club, Pathfinders club and Missionary Volunteers. We used to go in the community with our parents to collect Ingathering, give Bible studies and participate in prayer meetings at people homes, and we were involved in all of the church's activities. Around the age of 14 years old, I started to emerge as a spiritual leader and counselor with a passion for soul-winning. On Sabbath afternoon, my friends and I walked through the neighborhood. We visited people, prayed with them and gave away Christian magazines and tracts. Often, we helped handicapped senior citizens by cleaning their houses before leading out in worship with them.

When I was 17 years old, the youth of my church and I organized my first, weekly small group evangelistic series in the home of one of the single mothers of the church. The series resulted in one baptism. To God be the glory! Two years later, with the youth of the largest church of the Northern Mission of Haiti, we organized a three-month, nightly evangelistic series that resulted in 59 baptisms. Fulfilling the Great Commission has always been the underlying passion of all my activities. I have taught in Adventist academies for 35 years, where I not only invited the students to give their hearts to God but also to become soul-winners in their circle.

When I became a women’s ministries director, I asked God to give me a vision of what He wanted me to accomplish. He brought me back to evangelism, and reminded me that the largest army He has in the Church is comprised of women, and they need to get on board to fulfill His Great Commission. Hesitantly, I started reading *Evangelism* and *Daughters of God*, books by E. G. White, and other books, and I was sold out. I discovered that the ultimate goal of every department or ministry in the Church is soul-winning. I also discovered that every person who has given his or her life to Jesus should be a soul-winner. Then, I read that evangelism is the utmost mission of every woman; and to the women who understand this mission and who would let the Holy Spirit lead them, “God will give them a power that exceeds the power of men. They will be able to do in the families a work that men cannot do. They will reach hearts that man cannot reach, their work is needed” (*Daughters of God*, p. 19). Then I answered: “Please God, use me.”

Since that moment, I not only had a greater desire to preach the Gospel, but I felt empowered to ignite this desire in the heart of every woman on my path who has given her heart to Jesus. The Lord has used me, a humble servant, a timid woman and an unworthy creature to share the Gospel across continents in 35 evangelistic series and to see people give their lives to Jesus and be transformed. What a joy to be able to train hundreds of women who, in turn, accepted the call of the Holy Spirit and are now standing up preaching the Gospel and winning souls for Christ. I am humbled by such an undeserved honor! This experience is God’s greatest desire for every one of His daughters!

It would be wonderful if each one of us could seize the opportunity afforded to us, by the North American Division Ministerial Spouses Association, to stand in the pulpit of our respective churches and proclaim the God's Desire for His Daughters http://www.nadministerial.org/article/323/ministerial-spouses-association...
Good News of the Gospel. The challenge may be greater for some than for others; however, the calling is for every one of His daughters. The promises of God are certain for those who make themselves available. “Go and teach all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things, whatever I commanded you. And, behold, I am with you all the days until the end of the world” (Matthew 28: 19, 20, KJV, emphasis added). The One who calls qualifies. “I can do all things through Christ who strengthens me” (Philippians 4:13, KJV, emphasis added).

Leading souls to Christ is the greatest honor a human being can receive, and its results produce the most fulfilling joy a human’s heart can feel. May God help us to open our hearts and answer favorably to the NAD Ministerial Spouses evangelism initiative for 2013–2014! Who knows if we are not called for a time like this? Who knows if it is not the last movement before the latter rain? —Jeanne Nicolle Brisé

Note: More information will be shared about the NAD Ministerial Spouses evangelism initiative for 2013-2014 in a future newsletter issue. —Editor

Jeanne Nicolle Brisé, M.Ed.
Chair, Ministerial Spouses Evangelism Committee, North American Division
Director, Women’s Ministries and Prayer Ministries Departments, Southeastern Conference
Consent

1. This survey should take approximately 20 minutes of your time. Your participation will be anonymous. None of the information collected will be used to identify you. If you are not comfortable with any aspect of the project as explained in the prior email or any part of the survey itself, you may choose to not complete the survey or omit any particular question. Some of the items in this survey ask about areas of struggle for you personally. If you have from some concern to great concern about any of these areas, please seek help immediately. The following are potential sources of help: your conference ministerial director who may refer you to a counselor, the American Association of Christian Counselors at 800-526-8673, or you may be familiar with a local counseling resource with which you are comfortable.

By clicking, I acknowledge to consent in the following survey.

I do not wish to continue with the survey.

Powered by SurveyMonkey
Check out our sample surveys and create your own now!
Pastor's Spouse Survey

Stressors

2. To what extent are the following a personal struggle for you?

<table>
<thead>
<tr>
<th>No concern</th>
<th>Some concern</th>
<th>Moderate concern</th>
<th>Great concern</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty keeping the Sabbath day holy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty with personal prayer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trouble maintaining a personal connection to God</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making time for personal devotions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concern about my spouse's emotional faithfulness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concern about my spouse's physical faithfulness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Substance abuse (alcohol and drugs)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gambling or overspending</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pornography</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Media addiction (internet, video games, television, etc.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating unhealthy foods</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overeating or overindulging</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoiding food or &quot;purging&quot; to stay thin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depression and/or anxiety</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severe mental illness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Domestic Violence</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No concern</td>
<td>Some concern</td>
<td>Moderate concern</td>
<td>Great concern</td>
<td>Not applicable</td>
</tr>
<tr>
<td>------------</td>
<td>--------------</td>
<td>------------------</td>
<td>---------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>Emotional and/or Verbal Abuse</td>
<td>Sexual Abuse</td>
<td>Spiritual Abuse</td>
<td>Extramarital Sex</td>
</tr>
<tr>
<td>My own same-sex attraction</td>
<td>Church discipline</td>
<td>Conflict over differing worship styles</td>
<td>Inadequate ministerial secretary support</td>
<td>Conflict over dietary choices</td>
</tr>
<tr>
<td>Conflict over jewelry in the Church</td>
<td>Conflict over women's ordination</td>
<td>Unclear Conference goals or expectations</td>
<td>Church politics at the local Conference level</td>
<td>Church politics at the Union, Division, or General Conference levels</td>
</tr>
<tr>
<td>My own conflict with Church doctrine</td>
<td>Our congregation's expectations and obligations negatively affect the relationship between me and my spouse.</td>
<td>My children resenting our family's congregational obligations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
No concern  Some concern  Moderate concern  Great concern  Not applicable

My spouse’s congregation taking priority over our family

3. **Family Stress** - Using the scale "creates no stress" to "creates severe stress", please indicate how stressful each situation listed is for you.

<table>
<thead>
<tr>
<th>Creates no stress</th>
<th>Creates mild stress</th>
<th>Creates moderate stress</th>
<th>Creates severe stress</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is difficult to make it through each month without worrying whether or not our financial resources will be adequate for our needs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family is expected never to need outside professional intervention like therapy or counseling.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our congregation’s expectations for our children are unrealistically high.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Most of our social activities are out of a sense of obligation rather than choice.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family has a public lifestyle that is different from our private lifestyle.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our congregation expects the needs of our family to be secondary to their needs.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My spouse’s expectations for how our family should function are too high.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family’s financial situation requires more than the salary</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Creates no stress</td>
<td>Creates mild stress</td>
<td>Creates moderate stress</td>
<td>Creates severe stress</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-------------------</td>
<td>--------------------</td>
<td>-------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>received from the church.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My spouse is expected to participate in most every church event even though our members are not always expected to participate.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family is expected by our congregation to be a “model family”.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My expectations for how our family functions are too high.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My spouse's compensation package does not provide adequate periods of paid vacation.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>We do not have a network of other clergy families with whom we can really be open.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel we are caught in a tug-of-war between &quot;church&quot; and &quot;family&quot;.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family does not have enough privacy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It is difficult to maintain relationships that were made in former pastorates.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am concerned about the level of retirement benefits we will have in the later years.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our family's inability to save money on a regular basis is a</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Level</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-----------------------------------</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creates no stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creates mild stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creates moderate stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creates severe stress</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not applicable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

worry for me.

Our family does not have affordable and comprehensive medical coverage.

Our congregation feels our marriage should be a role model for them to look to in shaping their own marital relationships.

Our congregation does not accept our family's expressions of frustration and dissatisfaction.

It is difficult for us to provide the same standard of living for our children as most of their peers have.

Clergy salaries in our organization simply do not provide a strong enough financial base for our family.

Our family resents having congregational input on how our house is decorated and/or maintained.

Congregation members believe that they have a right to know what goes on in our family.

Our family resents congregational influences on our decision-making.
| Stress Level                  | We find it difficult to establish times for our marital relationship without having interruptions related to the needs of our children. | It is difficult to balance church and family considerations in making decisions about changing pastorates. | Our congregation disrupts days off and vacations for reasons other than emergencies. | Selflessness is an important aspect of ministering effectively to a congregation. | The leadership of my denomination does not respond in a positive manner to evidence of human failings or family problems in clergy families. | Planning times away from our congregation for vacations is problematic if congregational needs arise. | Our family does not feel close to our denomination’s leadership. | There are not enough hours in the week to handle all our responsibilities and |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Not applicable               |                                                                                                                                    |                                                                                                                   |                                                                                                                                  |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |
| Creates no stress           |                                                                                                                                    |                                                                                                                   |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |
| Creates mild stress         |                                                                                                                                    |                                                                                                                   |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |
| Creates moderate stress     |                                                                                                                                    |                                                                                                                   |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |
| Creates severe stress       |                                                                                                                                    |                                                                                                                   |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |                                                                                                                                 |
| Still have enough leisure time together as a family. |
|---|---|---|---|---|
| Creates no stress | Creates mild stress | Creates moderate stress | Creates severe stress | Not applicable |

Our children have difficulty adjusting to new people and new situations when we move.

I have very few people I can confide in about the really important matters in my life.

When our family changes pastorates, we find it difficult to make new friends.

Our family is upset when faced with the possibility of moving.

The lack of equity acquired in owning a house is a concern for our family.

The moves our family has made have created financial concerns for us.

Moves are difficult to cope with because they are the result of decisions external to our family.

The free time most families have during the week are times when congregational demands interfere with our family’s time together.

We have moved because at times we did not feel a sense of belonging to the
<table>
<thead>
<tr>
<th>Creates no stress</th>
<th>Creates mild stress</th>
<th>Creates moderate stress</th>
<th>Creates severe stress</th>
<th>Not applicable</th>
</tr>
</thead>
</table>

Our family is living in a “fish bowl”. Our family does not get to spend enough time with our relatives. There are not enough relationships in our lives where we feel we can be ourselves. Our family stays so busy that it is hard to find time for friends to visit with us. We find it difficult to establish times for our marital relationship without having interruptions related to the needs of our congregation. It is difficult to maintain friendships with congregation members because of the complications of being both friend and minister's spouse. There are too few relationships in my life that make me feel "emotionally connected" with others. Any unexpected financial demand plays havoc with our family's financial situation. I am concerned about how well we will manage financially to provide college.
4. What other aspects of your spouse’s ministry are a source of stress for you?

<table>
<thead>
<tr>
<th>Creates no stress</th>
<th>Creates mild stress</th>
<th>Creates moderate stress</th>
<th>Creates severe stress</th>
<th>Not applicable</th>
</tr>
</thead>
</table>

5. To what extent are these other aspects a source of stress?

- Creates no stress
- Creates mild stress
- Creates moderate stress
- Creates severe stress
- Not applicable

Please specify what those areas are:

6. Do you currently work because you cannot afford to pay your bills solely on your spouse’s income?

- Yes
- No
- I work, but not because we cannot afford to pay our bills

7. How often do you wish that your spouse would leave pastoral ministry?

- Never
- Rarely
- Some of the time
- Much of the time
- All of the time
- Not applicable

8. Have you ever sought counseling for yourself?

- Yes
- No
9. Have you been involved in counseling for your family?
   Yes
   No

10. If you or your family have ever sought counseling, did you find it helpful?
    Very helpful
    Somewhat helpful
    Not helpful
    Not at all helpful

11. Think about a stressful event that occurred recently. Please read each item below and indicate to what extent you used that item in this stressful event.
    Used a great deal  Used quite a bit  Somewhat used  Not used at all  Not applicable
    I tried to get the person responsible to change his or her mind.
    I talked to someone to find out more about the situation.
    I hoped a miracle would happen.
    I expressed anger to the person(s) who caused the problem.
    I accepted sympathy and understanding from someone.
    I changed or grew as a person in a good way.
    I let my feelings out somehow.
    I came out of the experience better than when I went in.
    I talked to someone who could do something concrete about the problem.
<table>
<thead>
<tr>
<th>Used a great deal</th>
<th>Used quite a bit</th>
<th>Somewhat used</th>
<th>Not used at all</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>I found new faith.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I rediscovered what is important in life.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I asked a relative or friend I respected for advice.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I talked to someone about how I was feeling.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I stood my ground and fought for what I wanted.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I changed something about myself.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I wished that the situation would go away or somehow be over with.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I had fantasies or wishes about how things might turn out.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I prayed.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Powered by **SurveyMonkey**
Check out our [sample surveys](https://www.surveymonkey.com/s.aspx?sm=5uBjWTFt5IygTc8HAoID...) and create your own now!
Pastor's Spouse Survey

Demographics

12. What is your gender?
   Male
   Female

13. What is your age?
   18-20
   21-25
   26-30
   31-35
   36-40
   41-45
   46-50
   51-55
   56-60
   61-70
   71-80
   81-90
   91-100
   100+

14. Which ethnic origin best describes you?
   American Indian/Alaska Native
   White (Non-Hispanic)
   Black (Non-Hispanic)
   Hispanic/Latino
   Hawaiian/Pacific Islander
   Asian
   Multi-racial
   Other (please specify)
15. How many years have you been in your current marriage?
   0-2
   3-5
   6-8
   9-11
   12-14
   15-17
   18-20
   21-23
   24-26
   27-29
   30+

16. Have you ever been divorced?
   Yes
   No

17. Are you currently part of a blended family (have step children or your children have a step parent)?
   Yes
   No

18. How many children do you have?
   0
   1
   2
   3
   4
   5
   6 or more
Pastor's Spouse Survey

19. How many of your children fall into the following age groups?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16-18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 and older</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

20. How many of your children are still living at home?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 or more</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. How would you describe your spouse's role?

- Senior Pastor
- Associate Pastor
- Youth Pastor
- Administrative Pastor
- Conference Administrator
- Departmental Director

Other (please specify)

22. How many years has your family been in the pastorate?

<table>
<thead>
<tr>
<th>0-2</th>
<th>3-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>3-5</td>
</tr>
</tbody>
</table>
23. How many churches does your spouse pastor?

0
1
2
3
4 or more

24. What is the size of your current congregation (total size if pastoring more than one church)?

1-49
50-99
100-199
200-499
500-699
700-999
1000+

25. How many pastors are there in your church(es)?

1
2
3
4
5
6
26. While your family has been in the pastoral role, how often have you generally moved?

- Once every 0-2 years
- Once every 3-5 years
- Once every 6-8 years
- Once every 9-11 years
- Once every 12-14 years
- Once every 15+ years

27. While in the pastorate, how many times has your family moved?

- 0
- 1
- 2
- 3
- 4
- 5
- 6+

Powered by SurveyMonkey
Check out our sample surveys and create your own now!
Pastor's Spouse Survey

Thank you!

Thank you for taking the time to complete this survey. Please remember that some of the items in this survey asked about areas of struggle for you personally. If you have from some concern to great concern about any of these areas, please seek help immediately. The following are potential sources of help: your conference ministerial director who may refer you to a counselor, the American Association of Christian Counselors at 800-526-8673, or you may be familiar with a local counseling resource with which you are comfortable.

Powered by SurveyMonkey
Check out our sample surveys and create your own now!
God Wants to Hear You Sing!

*God Wants to Hear You Sing*
by Ruthie Jacobsen with Rodney Griffin

Stories of hope in the face of adversity, *God Wants To Hear You Sing!* is author Ruthie Jacobsen's 11th book. In it, she collaborates with Southern Gospel legend, Rodney Griffin, to create a powerful message about the electrifying encouragement of hope.

Each of the 15 easy-read chapters in *God Wants To Hear You Sing!* tells the true story of someone who faced challenging and difficult circumstances. The book covers an assortment of hardships, from failure, job loss, betrayal and disappointment to sickness, the death of a dream and even the death of a loved one. Yet with each trying circumstance comes a song with a message of hope and optimism, providing courage even in one of life's valleys.

*God Wants To Hear You Sing!* teaches the power of hope, using lyrics from Rodney Griffin's music. Created to inspire and encourage, this motivational book has been strongly endorsed by well-known secular leaders such as former U.S. Attorney General John Ashcroft and music legends like gospel musician Bill Gaither.

*God Wants to Hear You Sing!* became an instant Amazon.com bestseller the day it was launched on Amazon! At the beginning of the day, the book was number 674,000 on the list. Then it became No. 1 in sales among all Protestant books on the Amazon bestseller ranking and No. 2 among all Christian books. And it went to #21 among all books.

The book was written in 2007 by Ruthie Jacobsen, a pastor's wife and director of prayer ministries for the North American Division of Seventh-day Adventists. It was later edited and combined in a packet with a CD by Rodney Griffin, songwriter of the year for the last ten years with Southern Gospel National Quartet Association. —*Adventist Book Center*


**Ruthie Jacobsen**
Director of Prayer Ministries, North American Division
Fueling Up On Water

It's our body's vital fuel, a health drink from mother nature. It's calorie-free, inexpensive and easily obtained. Yet few people follow the old fashioned advice to drink eight glasses of water a day.

Most people drink when they are thirsty, but the beverage of choice tends to be some other drink besides water. Americans drink two or three glasses of plain water a day, according to a U.S. Department of Agriculture survey conducted in the late 1970. Based on an analysis of all fluid intake by adults, it is said to total about two quarts of water a day, and this includes water from foods and from other beverages. It's not usually necessary to actually swallow two quarts of plain water every day. However, people with special problems such as kidney conditions might be exceptions.

Americans drink eight gallons of bottled water a year, roughly two ounces or a quarter-cup a day, according to the International Bottled Water Association. Californians drink three times the national average of bottled water, downing 24 gallons a year, or nearly a cup a day. Climate and seasons of the year play a role in one's thirst also, and just as we tend to perspire more in the summer months, we also tend to drink more water. Boosting intake of plain water makes good sense, many experts concur, because water eases digestion and regulates body temperature.

Water also bathes the cells and accounts for about 60 percent of body weight. And it can help us exercise longer and more efficiently. Drinking water can ward off constipation and maybe even crankiness. An since it's a natural appetite suppressant, water can help us lose weight and keep it off. It can help keep skin healthy, although it won't necessarily banish acne.

Who should drink water? We all should, but pregnant women, nursing mothers and athletes should be especially careful to drink a sufficient amount. When it is hot or humid, upping water intake is also wise. There are certain workers who seem to have a more difficult time developing the water-drinking habit. Among those who don't normally drink enough water are teachers, airline attendants and nurses.

Drinking fluids, particularly, water, during exercise reduces cardiovascular stress and improves performance. After a strenuous workout, you have to replace the fluids you have lost. Otherwise, you will suffer chronic dehydration. Drink water before, during and after exercising, and remember that water reduces body temperature thus making the whole exercise process safer.

Water can be especially helpful for people with a history of kidney stones because it dissolves calcium in the urine, reducing the risk of stone formation. Among physicians, urologists are probably most likely to extol the virtues of water, And it has been documented that drinking water mostly before 6 P.M. can reduce the likelihood of nocturnal bathroom visits.

It is interesting to note also that water helps prevent urinary tract infections, both for men and for women. Too busy to count how many glasses a day you drink? There are other ways to calculate if your intake is sufficient. Dark-colored urine often suggest you aren't drinking enough water. Get into the habit by starting with a glass of water with every meal, then work in a cup between meals.
Zucchini Bateaux

"Zucchini Boats"

Recipe by Debi Pedersen

When you're looking for something very special as a side, this version of stuffed zucchini is not the usual bread-filled stuffing you may be accustomed to. This one is very light and fresh. So much so, it needed a special name. I chose the French word, "bateaux," for boat to reflect European influence of the ingredients.

3 large zucchini
½ c. cooked brown rice
2 tsp. chopped parsley
1 carrot, very finely diced
2 Tbsp. pine nuts
1 clove garlic, crushed
1 Tbsp. freshly squeezed lemon juice
1 Tbsp. fresh oregano, chopped or 1 tsp. dried
1 tsp. granulated onion
½ tsp. salt
½ c. bread crumbs
¼ c. grated parmesan cheese
Olive oil

Trim ends of zucchini. Cut each in half lengthwise, then cut each in half crosswise. Scoop out the centers of each using a melon ball tool, leaving a ¼-inch edge on all sides. Finely chop the scooped-out portion from two zucchini and place in a medium mixing bowl, reserving the third for another use.

Add the remaining ingredients — all except the bread crumbs, cheese and olive oil — and mix well. Divide the filling mixture among all the zucchini shells, mounding as needed.

In a small bowl, mix the bread crumbs and cheese. Top each zucchini with one tablespoon on the mixture. Place filled zucchini in a greased baking dish. Drizzle each with olive oil.

Bake uncovered in a 350 degree oven for 30–35 minutes until zucchini is tender and top is golden. Serves 6.

About Debi Pedersen

Debi Pedersen enjoys using her cooking experience to help you include meatless recipes in your meal plans. She knows the tastes you're looking for and how to make meatless cooking appealing, nutritious and easy. With a Master's degree in home economics, Debi's done many things -- from catering events large and small to teaching vegetarian cooking classes. As an author of two meatless cookbooks, she loves changing meat dishes into meatless versions as well as creating new recipes. Debi also
serves as trust officer for the Northern California Conference Planned Giving & Trust Services/Property & Risk Management Department. In addition to cooking and baking in her spare time, she appears on Lifestyle Magazine on Trinity Broadcasting Network, sews, and travels with her husband, Pastor Jim Pedersen. For more nutrition tips and recipes from Debi, visit her website.