Donna Jackson

From the pen of Donna Jackson...

Dear Friends,

Discover how fortunate we are to have such a gifted managing editor of this newsletter, by reading the inspiring, beautifully-written editorial below by Diane Thurber.

May Jesus fill you to overflowing; and may you, as Wilma Kirk Lee writes, “family yourselves” during this Christmas season!

Christian love,

Donna

EDITORIAL

Stumbling Through Christmas?

A well-traveled footpath winds steeply upward to a vista named “God’s Window,” situated in the Blade River Canyon on the Drakensberg escarpment in Mpumalanga, South Africa.” Arriving at my destination, I smell the floral-scented air that wafts up the sheer cliffs in the scenic splendor of this remote, tourist destination in “Paradise Country,” which includes ravines, waterfalls and a panoramic view of mysterious, lush, dense foliage and private nature reserves as far as my eyes can see. I find myself holding my breath.

Diane Thurber

But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love, answer me in your saving faithfulness.

Psalm 68:13

On the MSA Facebook page, share with other ministerial spouses how the Lord has answered your cries to Him this week.

Submit a personal prayer request. Each request will be prayed for individually.
God's Window seems rightly named. It seems God is truly here, watching over His creation and sharing His handiwork with me. I stay on the mountain as long as I can, taking in the majestic views in the tranquil setting until prompted to return to the descending footpath that takes me to the bus below. As I hike, I attempt to file away in my mind images of the magnificent views, scenes I hope to long remember. Read more.

FAITH ALIVE!

A Faith Journey

Paula Johnson and Shonice Mitchell recently participated in a candid interview about Shonice's faith journey. Watch as Shonice shares this journey with Paula and explains how she learned dependence on God as a young child when her mother passed away.

Paula is founder/coordinator of Clergy Spouse Alliance. She has voluntarily served ministerial spouses for years, especially those of the regional conferences. Paula has been a wonderful mentor for younger ministerial spouses. She also is part of the General Conference Ministerial Association team.

Shonice is in team ministry with her husband, Kelvin Mitchell, the administrative pastor for Restoration Praise Center in Lanham, Md. She is a day care educator and the mother of two sons.

MISSION POSSIBLE

Discovering the Heart of God Through Mission

When Kim Kennedy first participated in overseas mission service, she learned she needed the people she served as much as they needed her. She says, "I looked at them as poor, but what I learned was that I'm the one who's poor ... poor in Spirit. You will be inspired as you listen to Kim share her heartfelt testimony about how involvement in mission service overseas has changed her life. View here.
Kim Kennedy is in team ministry with her husband, David Kennedy, at Newday Christian in Parker, Colo. She is the mother of two sons: Luke, 19, a freshman at Walla Walla University, and Logan, 14, a freshman in high school.

Your ministry exploits will inspire other ministerial spouses. Please share them.

FAMILY MATTERS

Making Memories

I'm not a quilter, but I am fortunate to belong to a family who has two master quilters. I have learned much about quilts from them, and I realize one of the things which makes quilts beautiful is the selection of colors. A quilt begins with the selection of both light and dark colors. This is much like creating memories in a family; there must be memories tied to joyous and sad times. The holiday season provides families, especially pastoral families, with opportunities to create memories in their quilt of traditions, an heirloom to pass down to future generations. Read more.

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.

COUNSELORS CORNER

How do I connect emotionally with my spouse?

Question: My husband and I have been married for 13 years, and we have been in the ministry for the last eight years. We went to the seminary as a family, but have had serious economical issues since my husband decided to leave his profession and enter the ministry.

My husband gets angry very easily and loses his temper frequently. He blames me for our financial struggles and thinks I should go to work. However, I believe in being home to raise our three children and available to offer the support they need as they grow.

He doesn't talk to me much anymore, and rarely shares what's in his mind. What can I do to get “into my husband's skin” to know what is going on with him, and somehow connect...

Rave Reviews

God's Love Song by Ginny Allen

A new sharing book for women comes from beloved speaker, ministerial spouse and prayer warrior Ginny Allen. God's Love Song is
Response: It sounds like your husband is overwhelmed with the demands your family is facing at this time. Anger and losing one's temper are often an indication of several negative experiences in a man's life, such as stress and frustration, or even fear about one or several areas of his life. Some men express their fear through anger, which is often unconsciously perceived to be a "more manly" emotion in the male emotional world. He may also be dealing with a sense of personal failure (failure to provide for financial needs of his growing family) or professional failure (any variety of ministry issues), which can be impacting his ministry, personal, spiritual and/or family life. In any case, whether the financial issue is a core dilemma or is just a valid but superficial issue he is using to vent some steam and frustration, he needs to open up and talk to you, and congruently and transparently share what is going on in his personal and/or ministry life. Read more.

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

FRIENDS AND FELLOWSHIP

A Refreshing Retreat

Click here to read about the fun and spiritual encouragement at the Indiana Conference Shepherdess Retreat, themed "Growing Up In Him." A photo of the spouses who attended the Indiana Conference Camp Meeting luncheon for ministerial spouses is also posted.

In each issue, we will feature highlights of events for ministerial spouses that take place in the Division. Please share your photos and stories.

NAD ANNOUNCES MINISTERIAL SPOUSES SURVEY AND INVITES PARTICIPATION

We need your help!

The first quantitative survey, to our knowledge, targeting all NAD spouses of employed pastors has recently been developed by a team of Andrews University and Southern Adventist University researchers.

The results of this survey will help Conference, Union and NAD ministerial spouse leaders better understand and minister more
effectively to the ministerial spouses they serve.

To date, 276 ministerial spouse surveys have been completed.

If you haven't already done so, please access the survey by clicking here.

Since “a merry heart doeth good like a medicine,” please share your laugh or gaff from the parsonage or your family here.
Stumbling Through Christmas?

A well-traveled footpath winds steeply upward to a vista named “God’s Window,” situated in the Blade River Canyon on the Drakensberg escarpment in Mpumalanga, South Africa.” Arriving at my destination, I smell the floral-scented air that wafts up the sheer cliffs in the scenic splendor of this remote, tourist destination in “Paradise Country,” which includes ravines, waterfalls and a panoramic view of mysterious, lush, dense foliage and private nature reserves as far as my eyes can see. I find myself holding my breath.

God’s Window seems rightly named. It seems God is truly here, watching over His creation and sharing His handiwork with me. I stay on the mountain as long as I can, taking in the majestic views in the tranquil setting until prompted to return to the descending footpath that takes me to the bus below. As I hike, I attempt to file away in my mind images of the magnificent views, scenes I hope to long remember.

As I step down the last few, carefully positioned stones on the footpath, what comes into view momentarily erases the ethereal beauty I just witnessed above. Before me is a long string of makeshift booths erected by hungry locals hoping to capture the attention of tourists with big purses. My eyes quickly capture the scene: carved statues, brightly-colored cloths, beaded necklaces, goatskin-topped djembes and more trinkets than anyone could possibly fit in their weight-restricted luggage for the trip home.

I take a blind step forward toward the marketplace, oblivious to what blocks my path. My foot kicks something solid, stationary — jarring my flow of decisions about which souvenir vendors I might dicker with first. Startled, I quickly glance down. The object I kicked is a brown, rectangular cardboard box — about the size of a fruit box. Draped over its four sides are brightly colored blankets. Nestled comfortably inside, with wide, dark brown eyes and furrowed brow, is the sweetest-looking South African baby I’ve ever seen. Our eyes meet.

The precious image catches my breath, and the reality of his humble resting place begins to sink in. Carelessly gazing at the superficial novelties to purchase, I almost miss the precious, little bundle. I bend down to admire the pudgy-cheeked child and try to converse with his mother who graciously honors my request for a photo — my souvenir for such a special, memory-filled day.

I often think about that little, worn, soiled box in South Africa and its precious content. And when I do, my mind usually dwells on another small, primitive container — a manger bed cradling a most precious baby, a love Gift from my heavenly Father.

I ponder how easy it is to also stumble through the Christmas holiday season, taking in all the sights, sounds and smells, and inadvertently also kick my most precious Gift, Jesus, out of my schedule to make time for decorating, baking, shopping, gift-wrapping, concerts and parties.

I sense this world is winding down rapidly, and each year I find less pleasure in the Christmas the media tells me to create and enjoy. Spending more time with my precious Jesus stirs a stronger desire in my heart to tell others of His wonderful love for them — a love that compelled Him to come to Earth as a babe, a love that modeled the Father's tender mercy and compassion, a love that stretched His hands out willingly on a damaged tree for a damaged humanity, a love that intercedes on our behalf for an eternity with Him, a love I cannot comprehend.

I invite you to join me this year in a different kind of Christmas season — one that never ends, one in which we spend more time reflecting on and communing with the best Gift ever, one in which we don’t hold back from telling others about His extravagant love and the gift He is preparing for His children to unwrap soon when He takes them home.

That Holy Child born long ago,
Came to the Earth God’s love to show.

As King, He’s coming back again,
To save this dying world from sin.
Thank Jesus for that Christmas night,
That fills His people with delight.

Kenneth R. Wynn
(Diane Thurber's father)

Diane Thurber lives in Franktown, Colorado. She is the Ministerial Spouses Association leader for the Rocky Mountain Conference. Diane works remotely from her rural home as assistant communication director for the Lake Union Conference and managing editor of the monthly publication, *Lake Union Herald*. She also is managing editor of *Fresh Strength*, the bi-monthly electronic newsletter for ministerial spouses in North America. Diane enjoys photography, whitewater rafting and golfing with her husband, Gary, and sons, Ryan and Justin, and daughter-in-law, Baylie.
Making Memories

I’m not a quilter, but I am fortunate to belong to a family who has two master quilters. I have learned much about quilts from them, and I realize one of the things which makes quilts beautiful is the selection of colors. A quilt begins with the selection of both light and dark colors. This is much like creating memories in a family — there must be memories tied to joyous and sad times. The holiday season provides families, especially pastoral families, with opportunities to create memories in their quilt of traditions — an heirloom to pass down to future generations.

Our society today seeks to convince us that memories can only be created with an outpouring of funds. We see the commercials for a week at a resort or a cruiseship or... The reality is few families have the resources for such activities, and they are usually concepts in the pastoral family budget. Memories, like stitches in a quilt, can be created with thought, and they do not have to be pricey! One of the most valuable stitches in the family memory quilt can be time. The intentional gift of time in the pastoral home means far more to its members than gifts money can buy. The holidays seem to increase the "musts" of the pastoral family: additional church services, more company and more visits to make! How does the pastoral family make certain they are family?

Memories are created because there is a plan! When we consider the Thanksgiving holiday, for instance, memories are created with food as the focal point. I remember teaching a college class; and as we talked about traditions, my students began to list what would be on the menu for the meal. They associated their memories with the food and the time spent around the table sharing stories and laughter. The students' greatest appreciation was the opportunity to sit and share across generations and to have the time to do so.

Pastoral families have to be cautious with being so busy taking care of the needs of others that they fail to family themselves! Holidays are the time when it is important to give the gift of intentional time for the members of their family. Meals should be times to enjoy one another and share the joy of being together. Many of the deep, spiritual concepts preached from the pulpit are applied in the home. If the time and intention is not taken to create memories in the pastoral home, our children have no real foundation for their launch into the world. Scripture reminds us in Psalms 127:1: "If God doesn't build the house, the builders only build shacks" (The Message).

Creating memories takes as much thought as making a quilt. Thought goes into the selection of the fabrics and thread long before the completion of the quilt. Pastoral families who want to have memories of their time together have to make certain they are providing the materials, time and intention to create their memories.

Wilma Kirk Lee, MSW, LCSW, writes from the parsonage in Houston, Texas. She is the executive director of the Center for Family Wholeness. She has been a pastoral spouse for 46 years and the mother of two adult daughters, and "Go-Go" to three grandchildren.
How Do I Connect With My Spouse?

Question

My husband and I have been married for 13 years, and we have been in the ministry for the past eight years. We went to the seminary as a family, but have had serious economical issues since my husband decided to leave his profession and enter the ministry.

My husband gets angry very easily and loses his temper frequently. He blames me for our financial struggles and thinks I should go to work. However, I believe in being home to raise our three children and available to offer the support they need as they grow.

He doesn’t talk to me much any more, and rarely shares what’s in his mind. He spends most of his time “doing ministry” and away from home. What can I do to get “into my husband’s skin” to know what is going on with him, and somehow connect emotionally to him? — A Desperate Wife

Response

It sounds like your husband is overwhelmed with the demands your family is facing at this time. Anger and losing one's temper are often an indication of several negative experiences in a man's life such as stress and frustration, or even fear about one or several areas of his life. Some men express their fear through anger, which is often unconsciously perceived to be a “more manly” emotion in the male emotional world. He may also be dealing with a sense of personal failure (failure to provide for financial needs of his growing family) or professional failure (any variety of ministry issues), which can be impacting his ministry, personal, spiritual and/or family life. In any case, whether the financial issue is a core dilemma or is just a valid but superficial issue he is using to vent some steam and frustration, he needs to open up and talk to you, and congruently and transparently share what is going on in his personal and/or ministry life.

We suggest you might want to begin by setting up the conditions conducive to good marital conversation. Prepare a his favorite meal; Queen Esther successfully softened her husband's heart with her two special dinners before hitting him with her concerns and request. Send the children to their bedrooms early one evening, and ask him if there is something you can do to make him feel more relaxed and comfortable. Then, open the conversation by telling him how much you appreciate him as a husband and a father, and all his hard work and concerns for the family. Tell him you are aware and concerned about the current financial struggle, and that you are committed to working with a budget or a professional financial advisor to seek the appropriate solutions. Let him know you feel concerned for his health and that, based on what you have been observing, he seems stressed, anxious and perhaps depressed. By the way, the higher the levels of stress, the easier it is to react with angry outbursts, bickering, silent treatments and/or depression. Remind him you are not the enemy, that you are his life partner and friend, and that you want to love and care for him but that he needs to communicate with you so you know how to help him.

Our minister-husbands need “a minister” sometimes also, and who better to minister to the deepest needs of our spouse than us. Tell him you want to be a better wife and mother, but you need the appropriate input. Ask him if there is something you are doing or saying to make matters worse, and tell him you don’t mean to make his life more miserable.

One last intervention we would like to recommend is to write him a letter saying all those things we suggested above. Good, old-fashioned letters (as opposed to emails) can be read and re-read, saved and re-read again and again. Sometimes when our stressed-out spouse is unable to “hear” our words, it is more effective for him or her to read our words without all the non-verbal distractions that often derail the conversation.

After you strategically create a “safe” emotional environment, he may be ready, by God's grace, to begin sharing his concerns and feelings with you. If he does, you have just found the way to your man's heart. If he doesn't, don't give up; repeat the suggestions above and continue to pray that the Spirit of God will bring the healing and restoration your family needs.

If, after a while, things don’t change, seek professional or pastoral counseling. Designating resources for a Christian counselor is the best investment we know of to strengthen your effectiveness as spouses, parents and ministry leaders. Stressed out, disconnected ministry marriages make for less than effective ministry; this ought to be an excellent motivation to your husband to want to move the relationship to a safer, happier ground. — Carolann and César De León
Indiana Ministerial Spouses Enjoy Fun-filled Spiritual Retreat

The Indiana Conference ministerial spouses convened at the Adventist Frontier Missions Training Center, in Berrien Springs, Mich., March 23–25, 2012. The ladies expressed delight about the Center’s lovely meeting facility and surroundings.

The main speaker for the event was Jill Manoukian, who serves in team ministry with her husband, Steve, at the Brownsburg and Chapel West churches and is the Indiana Conference Shepherdess chapter president. On Sabbath morning, she invited the ladies to circle each one present as a group, solicited prayer needs, and then two ministerial spouses prayed for the one encircled. Many tears were shed. It was a very sweet, bonding experience for us.

Collene Kelly, co-director of family ministries for the Indiana Conference and a ministry partner with her husband, Ron, at the Cicero Church, spoke Friday night about our pastor/husbands. She shared how to keep marriages alive and special. Collene invited spouses to write a special letter to their husbands, and she offered to mail the letters at another time for the ladies.

On Sabbath evening, Sandi Case, former Shepherdess chapter president, presented a sundown vespers talk. Sandi is always so bubbly; she makes everyone happy.

After sundown on Sabbath, a white elephant exchange game was played. The ladies exchanged gifts by drawing numbers then selecting from the gifts shared. It was a fun thing to do, and everyone seemed to enjoy it.

After breakfast on Sunday morning, Jill gave one last talk and then the ladies said their goodbyes and headed for home.

The attendees expressed their delight for the delicious meals they didn’t have to cook, meaningful messages presented, prayers offered, opportunities to talk and share with friends, and the Bath & Body Works gift bags.

Article Photos
1) Jill Manoukian, Shepherdess chapter president, presenter; 2) Collene Kelly, former Shepherdess chapter president, presenter; and 3) Sandi Whitney, Jonina Thordarson, former Shepherdess Chapter president, and Carmen Beltre enjoy the white elephant exchange.

Additional Photos

Top row: 1) Janell Hurst displays white elephant exchange gift; 2) Sandi Case, Audrey Watson-Payne and Peris Apola try to figure out the clue during a Saturday evening game; 3) Sandi Whitney, Audrey Watson-Payne, Jonina Thordarson, Janell Hurst and Cheryl Olney share thoughts during a group discussion; 4) Peris Apola, Jonina Thordarson, Joan Meharry, Audrey Watson-Payne and Collene Kelly enjoy Lake Chapin;
Indiana Ministerial Spouses Enjoy Fun-filled Spiritual Retreat

Bottom row: 5) Sandi Whitney caught in a moment of joy; 6) Carmen Beltre holds George Manoukian, the only man invited to the retreat; 6) Joan Meharry displays her white elephant exchange gift, with Sandi Case to her right; 7) Jill Manoukian displays a little purse she selected during white elephant exchange, something she planned to give to her daughter when she returned home; Joan Meharry looks on.

Indiana Conference
Ministerial Spouses Camp Meeting Luncheon

Back row: Jill Manoukian, Donna Pickett, Joan Meharry, Susan Delong, Tina Jencks, Sonja Childers, Carrie Nennich, Stacey Rodriguez and Wanda Rosario
Middle row: Judy Shepherd, Paola Pizarro, Patty Kruger, Cheryl Olney, Gina Hall, Shirley Wright, Jonina Thordarson, Beatriz Freking; Peris Apola, Janell Hurst and Erney Poenitz
Front row: Carmen Beltre, Ruth Willis, Raquel Vasquez; Sandi Whitney, Kimberly Kornegay, Trish Thompson, Karen Peckham, Phyllis Wrate; Lilly Lopez, Collene Kelly and Audrey Watson-Payne

Erney Poenitz
Indiana Conference Shepherdess sponsor

Erney has been sponsor of the Shepherdess chapter of the Indiana Conference since 2009. She enjoys the interaction with all the ministerial spouses and feels a strong kinship to them. Erney also conducts background checks of church employees and volunteers throughout the conference, especially those who work in any capacity dealing with children. She also works at the Cicero Church as the administrative assistant for the pastors, and as church secretary. At home, Erney and her husband, Steven, enjoy the company of Happy, their dog.
Pastor’s Spouse Survey

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.
Pastor's Spouse Survey

Stressors

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

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

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<tr>
<th>It is difficult to make it through each month without worrying whether or not our financial resources will be adequate for our needs.</th>
<th>Creates no stress</th>
<th>Creates mild stress</th>
<th>Creates moderate stress</th>
<th>Creates severe stress</th>
<th>Not applicable</th>
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<td>Our family is expected never to need outside professional intervention like therapy or counseling.</td>
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<td>Our congregation's expectations for our children are unrealistically high.</td>
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<td>Most of our social activities are out of a sense of obligation rather than choice.</td>
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<td>Our family has a public lifestyle that is different from our private lifestyle.</td>
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<td>Our congregation expects the needs of our family to be secondary to their needs.</td>
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<td>My spouse’s expectations for how our family should function are too high.</td>
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<tr>
<td>Creates no stress</td>
<td>Creates mild stress</td>
<td>Creates moderate stress</td>
<td>Creates severe stress</td>
<td>Not applicable</td>
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<tr>
<td>Our family's financial situation requires more than the salary received from the church.</td>
<td>My spouse is expected to participate in most every church event even though our members are not always expected to participate.</td>
<td>Our family is expected by our congregation to be a “model family”. My expectations for how our family functions are too high.</td>
<td>My spouse's compensation package does not provide adequate periods of paid vacation.</td>
<td>We do not have a network of other clergy families with whom we can really be open.</td>
<td></td>
</tr>
<tr>
<td>I feel we are caught in a tug-of-war between “church” and “family”.</td>
<td>Our family does not have enough privacy.</td>
<td>It is difficult to maintain relationships that were made in former pastorates.</td>
<td>I am concerned about the level of retirement benefits we will have in the later years.</td>
<td>Our family's inability to save money on a regular basis is a worry for me.</td>
<td></td>
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<tr>
<td>Our family does not have affordable and comprehensive medical coverage.</td>
<td>Our congregation feels our marriage should be a role model for them to look to in shaping their own marital relationships.</td>
<td>Our congregation does not accept our family's expressions of frustration and dissatisfaction.</td>
<td>It is difficult for us to provide the same standard of living for our children as most of</td>
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</tbody>
</table>
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.
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 still have enough leisure time together as a family.
Our children have difficulty adjusting to new people and new situations when we
<table>
<thead>
<tr>
<th>Move</th>
<th>Create no stress</th>
<th>Create mild stress</th>
<th>Create moderate stress</th>
<th>Create severe stress</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have very few people I can confide in about the really important matters in my life.</td>
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<tr>
<td>When our family changes pastorates, we find it difficult to make new friends.</td>
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<td>Our family is upset when faced with the possibility of moving.</td>
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<td>The lack of equity acquired in owning a house is a concern for our family.</td>
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<tr>
<td>The moves our family has made have created financial concerns for us.</td>
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<tr>
<td>Moves are difficult to cope with because they are the result of decisions external to our family.</td>
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<tr>
<td>The free time most families have during the week are times when congregational demands interfere with our family's time together.</td>
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<tr>
<td>We have moved because at times we did not feel a sense of belonging to the community.</td>
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<tr>
<td>Our family is living in a “fish bowl”.</td>
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<tr>
<td>Our family does not get to spend enough time with our relatives.</td>
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<tr>
<td>There are not enough relationships in our lives where we feel we can be ourselves.</td>
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<tr>
<td>Our family stays so busy that it is hard to find time for friends to visit with us.</td>
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<tr>
<td>We find it difficult to establish times for our marital relationship without having interruptions related to the needs of our congregation.</td>
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<tr>
<td>It is difficult to maintain friendships with congregation members because of the complications of being both friend and minister's spouse.</td>
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</tbody>
</table>
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 educations for our children.

4. What other aspects of your spouse’s ministry are a source of stress for you?

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?
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.

<table>
<thead>
<tr>
<th>I tried to get the person responsible to change his or her mind.</th>
<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>
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</thead>
<tbody>
<tr>
<td>I talked to someone to find out more about the situation.</td>
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<td>I hoped a miracle would happen.</td>
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<td>I expressed anger to the person(s) who caused the problem.</td>
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<td>I accepted sympathy and understanding from someone.</td>
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<td>I changed or grew as a person in a good way.</td>
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<td>I let my feelings out somehow.</td>
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<td>I came out of the experience better than when I went in.</td>
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<tr>
<td>I talked to someone who could do something concrete about the problem.</td>
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<td>I found new faith.</td>
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<td>I rediscovered what is important in life.</td>
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<td>I asked a relative or friend I respected for advice.</td>
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<tr>
<td>I talked to someone about how I was feeling.</td>
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<tr>
<td>I stood my ground and fought for what I wanted.</td>
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<tr>
<td>I changed something about myself.</td>
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<tr>
<td>I wished that the situation would go away or somehow be over with.</td>
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<tr>
<td>I had fantasies or wishes about how things might turn out.</td>
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</table>
I prayed.
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
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

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Check out our sample surveys and create your own now!
19. How would you describe your spouse’s role?

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

Other (please specify):

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

- 0-2
- 3-5
- 6-8
- 9-11
- 12-14
- 15-17
- 18-20
- 21-23
- 24-26
- 27-29
- 30+

21. How many churches does your spouse pastor?

- 0
- 1
- 2
- 3
- 4 or more

22. 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+

23. How many pastors are there in your church(es)?
24. 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

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

- 0
- 1
- 2
- 3
- 4
- 5
- 6+
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.
Are You Happy at Work?

Do you dread going to work in the morning, and then end up coming home at night exhausted, frustrated and drained? Do you wish you had a better job — or, at least, could do something about the one you have? You may not be able to change jobs just now, but, perhaps, a few suggestions will help improve your circumstances.

1. **Choose Your Attitude**
   
   It sounds almost too simple but, actually, there is real power in choice. At the very beginning of the day, make an intentional decision to be happy, to find blessings for which to be thankful — especially at work.

2. **Leave Your Baggage at Home**
   
   When at work — *be at work*. Being preoccupied with personal issues while on the job can make it difficult to focus, which can result in mistakes and frustration. By the same token, when you leave work at the end of the day *leave work!*

3. **Do Something You Love Daily**
   
   Take a look at yourself, your skills and interests, and find something you can enjoy doing every day — especially while at work. If you do something you love every single day, your current job won't seem so bad.

4. **Create Your Atmosphere**
   
   Realizing you spend many hours of your life at your work, make your space your own. As much as your company policy permits, create and decorate an atmosphere of inspiration and relaxation.

5. **Keep Growing**
   
   Take charge of your personal development plan and goals. You have the most to gain from growing — and the most to lose if you stand still. Basically, your future is largely up to you.

6. **Beware of “The Swamp”**
   
   Many employees allow themselves to be overloaded with work assignments and end up feeling swamped under all the pressure. Don't volunteer if you don't have time. If your workload is exceeding your available time and energy, make a comprehensive plan to ask for help and resources.

7. **Avoid “Downers”**
   
   Choosing to be happy at work means avoiding negative conversations, gossip and unhappy people as much as possible. Concentrate on things and on people that improve your mood, help you laugh and give you joy.

8. **Spread Sunshine**
   
   Take a little time at work to be friendly. Participate in events of staff celebrations: a birthday, an achievement, a wedding, etc. Adding to the enjoyment and happiness of others always has a positive return effect on the giver.

9. **Dress for Confidence**
   
   Give yourself enough time each day to dress carefully for the job. Feeling good about yourself and how you look can help create an atmosphere of success and control.
10. Take Care of Yourself

Give yourself a head start toward not only feeling good but also toward providing adequate physical and mental energy to meet the day’s requirements.

a. Connect to the True Source of power and peace — have daily morning devotions.

b. Charge up your fuel supply — eat a good breakfast.

c. Help your body help you — exercise daily.

d. Keep all systems functioning effectively — drink plenty of water.

e. Avoid that tired, short-tempered feeling — get enough sleep.

In Summary...

Dwell on the aspects of your work you like while continuing to explore ways to improve your overall situation. Remember, too, that you learn new skills with each job — skills which could benefit you later in God’s grand plan. You may not realize until eternity what far-reaching blessings your work and life are providing where you are — right now!

Rae Lee Cooper is a registered nurse working in the Health Ministries Department of the General Conference headquarters. Her duties include managing a small first-aid clinic, providing vaccinations and immunizations for the traveling staff, seminar presentations and maintaining medical evaluation records for missionaries. She also enjoys initiating and promoting programs which encourage healthy lifestyle habits for those working in the General Conference offices, working with Allan Handysides and Peter Landless, physicians.

Raised in the Far East in a second generation missionary family, she continued the missionary tradition and served 15 years in India with her husband, Lowell, and their two children. While there, Rae Lee taught elementary school and music to missionary family children. Other activities in India included co-management of a foster care baby program, participation in village medical clinics and operation of a well baby clinic.

Rae Lee began a new career path after obtaining a nursing degree at Pacific Union College, in 1994. Since that time, Rae Lee has worked in several medical capacities, including urgent care, the Emergency Department at Washington Adventist Hospital, and as an IV therapist nurse.

Besides her love of nursing, Rae Lee enjoys music, trying new recipes, reading, the beach and spending time with her three adorable grandchildren.
Pacific Press has released a unique cookbook by Nancy Lyon Kyte. *A Taste of Travel* is a collection of soup and stew recipes from more than 130 countries, from Afghanistan to Zimbabwe. Kyte – a world traveler – says, “The world is a fascinating place, filled with a diversity of colors, textures and tastes guaranteed to stir your curiosity. But one thing common to most cultures is the pleasure found in sitting down to enjoy a bowl of warm soup or stew — the ultimate comfort food!”

The recipes are arranged alphabetically by country, and they include burnished-apricot lentil soup from Armenia, crockpot potato soup from Germany, sweet mango soup from Jamaica and tomato-basil soup from Latvia.

Included with the recipes are customs, traditions and scenic highlights from each country. Readers will feast their eyes on beautiful color photos of the people, places, fruits and vegetables of countries around the world.

Reader reviews include the following: “The first recipe we tried was the raspberry soup from Serbia. It was amazing served hot for supper and equally delightful cold for a lunch dessert the next day. My family and I are going to use this cookbook as our supper menu for the next few months. I highly recommend this book!”

*A Taste of Travel* is available at Adventist Book Centers, online at [www.AdventistBookCenter.com](http://www.adventistbookcenter.com) and by phone at 800-765-6955.

Nancy Lyon Kyte says, “Some of the fondest memories of my childhood go back to Sabbath mornings. As a Seventh-day Adventist family, we attended church every Saturday. I enjoyed everything about Sabbath School, but what I loved most were the mission stories. I learned that we have a responsibility to care about others and help them in whatever way we can.

Eventually, along with her parents, Melvin and Marjorie Lyon, and her younger sisters, Mary, Susan and Sandra, they became a missionary family. Nancy says, "When I was nine years old, we left our home in Des Moines, Iowa, and moved to Bandung, Indonesia. When I was 11, we were transferred to Japan; and when I was 13, we moved to Singapore. Living abroad was a great experience for all of us. I returned to the United States when I was 18 years old to attend college."

Many years later, Nancy landed what she calls “the perfect job.” As marketing director for Adventist Mission, she works to raise awareness of the ongoing work that the Seventh-day Adventist Church does in nearly 200 countries and territories. "It is my privilege to share news of upcoming mission projects and report on the work that has been accomplished. I also work to keep our donors updated about the frontline work of Global Mission."

Nancy loves sightseeing, visiting grocery stores around the world, and experimenting with international cooking. She has visited 34 countries — so far.
God's Love Song

by Ginny Allen

The new sharing book for women comes from beloved speaker, ministerial spouse and prayer warrior Ginny Allen. *God's Love Song* is filled with stories of God's love through both the joyful and painful chapters in life.

Ginny says, “God longs to draw near to each one of us with a song of healing grace. He loves us, changes us and wants to use us to share His love with others.”

Women from all walks of life will resonate with these stories and will know that God loves them and has the power to change them.

For a limited time, 25 percent of sales profits will help support Asian Aid, a fully-supportive ministry of the Seventh-day Adventist Church. Their program, Hope for Nepal, brings healing to thousands of women through life-changing surgeries and by rescuing young girls from human trafficking.

*God's Love Song* is perfect for sharing with anyone who wants to grow in their walk with Jesus. The book is now available at your local Adventist Book Center, online at [http://www.adventistbookcenter.com](http://www.adventistbookcenter.com) and by calling 800-765-6955.

- [Read First Chapter](http://www.adventistbookcenter.com)

**Ginny Allen** is a retired school nurse from Vancouver, Washington. She has been happily married to her husband, Elder David Allen, for almost 50 years and has been a mentor to many women around the world! Ginny is best known for her interest in prayer and ministry. She founded Joy! Ministries and is committed to bringing joy to the heart of God as we seek to hear His love song.

Ginny has spoken for retreats, seminars prayer conferences, church weekends and camp meetings across North America and internationally, including Brazil, Russia, Ukraine, Africa, Australia and New Zealand. She is committed to God's will for her life — nothing more, nothing less, nothing else!

Ginny also loves animals, especially raccoons. Through the years, she has raised numerous orphaned baby animals, including four raccoons, wild bunnies, a newborn fawn and a squirrel.

She and her husband find special delight in their two granddaughters, Ashley Rae and Kennedy Nicole. Their older son Scott and his wife, Cathie, live nearby as does their daughter-in-law, Dana, the mother of their grandchildren and wife of their younger son, Bob, who is resting in Jesus.
A Two-gun Welcome

Our first district out of seminary was in a very rural section of Kentucky. We were warned that we should never make visits during the evening hours, as we might be thought of as “revenuers” and be shot at on sight. (Shades of the Hatfields and the McCoys!) We followed that advice and made visits to our members in the daylight hours.

One day, we decided to visit a man in one of our congregations who had recently married a woman from another part of the state. We had never met her and wanted her to feel welcome. After navigating our way down numerous narrow country roads, we finally found their home and turned down the long driveway. We parked and then made our way to the front porch, where we knocked and were warmly greeted.

The couple seated us on their couch with our backs to the picture window, and they sat down in chairs across from us. We had been talking for awhile when, suddenly, one said to the other, “Do you see what I see?”

They both grabbed guns and dashed out the front door. Remembering the warnings we’d received earlier, we weren’t sure if we should merely duck or lie flat on the floor to avoid any incoming bullets!

With wide eyes, we quickly glanced out the window and discovered who the intruder was. We had a CB radio in our car, and one of the couple’s goats had climbed up on top of our car and was trying to eat the CB antenna. Talk about thankful! We were happy to see a curious goat instead of a steamed up Hatfield or McCoy!

Jeanne Hartwell is the associate ministerial director and family ministries director for the Pennsylvania Conference. She and her husband, Ray, have a married son (and two “grand-dogs”), a daughter in college, and a Westie puppy. They have been married nearly 35 years and have had many amazing adventures in God's service.