The NAD Youth Ministries team is participating with the GC Youth Department-sponsored Impact South Africa: 3rd World Conference on Youth and Community Service, July 8-13. Thanks to Gael Murray, administrative assistant for NAD's Youth Ministries, for shooting video of NAD Youth leadership (Pastors James Black and Manny Cruz) at the Berhardarry School in Tembisa, East Rand, South Africa, during their Vacation Bible School (VBS) celebration. The Greater New York Conference led out in the VBS which served nearly 120 community children. Read the Adventist News Network report and check out the official photo page.

Loma Linda University Health (LLUH) won Five Emmy® Awards at the 39th Annual Pacific Southwest Emmy® Awards program June 15 in Las Vegas, Nevada. LLUH’s TV show "Loma Linda 360" was recognized by The National Academy of Television Arts and Sciences with the most highly regarded award in the television industry — the Emmy®. MORE

Review and Herald (R&H) Homecoming, July 20, in Hagerstown, Md. invites friends and former employees to a Sabbath-day event celebrating 30 years since the move to Hagerstown. Services begin at the R&H at 10:00 a.m. followed by an afternoon program of recalled memories and praise for God’s leading. GC President Ted Wilson, Vice President Delbert Baker, and White Estate Director Jim Nix will be special guests. Lunch is provided. Please RSVP to 30@rhp.org or 301-393-4015.

MORE

For the first time, the editor of Insight, the church’s weekly youth magazine, will be a trained counselor. Omar Miranda came to youth ministry from a career of counseling adolescents and their families. He has seen it all. His title will be “Director of Insight Ministries” instead of simply “editor,” which indicates a more broad-based effort than just producing the magazine. He plans to make the Web site InsightMagazine.org more immediately responsive to teens looking for answers to specific questions or affirmation of their prayer requests. He envisions training events to coach parents and youth workers on how to better connect with youth. MORE

Gone but not Forgotten - Rob Lloyd, executive secretary of the Hawaii Conference and pastor of the Kailua, Hawaii church, passed away this past Sabbath morning in Hong Kong.

http://us2.campaign-archive1.com/?u=84ac041b8b705798057dab6f2&id=6ddc4d8ec73&c=3075540be8[7/15/2013 3:04:40 PM]
**Adventists in the News**

Loma Linda University Fosters Higher Education in the Philippines with Collaboration on New Medical School

Holy Spirit series to begin

The annual enditnow Emphasis Day Resource Kit (formerly Abuse Prevention Emphasis Day) for August 24 is available online. The theme of the “Kit” by Drs. Claudio and Pamela Consuegra, NAD Family Ministry directors, is “Jesus is Your Refuge.” It includes English, French, Spanish, and Portuguese translations of a suggested order of service for Sabbath, a sermon, a children’s story, a seminar outline, and PowerPoint presentations. More enditnow resources are found on the NAD Women’s Ministries website including videos which can be used as an entire service or for follow-up seminars for the community. One link leads to 14 video seminars from the 2011 Summit on Abuse. Another links to an Emmy Award-winning video which was produced by Loma Linda 360 which includes testimonies of adult victims of childhood abuse. If your church is unable to hold the enditnow Emphasis Day on August 24, it can be conducted on any other Sabbath. The important thing is to remember to do it sometime during the year. MORE

You are invited to the 14th Adventist Ministries Convention, the premier event for church leadership, on January 12-15, 2014, at the Hyatt Regency Monterey Hotel in Monterey, Calif. It will feature over 28 seminar tracks, ministry exhibits, and inspirational and motivational general sessions. In addition, awards will be given to individuals for ministry achievement. Watch the video. MORE

New guidelines for confronting a church shooter have been released by the U. S. Federal Government. The new federal doctrine is “run, fight or hide” which is similar to advice given to schools when confronted with active shooters. MORE

**Resources**

Addiction Recovery: Journey to Wholeness presents a 12-step model for understanding God and ourselves as God’s creation. This program is for anyone who finds him or herself in the grip of unhealthy dependence upon substances or other destructive behaviors. MORE

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Devotional: "I Will Follow"
Keith Goodman, pastor of the North Philadelphia Seventh-day Adventist Church

R.E.A.C.H: Education for discipleship
Every youth and adult learning, growing, and becoming more like Christ in mind, body, and spirit.

Young people across the division are stepping up to take on leadership roles amongst their peers. This was especially evident in the Northern California Conference when 58 high school junior and seniors came together for training as small-group Bible study leaders. MORE
Photo by: Anna McMillen

NAD NewsPoints- NAD Youth, Loma Linda 360 wins Emmys, enditnow Emphasis Day, Addiction

http://us2.campaign-archive1.com/?u=84ac041b8b705798057dab6f2&id=6ddc4dce73&c=e=3075540be8[7/15/2013 3:04:40 PM]
Daily Prayer Guide

July 14-20: Please pray for the Central California Conference, with 129 churches and 35,289 members.

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Community service kicks off Adventist world youth conference in South Africa

Jul 08, 2013 Pretoria, South Africa

Ansel Oliver/ANN

Australian Samantha Lee spent last week here in South Africa working in a home for orphaned and homeless kids, saying the week of service was her treat to herself – a trip to celebrate her 21st birthday.

Samantha Lee, 21, from Sydney, Australia, volunteered last week with friends to teach kids at the Christian Crisis Centre in Kameeldrift, South Africa, as part of the Adventist world church's youth conference. "The kids loved the camera," she said.

“I wanted to go somewhere to help someone, not just have a holiday for myself,” she said.

Lee, who spent the week with friends working at the Christian Crisis Centre in Kameeldrift, is one of more than 1,000 Adventist young people who came here from around the world for the opening week of the Seventh-day Adventist Church’s world youth conference.

The “Impact South Africa: 3rd World Conference on Youth and Community Service” runs from July 8 to 13 and features a week of service projects, followed by this week of general sessions and evening devotionals.

Last week, volunteers served in 60 different projects throughout Cape Town, Soweto and here in the capital, Pretoria.

“People had a wonderful time serving and making a real impact throughout the country,” said Adventist Youth Ministries Director Gilbert Cangy.

Daniela Noriega, right, a 24-year-old lawyer from Venezuela, volunteered last week with friends to gather clothes and food for people in need in Heidelberg. She was one of more than 1,000 Adventist young people working in 60 community service projects as part of the Adventist world church's youth conference.

Simone Thiel, 18, from Germany, described the experience as the “best week of my life.” She said she and a group from Germany painted a church in Dobsonville, Soweto, and worked in an orphanage. The best part, she said, was staying in the home of church members. “In Germany it’s impossible that 50 people would eat in one room. It’s too small there and we usually like our space.”

Lindsay Foolchand, a 30-year-old tour guide from Mauritius, worked in Soweto to cook and wash clothes at a home for the disabled. He especially enjoyed the local Adventist style of worship songs. “It was so intense, from the heart. Very different from what we are used to,” he said.

Stefania Sandoval, a 25-year-old engineer from Venezuela gathered clothes and food for needy families and repaired floors in a school dorm in Heidelberg. “It was our first time,” she said of laying tile flooring. “We had to learn. But everyone was happy.”
Tapuwa Taps Mathiba, 16, from South Africa, worked with a group to produce a Vacation Bible School for 30 kids in the city of Tembisa. He also helped to remodel a decaying home in Mamelodi. “I don’t think anyone could live inside such a home,” he said of a two-room home that housed a family of eight.

Armando Miranda, an Adventist world church vice president, supervised 11 projects in Capetown. He said a group of Australians, Canadians and Russians worked together to clean up a poor area of town and teach kids how to keep the area clean. “It was really important because they involved the community,” Miranda said. “It was a wonderful experience for everyone and they made a lot of friends.”

A choir performs “Oh Happy Day” on July 8 at the opening of "Impact South Africa," the Adventist Church's world youth conference. More than 3,000 people from 97 countries attended the opening ceremony at the Saint George Hotel & Convention Centre in Pretoria.

Tonight’s opening ceremony brought together some 3,100 youth from 97 countries to the Saint George Hotel & Convention Centre. The evening opened with a parade of nations, with each country represented by a flag bearer wearing national dress. Attendees in the packed auditorium strained to see, many holding up cameras and tablets to capture the action on the stage.

In the back of the hall, as an African choir performed “Amen” with rhythmic movements, 32-year-old Janina Betlinski, from Oregon, United States, watched from a ledge. “I’m very amazed,” she said, “because I didn’t think it would be quite like this – all the colors and music. It’s wonderful.”

Attendees were greeted by Irvin Khoza, chair of the Premier Soccer League in South Africa, who expressed his gratitude to the Adventist Church for his upbringing. Former Youth Ministries Director Baraka Muganda, originally from Tanzania, was honored for his service. And Mayor Kgosiensso Ramokgopa of the city of Tshwane invited attendees to keep in their prayers former president Nelson Mandela, whom he said is in a hospital 10 kilometers away.

Cangy, the Youth Ministries director, addressed attendees, citing the meeting’s theme: “Jesus is in the city because you are in the city,” he said, before declaring the conference officially open.

Youth

The church’s Youth Ministries department seeks to motivate young people to take an active role in Adventist ministry, service and outreach. Through clubs such as Adventurers and Pathfinders, Adventist young people have opportunities to learn practical skills, impact their communities and build relationships for eternity.

Timeline:

- 1890: Young Adventists help raise money to send the missionary boat SS Pitcairn to the South Pacific
- 1909: Junior Missionary Volunteer Society is established, later called Pathfinder Club
- 1953: The first issue of Guide magazine is published
- 1969: First world youth congress held in Switzerland
- 1999: Adventist youth establish a new world record for Bible writing from memory

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3,831 Photos  October 2009

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Flickr: Adventist News Network's Photostream
http://www.flickr.com/photos/adventistnewsnetwork/
"Loma Linda 360" wins Five Emmy® Awards"

Loma Linda University Health’s (LLUH) advancement films team took home five Emmy® Awards at the 39th Annual Pacific Southwest Emmy® Awards on the evening of Saturday, June 15, 2013 in Las Vegas, Nevada. LLUH’s TV show “Loma Linda 360” was recognized by The National Academy of Television Arts and Sciences with the most highly regarded award in the television industry—the Emmy®.

“My team and I were honored to be recognized for the work that we do,” said advancement films director, Patricia Kelikani. “We have an awesome opportunity to share the stories of those who face challenges that life has thrown their way and the people who help them through it. They invite us on their journey in an effort to give hope to others, and we are inspired by them every day.”

"Loma Linda 360" was nominated seven times this year. The winning episodes and awards were:

"Who I Am"—PossAbilities at East Campus
Human Interest single story or series
Words can’t describe how traumatic life is after a disabling injury. In the 2011 PossAbilities video, four members show how one’s identity isn’t about physical capabilities but who you are as a person.

PLAY VIDEO

"Loma Linda 360: Heart to Heart"—Children’s Hospital
Health Science Program/Special
Over 25 years ago infant heart transplantation was pioneered at Loma Linda, watch as we take you from the beginning with Baby Fae to the present with Baby David.

PLAY VIDEO

"Can You See My Pain?"—Behavioral Medicine Center
Informational/Instructional program/special
About one in five teens “cuts” or self-injures his or her body. This episode tells the story of three young adolescents who strive to live life without hurting themselves and raises awareness about this notorious coping mechanism.

PLAY VIDEO

"Loma Linda 360: Beating Cancer"—Cancer Center and Proton Treatment Center
Magazine Program/Special
An inside look at the journey of cancer patients, cutting-edge proton therapy, and the celebration of survival at the Believe Walk event.

PLAY VIDEO
This is the show's third year to win Emmy® Awards. The last season earned Emmys in four categories, and season two swept its categories by taking home three gold trophies.

Season four of "Loma Linda 360" aired last year on the PBS affiliate, KVCR and KVCR-DC as well as the CBS and ABC affiliates in the Palm Springs area. It is currently airing on Hope Channel and Loma Linda Broadcasting Network, and can be viewed online at llu.edu/360, http://www.youtube.com/LLUHealth, and https://vimeo.com/channels/lomalinda360.

Advancement films is currently in production on a new show called "Life on the Line" that is being planned for release on PBS stations nationally.

The purpose of the Emmy® Awards is to recognize outstanding achievements in television by conferring annual awards of merit in the Pacific Southwest region, which includes San Diego, Bakersfield, Palm Springs, San Luis Obispo, Santa Barbara and Santa Maria, California, and Las Vegas, Nevada. The annual presentation of these awards is intended to be an incentive for the continued pursuit of excellence for those working in television and to focus public attention on outstanding cultural, educational, technological, entertainment, news and informational achievements in television.

Contact Advancement Films:
Email: film@llu.edu
Phone: (909) 558-7000
Address:
Advancement Films
11245 Anderson Street, Suite 100
Loma Linda, CA 92354

News and Events > Loma Linda 360° > Emmy Awards name Loma Linda TV show best in region
God’s medicines (July 21)

Name some of the medicines or treatments for us one might find in God’s first aid bag.

The Review and Herald Publishing Association

Homecoming

Celebrating 30 Years Since the Move to Hagerstown

Sabbath
July 20, 2013

55 West Oak Ridge Drive
Hagerstown, Maryland

10:00 a.m. - Sabbath School

11:00 a.m. - Divine Service
Ted Wilson, General Conference President and Former
RHPA President
Jim Nix, Director, Ellen G White Estate

Lunch will be provided.
Please RSVP to 30@rhpa.org or 301.393.4015.

1:30 p.m. - Afternoon Program: Remembering God’s Leading in Our Past
Tours
Photo Collections

We do not have current addresses of all former employees.
Please share this invitation with all who are interested.
God's medicines (July 21)

Name some of the medicines or treatments for us one might find in God's first aid bag.
NEWSPAPER

New Editor Brings Counseling Skills to Insight

For the first time, the editor of the church’s weekly youth magazine, *Insight*, will be a trained counselor. Omar Miranda came to youth ministry from a career of counseling adolescents and their families. He has seen it all. “My heart breaks for our youth,” he says. “Many times our youth are getting themselves wrapped up in bad habits, sinful behaviors, and deadly addictions all because they don’t know Jesus.”

Omar speaks from experience, telling how he “went off the deep end” as a teenager. “I was raised in the church, but turned my back on my family, my church, and my God,” he says. Research indicates that about half of children in the church will leave in their twenties.

“I find it interesting that Jesus knocks on the doors of our hearts,” says Miranda. “But many times His call to us is drowned out by all we think the world has to offer: money, sex, power, position, and prestige.”

“It’s important that we give youth the truth that they can only find what they truly desire and need in God alone.”

“I’m excited about Omar leading this ministry because first and foremost he loves the Lord,” says Dwain Esmond, the former editor of *Insight* who now is vice president of Editorial Services at the Review and Herald. “He knows youth ministry. He has a special gift for reading young people and passion to see them saved.”

“Omar’s vast experience counseling teens provides him with a street-level view of their deepest needs,” adds Randy Fishell, editor of *Guide* magazine.

Miranda says his title will be “Director of Insight Ministries” instead of simply “editor,” which indicates a more broad-based effort than just producing the magazine. He plans to make the Web site InsightMagazine.org more immediately responsive to teens looking for answers to specific questions or affirmation of their prayer requests. He envisions training events to coach parents and youth workers on how to better connect with youth.

*Insight* magazine features stories to help teens grow close to God. Advice columns help them find answers to their deepest questions and give them wise solutions to big problems. Miranda wants to put a special emphasis on practical Christianity—the experience he missed as a young man. “It is simple,” he says. “Our mission is to help kids know Jesus, love Jesus, and live Jesus.”

“I truly believe if our youth truly understood the significance and power of knowing Christ and being found in Him,” says Miranda, “they would be standing in line to get into church the way people do to get the newest iPhone!”
Loma Linda University Fosters Higher Education in the Philippines with Collaboration on New Medical School

Loma Linda, CA (PRWEB) July 09, 2013

Loma Linda University (LLU) is continuing to foster higher education around the world, now in the Philippines. A team from LLU has been comprised to assist Adventist University of the Philippines (AUP) with the development of its new medical school. AUP was recently granted permission by the Philippines Commission of Higher Education to open a medical school, which will make it the sixth accredited medical school operated by the Seventh-day Adventist Church—LLU was the first.

LLU President Richard Hart, MD, DrPH, and other professionals are looking forward to this international partnership. “Since its founding, Loma Linda University has sent thousands of physicians, dentists and nurses to provide health care internationally. As the Adventist Church develops international universities, we can expand capacity by assisting with health sciences education for health professionals around the world.”

The team from LLU will be working with the inaugural dean of the new medical school, Doris A. Mendoza, MD, who has garnered the experience necessary to take on her new position while serving as a faculty member of West Visayas State University College of Medicine, which is also in the Philippines. She has outlined a very modern medical education curriculum that will meet more stringent Filipino accreditation criteria.

The newly organized Department of Medical Education within the LLU School of Medicine has formed a working group to collaborate with Dr. Mendoza and her team: Tammi Thomas, MD; Lawrence Loo, MD; and Daniel Giang, MD. They will focus their efforts on developing the curriculum, building a strong faculty, upgrading the facilities and admitting the first class of students. AUP intends to accept its first class of 20 students in June 2014 and will use Adventist Medical Center-Manila as its primary clinical teaching site. In addition, the new faculty at AUP will be enrolled in the online Master of Science degree program in Health Professions Education—an inter-professional graduate program at Loma Linda University designed to prepare clinicians to teach in the classroom.

Dr. Giang is congratulatory to AUP for achieving accreditation of its medical school and anticipates collaborating with the new sister school. “Adventist health education provides
distinctive added values to students as well as a first-rate education in various health sciences disciplines. We strive to help students synthesize their commitment to faith and science while viewing each patient as a ‘whole person’ rather than as cases of a disease. We see health care as part of an overall mission of representing God in the world is what we strive for.”

The General Conference of Seventh-day Adventists Department of Education has provided additional resources to LLU to help with this effort. Lenoa Edwards, Assistant Dean for Admissions within LLU School of Medicine, visited AUP to discuss admissions issues this past April. “We anticipate a busy year for both AUP and LLU,” she said.

Loma Linda University has a strong, ongoing history with Adventist University of the Philippines. LLU School of Public Health assisted the Filipino university in developing its own College of Health approximately 30 years ago; and LLU School of Dentistry also collaborated with AUP to develop its College of Dentistry in 2005.

Ronald Dailey, PhD, Dean of LLU School of Dentistry, was part of the collaboration eight years ago and believes LLU’s partnership with AUP is special. “This is a unique opportunity,” he said, “to build a medical school in a country that is striving to advance the quality of medical education in their country. It took visionary leadership to make LLU what it is today, and I am confident that same vision and skill will translate in this partnership with Adventist University of the Philippines.”

AUP is currently a highly regarded institution, which successfully operates schools of education, nursing, business, theology and health sciences.

Loma Linda University provides numerous resources for developing medical schools through its Global Health Institute, School of Medicine and the Master of Science degree program in Health Professions Education. LLU tailors its collaboration to meet the needs of each new medical school and will host the first international conference of Adventist medical educators in May 2014. This focus on health sciences education advances LLU’s tradition of sending health professionals to serve overseas.

# # #

Read the full story at http://www.prweb.com/releases/2013/7/prweb10906931.htm
Qatar to buy 128 tanks from Germany

Evidence at ancient graves suggest ceremonial use of flowers

Op-Ed: Murdoch’s impunity in the hen house

**Recent Activity**

- Log in to Facebook to see your friends' are doing.
- Bush-Cheney began illegal NSA spying before 9/11, says telcom CEO
  5,056 people recommend this.
- How 4-year-old Adolf Hitler was saved from drowning in River Inn
  4 people recommend this.
- The faces of Toronto's homeless (Includes first-hand account)
  15 people recommend this.

**ENGAGE**


**Press Releases**

- TRADLOGIC Meets Japanese Business Elite in Tokyo, Introduces Binary 100 - 1 min ago via PRWEB
- New Compliance Division Provides a Sustainability Model for Small Businesses - 1 min ago via PRWEB
- Noront Announces Grant of Stock Options and Issuance of Interest Shares - 3 mins ago via Marketwire
- Adrian Fischer Joins Princess Cruises as Vice President of Entertainment - 3 mins ago via PRWEB
- SolarCity Launches New Operations Center in Stockton, Spurs 85+ Local Jobs - 3 mins ago via PRWEB
- Boffin Releases Its List of 2013 Recommended Open Source Software for Password Recovery - 3 mins ago via PRWEB
- Space Girl Organics Sponsors Sustainable
Holy Spirit series to begin

PLYMOUTH -- "Guided by the Spirit," a special series presented by Pastor Bryce Bowman to help people understand the role of the Holy Spirit in the Christian life, will take place at 7 p.m. Wednesday through Friday July 10-12, and at 11 a.m. Saturday, July 13, at the Plymouth Seventh-day Adventist Church, 11533 7B Road, Plymouth.

The church will provide a fellowship dinner after the service Saturday. For more information, call 484-553-1498. The series is free.
enditnow Emphasis Day 2013

Resource Packet

“Jesus Is Your Refuge”

Written by
Drs. Claudio and Pamela Consuegra
Family Ministries Directors
North American Division of Seventh-day Adventist

Prepared by the General Conference
Abuse Prevention Emphasis Day Committee

http://www.nadwm.org/resources
April 10, 2013

Dear Sisters in Jesus:

Joyful greetings. One of the stories in the Bible that always turns my heart upside down is the story of Tamar, daughter of King David, who was raped by her half-brother, Amnon found in 2 Samuel 13. What a sad story of lust, rape, greed, depravity, hatred, and so much more. Can you imagine how Tamar felt when her brother Amnon cast her out in disgust after raping her? Where could she go? Who would champion her cause? Who would stand beside her in the condemnation of her brother? Would justice be served?

Some 4,000 years and more later, women, children and men who have been abused are asking the same questions. Who will help me? Where can I go? Who will stand by my side and walk through the darkness with me to give me the support and strength I need for this terrible journey? Sad but true. Many are hurting. Too many.

So my sisters, what can you do? What can we do together? One thing is to ensure that your church calendar has “enditnow Emphasis Day” set for the fourth Sabbath of August each year. If you cannot get that day then ask for another day. The important thing is to have the day of emphasis on abuse, and to work with the other departments in your church, such as Youth, Family, Children, Health, etc.

Educating ourselves and our membership on this issue is paramount to change. We are God’s hands and feet. His arms of love to a world in need. Will you take up the challenge to be sure that this day is promoted in your church? We are counting on you, our sister-leaders, to help us keep the issue of abuse before our membership. Remember, abuse is everywhere, in the community but also in the homes of church members!

Thank you for your help and for joining us in General Conference Women’s Ministries raise the banner high that we must “enditnow!”

Joyfully,

Heather-Dawn Small, Director
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ABOUT THE AUTHORS

Drs. Claudio and Pamela Consuegra are the Family Ministry Directors for the North American Division of Seventh-day Adventists. Dr. Claudio was born in Colombia, South America, while Dr. Pamela grew up in the Appalachian Mountains of Virginia.

Dr. Claudio Consuegra has served as pastor in various conferences throughout the United States. He has also been a law-enforcement, hospital, and hospice chaplain, a marriage and family counselor, and conference department director and administrator. Dr. Claudio holds a Bachelor of Arts degree in Theology from Columbia Union College (now Washington Adventist University), a Master of Science degree in Counseling Psychology, with an emphasis in Marriage and Family Counseling, from Radford University, and a Doctor of Ministry degree (DMin) in Family Ministries from Andrews University.

Dr. Pamela has served as an Adventist teacher, academy (high school) principal, and Superintendent of Schools. Dr. Pamela has a Bachelor of Science degree in Elementary Education from Columbia Union College (now Washington Adventist University), a Master of Science degree in Curriculum and Instruction from Radford University, and a Doctor of Philosophy degree (PhD) in Leadership from Andrews University.

Drs. Claudio and Pamela have a rich background in the area of family ministries, having worked as a husband/wife team in numerous conferences and hosting a live call-in show for LifeTalk radio for three years. In addition, the Consuegras are both published authors of books and numerous magazine and journal articles.
SUGGESTED ORDER OF SERVICE
End of Year Emphasis Day - August 2013

Prelude

Responsive Reading: SDA Hymnal- "The Christian Home" #827

Invocation

Hymn of Praise: SDA Hymnal-"Love at Home" #652

Scripture Reading:
Ephesians 4:29-32 (NIV): "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Offering

Prayer for the offering

Children's Story:
"If I Could Eat My Words"

Pastoral Prayer

Special Music

Sermon:
Jesus Is Your Refuge

Hymn of Response: "Lord Bless Our Homes"
(Seventh-day Adventist Church Hymnal #654)

Benediction

Postlude
Children's Object Lesson
"If Only I Could Eat My Words"

NOTE: This object lesson will need adult or older children as helpers. Each small group will need one older helper. Before the children's story time, purchase several travel-sized tubes of toothpaste, several paper bowls, and toothpicks.

Have you ever heard the expression, "If only I could eat my words"? Can we eat our words? Words cannot be taken back. Once we speak a word, we cannot put it back in our mouths.

Today, we want to do an experiment. I have some helpers to assist me.

Divide the children into several small groups. Give each older helper one small tube of toothpaste, one small paper bowl, and a toothpick. The children in each group take turns squeezing all of the toothpaste out of each tube into the bowl.

Explain that the toothpaste coming out of the tube represents all the words that come out of our mouths. Sometimes the words are sweet and kind. But sometimes we say things that are mean and that hurt our friends and those we love. We wish we hadn’t lost our temper. We wish that we had not been unkind, and we try to take it back.

Now, give each group a tooth pick and allow each to attempt the task of putting all the tooth paste back into the tube. It is impossible.

The lesson? Words are like toothpaste. Once they’re piped out, they cannot return.

Scripture Reading: Ephesians 4:29-32 (NIV): "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Let's pray that Jesus will help us to say only words that are kind and loving to each other so we will not have to worry about taking them back.

Prayer: Dear Jesus, please help us say words that are always kind and loving. Help us to realize that we cannot take back our words. We cannot put them back in our mouths. Help us to say things that are loving and kind. Amen
Sermon
Jesus Is Your Refuge

[There is a seminar, "Breaking the Cycle of Domestic Abuse," which accompanies this sermon resource. At the appropriate time (before, during, or after the sermon), announce when and where this will be held.]

INTRODUCTION

The Jewish people have held an ideal standard for Jewish family life that is manifested in the term shalom bayit. Shalom bayit signifies completeness, wholeness, and fulfillment.

The traditional Jewish marriage is characterized by peace, nurturing, respect, and chesed which roughly means kindness; or better yet, loving-kindness, through which a married couple becomes complete. In Jewish culture, a marriage is described as a "match made in heaven," and is treated as a holy enterprise. It is believed that God's presence dwells in a pure and loving home.

For example, the Jewish betrothal ceremony is referred to in classical rabbinic literature as Kiddushin which means hallowing, sanctification, and consecration. By declaring the marriage union sacred, a couple stands sanctified before God. It is a relationship where both husband and wife recognize each other as creations in God's image and treat each other accordingly. Moreover, this sanctity of the marital union reminds the Jewish husband and wife to express their holiness through marriage and to build a home based on mutual love, respect, and chesed.

The greatest praise the Talmudic rabbis offered to any woman was that given to a wife who fulfills the wishes of her husband. The husband too was expected to love his wife as much as he loves himself, and to honor her more than he honors himself. Indeed, one who honors his wife was said, by the classical rabbis, to be rewarded with wealth. In the same way, a husband was expected to discuss with his wife any worldly matters that might arise in his life.

Tough love was frowned upon; the Talmud forbids a husband from being overbearing to his household, and domestic abuse by him was also condemned. It was said of a wife that God counts her tears.
All of this would lead to Shalom Bayit! A peaceful, wholesome, kind home. A home where there is *Shalom Bayit* will be a home where domestic violence should not exist.

Domestic violence is an oxymoron, a contradiction in terms, a denial of God’s plan for our lives and our marriages. And yet, you and I know that domestic violence happens, even among the household of God. One of the reasons domestic abuse happens in Christian homes, in Adventist homes, is because we don’t even know what domestic abuse is.

**What Exactly Is Domestic Violence?**

Domestic violence, spouse abuse, battering, family violence, and domestic disputes all describe the mistreatment of one person by another with whom he or she lives or has lived. It might be a woman abused by her husband, or even a husband abused by his wife; it might be children abused by one or both parents; and it can be the elderly abused by their children or caregivers. Or it might be abuse of the vulnerable because of mental or physical conditions.

While in some places it is mostly women and children who are abused, men are also abused by women. An estimated one of every two marriages have experienced at least one episode of violence between spouses.

Abusive behavior takes many forms and is not limited to physical actions. But there is often a combination of physical, sexual, emotional, and psychological abuse and neglect.

It can be considered a pattern of living, in which a member of the household uses violence and emotional abuse to gain control and by which they dominate others.

Who is affected? The young, the middle-aged, and the old.

Therefore, family violence is everyone’s concern. Maltreated people impact the wellbeing of our entire church and our community. Children carry the terrible lessons of violence and neglect with them into adulthood.

**Misuse of Religion Can Be Harmful**

Often there is a religious component to dealing with abuse; that is, while acknowledging domestic abuse, the sanctity of marriage is put above one’s personal safety.

Some women believe this is God’s will for them, and, sometimes, even their
pastors or elders encourage them to stay in harmful, dangerous relationships because they don't understand abuse either. Both the church leader and the victim have been taught that marriage is forever, even if it is physically dangerous. Well intentioned, usually conservative male clergy, often perpetuate domestic violence without realizing it.

Christian teaching about marriage has traditionally focused heavily on Paul’s letters to the Ephesians, Corinthians, and Colossians. Misinterpretations and misplaced emphasis on these texts have actually led to the horrible idea that wives and children must submit to abuse from husbands and fathers. Rather than being “the Good Book,” the Bible has been used as a book to justify domestic violence.

**Societal and Cultural Views Can Also Be Harmful**

In some places, among some cultures, people still believe, “Everyone smacks their girlfriends and wives around from time to time; it's no big deal.”

Kitty Genovese. You may not recall the name, but you probably heard the story concerning this young lady. In 1964 Kitty Genovese was brutally attacked as she returned to her Queens, New York apartment late one night. She screamed and yelled as she fought for her life for a full 30 minutes. As she was beaten and abused, 38 people watched the episode from their windows. Yet, not one person so much as walked over to the phone to call for help. Kitty died that evening as 38 witnesses silently looked on.

Likewise, the sad thing is that sometimes we become aware of abuse taking place in our church or family, but we don't want to get involved. It's not our business, some say. It’s no big deal, add others.

But it is a big deal! Domestic violence is always wrong! It is a crime! It is a sin! It needs to stop!

Domestic violence can lead to murder, and it often does. Rarely a week goes by without mention of local domestic violence in our newspapers.

**Children Are Affected by Domestic Violence**

- Approximately 50 - 75% of batterers who abuse their spouse also beat their children.
- There is the report of a man who kicked his pregnant wife in the stomach trying to cause her to abort their child.
Another man suffered a broken arm as a young child because his mother wanted a girl instead of a boy.

[Here you could interject any local or personal stories you may know. Please be careful to not share too many explicit details which could identify victims of abuse.]

Many studies have also shown that often those who have been abused as children become abusers themselves. In fact, even those who have witnessed abuse in their home, even if they have not been abused themselves, may grow up to become abusers.

One of the ways that we, as a church, can begin to deal with this serious problem is to learn more about how domestic abuse takes place, how it develops, and how it persists.

Note: Since there is no gender neutral pronoun in English, as we describe the batterer and the victim/survivor we will use male pronouns for the batterer and female pronouns for the victim/survivor. While that is the most common case, please remember that domestic abuse can happen to everyone. There are male and female batterers and male and female survivors, too.

A Story

In order to learn more about domestic abuse, let me share a story:

A young woman married someone who seemed loving while they dated, but within the first year of marriage, he began to beat her. Before she knew it, she had three young children.

No one in the family knew her secret because her husband threatened to beat her even more if she told anyone. Their story is actually quite common. What are some of the typical steps?

- First the couple begins experiencing increased tension.
- The battered woman will often deny her needs and feelings so as to defuse the batterer’s anger. In doing this, she accepts responsibility for his behavior and actually escalates his anger.
- This tension eventually escalates into a major destructive incident where the batterer completely loses control of his anger.
- This rage blinds his control over his behavior and can last for hours or days.
- He wants to teach her a lesson, so the woman is often severely beaten.
• After the violence, often there is a period of calm, sometimes with kindness and contrite, loving behavior from the violent one.
• The batterer knows he's gone too far and becomes extremely loving and tender.
• He will ask for forgiveness, truly believing she has learned her lesson and that he will never beat her again.
• And he may be sincere, until the next time he gets angry for whatever reason--or no reason at all.
This story, this cycle, may be repeated many times, with the same result each time.

So Why Do Women Stay?
This is probably one of the most commonly asked questions: “Why do you stay?” Or the variation, “Why don’t you leave him?”
• We need to understand that there are many home, society, church, and financial realities. In particular, women experiencing domestic violence experience powerlessness, hurt, guilt, shame, isolation, impaired trust, depression, helplessness, anger, humiliation, embarrassment, degradation, low self-esteem, and fear.
• Often the woman denies the abuse and excuses her abuser's behaviors.
• Many women are convinced their batterer will change. But the batterer will not change as long as they stay together.
• Often there is a fear of exposure, retaliation, or making the home situation even worse. They hear him say things like, “If you leave me, you're going to get it,” or “You think this is bad? Just try leaving,” or “I'll kill you before you can leave me,” or “I'll hunt you down and kill you if you leave me,” or “I'll kill you, the kids and then myself.” Sometimes they hear all of these.
• Battered women suffer from low self-esteem, do not believe in their abilities, or their decision-making abilities. Their bodies, their emotions, and their self-esteem are battered.
• Family and cultural issues pressured many women to stay.
Where Is the Church in This Story?

Both the church and society at large have historically been reluctant to believe such brutality and coercion can take place in "normal" or religious homes. However, some of the most dangerous abusers are the most overtly religious, law abiding, and outwardly respectable citizens. These can include leaders in church, society, and in the workplace.

Well-meaning church members tell abuse victims, "Surely you are mistaken. He is such a nice person. (Or maybe even a church leader). You must be causing him to lose his temper; maybe he only does this when he drinks a little and hits you a lot." Denial is the greatest barrier to getting help.

But we and they must first acknowledge that abuse is taking place. And when someone reports abuse, we need to believe it until it is proven to be a false report.

Good News

And the good news is that God can and does change lives when we cry out for help. Here is God’s good news for domestic violence victims: Jesus wants to be your refuge.

Let’s look at the experience of King David. David was the second king of Israel. Saul had been chosen to be the first king of Israel, but his repeated disobedience and rebellion proved him unfit to be the political and spiritual leader of this nation. So God replaced him with a young shepherd boy by the name of David. King Saul was jealous of David and twice tried to kill him by throwing his spear at David. He tried to employ his son, Jonathan, and his daughter, Michal—who happened to be David’s wife—to trap and arrest David. Eventually, David had to flee for his life.

It was while fleeing from Saul that he wrote some of his songs; we call them psalms.

One of them is Psalm 142. We will be reading from the New English Translation. Let’s read it together:

Psalm 142
(a maskil of David when he was in the cave)

1 To the Lord I cry out;
to the Lord I plead for mercy.

2 I pour out my lament before him;
I tell him about my troubles.
3 Even when my strength leaves me,
you watch my footsteps.
In the path where I walk
they have hidden a snare for me.
4 Look to the right and see!
No one cares about me.
I have nowhere to run;
no one is concerned about my life.
5 I cry out to you, O Lord;
I say, "You are my shelter,
my security in the land of the living."
6 Listen to my cry for help,
for I am in serious trouble!
Rescue me from those who chase me,
for they are stronger than I am.
7 Free me from prison,
that I may give thanks to your name.
Because of me the godly will assemble,
for you will vindicate me.

In this psalm, King David, gives us six (6) steps to dealing with abuse.

1. Resolve to leave your abuser.

The introductory words of the psalm tell us that it is a maskil of David when he was in the cave. A maskil is a contemplative poem, a prayer set in the form of a poem. It also tells us that David was in a cave, probably either the cave of Adullam (1Samuel 22:1-5) or the cave at En-gedi (1 Samuel 24:1-7). He was in this cave hiding from King Saul.

David had already been anointed by the prophet Samuel (1 Samuel 16:13), and Saul knew that (1Samuel 18:12). Some might have said to David, “You have been chosen to be king; stay where you are!” Or “It is God’s will that you stay where you are!”

But David knew that he needed to leave a very harmful, dangerous situation. He understood what it is like to be persecuted, abused, in danger for his life. It is like being
in a cave, fleeing from an enemy that is a relative of yours (Saul was David’s father-in-law).

God knows you; He sees you! He understands the “cave” you are in! He has not forgotten you!

2. Admit your pain and need to God.

Let’s look again at verse 1 and 2:

\[1\text{To the Lord I cry out;}\text{ / to the Lord I plead for mercy.}\]

\[2\text{I pour out my lament before him;}\text{ / I tell him about my troubles.}\]

The darkness of the cave is an analogy for the darkness abused victims feel while in their horrible, painful situation. It is like a black hole from which they can’t see a way out.

While in your cave, cry out to Him. Admit the abuse. Tell Him of your pain. Tell Him of your troubles. Tell Him you feel helpless and maybe even hopeless.

You may feel like David himself and with him say,

“My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning? O My God, I cry in the daytime, but You do not hear; And in the night season, and am not silent” (Psalm 22:12).

You may feel like He doesn’t listen to you because you’re still in your cave. David experienced what you feel, and he cried out “My God, why have you abandoned me? Why do you not hear me?”

But the lesson from David is, don’t give up! Keep raising your words up to Him. God does hear! God does listen! And He will respond!

3. Figure out your limits.

Now to verses three and four:

\[3\text{Even when my strength leaves me, / you watch my footsteps.}\]

\[4\text{In the path where I walk / they have hidden a snare for me.}\]

\[4\text{Look to the right and see!/ No one cares about me.}\]

\[4\text{I have nowhere to run;/ no one is concerned about my life.}\]
David must have felt physically and emotionally exhausted. He writes that his “strength” left him. He knew his father-in-law, his relative, was also his enemy. And he recognized that Saul was setting a snare, a trap for him.

If you are abused, you know what that is like. It doesn’t matter whether you say or do something or if you don’t do or say anything, your abuser will be angry and find a reason to hurt you.

Some people will wonder what it was that the victim did or said to trigger the abuse, but the victim knows there was nothing that he or she did or did not do—it would not matter anyway. The abuser simply exploded, and the spouse was the convenient excuse.

As a church family, when we ask the victim what they did to cause him or her to become angry, we are simply re-victimizing the victim.

David’s words of verse 4 show his feelings of loneliness, as if there was no one, not one person, not one friend, not one member of the family to help him out, not one person to support him and to encourage him. If you feel that way, it is a strong indication you may be in a very controlling, abusive relationship. Abusers tend to isolate their victims from everyone who could provide them with help and support. Abusers tend to limit the resources their victims have in order to control them even further. And the victim may feel they don’t have a way out, no one to go to, nothing to help them escape.

Now, if you are the abuse victim, it is at this point, if you have not yet come to realize it or accept the fact that you should know you are in an unhealthy relationship, and you need to find a way out. You do not have to put up with it! You do not have to live like this! It is not God’s plan for you to live like this.

By the way, abuse in the church is nothing new. Many years ago Ellen White wrote the following words to a hopelessly mistreated wife:

*I have received your letter, and in reply to it I would say, I cannot advise you to return to D unless you see decided changes in him. The Lord is not pleased with the ideas he has had in the past of what is due to a wife. . . . If [he] holds to his former views, the future would be not better for you than the past has been. He does not know how to treat a wife.*

*I feel very sad about this matter. I feel indeed sorry for D, but I cannot advise you to go to him against your judgment. I speak*
to you as candidly as I spoke to him; it would be perilous for you
to again place yourself under his dictation. I had hoped that he
would change. . . .

The Lord understands all about your experiences. . . . Be of
good courage in the Lord; He will not leave you nor forsake you.
"My heart goes out in tenderest sympathy for you" (E.G. White, The
Adventist Home, p. 343).

4. Affirm your confidence in God.

David continues his prayer in verse 5:

5 I cry out to you, O Lord;/ I say, "You are my shelter,
my security in the land of the living."

The marvelous thing about David’s prayer, at this point, is that he knows his
situation is NOT hopeless. In the deepest, darkest time of his life—his personal cave—he
still knew God was his shelter, his security.

David also uttered words of confidence in God:

6 Be merciful to me, O God, be merciful to me! For my soul trusts in
You; And in the shadow of Your wings I will make my refuge, Until
these calamities have passed by” (Psalm 57:1).

5. Get hold of God’s help.

Let’s look again at verse 6 and the first half of Psalm 142:7.

6 Listen to my cry for help,/ for I am in serious trouble!
Rescue me from those who chase me,/ for they are stronger than I
am.

7 Free me from prison,/ that I may give thanks to your name.

We can identify with David’s plea, particularly if we are the ones being
persecuted and abused. It is when we are under those circumstances, when we feel
helpless and our foes are much stronger than we are, we can cry out to Him, because God
knows a way out from our situation.
6. Expect God to fulfill His promise.

   And now to the last half of verse 7:
   
   *Because of me the godly will assemble,/ for you will vindicate me.*
   
   If you are being abused, remember, “God is your refuge!” It may seem as if your situation is hopeless; the walls of your cave may seem to be closing in. Please remember,
   
   “God is our refuge and strength, a very present help in trouble”
   
   (Psalm 46:1).
   
   You may choose to continue living in that cave, hiding from your enemy, fleeing from your troubles even though trouble follows you, but it is not a healthy place to live. God will help you to find a way out safely just as He did for David.
   
   Please remember,
   
   "In God is my salvation and my glory; The rock of my strength, And my refuge is in God. Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us” (Psalm 62:78).

CONCLUSION

   Jesus wants to be your refuge.

   He wants to provide for you, surround you with His arms so your home can become a shelter, a place of safety.

   May our churches become shelters for those who live in the cave of domestic abuse.

   To do these things, the local church will need to set up a practical plan. You need to work together with victims to find practical ways of helping them get to safety and begin a new life.

   May you, if you are the victim of domestic abuse, receive the help from your church family you need so you can be a survivor, no longer a victim.

   May our homes be *Shalom bayit*—a place of completeness, wholeness, and fulfillment.

   May our marriages be characterized by peace, nurturing, respect, and loving-kindness, through which we become complete.
Seminar
Breaking the Cycle of Violence

In this seminar we are going to look at how to break the cycle of domestic violence. (If you heard the Abuse Prevention Emphasis Day sermon you heard some of the background on abuse.) Before we can talk about breaking the abuse cycle, we need to look at some biblical background information on relationships.

At least four times Jesus used the same words to describe the relationship that should exist among His disciples:

- **John 13:34 (NKJV):** “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.”
- **John 15:12:** “This is My commandment, that you love one another as I have loved you.”
- **John 15:17:** “These things I command you, that you love one another.”

Two chapters later, Jesus stated His words even more strongly:

- **John 13:35:** “By this all will know that you are My disciples, if you have love for one another.”

QUESTIONS FOR GROUP DISCUSSION

1. Is love a feeling or a decision? How do the texts above help us understand which it is?
2. Can love be commanded?
3. Can you love someone and at the same time abuse them?

(Allow 5-10 minutes for discussion of these questions in groups of 3-5 persons each.)

Jesus wasn’t simply suggesting, or inviting, or encouraging us to love one another. . . He was **commanding** us to love one another if we are going to be His disciples.

That’s why when abuse takes place among those who call themselves His disciples it is really disobedience, a contradiction, an outright rebellion to His word. And yet, as sad as it is, abuse happens even in our congregations. It is our responsibility, as Christ’s disciples, to stop abuse among our members and in our communities.

Ellen White has some advice to the family as to how a family should be. She writes, “Allow nothing like strife or dissension to come into the home. Speak gently. Never raise your voice to harshness. Keep yourselves calm. Put away faultfinding and all untruthfulness. Tell the children that you want to help them to prepare for a holy heaven, where all is peace, where not one jarring note is heard. Be patient with them in their trials, which may look small to you but which are large to them.
“When fathers and mothers are converted, there will be a thorough conversion of their principles of management. Their thoughts will be converted; their tongues will be converted. . . .

“There will be no loud, angry talking in the home. The words will be of a character to soothe and bless the hearer. . . . Take all the ugly features out of the voice.

“We must subdue a hasty temper and control our words, and in this we shall gain great victories. Unless we control our words and temper, we are slaves to Satan. We are in subjection to him. He leads us captive. All jangling and unpleasant, impatient, fretful words are an offering presented to his satanic majesty. And it is a costly offering, more costly than any sacrifice we can make for God; for it destroys the peace and happiness of whole families, destroys health, and is eventually the cause of forfeiting an eternal life of happiness” (E.G. White, *Adventist Home*, p.436, 437).

The first step to take in order to stem this tide of abuse is to be educated as to what abuse is, how to identify it, and how to help the victims of abuse.

**Statistics on Domestic Violence**

Unfortunately, abuse happens all around the world, in the church and outside the church. “According to the Family Violence Prevention Fund (FVPF), one in every three women in the world has experienced sexual, physical, emotional or other abuse in her lifetime. The World Health Organization (WHO) reports that in forty-eight surveys from around the world, up to 69% of women stated that they had been physically assaulted by an intimate partner at some point in their lives. The WHO also reports that studies from a range of countries show that 40-70% of female murder victims were killed by an intimate partner. A 1997 UNICEF publication reports that between a quarter and one-half of women around the world have suffered violence at the hands of an intimate partner.” ([www.stopvaw.org/prevalence_of_domestic_violence](http://www.stopvaw.org/prevalence_of_domestic_violence))

**Types of Abuse** (See [www.loveisrespect.org/is-this-abuse/types-of-abuse](http://www.loveisrespect.org/is-this-abuse/types-of-abuse))

Almost always, in an abusive relationship, it's about power and control. Though there are no typical victims of domestic violence, abusive relationships do share similar characteristics. In all cases, the abuser aims to exert power and control over his partner.

Although a lot of people think domestic violence is about anger, it really isn't. Batterers do tend to take their anger out on their intimate partner. But it's not really about anger. It's about trying to instill fear and wanting to have power and control in the relationship.

There are many types of abuse, and they are all difficult to experience. Let's begin by exploring the different ways abuse can occur so you can better identify them. Remember, each type of abuse is serious, and no one deserves to experience any form of it.
1. Emotional Abuse/Verbal Abuse

This type of abuse includes non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, stalking (see below), humiliation, intimidation or isolation. Examples of behaviors that qualify as emotional or verbal abuse:

• Calling you names and putting you down.
• Yelling and screaming at you.
• Intentionally embarrassing you in public.
• Preventing you from seeing or talking with friends and family.
• Telling you what to do and what to wear.
• Using online communications or cell phones to control, intimidate, or humiliate you.
• Blaming their abusive or unhealthy behavior on your actions.
• Stalking you.
• Threatening to commit suicide to keep you from breaking up with them.
• Threatening to harm you, your pet, or people you care about.
• Making you feel guilty or immature when you don’t consent to sexual activity.
• Threatening to expose your secrets such as your sexual orientation or immigration status.
• Starting rumors about you.
• Threatening to have your children taken away.
• Any act or words that demean, humiliate, or shame the natural worth and dignity of a person as a human being.

You are being stalked when a person repeatedly watches, follows, or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past boyfriend or girlfriend, or even a stranger. While the actual legal definition varies from one state to another, here are some examples of what stalkers may do:

• Show up at your home or place of work unannounced or uninvited.
• Send you unwanted text messages, letters, emails, voicemails, or phone calls.
• Leave unwanted items, gifts or flowers.
• Constantly call you and hang up.
• Use social networking sites and technology to track you.
• Spread rumors about you via the internet or word of mouth.
• Call your employer or teacher.
• Damage your home, car or other property.

2. Financial Abuse

Financial abuse is using money or access to accounts to exert power and control over a partner. Financial abuse can be very subtle: telling you what you can and cannot buy or requiring you to share control of your bank accounts. At no point does someone you are
dating have the right to use your money or tell you how you spend it—that is control. Here are some examples of financially abusive behavior; much of it is outright stealing:

- Giving you an allowance and closely watching what you buy.
- Placing your paycheck in their account and denying you access to it.
- Keeping you from seeing shared bank accounts or records.
- Forbidding you to work or limiting the hours you do.
- Preventing you from going to work by taking your car or keys.
- Getting you fired by harassing you, your employer, or coworkers on the job.
- Hiding or stealing your student financial aid check or outside financial support.
- Using your social security number to obtain credit without your permission.
- Using your child's social security number to claim an income tax refund without your permission.
- Maxing out your credit cards without your permission.
- Refusing to give you money, food, rent, medicine, or clothing.
- Using funds from your children's tuition or a joint savings account without your knowledge.
- Spending money on themselves but not allowing you to do the same.

3. Physical Abuse

Any intentional use of physical force with the intent to cause fear or injury—such as hitting, shoving, biting, or using a weapon is physical abuse. Examples of physical abuse are:

- Scratching, punching, biting, strangling, or kicking.
- Throwing something at you such as a phone, book, shoe, or plate.
- Pulling your hair.
- Pushing or pulling you.
- Grabbing your clothing.
- Using a gun, knife, box cutter, bat, mace or other weapon on you.
- Smacking your bottom.
- Forcing you to have sex or perform a sexual act (this is also sexual abuse).
- Grabbing your face to make you look at them.
- Grabbing you to prevent you from leaving or to force you to go somewhere.
- Deprivation of sustenance—food, water, shelter and ordinary comforts enjoyed by the rest of the family.

4. Sexual Abuse

Sexual abuse refers to any action that pressures or coerces someone to do something sexually they don't want to do. It can also refer to behavior that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including oral sex or rape. Other examples of sexual assault and abuse are:

- Unwanted kissing or touching.
- Unwanted rough or violent sexual activity.
•Rape or attempted rape.
•Refusing to use condoms or restricting someone’s access to birth control.
•Keeping someone from protecting themselves from sexually transmitted infections (STIs).
•Sexual contact with someone who is very drunk, drugged, unconscious, or otherwise unable to give a clear and informed “yes” or “no.”
•Threatening or pressuring someone into unwanted sexual activity.

5. Digital Abuse

This is a new area of abuse, but becoming increasingly prevalent. The use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner is abuse. Often this behavior is a form of verbal or emotional abuse perpetrated through the use of social media. In a healthy relationship, all communication is respectful whether in person, online, or by phone. It is never OK for someone to do or say anything that makes you feel bad, lowers your self-esteem, or manipulates you. You may be experiencing digital abuse if your partner:

• Tells you who you can or can’t be friends with on Facebook and other sites. (Note that this is between adults, not parent and child).
• Sends you negative, insulting, or even threatening emails, Facebook messages, tweets, texts, or other messages online.
• Uses sites like Facebook, Twitter, Foursquare and others to keep constant tabs on you.
• Puts you down in their status updates.
• Sends you unwanted, explicit pictures and demands you send some to them in return.
• Pressures you to send an explicit video.
• Steals or insists on being given your passwords.
• Constantly texts you and makes you feel like you can’t be separated from your phone for fear that you will be punished.
• Looks through your phone frequently, checks up on your pictures, texts, and outgoing calls. (Again, parents can do this to minor children).

6. Religious Abuse

Religious abuse takes place when a person uses his/her religious beliefs, doctrines, or convictions, or any religious writings in a way that humiliates, negates the other person’s freedom of the will, or coerces them into submission or unwilling obedience. Religious abuse also refers to any abuse that is administered under the guise of religion and can include psychological trauma and harassment:

• Trying to force another to do something or perform some acts by quoting Scripture texts even though those texts are being taken out of context.
• Claiming superiority or greater knowledge of doctrines or of the Bible (particularly when that knowledge is misused) to subdue the other person.
• Abusing the other person and using religious beliefs or biblical texts to support such abuse.
• Demanding secrecy about anything that is done or said at home as a proof of obedience and loyalty to the family, on religious grounds.
• Taking advantage of an ecclesiastical position (pastor, priest, elder, etc.) to take advantage of parishioners, children, or family members to induce them to do things that are unethical, immoral, or even illegal.
• Sexual abuse by clergy or religious leaders while in the exercise of their ecclesiastical position.
• Submission to spiritual authority without any right to disagree; intimidation.
• Unreasonable control of a person's basic right (personal autonomy) to make their own decisions (freewill, volition) on spiritual or natural matters.
• Forcing one to make financial contributions to a religious group that they do not wish to support.

QUESTION FOR THE GROUP:
Don’t raise your hand, but do you know of anyone who has been or is being abused in any of the ways mentioned?

Note:
For the purpose of this seminar, we will look at the dynamics of domestic partner abuse, particularly of men toward women. Due to the lack of a gender-neutral pronoun in the English language, as we describe the batterer and the victim/survivor we will use male pronouns for the batterer and female pronouns for the victim/survivor. While that is the most common case, please remember that domestic abuse can happen to everyone. There are male and female batterers and male and female survivors, too. (In areas where this seminar is translated, please use gender neutral terms and pronouns).

We also need to be aware of abuse toward children (all by itself a complete new seminar), and the growing problem of parental abuse, particularly elder abuse (also a separate seminar).

THE CYCLE OF DOMESTIC ABUSE

Domestic violence often follows a pattern. It may seem unpredictable—simply an outburst related just to the moment and to the circumstances in the lives of the people involved. In fact, however, domestic violence follows a typical pattern no matter when it occurs or who is involved. The pattern, or cycle, repeats; the level of violence may increase each time. At every stage in the cycle, the abuser is fully in control of self and is working to control and further isolate his victim.

Understanding the cycle of violence and the thinking of the abuser helps survivors
recognize they truly are not to blame for the violence they have suffered and that the abuser is the one responsible.

The Domestic Violence Cycle describes a pattern that most abusers follow. Learning about the cycle can help clear up some confusion that survivors have, and can help make some sense out of what is happening.

**Establishing the Visual**
*(Note to the presenter: It would be helpful to make a clock face with movable hands and perhaps labels for the four phases and move the hands for each phase.)*

The domestic violence cycle is cyclical in nature. Imagine a clock face, with only the 12, 3, 6 and 9 showing. Imagine the clock at the 3:00 o'clock position. But, instead of the 3:00, there's a label that reads:

**The False Honeymoon Phase**

The False Honeymoon Phase is just like it sounds. The batterer is very nice to the victim, bringing her flowers and candy, being affectionate and cuddly, calling her by pet names, and so on. This is a wonderful time, and the survivor loves it. Why wouldn't she? It's what she's always dreamed of.

Unfortunately, the False Honeymoon Phase doesn't last. The only reason that it exists is because the batterer has done something bad and is trying to make up for it. He has beaten his wife or girlfriend, has vented his anger, and now he's afraid she'll leave him or call a domestic violence prevention agency. So he pulls out all of the stops, turns on the charm, and works hard to convince her to stay.

This is what makes domestic violence so confusing. Counselors say they can't count how many times a survivor has reported, "But sometimes he's sooo sweet! And he's not a monster! We've had some good times too!"

This is all true. She isn't imagining things; she isn't making excuses. There really were good times. It was during this honeymoon phase.

**The "Normal" Phase**

Imagine the clock face again, and picture six o'clock, there at the bottom. Imagine that there's a label there that reads, "The 'Normal' Phase." The False Honeymoon Phase slides quietly and subtly into the "normal' phase." Things are still good; they've just settled down a little. The batterer is no longer actively romancing the survivor with candy and flowers and pet names, but they are both enjoying normal life. Things are pleasant and happy, and the survivor has decided that she definitely is not going to leave him. He has obviously turned over a new leaf, and he is treating her well. If it could only stay this
way, everything would be wonderful.

Another tactic an abuser may use after he has chosen to be violent is to become the thoughtful, charming, loyal, and kind person with whom the victim fell in love. He may take her out to dinner, buy her flowers and convince her he will change. This can be a huge incentive for women to stay or return to the abuser because they believe that this time he really will change.

During this stage, the abuser may use different tactics to achieve his goal to regain power over the victim. The abuser may act as though nothing happened—everything is normal. This can be confusing for victims, as they do not understand how he could pretend nothing happened.

If the victim has visible injuries, she will have to explain how she got them. This is designed to maintain the normalcy of the relationship. The goal of this stage is to keep the victim in the relationship and paint a picture that the relationship is as normal as any other may experience.

**The Rising Tension Phase**

Now picture where the 9:00 is on the clock, three-quarters of the way around. That should be labeled “The Rising Tension Phase,” and the “Normal” phase slides quietly and subtly into this phase just as subtly as the honeymoon phase slid into the normal phase.

Things are still good. The survivor has pretty much decided that her troubles are behind her. But there is an edge in the air. The survivor realizes that tension is building, and she doesn't know why. She may try extra hard to be agreeable, and may overlook some warning signs, because she is reluctant to admit that the good times may be coming to an end.

After a while, she has to admit that the “normal” times are gone. The batterer becomes more and more angry. More and more of the abusive traits are returning to rear their ugly head—insults, name-calling, drinking, neglecting the family, and so on. The tension builds and builds.

**The Explosion**

Then you get to the “12:00” on the clock—the explosion. It can take many forms. Usually it is physical violence. Sometimes the violence is purely emotional and not physical—it varies with the abuser. But when the explosion happens, there's no mistaking it. Sometimes it involves weapons; sometimes it involves drugs or alcohol; sometimes it involves the police or SWAT teams; sometimes it involves the hospital, or even the mortuary. Sometimes it involves the children. But every time, it's something really bad.
The abuser/batterer experiences self-directed guilt—not guilt or sorrow for hurting his victim. He may apologize for his behavior, but his apology is designed so that he will not face consequences or be held accountable for his actions. His goal is to reassure himself that he will not be caught or face consequences. He is “in the right and the victim in the wrong.”

The abuser makes excuses and blames the victim for his behavior. Common victim blaming statements usually focus on the victim's behavior. For example, "If you had the house cleaned, I wouldn't have had to hit you," or, "If you had cooked dinner on time, I wouldn't have had to beat you." The goal of this stage is to abdicate responsibility for his behavior.

The transition from explosion to the honeymoon phase is the only transition that isn't subtle. The police have left. The victim has been discharged from the hospital and surveys the physical and emotional damage. Maybe she consults a domestic violence prevention agency to see how they can help her. Maybe she doesn't.

But the batterer contacts her as soon as he can. He feels terrible. He is horribly sorry. He promises that it will never, ever happen again. He calls on God to witness his sincerity. (Batterers use God a lot during the first part of the honeymoon phase.) He brings her presents to show how sorry he is. He brings out their wedding photo album; he makes a photo collage of dozens of pictures taken when they were happy together. He manipulates her emotions. And they have moved into the honeymoon phase once again. The cycle continues!

**Everybody Is Different**

This cycle has no set time span to it. Some couples go through the complete cycle in a month; some go through it in a week, some go through it in a day. Some take an entire year to go through a complete revolution of the cycle. Every couple, every circumstance is different. But now that you know how the cycle works, maybe you can look back on incidents and understand how they fit into the cycle in your relationship or other relationship of which you are aware. The batterer's moods and methods and tactics may make more sense than they used to.

**More Bad News**

Many victim/survivors of battering keep remembering the false honeymoon phase and the normal phase. They keep saying, "If only it could stay like that!" That's very understandable, and it makes a lot of sense. If you could only freeze the cycle there at the six, things would be great.

We are sorry to have to say this, but you know it by now. You can't freeze the cycle. The batterer will keep moving through the cycle unless he receives some major, intensive
intervention. "Anger Management" doesn't work. Marriage counseling doesn't work. Most programs for batterers have only about a 5% success rate. The newest programs seem to be more successful, but they are rare in most areas of the world. If you find a program that the batterer is willing to attend, call your local domestic violence prevention agency and get their opinion of the program. It may be one of the few effective ones, or it may simply be a waste of everyone's time. These are especially dangerous, because the batterer can then claim, "Your Honor, she's crazy! She's making it all up! I even graduated from a batterer's program!" And unless the judge is specifically educated about domestic violence, he may be fooled.

There's another problem. As time goes on, the cycle gets shorter. You used to have an explosion once a month; now it's every three weeks. In a while, it will be every two weeks. Batterers tend to go through the cycle faster and faster, and their level of violence will either stay the same, or grow worse with time.

No. The cycle will not slow down. It will either stay the same, or speed up. No. The violence will not diminish; it may get worse.

As the batterer goes through the cycle of violence again and again, you will notice a change in the cycle. The honeymoon phase will get shorter and shorter. Eventually, it may disappear. And then the normal phase will get shorter and shorter, until the victim is only left with the rising tension phase and the explosion phase.

A Complication

Imagine you're the victim/survivor. You have felt the tension grow and grow. You know what's going to happen, you know he's going to explode, you just don't know exactly when. The wait, the tension, is excruciating. He is filled with rage, and can explode at any time. You know that when he does, he grabs whatever is handy to attack you with. And right now, you're in the living room. When he attacks you in the living room, he hits you with pillows or fists. When he attacks you in the kitchen, he grabs the butcher knife.

So you make a quick decision, and you do something to trigger his rage. For some survivors, this is a good strategy. The tension of waiting is ended. The explosion occurs in a room without dangerous weapons, so your injuries are not as severe.

The only problem is, your batterer blames you for causing the violence. (He'd blame you no matter what, but now he points to your triggering incident.) A marriage counselor or member of the clergy could note the triggering incident, and agree that you are at fault.

This confuses many professionals, and many survivor/victims. But make no mistake. You are merely trying to exert a tiny bit of control over a horrible situation. Imagine a person on the top of a mountain, pounding a tent stake into the ground and suddenly there's a volcano. The problem is not the tent stake! The problem is the buildup of millions of tons
of pressure and gas and molten rock that is just waiting to go off.

Domestic violence prevention agencies know about this phenomenon, and can help you deal with the doubt and the accusations. Don't be confused; don't accept any of the blame. The problem is not your triggering incident. The problem is the huge buildup of anger and violence in your batterer that is ready to go off at any moment.

**So What Can You Do?**

None of this is exactly happy news, but it's the truth. Whether you are the victim, a friend, or a church leader/helper, the best course of action is to contact the local domestic violence prevention agency. Call their emergency hotline and get some advice. You don't have to tell them the victim's name; the victim doesn't have to make decisions yet. Just start finding out what the options are. They might be able to help break this cycle of violence.

Here are some steps to take if you or someone you know is the victim of spousal abuse or domestic violence.

1. **Call the police.**
   If you are in immediate physical danger, call the police (911 in the United States) and/or get to safety. Many police agencies are now trained to deal with domestic violence situations. Many cities even have volunteer liaisons for victims of domestic violence and rape. Inquire about getting a restraining order.

2. **Talk to someone you trust.**
   If you are the victim, tell a close friend or family member what is going on in your relationship. You can ask this person to help you make a safety plan or help you find services. If you are the friend get as much information as you can regarding resources, and help the victim make a solid plan. Help her to know what money and papers she must collect if she has to make an escape.

3. **Talk to a counselor.**
   Try to find a counselor who has experience with domestic violence.

4. **Make a Safety Plan.**
   - Find a place you can go to if you need to leave quickly—a friend's house, family member, hotel, or domestic violence shelter.
   - Have an idea of how you will get out of the home (a window, fire escape, etc.)
   - Try to stash some money away that your partner cannot have access to.
   - Open your own bank account or have a trusted friend hold some of your money.
   - Plan how you will get away. Drive? Bus? Taxi?
   - Have a bag ready with important documents, like your I.D., credit cards, insurance cards, medicine, bank information, passport, any legal documents, like restraining orders.
order and medical records. Have a bag packed for your children as well. You may want to stash these with a trusted friend.

• Arrange with a friend to have an “emergency phrase” that your partner will not recognize. For example, set it up in advance that if you ask, “How’s your dog,” that your friend will know to call the police.

• Sometimes domestic violence shelters are full, so have a safe back-up plan.

**QUESTION FOR YOU**

If you know of someone who is being abused by their spouse, what practical help can you provide them with? Spend a few minutes (5-10) making a list of what you can tell them and what you can offer to them.

Allow time for anyone who may be willing to share what they wrote.

**More Advice to a Victim (Or the One Helping an Abuse Victim)**

Leaving an abuser can be dangerous. You're the only one who knows the safest time to leave. You may know you are in an abusive relationship and realize you need to leave as soon as you safely can. Or, you may be concerned about your partner's behavior and think you may need to get out at some point in the future. Either way, being prepared can help you leave quickly if you need to. Consider taking these precautions:

• Call a local women's shelter; in the United States you can also call the National Domestic Violence Hotline at (800) 799-7233 to find out about legal options and resources available to you, before you need them.

• If you have school-age children, notify the school authorities or school counselor about custody arrangements and warn them about possible threats.

• Keep your communication private.

It isn't uncommon for an abuser to monitor mail, telephone, and Internet communication. Take precautions to help maintain your privacy and safety by following these steps.

Telephone conversations regarding your situation:

• Avoid making long-distance phone calls from home. Your abuser could trace the calls to find out where you're going.

• Be cautious when using a cell phone. Your abuser may be able to intercept conversations using a scanner. Switch to a corded phone if you're relaying sensitive information.

• Be aware of controlling use of your cell phone. Your abuser may use frequent cell phone conversations or text messages as a way to monitor and control your activities. An abuser may also check your cell phone to see who has called, or
attempt to check your messages.

Computer use:

- If you think your abuser is monitoring your computer use, the safest bet is to access a computer at a friend's house or at the library. If you do use a shared home computer, there are several steps you can take to help maintain your privacy:
- Use a Web-based program for e-mail. Some programs such as Outlook Express, Netscape Mail, Eudora, and others store sent and received e-mails on your computer. A Web-based e-mail service is safer. Most of these services (such as Gmail, Hotmail and Yahoo mail) offer free e-mail accounts.
- Store files on the Internet. You can store files online and access them from any computer. You can also store documents as attachments in e-mail programs.
- Change your password often. Choose passwords that would be impossible to guess. The safest passwords contain at least six characters, both numbers and letters. Avoid easily guessed numbers and sequences.
- Clear your Web-browser history. Browsers such as Internet Explorer or Netscape Navigator keep a record of the Web pages and documents you have accessed. They also store graphics of images you look at. There are several programs you can use for this.
- Clear your document history. Applications such as Word or Excel keep a record of edited documents. Don't store or edit any documents you don't want your abuser to see on a shared computer.

Where Else Can You Get Help?

- Your doctor or hospital emergency room treats any injuries and may refer you to safe housing and other local resources.
- Depending on your country, local women's shelters or crisis centers can typically provide 24-hour emergency shelter for you and your children, advice on legal matters, advocacy and support services, and evaluation and monitoring of abusers. Some shelters have staff members who speak multiple languages.
- Counseling or mental health centers: Most communities have agencies that provide individual counseling and support groups to women in abusive relationships. Be wary of advice to seek couples or marriage counseling. This isn't appropriate for resolving problems of violence in intimate relationships.
- Local court. Your district court can help you obtain a court order which legally mandates the abuser stay away from you or face arrest. These are typically called orders for protection or restraining orders. Advocates are available in many communities to help you complete the paperwork and guide you through the court process.
- Your church: Talk privately with your pastor or other professions counselors or social workers in your church, and be very clear, honest, and open about your situation.
STEROTYPICAL ASSUMPTIONS

Because abuse toward women has taken place for so long—too long—many assume that domestic abuse only takes place by men toward women. More recent studies have shown a growing trend in abuse and that is of women abusing men. Domestic violence does not discriminate by age, race, color, creed, gender, or sexual orientation. Women may hesitate to call for help; men are even less likely to seek assistance. Society has been taught to think of domestic violence victims as women. It is time for society to open their eyes!

It is helpful, at this point, to study the characteristics of an abusive woman. These characteristics of women (or men) who are abusive fall into three categories. (www.wadv.org/maleabuse.htm)

Alcohol Abuse

Alcohol abuse is a major cause and trigger in domestic violence. People who are intoxicated have less impulse control, are easily frustrated, have greater misunderstandings, and are generally prone to resort to violence as a solution to problems. Women who abuse men are frequently alcoholics. Drugs, prescription or illegal drugs can also be a problem.

Psychological Disorders

There are certain psychological problems, primarily personality disorders, in which women are characteristically abusive and violent toward men. A high percentage of domestic abuse by women is caused by psychological disorders. These need to be diagnosed and treated by professionals.

GROUP ACTIVITY

Get together in small groups (3-5), and come up with practical ideas of what your church can do to help the victims of domestic abuse. Be as specific as possible because these ideas could become part of a working plan which would need to be voted on and implemented by the church board.

After a few minutes (15-20), come back together and write the lists of ideas on a marker/black board. Put the ideas in order of priority. Present this list to your church board as a proposed plan of action.

(Presenter: If time is an issue, suggest that they set themselves up as an *ad hoc* committee to work on this and present it to their church board.)
Unrealistic expectations, assumptions, and conclusions

Women who are abusive toward men usually have unrealistic expectations and make unrealistic demands of men. These women will typically experience repeated episodes of depression, anxiety, frustration, and irritability which they attribute to the man's behavior. In fact, their mental and emotional state is the result of their own insecurities, emotional problems, trauma during childhood, or even withdrawal from alcohol. They blame men rather than admit their problems, take responsibility for how they live their lives, or do something about how they make themselves miserable. They refuse to enter treatment and may even insist that the man needs treatment. Instead of helping themselves, they blame a man for how they feel and believe that a man should do something to make them feel better. They will often medicate their emotions with alcohol or other drugs. When men can't make them feel better, these women become frustrated and assume that men are doing this on purpose.

WHAT IS THE ROLE OF THE CHURCH?

It is important for us to recognize when abuse is taking place in our church or community. At the same time, as a church, and as disciples of Jesus Christ, we have the responsibility to do more than simply educate the members—the church needs to be active and intentional in helping the victims of domestic abuse.

According to the General Conference Family Ministries web site, among Seventh-day Adventists, in a study conducted in one union in North America, with over 500 randomly selected Adventist church members responding, 56% said that physical abuse had been directed toward them or their siblings in the homes in which they grew up. Significant levels of physical, emotional and sexual abuse were reported by the nearly 8,000 randomly selected respondents to the Adventist Family Study initiated by the General Conference Department of Family Ministries in 1994. A range of 8-18% of female respondents reported being sexually abused. (The range indicates the lowest and highest percentages reported in the world divisions for which data is currently available.) The percentages of women reporting physical (15-43%) and emotional abuse (27-69%) were considerably higher than those reporting sexual abuse. On average, women reported greater levels of abuse than men. A range of 4-12% of males reported sexual abuse, 15-55% physical abuse, and 6-37% emotional abuse. As with women, reports of sexual abuse among men were lower than other forms of abuse.

(http://family.adventist.org/home---divorce-and-remarriage-in-the-seventh-day-adventist-church.html)

An indication that the church does not approve of abuse is indicated by the Church Manual. The section, “Reasons for Discipline,” (pp. 61-62) reads as follows:

The reasons for which members shall be subject to discipline are…

4. Sexual abuse of children, youth, and vulnerable adults.…
6. Physical violence, including violence within the family.”
The church at its different levels (local, conference, union, or division) needs to do at least three things: educate the membership, intervene to rescue the abused, and help the victims have a new beginning.

We need to **educate** our members to the reality all around us. At the same time, the church must be careful in this process; we must be careful that we don’t see "abuse" in every imperfect, fallen action.

We need to **intervene** to rescue the abused. It is not appropriate to ask the victim why they stay with the abuser. Nor is it enough to tell them to leave their abuser. If the church is aware that abuse is taking place, the church must intervene to protect, rescue, and become the advocate for the victim. The most important thing the church needs to do is to take the most immediate steps—taking the victims out of the abusive home and provide them with the shelter and protection they need and to accompany them, if necessary, as they go to the legal authorities—police, court house, etc.

We need to **help** the victim with their long-range plans. We need to keep in mind that simply suggesting the victim leave their abuser is not always that simple, practical, or possible. When the abuser has not allowed the victim to work, and when he has alienated the victim from her family and from friends, she may find herself with literally no place to go and nothing with which to make a new start. Among the things the church could do to help is to provide a home/apartment, a job for the victim, and to help furnish their new living quarters, at least until their legal status is settled by the local authorities.

**CONCLUSION**

Will people know we are Christ’s disciples by our love for one another?

- If we are His disciples, we should never allow any kind of abuse in our home or in our church.
- If we are His disciples, we should educate everyone so they can learn to recognize the signs of abuse.
- If we are His disciples, we should intervene on behalf of the victims of abuse by helping break the cycle that keeps them experiencing it.
- If we are His disciples, we should help the victims of abuse by making provision for their support once they are finally able to leave such harmful environment.

Let us show the world, and those in our family and church, that we are indeed Christ's disciples, by our love. Ellen White wrote, “The Lord desires His people to give in their homes a representation of the order and harmony that pervade the heavenly courts” (E.G.White, *Counsels on Health*, p.101).
Further Resources for Study and Sharing:

North American Division Women’s Ministries. Their resources include 15 videos about abuse plus other resources. www.nadwm.org/resources.

The General Conference Women’s Ministries. They provide yearly sermons and seminars on abuse. They also have an excellent set of pamphlets “Breaking the Silence” that can be shared with your congregation. They can be contacted at: 12501 Old Columbia Pike, Silver Spring, MD, 20904, USA or at http://adventistwomensministries.org.

There is also a complete list of Adventist Church statements regarding abuse at http://adventistwomensministries.org/index.php?id=125.

These Church statements on abuse can be accessed at: http://www.adventist.org/beliefs/statements/index.html.

Another excellent source for educational material on abuse can be ordered through www.adventsource.org. USA. Phone: 402.486.8800.

If a person has been abused by a church leader, help can be found at: http://www.thehopeofsurvivors.com.

Enditnow is a global campaign to raise awareness and advocate for the end of violence against women and girls around the world. It aims to mobilize Adventists around the world and invites other community groups to join in to resolve this worldwide issue. This campaign, which extends to more than 200 countries and territories, was launched in October 2009 in partnership between the Adventist Development and Relief Agency (ADRA)-a prominent humanitarian organization-and the Department of Women's Ministries of the Seventh-day Adventist Church, two entities that are representative of the Adventist Church. http://www.enditnow.org/ or http://adventistwomensministries.org.

Peace and Healing: A Quick Reference Guide for Making Homes Abuse-Free. Available from the General Conference Family Ministries Department or AdventSource. Family Ministries address: 12501 Old Columbia Pike, Silver Spring, MD 20904, USA.

Binding up Bruised Reeds: A Quick Reference Guide for Pastors on Ministry to Families Experiencing Abuse and Family Violence. Also available from the General Conference Family Ministries Department or AdventSource.

National Domestic Violence Hotline: (800) 799-7233; 1–800–799–SAFE

National Organization for Victim Assistance: 800-879-6682 (800-TRY-NOVA)
9am-5pm Eastern Time, Monday-Friday. Office: 703-535-6682, 9am-5pm Eastern Time,
Monday-Friday. Mail: National Organization for Victim Assistance, 510 King Street, Suite 424 Alexandria, VA 22314, USA.

No More Excuses: Domestic Violence: How Will Your Church Respond by: Mable and Colin Dunbar. 2010. Available through the Adventist Book Center or AdventSource.


EVENT REGISTRATION

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EVENT REGISTRATION

ADVENTIST MINISTRIES CONVENTION 2014

Date & Location: January 12-15, 2014. Hyatt Regency Monterey, 1 Old Golf Course Road, Monterey, CA 93940.

Description: The NAD Ministries Convention is held twice every five years, and its purpose is to provide training and resourcing for about 700 denominational leaders. There will be over twenty-seven ministry tracks, robust exhibit events and awards given for ministry achievement. It’s a premier event for church leadership.

Who Should Attend:
- Conference and Union Departmental Directors and Officers and their spouses
- Others appointed by their Conference to provide training or other services to equip congregational leaders
- Ministry Resource Providers and Institutional Leaders

Featured Speakers: Information to come.

Schedule:

Sunday, January 12, 2014
12:00 pm-7:00 pm - Registration
1:00 pm-5:00 pm - Advisories
5:00 pm-7:00 pm - Opening Exhibitor Reception
7:00 pm-9:00 pm - Opening Keynote
9:00 pm-11:00 pm - Night Owl Café

General Schedule
8:00 am-10:00 am - General Session
10:00 am-12:00 pm - Exhibits Open
10:00 am-5:00 pm - Registration and Information (times will vary daily)
10:30 am-12:00 pm - Leadership Forum and Seminars
12:00 pm-2:00 pm - Exhibitor Luncheon
2:00 pm-6:00 pm - Seminars and Advisories
5:30 pm-7:00 pm - Exhibits Open (except Wednesday)
9:00 pm-11:00 pm - Night Owl (except Wednesday)
Feds Release First Guidelines for Confronting a Church Shooter

BY LAUREN MARKOE

For the first time, the federal government has issued written guidelines for houses of worship that are confronted with a homicidal gunman.

Vice President Joe Biden released the new rules on June 18, six months after the school shooting in Newtown, Conn., that left 26 dead, including 20 children.

Beyond seeking shelter and waiting for police to arrive, as many Newtown victims did, the new rules also advise adults in congregations to fight back — as a last resort — in a bid to stop the shooter. The new federal doctrine is “run, fight or hide.”

After Congress failed to pass a slew of gun safety measures in April, Biden said the executive branch is doing what it can, promising to put gun control legislation back in lawmakers’ hands, and pointing to 21 executive actions to beef up gun safety taken by the administration since Newtown.

He also unveiled three new federal guidebooks to keep institutions safe: one for schools, one for colleges and one for houses of worship.

Though shootings at churches and other houses of worship remain relatively rare, they can make inviting targets for shooters — particularly disturbed individuals — who are looking for a highly visible target to settle a grudge or make a political statement.

Last year a gunman killed six people inside a Sikh temple in Oak Creek, Wis. In 2008, a gunman killed two congregants inside a Unitarian church in Knoxville, Tenn. In 2007, a gunman killed two people inside the New Life megachurch in Colorado Springs, Colorado, before being shot and killed by an armed volunteer.

As federal officials worked with education officials in crafting new school safety rules, they also consulted clergy, Biden told a White House auditorium filled with federal officials who have worked on the issue.

“The faith leaders not only want us to talk about making schools safer,” Biden said. “They’re worried that their congregations are at risk. So they wanted to know, what should they be thinking about when someone stands up in the middle of the congregation and decides to do something similar as we saw in the schools.”

In response to their concerns, Biden said, “we gave concrete direction.”

The guidelines’ basic run-fight-hide advice is similar to that given to schools faced with active shooters: Congregants should first try to flee the scene, taking people with them but not waiting for those who refuse to leave. If flight is not possible, hide — the guidelines describe some of the best hiding places. Fighting back is a last resort.
NCC Bible Retreat Equips Young Spiritual Leaders

By Julie Lorenz

Sacramento Adventist Academy junior Sarah Fandrich participates in a small group discussion.

Photo by Anna McMillen
It was a Bible conference with a surprising twist. Last February, nearly 280 ninth- and 10th-graders came together for the Northern California Conference Freshman/Sophomore Bible Retreat at Leoni Meadows. But the leaders of this retreat were not pastors; they were high school juniors and seniors.

Several days prior to the event, 58 11th- and 12th-graders arrived at the camp to begin intensive training in small group Bible study leadership. A team of youth pastors, led by Rio Lindo Adventist Academy church Pastor Krystalynn Martin, helped the kids prepare for their upcoming roles. “A challenge is getting them to believe they have the ability to do it,” said Martin. “But young people have the audacity to try it.”

The teens’ inexperience actually is helpful for this type of Bible study experience, according to Martin. “Students leave room for other students to struggle [with a question],” she said. “They don’t have all the answers, unlike adults who will be uncomfortable with the quiet space of thinking.”

The pastors equipped the young leaders with tools to interact with their groups, such as ice-breaker games and questions to help everyone get to know each other and become comfortable sharing their thoughts. They also modeled the Bible study technique they wanted each leader to use — sharing what a Bible passage means to him/her personally. “The purpose of the Bible study is to encourage open discussion, encouraging the freshmen and sophomores to dig deeper into the Bible,” said Grass Valley church assistant pastor Tim McMillen, one of the trainers.

When Friday night came, the new leaders were prepared. Two older kids were assigned to each group of 10 underclassmen. “My group leaders knew what they were doing. They weren’t shy at all,” said Sacramento Adventist Academy freshman Jake Calkins.

“It was really cool that even though they are older than us, they really opened up to us,” said Megan Bush, Sacramento Adventist Academy sophomore.

At the end of each of the four small group periods, the pastors held a debriefing session for the leaders so that they could share experiences and encourage each other. “They could get refueled to go out and do ministry,” said Martin.

The small groups started out lightheartedly, but many serious discussions took place over the weekend. “It’s fun to play games, but the entire point of the freshmen and sophomores going up to Leoni is for them to come out of their spiritual shell,” said Lodi Academy senior Jordan Greene, who co-led a small group.

Greene was also one of the weekend’s three speakers, along with Pleasant Hill Adventist Academy senior Armando Camacho and Rio Lindo Adventist Academy taskforce worker David Kabanje. “We’re trying to train young people, giving them opportunities to lead out in worship and in spreading the gospel,” said NCC youth director Eddie Heinrich.

The youth pastors hope that the student leaders will take what they have learned and start Bible studies in their home churches and schools. “The best part of the retreat,” said McMillen, “is seeing how God can empower a young person who is willing to step out.”

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NCC Bible Retreat Equips Young Spiritual Leaders

By Julie Lorenz

Sacramento Adventist Academy junior Sarah Fandrich participates in a small group discussion.

It was a Bible conference with a surprising twist. Last February, nearly 280 ninth- and 10th-graders came together for the Northern California Conference Freshman/Sophomore Bible Retreat at Leoni Meadows. But the leaders of this retreat were not pastors; they were high school juniors and seniors.

Several days prior to the event, 58 11th- and 12th-graders arrived at the camp to begin intensive training in small group Bible study leadership. A team of youth pastors, led by Rio Lindo Adventist Academy church Pastor Krystalynn Martin, helped the kids prepare for their upcoming
roles. “A challenge is getting them to believe they have the ability to do it,” said Martin. “But young people have the audacity to try it.”

The teens’ inexperience actually is helpful for this type of Bible study experience, according to Martin. “Students leave room for other students to struggle [with a question],” she said. “They don’t have all the answers, unlike adults who will be uncomfortable with the quiet space of thinking.”

The pastors equipped the young leaders with tools to interact with their groups, such as ice-breaker games and questions to help everyone get to know each other and become comfortable sharing their thoughts. They also modeled the Bible study technique they wanted each leader to use — sharing what a Bible passage means to him/her personally. “The purpose of the Bible study is to encourage open discussion, encouraging the freshmen and sophomores to dig deeper into the Bible,” said Grass Valley church assistant pastor Tim McMillen, one of the trainers.

When Friday night came, the new leaders were prepared. Two older kids were assigned to each group of 10 underclassmen. “My group leaders knew what they were doing. They weren’t shy at all,” said Sacramento Adventist Academy freshman Jake Calkins.

“It was really cool that even though they are older than us, they really opened up to us,” said Megan Bush, Sacramento Adventist Academy sophomore.

At the end of each of the four small group periods, the pastors held a debriefing session for the leaders so that they could share experiences and encourage each other. “They could get refueled to go out and do ministry,” said Martin.

The small groups started out lightheartedly, but many serious discussions took place over the weekend. “It’s fun to play games, but the entire point of the freshmen and sophomores going up to Leoni is for them to come out of their spiritual shell,” said Lodi Academy senior Jordan Greene, who co-led a small group.

Greene was also one of the weekend’s three speakers, along with Pleasant Hill Adventist Academy senior Armando Camacho and Rio Lindo Adventist Academy taskforce worker David Kabanje. “We’re trying to train young people, giving them opportunities to lead out in worship and in spreading the gospel,” said NCC youth director Eddie Heinrich.

The youth pastors hope that the student leaders will take what they have learned and start Bible studies in their home churches and schools. “The best part of the retreat,” said McMillen, “is seeing how God can empower a young person who is willing to step out.”