August 2011

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News You Can Use

The North American Division Summit on Abuse, scheduled for October 15-17 on the campus of Loma Linda University, is open to everyone who has an interest in stopping and preventing abuse, especially in the Church. For too long abuse of and by Church members has been “swept under the rug.” It’s time to put an end to all forms of abuse and to offer hope and healing to victims. For more information and to register, visit www.nadwm.org and click on the Summit on Abuse icon on the right side of the home page. You may also call our office at 301-680-6427.

Women’s Ministries Participates in Let’s Move Day. Kudos to the Kettering Adventist Church Women’s Ministries and Health Ministries for joining forces to lead their congregation to better health! On September 25 they will hold a Let’s Move Day 5 K run/walk. T-shirts will be given to participants and any revenue from obtained from the $15.00 participation fee will go to the Dayton YWCA.

Ladies, women are the keepers of family health, and thus the health of the congregation. Why not sponsor a walk or run in your church for national Let’s Move Day, September 25? The NAD Health Ministries Department is hoping Adventists will log one million miles that day. For information, visit www.adventistsinstepforlife.org. Let’s get moving!
At Festival of the Laity, September 7-10, in Dallas, NAD Women’s Ministries will sponsor a track of seminars geared for local church women’s ministries leaders. For information and to register, visit www.festivalofthelaity.com. We hope to see you there.

The calendar of events on our web site, www.nadwm.org (click on Events), contains dates and information on all union and conference retreats and other events. Please make sure that your union or conference event is listed. Contact WMAssistant@nad.adventist.org or reply to this email with information to post.


New books:

Doris Gothard, Women’s Ministries director of the Lake Region Conference, has written a book on finances called Seven Steps to Wealth. All proceeds from the sale of the book will be donated to the Lake Region Conference for ministries. The book is especially relevant for inner city churches. For information, visit www.dorisgothard.com.

Dr. Susie Hill is pleased to announce that her book, My Secret Weapon: Unlocking the Explosive Inner Power of a Woman, has been translated into Spanish. Visit www.drsusiehill.com.

Calendar of Events

September 7-10, Festival of the Laity, 2011, Dallas, Texas; www.festivalofthelaity.com

September 25, 2011, Let’s Move Day; www.adventistsinstepforlife.org

October 12-15, 2011, GC Emotional Health and Wellness Conference, Loma Linda University; www.globalemotionalhealth.org

October 15-17, 2011, NAD Summit on Abuse, Loma Linda University; www.nadwm.org/summitonabuse


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Ten Ways To Keep Teenagers Thinking and Practicing Purity

By MsDora

People who manifest purity in their attitudes and conduct are people who think about purity. "It is the nature of thought to find its way into action." (Christian Bovee)

Between annual events like the Purity Pledge Ceremony and Purity Ball, there has to be activities that will constantly remind the young people of lifestyle principles that are important to them.

Following are ten suggestions for activities that will help build peer support and keep them focused on the purity lifestyle. The involvement and guidance of parents and or mentors is recommended.

What They Think About . . .

. . . is what they talk and sing about; and act out

Source: epSos.de

Establish Accountability

Within the group, there will be subgroups of two or three who are closer to each other than to the rest of the group. Encourage members of the smaller group to form buddy teams, and be accountable to each other. Help them foster friendships built on trust and genuine interest in each other, so they could feel free to confide, give and receive counsel and assistance to each other. Encourage them to recruit someone they all respect if there is ever an issue too complicated for them.

Collect Purity Quotes

Assign a certain number of quotations on purity for each member to find and record. Ask each member to memorize at least one and share the reason for that selection. Create a reference file for future use. In another meeting, members could select other quotes for discussion. Also try this with quotations on beauty.
Watch Wholesome Movies

Here are two, for a start.

**Love’s Enduring Promise** from the *Love Comes Softly* series by Michael Landon is highly recommended. “What could be romantic froth becomes a quiet, well-paced, and thoughtful love story, thanks to a solid script, capable performances, and clean direction . . . wholesome storytelling and clear moral perspective.” Bret Fetzer

**Pamela’s Prayer** remains a favorite among purity promoters although it receives negative reviews for several reasons: it promotes high purity standards which some think are unattainable; it is old (1998); the actors are not of a grammy-winning caliber. Many people think it’s the best on the subject. It also makes dads cry.

Rosebud Metaphor For Girls . .

. . white, fragile, fragrant petals in tact

Source: Meaning of Flowers

Paint Self-Portraits

Not literally with paint and brush, but with words. Metaphors are very effective in helping people see themselves. Some Biblical examples are: “the apple of God’s eye” (Zechariah 2:8); “His jewels” (Malachi 3:17); “the branch on His vine” (John 15:5); “a pillar fit for a palace” (Psalm 144:12). Popular objects for comparison are the rose, a star, a light, fragrance. Have members create or choose their own metaphors answering questions like “What positive aspects do I have in common with this object?” “How can I display those qualities in my everyday life?” “How is my purity walk affected by this portrait?” A personally created self-portrait can be very empowering.

Apple Tree Metaphor For Men . .

. . symbol of stability, provision and protection

Source: reddit

Practice Compliments

Have an appreciation session in which members feed each other’s sense of worth. Devise a method by which each member is assigned to point out
something admirable in someone else. Have them practice compliments on virtues and skills like kindness, cheerfulness, speech as opposed to external features like hairdos, shoes, and body parts.

**Role-Play**

Create scenarios which are likely to happen, and for which it would be wise to have prepared responses. Have members take turns in role-playing the conversations in situations like these, for example:

- Someone borrows a textbook from a friend and finds pages from a porn magazine inside.
- After declaring their affection for each other, one person tells the other, “If you love me, show me.”
- One friend is so scantily clad, the other feels uncomfortable.

**Other Recommended Topics Just click on the topic**

- The Parable of The Fallen Wedding Dress
- What The Dress Says About The Woman
- Sharing Activities for Christian Singles Over Forty
- Sister Acts By Responsible Women
- How To Maintain Respect in Male-Female Relationships
- How To Achieve God's Best Life For Parent and Child
- How To Evaluate Your Beauty Without Using A Glass Mirror

**Explore Fashion**

Have members collect fashion catalogs or random styles of clothing. Take turns evaluating the appearance by answering questions like: To what event or occasion would you expect someone to wear this? On a scale of one to ten, how “modest”, “decent”, “appropriate” would this be? Is there any reason why you would refuse to wear this outfit? Without being judgmental or condemnatory, stress how appearance and deportment influence people.
Host A Beauty Forum

Both males and females need to understand the real meaning of beauty, how it impacts self-worth and influences relationships. Invite experts in various fields: diet, exercise, skin care, self-esteem, teenage biology to present the all-round healthy aspects of beauty.

Befriend A Moral Dropout

One way for teenagers to encounter the consequences of immoral behavior without experiencing it, is to hear it from someone like the prodigal son who has been to the “far country.” In the process, they will learn practical lessons in forgiveness and restoration. Assign someone with tact to extend the invitation. Let the invitee know that there is no pressure to join the group. Show interest in his/her story whether it be a young, unwed teenage mother, or a teenage male abandoned by the friends who seduced him into trouble. The teenager must express a willingness to accept help, even professional if necessary. Try this only if the entire group consents.

Create A Purity Blog

Start a blog for the purpose of having members express themselves about everyday issues. Assign one person to write the lead article and have the others read and comment for a period the group decides on, before the next person writes another article.

Resources for Group Use

- **Love’s Enduring Promise**
  - Amazon Price: $3.84
  - List Price: $14.98

- **Pamela’s Prayer**
  - Amazon Price: $5.50
  - List Price: $9.99

- **Purity Circle Workbook**
  - Amazon Price: $11.95