

Winter
2018-19



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Family Ministry's Newsletter

Dear Family Ministries Leaders

I hope that 2019 has started well for you!

I pray that God will fill your own heart with His love as you fill up the heart of those you love and serve.

Karen

Sparkling moments

What are sparkling moments?



When I trained as a family therapist, we were taught to help families notice when their relationships were going well, such as when they experienced empathy, deep connection, and insightful communication. These moments gave them a taste of the relationships they hoped to achieve and gave them hope that things could get better. They could also stop and notice the skills they were using in that moment and wonder how to apply them in other contexts and relationships. My supervisor would regularly ask me about the "sparkling moments" that I experienced in the therapy room with my client families.

At the TED, we write brief reports on our trips and activities. Each time I list what I have done and the seminars and sermons I had delivered. I also list some of the challenges and learning points in each trip, as each event is an opportunity for me to grow. And then I list the "sparkling moments" – the times when things went unexpectedly well, the times when a person told me what the seminars had meant to them, the times when there was a powerful sense of God at work amongst His people.

I enjoy looking for the sparkling moments in each event, and including them in my reports, because it creates a positive way to reflect on each experience. I notice these sparkling moments. I try to look at my experiences through the lens of Paul's words: "Summing it all up, friends, I'd say you'll do best by filling your minds and medi-

tating on things true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." Philip-
pians 4:8 Message

For something to sparkle, we need reflective or ignitable material, so we need to take time to reflect on what God is doing, and to notice how the Holy Spirit is "igniting" His people. Sparkles also need a contrasting background. They're often more noticeable when something beautiful happens in a challenging or unexpected situation. Sparkles also need careful observers – if we are not looking for the sparkling "God moments" in our lives, we can easily miss them, or not see them as gifts from God.

I wonder what your "sparkling moments" were in the past year? Take time to pause, focus on them, and thank God for them. Why not do this with your family when you meet together? Hand out sparkling gift tags and invite people to write down and share a few of their sparkling moments from the past year. Give out small, acrylic sparkling gems, that you can buy very cheaply, to remind people to think about the sparkling moments in each day and to thank God for them before they go to sleep.

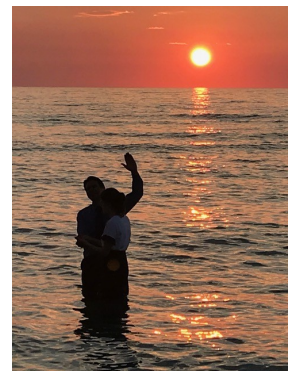


Trondheim: outreach

When I look over the family ministry events of the past year there have been many sparkling moments.

The joy of teaching pastoral care skills to the theological students at the seminary in Marusevec; watching the enthusiastic involvement of

children in the intergenerational worship services I have led in places like Iceland, England and Finland; being present at a sunset baptism in Albania; seeing families explore what Sabbath means to them through a room filled with multisen-



Albania– A Sunset Baptism

sory activities; watching people interact with the prayer room at the European Pastors' Council in Belgrade; teaching Godly Play in the Baltic Union; participating in outreach activities in Greece, Albania, Iceland, Norway, Sweden and Cyprus; and having inspiring conversations with many of you about how God is at work in your own ministry.

These are just a few of the sparkling moments that have lit up my life in the past year.

Thank you for your part in these moments, and many others.



Karen and Bernie Holford

Thank you for your support!

I want to thank all of you for your prayers, support and understanding during the first half of this year, after the retina of my left eye became torn and detached. I am told that this is one of the age-related risks of being short sighted. The initial surgery to repair the retina triggered a severe cataract, which meant that I was temporarily blinded in my left eye until the cataract could be removed and I could have a new lens inserted. Finally, my eye is working normally again. I am so grateful to God for my vision, and for all of your prayers. Karen

Message from Dr Willie and Elaine Oliver, Family Ministries Directors, GC

"Many of you are gearing up for the 2019 centennial celebration of Family Ministries and already have definitive plans in mind. For those of you whose plans are still fluid, we offer the following list of ideas which we are recommending to all church entities around the world at every level of the church's structure and encourage you to share this with your networks as well. Within a couple of weeks this information will appear on a dedicated section of our website (family.adventist.org) and available for download by anyone interested in ideas for the centennial celebration. We will soon also make available to you a DVD that may be used as part of your celebration plans. Here is that list:



1. Celebrate the two "Family Emphasis Weeks" in 2019: Christian Home and Marriage Week (February 9-16); and Family Togetherness Week (September 8-14).
2. Plan to get your entire congregation to participate in the distribution of the World Missionary Book for 2019 **Hope for Today's Families** during the two special weeks of Family emphasis, or during some other date in 2019 if the dates in February or September don't work well for your congregation. Ask whether your Publishing colleagues will partner with you in this initiative.
3. Promote the study of the second quarter's Adult Bible Study Guide, *Family Seasons*, written by our colleagues from the North American Division, which is on developing and supporting stronger and healthier families and relationships.
4. Honour a couple, person or family in your congregation that has made a big difference in helping to develop stronger and healthier families in your local church and/or community. Your local media might also be interested in their story.
5. Have a special banquet/dinner either on a Saturday evening in February or in September to celebrate 100 years of Family Ministries in the Seventh-day Adventist Church.
6. Use the PDF file of the brochure with the history of Family Ministries (download at family.adventist.org).
7. Use the PDF file of our centennial logo to advertise and promote the centennial celebration (download at family.adventist.org).
8. Use the 2019 Planbook, which has sermons, seminars and other family strengthening resources for the centennial celebration (download at family.adventist.org)."

NAD Video introducing the centenary of SDA family Ministries



Drs. Pamela and Claudio Consuegra, NAD Family Ministries directors, have made a short video about the centenary of family ministries. You can watch it at:

<https://www.youtube.com/watch?v=1eNoymaFEns&t=35s>

You might even like to make a video of your own in your own language and highlight some key features of the history of family ministries in your field.

TED Family Ministries centenary project—live:kind

Rather than hosting an event for the centenary of SDA family ministries, we have decided to create a project that has the potential to enrich all kinds of relationships. Loneliness is now considered to be a health risk that is as severe as smoking 15 cigarettes a day:

<https://www.iflscience.com/health-and-medicine/loneliness-is-as-bad-for-your-health-as-smoking-15-cigarettes-a-day/>.

Doing kind things for other people is good for our spiritual, emotional, relational and physical wellbeing.

Why kindness? Kindness creates a healthy foundation for every relationship. When we are kind to others it is good for our physical, emotional, psychological, and spiritual wellbeing. When people are kind to each other there are fewer arguments. And when we are kind to each other, people can see and feel God's love in action.

live:kind resources - Click on the links below for:

[Kind things you can do when you live alone](#)

[Kind things you can do at work](#)

[Kind things children can do at home](#)

[Kind things you can do at school](#)

[Kind things you can do at church](#)

[Kind things you can do in your local community](#)

[Kind things you can do for your spouse](#)

[Kind things you can do for free](#)

[Kind things you can do from your own home](#)

[Kind things you can do for your neighbour](#)

[Kind things children can do for their parents](#)

[Kind things you can do for your pastor](#)

[Kind things students can do at college or university](#)

[Kind things you can do when you are travelling](#)

We are also developing kindness journal pages, kindness devotionals and inspiration, stories of kindness, children's **live:kind** log page, and much more throughout 2019.

Family Ministry Leadership Training (FMLT) - Bečići, Montenegro, 5 -10 April 2019

Our FMLT training is now a joint training programme with the EUD, bringing together people interested in family ministries from all over Europe, and providing us with a greater opportunity for networking.

The TED is providing some funding to sponsor trainees, and we especially want to train interested couples because family ministry is greatly enhanced when a couple serves together because they can then adapt it to their local needs and cultures. The training takes place over three years, with each session lasting about 6 days.

You can access the outline of the course in this online brochure: <https://ted.adventist.org/family-ministries/fmlt>



This year the topics being taught are *Family Ethics* with Dr. Mike Pearson, *Human Sexuality* with Dr. Gabor Mihalec, and *Spiritual Parenting* with Karen Holford. During each of three training sessions Sabbath is spent exploring a different topic, and this time the topic will be *Intergenerational Worship*.

FMLT Graduates 2018

This year the FMLT was hosted by EUD and it took place at Friedensau, Germany. We had 9 people from the TED graduating from the FMLT programme:



TED & EUD participants



9 TED and 2 EUD graduates

FMLT 2018 TED Graduates:

- Laszlo Frend - Hungary
- Gabor Hites - Hungary
- Elizabeth Iheoma – United Kingdom
- Obinnaya Iheoma - United Kingdom
- Laszlo Liebhardt - United Kingdom
- Marta Mayor - Hungary
- Mikus Mezitis - Latvia
- Anthony Opoku-Mensah - United Kingdom
- Lewis Quaye - United Kingdom

Marriage Mentors Needed - full training given!

The TED is generously supporting a new project to train marriage mentors to support young couples beyond their premarital counseling experience and their wedding, and through the first years of marriage.

We are starting a pilot project with pastoral couples who have been married for at least 10 years, who have experienced parenthood, and who both speak English. Initially we will offer this training to 30 couples. They must be willing to undertake a couple of online questionnaires and engage with a short, interactive, entertaining, informative and skill-building online training programme, which they can easily do in their own time in a few hours. Each training segment also comes with dinner and movie suggestions so that the couples can turn the learning experience into a date night, if they wish! Most couples who take the course find that their own marriage is also enriched.

We will evaluate the effectiveness of this project and then consider the viability of offering this training to more pastoral and lay couples in the future. If you know pastoral couples in your field who fulfil the criteria, and who are willing to train as mentors, please let me know.

Please submit the names and emails of interested pastoral couples to:

Karen at kholford@ted.adventist.org.uk by **31st January 2019**.

Family Ministry leaders are also welcome to join the project and receive the training.

Filled up families!

We have been writing and designing a series of placemats for families to download, print and use at their tables to encourage spiritual conversations and activities. We hope to produce 36 designs – providing families with a different design every month for three years.

If you would like them in your language, we can send you the Word documents to translate. Our graphic designer can add your language to the design for a small fee. You are also free to translate the words and place them into your own design work, if you would rather do that. Please send all copies of all translated placemats to Heidi so that we can upload them to our TED Family Ministries pages for others to discover.

Here's how you can use them:

- Add the designs to your website.
- Print off sets of placemats to give away. Laminate them if you wish.
- Use the laminated placemats on the tables at your family camps and church meals.
- Print translated designs in the central pages of your church magazines for families and church members to pull out, share and use.

Our finished designs are:

- Be Kind – <https://ted.adventist.org/images/Family/Be-Kind-placemat.jpg>
- Be Generous – <https://ted.adventist.org/images/Family/Be-Generous-placemat.jpg>
- Be Thankful – <https://ted.adventist.org/images/Family/Be-Thankful-placemat.jpg>
- Lost and Found – <https://ted.adventist.org/images/Family/Lost-and-Found-placemat.jpg>
- Jesus is Born – <https://ted.adventist.org/images/Family/Christmas-story-placemat.jpg>
- We also have a placemat on the theme of feeding of the 5000 that will be uploaded soon!



New! Adventist app especially for parents and local churches

Pastor Daron Pratt, a Children and Family Ministries director from Australia, has worked with a team to produce an excellent app for Adventist parents. You can find it on the app store as **Spiritual Parent Coaching**. It has a base with lots of information and resources about nurturing the faith of your children and young people. It includes 7 gifts for parents to give their children to nurture their faith and 7 gifts for local churches to give to their children and young people. The app sends regular reminders to parents suggesting all kinds of ways that they can help to disciple their children.



- Download the app and experience it for yourself.
- Encourage anyone who speaks English to download the app for themselves.
- Share the ideas through your social media networks, and with people who can put the translated ideas into local church bulletins.
- If you would like to translate the app into your own language, let me know and we can ask Daron how we might do that.

Nordic Project - Spiritual Pathways for families and children

The Nordic countries have come together to develop an excellent spiritual pathway resource. This consists of a series of leaflets, which describe the spiritual development process of a child up to a young adult aged 19. Each leaflet lists the needs for each child, and what the parents, the local church, and the Conference or Union can do to support the child's spiritual development. You can also find some helpful resources and books listed on each pamphlet.

<https://www.sabu.no/en/children-and-family/taking-faith-home>



More resources for spiritual parenting

The Kitchen Table Project

The Kitchen Table Project is an initiative by Care for the Family, a Christian charity supporting families in the UK. The Kitchen Table project is about helping families to share faith in simple and effective ways at home. You can download free resources and materials to help you train other parents.

<https://kitchentable.org.uk/>



Parenting for Faith



Parenting for faith is a family spirituality initiative by the UK's Bible Reading Fellowship, who also produce lots of other material for children's worships and intergenerational church services. Parenting for Faith has a free video-based training series and plenty of resources.

The material is excellent for any family who wants to parent in ways that nurture children's spirituality. You can also use the materials to inform and inspire yourself, and it will help you to create effective seminars to support the parents in your field as they disciple their children.

<https://parentingforfaith.org/>

Parenting Resource – Topic packs

Earlier this year we asked many of the FM directors in the TED what we could do to support parents. Your suggestions were mostly around doing something free that parents could access from their own home and devices. We are working towards this and at the moment we hope to create a short newsletter of links and ideas that you can translate and share with the families in your field. Each one will be on a different topic. If you have any helpful resources for parents, please let me know. We also hope to answer parents' questions on challenging topics, so please let me know some of the difficult questions you have been asked.

We hope that this will provide a low cost, easy to share resource that will encourage parents in their vitally important work of nurturing disciples for eternity.

“New Freedom to Love”

“New Freedom to Love” is a 5-part seminar that opens the subject of pornography up for frank discussion. It provides an educational, holistic look at how pornography affects us bio-chemically, emotionally, and spiritually.

<https://www.adventsource.org/>



“Stages of Faith”

In this course, Dr. Ginger Ketting-Weller explores spiritual development in children and adults. Learn to identify each stage, as well as its dangers and gifts. As you explore the characteristics of each stage, you will be able to better understand people in your church and community.

<https://www.adventistlearningcommunity.com/courses/1154>



GC Family Ministries Planbook 2019

The GC Family Ministries Planbook 2019, *Strengthening Disciples* is ready to download from the GC and TED Family Ministry website pages. You can download it in English, or in a format that you can translate.

<https://family.adventist.org/planbook2019>

<https://ted.adventist.org/family-ministries/resources>



With kind blessings,
Karen Holford, Director
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