

2020

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Family Ministry's Newsletter

Happy New Year!

Dear Family Ministries Leaders,

I hope and pray that this will be a year that brings us all closer to God and to those we love.



The new year is a good time to reflect on our relationship with God and to wonder, with Him, how we can experience more of His love for us so that we can share it with others.

It's also a good time to wonder whether your spouse, child, parent, relative, or close friend feels less alone in their relationship with you, or more alone than they did one year ago. What will you plan to do this year to make sure that

they feel less alone in a year's time than they do today? Even when you have a strong and close relationship there is always something new you can do to connect more deeply with those you love, and this will bless you as well as them.

One of the first things that we learn from God about human beings is that He never made us to live in isolation, and that it's not good for us to be alone. Loneliness is an ever-increasing issue our society where families are breaking down, and people are living in virtual worlds on social media. Loneliness can lead to depression, ill health, hopelessness, and all kinds of social and spiritual problems. Family Ministries can raise awareness of the dangers of loneliness and encourage people to reach out and connect in face-to-face and compassionate ways to their neighbours, friends, family members and colleagues.

Make a list of your most important relationships and write ten ways that you can strengthen each of those relationships in 2020, then commit to putting the into practice. Use what you learn from this experience to inspire your ministry and your desire to strengthen the relationships of those you serve.

We hope that this newsletter inspires you in your ministry throughout the coming year.

Have a wonderful and blessed year, noticing all the ways God shows His love for you, every single day.

Karen and Heidi



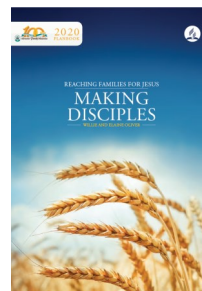
2020 Family Ministries Planbook

This year the title of the FM Planbook is *Reaching Families for Jesus—Making Disciples*.

You can find the Planbook on the TED FM web pages:

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

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



Dates for your 2020 Calendar

- Christian Home and Marriage Week: **8-15 February**
- Christian Marriage Day: **Sabbath 8 February** (emphasizes marriage)
- Christian Home Day: **Sabbath 15 February** (emphasizes parenting)
- TED/EUD Family Ministry Leadership Training: **14-19 April** (Barcelona—see below for more information)
- Abuse Awareness Sabbath: **22 August**
- Family Togetherness Week: **6-12 September** <https://discipleship.adventistchurch.com/events/>
- Family Togetherness Day: **Sabbath 12 September** (emphasizes the Church Family)

Family Ministries Quinquennial Report



The report on the activities of the TED Family Ministries Department during this current quinquennium is now on our webpages:

https://ted.adventist.org/images/departments/TED_YEM_Departmental_Reports_2015-2019_.pdf
(FM report pp. 21-30).

This will give you an overview of some of the projects we have been focusing on within the department, and the many things that have brought me joy as I have served alongside you. The focus has been on supporting family spirituality, and I was amazed and encouraged to see how many seminars

have been conducted on topics related to family spirituality over the past four years!

TED Family Ministries 100 Project - *live:kind*

Rather than hosting an event for the centenary of SDA family ministries, we 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, see <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

Even though the centenary is now over, you can still use these resources to encourage kindness in your families, churches and communities.

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](#)

2020 Family Ministry Leadership Training (FMLT) - Barcelona, 14-19 April

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 has provided funds to sponsor some trainees. We especially want to train interested couples. Family ministry is greatly enhanced when a couple serves together, because they can then adapt their learning 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:

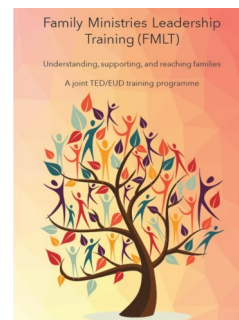
<https://ted.adventist.org/family-ministries/fmlt>

In 2020 the topics that will be taught are *Human Development*, *Family Evangelism* and *Families in Society*, and they will be taught by Pastor Rainer Wanitschek (FM director EUD), Dr Gabor Mihalec (FM Director Hungarian Union), and Karen Holford (FM director TED).

Every year at FMLT we spend Sabbath exploring a different topic, and this time the topic will be *Delightful Sabbaths*, led by Karen.

Please contact Heidi if you would like to receive more information about this event.

Heidi's email address: hkamal@ted.adventist.org



FMLT Welcomes CFLE Graduates!

The current FMLT is open to everyone, even if you have already obtained your CFLE certification. Many of you became CFLE certified more than a decade ago, and FMLT has updated CFLE to meet current ministry needs.

FMLT explores current issues affecting families and provides you with ready to use materials on a wide range of topics for families. It is good for the current trainees when other experienced FM directors attend the training event and share their ideas and perspectives. If you would like to attend, we would love to have you! If you can present a one-hour seminar that fits with the topics for the year, then we will be very happy to share the teaching with you!

Please contact Karen for more information. kholford@ted.adventist.org

FMLT Attendees 2019

This year the FMLT was hosted by TED and it took place in Montenegro at Hotel Splendid.

Congratulations to everyone who came along to learn, and we hope and pray that you use what you have learned to inspire and bless your own families, as well as the families in your churches and communities. It's been great to have a high proportion of couples learning together, and even a few children to keep us in touch with the reality of parenting!



TED participants

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. These have proved popular around the world, and I often receive comments and thanks from people who are using them and sharing them.

If you would like to create them in your language, we can send you the Word documents to translate and then your designer can place them onto the background design blanks that we can also supply. Please send a copy of each translated placemat to Heidi so that we can upload them to our TED Family Ministries pages for others to discover.

If you would like to help us create more placemats, please let me know and we will send you some guidelines.

Here's how you can use the placemats:

- Add/link the designs to your website.
- Print translated designs in the central pages of your church magazines for families and church members to pull out,
- Share and use.
- 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 to inspire families to enjoy spiritual conversations and activities together.

<https://www.youtube.com/watch?v=W2oiHzzsi8Y&feature=youtu.be>

Our finished placemat designs are:

Alive - https://ted.adventist.org/images/Family/He_is_Alive.jpg

Heaven— <https://ted.adventist.org/images/Family/Heaven.jpg>

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>

The Fish Sandwich Picnic— https://ted.adventist.org/images/Family/Feeding_5000_placemat.jpg

Be Brave— <https://ted.adventist.org/images/Family/Be-Brave-placemat.jpg>

Noah's Ark— https://ted.adventist.org/images/departments/noahs_ark_placemat.jpg

Wonderful Creation - https://ted.adventist.org/images/departments/wonderful_world_placemat.jpg

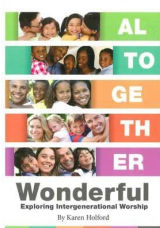
Click on this link for the TED Filled-up placemat promotional video:

<https://www.youtube.com/watch?v=W2oiHzzsi8Y&feature=youtu.be>

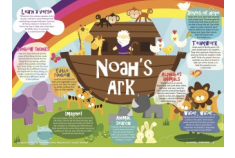
Intergenerational Worship – Looking for Intergenerational Worship Outlines

One of the big projects for the quinquennium has been training pastors and churches to make their church services more inclusive of children and young people. Some churches have really captured the idea and are finding it a fantastic way to bring all ages together. Israel is also using the concept very creatively and wants to train every pastor and elder in developing inter-generational worship services.

We would like to upload 12 intergenerational service ideas to the website, so that pastors and leaders can use the ideas to kickstart their creativity. If you have a worship outline that you could share, that has enough information for someone to follow and create a service, we would be very grateful if you would let us place it on the website. Thank you!



We have some of my Altogether Wonderful books, which guide churches through the process of developing intergenerational services. If you need any to share with your pastors and leaders, please contact Heidi and let her know how many you need.



Helping Families Manage Screen Time

Helping children manage their screen time is becoming a huge challenge in today's society. A Christian friend of mine who works for Care for the Family in the UK has written this excellent book about the topic:

<https://www.careforthefamily.org.uk/shop/parenting-resources/parenting-books/left-to-their-own-devices-confident-parenting-in-a-world-of-screens-2nd-edition>

This video-based resource can be downloaded for free:



“A video-based session to help parents address the challenges of the online world.

This 90-minute session is made up of video clips and discussion time which will allow parents to gain an understanding of the online world that our children inhabit. It addresses challenges and provides an opportunity for parents to share their own experiences and ideas while giving them practical tips on how to be a great parent in a world of screens.

If you would like to run this course for your school or in your community, you can download it for free. Simply enter your contact details in the form below and you will be directed to a web page with all the downloadable resources. These include everything you need to run a course:

- Video clip
- A Group Leaders Guide
- Session Notes
- School's guide

Alternatively you can buy a pack which includes a leader's guide, sample session notes and a memory stick of the video content, all safely presented in a useful wallet.” <https://www.careforthefamily.org.uk/courses/ltod>

If you have any other good resources on this topic, please share them with us. Thank you!

Dealing with Pornography

Dealing with Pornography

Pornography is a huge issue in our society. Very young children are accessing pornography accidentally on their parents' phones. Children are naturally curious. A six-year old child at an SDA school in America was found showing pornography to his classmates on his father's phone, quite unaware of the dangers.

The SDA church has developed a website <https://www.newfreedomtolove.org/> with ready-to-use resources for churches to use. These videos and discussion guides can help you and your FM leaders, pastors, parents and youth workers to open up the topic with your congregations and families.

The Great Porn Experiment: <https://www.youtube.com/watch?v=wSF82AwSDiU>

There is an enlightening, short and accessible TED talk on the topic of research into the serious effects of pornography on people's brains, lives, relationships and sexual functioning. This is called *The Great Porn Experiment* and you can click the link to watch the video. Do watch this before showing others to check that it is suitable for your audience.

Good Pictures Bad Pictures: This is an excellent book by Kristen A. Jenson designed to help parents talk about the important topic of pornography with their younger children.

As children are accessing pornography at younger ages, often accidentally, it is important for them to understand what is happening and how they need to respond.

These are the pictures of the back and the basic “escape plan” for children (and adults).



Reaching Young Families Project - Carer and Toddler Groups

Reaching out to young families is an excellent way to build friendships in the community and to connect with families when they are often feeling most isolated, vulnerable and in need of help and support. The churches who run these groups for one morning a week often find them a very effective way to reach and serve their communities.

We have put together an information pack for churches who would like to start a ministry to young families through the creation of a toddler and carer group. We will send you a link as soon as the information pack is ready.

We are planning to create a video about the toddler group started by the SDA church in Crieff, Scotland, to help churches see what the group could look like and to understand what is involved. We have the raw video ready for editing. I can also provide a PowerPoint presentation that can be used to promote the concept.



Care for the Family in the UK have their own website to support toddler and carer groups called "Playtime" which is filled with good ideas, resources and even take-home sheets filled with information and ideas for parents called "Smalltalk":

<https://www.careforthefamily.org.uk/faith-in-the-family/playtime>

TED Mission Funds for Family Projects

The TED provides special funding to support mission projects across the Division. Over the past few years there have been very few family ministry projects that have applied for funding, and we would like to see more family projects applying for funding. If anyone in your field is involved in a mission project to reach and serve families, they can apply for Mission funding that will be shared between the Conference, Union and Division. If they have a very creative idea, that might not be supported by local funding, then applications can also be made to the TED Creative Initiatives fund.

For more information download the pdf file at:

<https://ted.adventist.org/images/mission/What-the-TED-Mission-Board-Can-Do-For-You.pdf>

Resources from Australia

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.

Daron has also created some **Spiritual Parenting Posters and discussion guides for churches:**

<https://nns.adventist.org.au/resources/gifts-for-our-children-posters/>

And a great booklet about spiritually mentoring out children:

https://cdn-5baecf83f911c8142cb3329c.closte.com/wp-content/uploads/2018/12/Mentoring_Booklet_High_Res.pdf

(Almost) Ready to use Interactive Seminar Kits

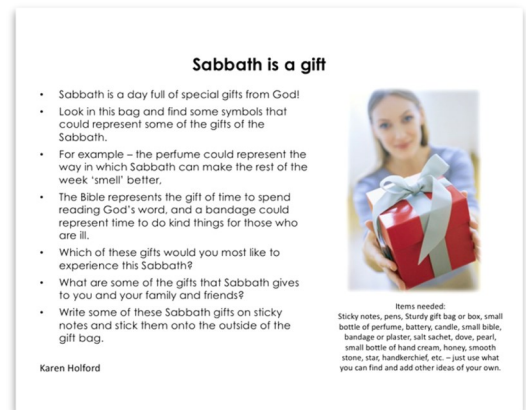
I have a number of “kits” of interactive prayer and worship activities. These come as a PowerPoint presentation, but each slide is a translatable and printable instruction card, complete with a list of items that are needed for each activity. See the sample card below from the Sabbath kit.

The topics are:

- ◆ Creative prayer activities for families
- ◆ Creative Sabbath activities for families – exploring Sabbath, creating Sabbath traditions, etc.
- ◆ Creative family worship activities
- ◆ Creative character-building activities
- ◆ Creative ways to learn memory verses

All you need to do is translate the slides into your language, print them out, gather the supplies listed on each card, and place a card and the supplies on each table.

Let me know if you would like any of these. However, if you would like me to come to your country and do presentations on any of these topics, then it may be best for us to use these activity cards when I visit.



Youth Alive



Youth Alive is a project to help young people make healthy choices in their relationships, diet, lifestyle choices and spirituality. This is a project that has been initiated by the Health Department of the GC and it is a collaboration between health ministries, family ministries, education and youth ministries.

We are currently running two Youth Alive projects in the TED: one in Albania and one in Lithuania. This has been more time consuming than I anticipated, but it is an important project and together we are learning how to create friendship groups that can support young people through the challenges they face in today's society.

If you are interested in what we are doing or know professionals who could support us in this project by offering workshops and seminars, please let me know.

Please Share Your Resources!

Have you created something to help the families in your field that others are finding very helpful? If so, please share them with us so that they can inspire and help others!

We're currently looking at translating a box of discussion starters for couples that Anne-May Müller has created in Denmark.



Gratitude

I want to thank you all so much for whatever you have been able to do to serve and inspire the families in your field. Many of you have several different departments or responsibilities, which limit the amount of time you can invest in family ministries. I understand how challenging that can be. Whatever you have done for the families in your field is a blessing.

I also want to thank Heidi, my PA, for many hours of support, and all the warm wisdom she shares from years of invaluable experience working at the TED.

Together we want to wish you all a blessed 2020. This year will definitely bring us all closer the second coming of Jesus, we pray that it will also bring you closer to Jesus and to your beloved families.

With kind blessings,
Karen Holford, Director
Heidi Kamal Kendel, Personal Assistant

Family Ministries Department
Trans-European Division
United Kingdom