

# NEWSLETTER

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'The Lord is my shepherd!' Psalm 23:1a

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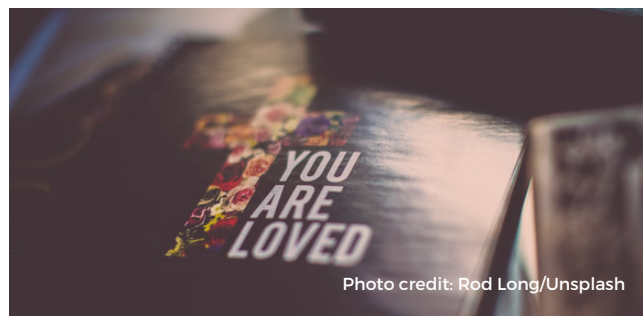


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## EVERY BLESSING FOR 2023!

We have had three years of pandemic, almost one year of Russian/Ukrainian conflict, plus concerns over global warming, rocketing fuel and cost of living prices, and financial recessions. But God is bigger than all of these, and He holds each of His children in the palm of His hand, aware of all that is troubling us, and all that is bringing us hope and joy.

# Journeying through the years

Although it's very familiar to each one of us, the 23rd Psalm is a message of hope. God is the best shepherd ever! He is constantly watching over us, providing for our physical, spiritual, and emotional needs as a very loving Father.

He is close to us, protecting us, comforting us, leading us, and supporting us, whenever we are going through dark, lonely, and troublesome places. And He will bring us through the tough times and celebrate with us all at a wonderful feast that He will spread before us. Surely His goodness and mercy will be with us always.

Whatever we have experienced in 2022 and wherever the path takes us through 2023, we know that He is constantly at work, making everything beautiful in its time, Ecc. 3:11.

One of the great joys of growing older is that I can see more clearly how God has made many of the messy parts of my own life more beautiful over the years, in ways that I could never have imagined.

It is my prayer this year that we will 'see Him more clearly, love Him more dearly, and follow Him more nearly, day by day' (adapted from Richard of Chichester).



He has made everything beautiful in its time.

Ecclesiastes 3:11



[Hotel Splendid, Budva, Montenegro](#)

## TED Combined Advisories 6-10 March 2023

The most urgent and important news for you is that we will have a combined advisory in Montenegro in March. This will take place in the beautiful Hotel Splendid which is right on the Adriatic Coast, and has a wonderful restaurant, spa and swimming pool complex.

The Family Ministry and Children's Ministry advisories will take place at the same time, and we have yet to work out the detailed timetable.



# Women's Ministry Advisory

This year's WM Advisory is scheduled as follows:

- Thursday, 9 March 08:30 - 17:30
- Friday, 10 March, 08:30 - 12:00

There will be evening worship from 18.15-19.15 which will be for all the participants present, not only Women's Ministries Department.

Friday sessions are followed by lunch and departure.

If you cover more than one department, you would need to choose the track that will be most useful to you.

**Please prepare a brief summary of your department's greatest joy/achievement in the past 3 years, your greatest challenge, and your greatest hope/need for the future.**

## Important!

- Please note that you will receive a more detailed letter about the advisories.
- You only need to attend the combined advisory for the days of your advisories.
- Please arrange to arrive in time for your first session, arriving the previous day if necessary, and leaving at the most suitable time for return travel after your advisory finishes. Thank you!
- Dress is smart casual.
- We are looking forward to seeing you there!

## Special days 2023

- **4 March:** [International Women's Day of Prayer](#)
- **11 June:** [Women's Ministries Emphasis Day](#)
- **26 August:** [End it Now](#)
- **28 October:** [Creation Sabbath](#)

You can find more information about the special days on the [General Conference Women's Ministries website](#).



Photo credit: Joel Muniz/Unsplash



# 'Flourish!' balancing your emotions in an unbalanced world

'Flourish!' is a project that was developed to help everyone to balance their emotions by choosing to experience emotions that bless them, lift them up, and help them to be more resilient.

It has also been shared with the world church, and it has been adopted by several division women's ministry directors around the globe and translated into several languages.

You can watch a short webinar introducing the ideas [here](https://ted.adventist.org/family/flourish):

Please explore the resources and try them out for yourself <https://ted.adventist.org/family/flourish>

During the past year, I became involved in a large project to support the psycho-social wellbeing of ADRA volunteers working with refugees from the war in Ukraine. We used the resources created for 'Flourish!' alongside weekly 1-hour training sessions, to inform, equip and support the ADRA volunteers across Europe.

These videos help to explain the good science and Biblical background for the top ten refreshing/positive emotions, and some ideas for experiencing them in your life. Once the videos have been edited and uploaded to ADRA's website, we will share the links with you.



## 'Flourish!' – and Outreach



One of the lovely ways that 'Flourish!' has been used was during a special afternoon tea party for women and their friends. Women from the church invited their friends to the tea party, and we set pretty tables for 4 women at each table. We served herbal teas and pretty cakes and treats.

I presented each positive emotion simply and briefly and explained the mental, physical and relational health benefits of each one. Then I gave simple tasks for the small groups to do at their tables so that everyone could experience that emotion.

These were activities like sharing funny stories, or choosing their favourite funny picture; making an alphabetical list of their gratitudes; blowing bubbles and smelling lavender to help them relax; telling stories of other people's kindness, etc.

<https://ted.adventist.org/family/flourish>

When the ladies left the party, they were given a small gift bag filled with 'Flourish!' ideas, and little gifts to help them start a well-being kit of positive emotional experiences. One of the gifts was a love letter from God, which you can find in more than 50 languages at [www.fathersloveletter.com](http://www.fathersloveletter.com).

Please let me know if I can help you to plan an outreach like this. We will discuss this more at the Advisory.

## Introducing Deana Stojković

I am delighted that after several wonderful years of working with Heidi Kamal Kendel, I am now working with Deana. She was my assistant several years ago and I was so happy when she was assigned to me again after her maternity leave. She brings many skills to the departments that I don't have, especially in the important areas of communication, administration, IT, and video editing.

Her email is [dstojkovic@ted.adventist.org](mailto:dstojkovic@ted.adventist.org).

## Gratitude

Thank you all for that you are doing to support families in your fields. Thank you also for your incredible patience with me as I merged three departments over the last year. Deana and I are both delighted to serve you, and to hear how we can help you.

May God richly bless you and your families, and the fields where you serve.

Kindest regards,

Karen Holford and Deana Stojković



May the Lord **bless** you  
and **protect** you.

May the Lord **smile** on you  
and be **gracious** to you.

May the Lord **show** you  
his favour

and **give** you his peace.

Numbers 6:24-26

