Member Care Update

Ethnê-MC Facilitation Team
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Ethnê-MC Update **Issue 2: February 2007**

A warm welcome again to the *Update*! This monthly report informs you about important member care resources, news, and topics. We especially want to further equip people with member care responsibilities who are focussing on mission/aid personnel in least-reached people groups (LPGs). Each report is archived on our web site: **www.ethne.net/membercare**. Please share the *Update* with others and feel free to submit materials for us to include. May the Lord bless you and your work!

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In this Issue:

SPECIAL NEWS: Events to help you connect/contribute to the member care field

- *Argentina: Face to Face (Cara a Cara): The Leader as Person Course; February 2007*

This course is great for personal renewal and leadership development.

- *Europe: Human Resource Events in the Development/Aid Community; February 2007*

People In Aid is holding two special gatherings, relevant for the member care field.

SPECIAL RESOURCES: Tools to further equip you for member care

- *The Reentry Team and Prepare for Battle, by Neal Pirolo*

These two books have recently been updated and are available from **www.eri.org**

- *People In Aid—Resources for Good Practice* **www.peopleinaid.org**

Check out the many member care materials from this global network of agencies.

SPECIAL TOPICS: Current issues and approaches related to member care

- *Self-Care Lifestyle Inventory; Headington Institute* **www.headington-institute.org**

Take this helpful inventory (25 items) and explore how you and others are doing.

- *Some Thoughts from Jesus Christ on Self Care*

Consider some of the most practical and profound words of Jesus about well-being.

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The *Update* is compiled on behalf of the *Ethnê-Member Care Network*. We are a core, growing *network of colleagues* who are involved in member care. We come from different nations and organisations. Our passion is to see the least-reached people groups (LPGs) experience the transforming love of Jesus Christ. We are committed to help provide and develop member care resources in order to support the diversity of people/senders who are working among LPGs. Our *Network* is part of the Ethnê to Ethnê Movement (**www.ethne.net**).

Email: mc@ethne.net
Ethnê-MC Website: **www.ethne.net/membercare**
Subscribe: Ethne-MC-subscribe@yahoogroups.com
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SPECIAL NEWS

- *Buenos Aires, Argentina; Face to Face: Leader as a Person Course; 10 - 25 February 2007*

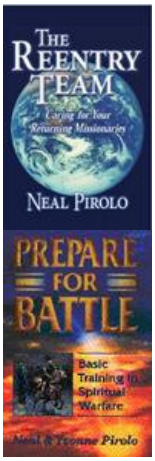
This course is an opportunity to step off the treadmill of ministry in order to spend time with God and get to know yourself better. It combines plenary teaching, small group work, workshops, and personal counselling. Topics include: Character of God, Beliefs, Woundedness, Family Stuctures, God's Response to Human Suffering, Dealing with Shame and Anger, Boundaries, and Redeemed Work. This course is in Spanish/English (with translation), and is for Christian leaders, mission worker, and others who want to take some time for reflection and personal growth. It is offered in a beautiful setting, with a maximum of 30 participants. The course has been run 40+ times by OM in the last 20 years in the UK, RSA, Europe, the Middle East and USA. Many of the 1600+ participants have said that it has changed their lives, redeeming the past and giving renewed hope for the future.
Contacts: Carlos y Liliana Torres **ctlb153@cuidad.com.ar** and cc **Gill.Trainor@ict.om.org**

- *Human Resources Gatherings for the Development/Aid Community; 7, 28 February 2007*

People In Aid is convening two special gatherings this month. The first will be in Geneva, Switzerland (7 February). It focuses on senior managers who have responsibility for "people management." There will be networking, discussions, and case studies of good practice. The second is a workshop in London (28 February). It explores the skills needed for aligning personnel management/staffing needs with the overall organisational strategy. See the Special Resources section below for more information on People In Aid, and its relevance for the member care field.
Contact: **www.peopleinaid.org**

SPECIAL RESOURCES

- *Emmaus Road International announces the updating of two of its resources by Neal Pirolo:*



The Reentry Team: Caring For Your Returning Missionaries has new entries in its expanded Resource Section. The study begins with a Biblical model for reentry care. Chapter Three is a discussion of why it is so difficult to follow that model. Chapters Four through Ten contain seventy stories told by returning mission workers. A study of these cases helps the reader to understand the myriads of situations one may encounter on reentry. The stories are followed by Action Steps you can take to make sure your mission workers reenter well. (Available in American English and Dutch.)

Prepare for Battle: Basic Training in Spiritual Warfare. The core message off this book is that we can live in the victory Christ won for us on Calvary and that we can diligently and courageously engage in ministry to the unreached. Some fresh perspectives on ageless principles of preparation for spiritual warfare are referenced with over 700 Scripture passages. (Available in American English, Russian; and in early 2007 in Chinese and Hindi.)
Contact*:* **www.eri.org**

- *People In Aid—Resources for Good Practice*

People In Aid is a global network of development and humanitarian assistance agencies. They help organisations whose goal is the relief of poverty and suffering, to enhance the impact they make through better management and support of staff and volunteers. The resources are very relevant for the faith-based sector—member care workers/sending groups. One of the main resources is their *Code of Good Practice for the Management an Support of Aid Personnel* (available free on-line). The *Code* includes seven principles along with good practice indicators and case studies to help agencies apply the principles. Another free resource are the *quarterly newsletters*, which help people keep current on important issues and resources. The January newsletter for example, has brief pieces on staff wellbeing, stress factors for "national" workers (90% of the aid sector are "national" staff), and communication guidelines. Other resources include materials on accident prevention, maintaining health, debriefing, and crisis care. Many materials are also in Spanish, French, and German. The best thing is to go on line and visit their site, especially the resource section, and sign up for the newsletter.
Contact: **www.peopleinaid.org**

Self Care and Lifestyle Balance Inventory©

Source: Headington Institute
www.headington-institute.org

Please note that this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely examines some of the more effective physical, psychological and spiritual methods of staying balanced and preventing burnout. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

Instructions: In the last month, how often has the following been true for you? For each question, write the number that best fits your experience on the line before the question.

1. I have at least one full day off work each week.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

2. I take some time for myself to be quiet, think, meditate, write and/or pray.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

3. I work for less than ten hours a day.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

4. I do aerobic exercise (walking, running, swimming etc) for at least 25 minutes at a time.
(0) Never / (1) Seldom / (2) Once a week / (3) Twice a week / (4) 3 or more times/week

5. I do something I find fun (e.g., play a game, go to a movie, read a book etc).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

6. I practice muscle relaxation, pilates, yoga, stretching, meditation or slowbreathing techniques.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

7. I share how I am feeling with at least one friend or my partner.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

8. I sleep well and get at least seven hours of sleep a night.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

9. I am careful about what I eat and eat a balanced diet.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

10. I drink at least 1.5 liters of water (approx. 3 pints) a day.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

11. I laugh without malice or cynicism.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) At least once a day

12. When I leave work at the end of the day I can disengage and leave the pressures of work behind.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

13. I listen to my body's signals and recognize when I am becoming tired, rundown and vulnerable to illness.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

14. There are people who care about me that I trust, to whom I can talk if I want.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

15. I do something I find creative or expressive (e.g., writing, cooking, gardening etc).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Daily

16. I feel I have the training and skills I need to do my job well.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

17. I set and maintain healthy boundaries for myself by standing up for myself, saying "no" when I need to, and not letting others take advantage of me.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

18. At work I take a brief break at least every two hours, and switch tasks regularly so that I don't become too drained.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

19. I spend time with groups of people I trust and to whom I feel close who are part of a community of meaning and purpose (e.g., a church group, a group of volunteers, work colleagues).
(0) Never / (1) Seldom / (2) Sometimes / (3) About once a week / (4) More than once a week

20. My ability to communicate with other is…
(0) Very poor / (1) Poor / (2) Fair / (3) Good / (4) Excellent

21. I feel good about how I spend my time and energy in relation to what is really important to me in life
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

22. I believe in myself and generally give myself positive messages about my ability to accomplish my goals – even when I encounter difficulties
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

23. I set realistic goals for my life (both short term and long term) and work towards them consistently.
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Always

24. I take good vacations (at least one two-week vacation every year).
(0) Never / (1) Seldom / (2) Sometimes / (3) Often / (4) Every year

25. I drink alcohol, smoke, or use other recreational drugs
(0) Three or more times every day / (1) At least once every day / (2) Three to six times a week / (3) Less than three times a week / (4) Never

TOTAL SCORE: _____

Interpretation Guidelines

0-25: A score in this range suggests that your self care skills and lifestyle balance strategies may be poor, and that you could possibly benefit from developing a plan to change your lifestyle and improve your self-care.

26-50: A score in this range suggests that your self care skills and lifestyle balance strategies may be poor to average, and that you could possibly benefit from developing a plan to improve your self-care.

51-75: A score in this range suggests that you may have moderately good self-care skills and lifestyle balance strategies in place.

76-100: A score in this range suggests that you may have good self-care skills and lifestyle balance strategies in place.

Some Thoughts from Jesus Christ on Self Care

Compiled from various New Testament translations, by Neal Pirolo

How totally blessed are those of a humble spirit
For the Kingdom of Heaven is theirs.

How happy are those who know from experience the meaning of sorrow
For they will be comforted and consoled.

How blessed are those with a gentle spirit
For they will inherit the earth.

How spiritually blessed are those who desire a right standing with God and man
For they will be completely satisfied

(photo: sunset at Slieve League, Donegal, Ireland 10.06—the highest sea cliffs in Europe)

Happy are those who show mercy
For they will be shown mercy.

How spiritually prosperous are those whose hearts are of a single substance
For they will see God.

How blessed are those who make and maintain peace
For they will be known as sons and daughters of God.

How spiritually blessed are those who are persecuted
for the sake of justice and right living
For to them belongs the Kingdom of Heaven.

And you, like a lamp, must shed light among your friends
That they may see the good things that you do (in such a way)
That they will give praise and honor to your Father in Heaven.

When you give… When you pray… When you fast…!

Keep on storing up your treasure in Heaven
For wherever your treasure is, you can be sure your heart will be there too.

Put away anxious thoughts about food, drink or clothing;
Seek first the Kingdom of God and His ways of right living
And all of these things will come to you as a matter of course.