Member Care Update

Ethnê-MC Facilitation Team
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Ethnê-MC Update **Issue 3: April 2008**

Welcome again to the *Update*! The focus this month is on ***Coaching and Counselling***. Special thanks to Dr. Gary Collins for permission to use his material in the *Update,* as well as for his outstanding work in these fields. Our monthly reports inform 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). In addition to the mission/aid emphasis, each report usually contains material from the international humanitarian, health, business, and human resource sectors. Each report is archived on our web site: **www.ethne.net/membercare**. Please feel free to share the *Update* with others and your networks.

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Listen to counsel and accept discipline,
That you may be wise the rest of your days.
Proverbs 19:20

In this Issue: Coaching and Counselling

SPECIAL RESOURCES: Tools to further equip you for member care

- *Two excellent books to help you in you and your member care work.*

Christian Counseling: A Comprehensive Guide (2007, third edition) by Gary Collins
Coaching for Christian Leaders (2007) by Linda Miller and Chad Hall

SPECIAL EVENTS: Gatherings to help you connect/contribute to the member care field

- *South Africa, MANI 08: Member care consultation report*

mcsa@xsinet.co.za

- *India: News from India about member care, projects, and training; Mission Upholders Trust*

www.membcaremutin.net

- *Argentina: Report of the "southern cone" retreat for mission personnel; COMIBAM*

www.COMIBAM.org

SPECIAL TOPICS: Current issues and approaches related to member care

- *Resources for Coaches and Counsellors, Dr. Gary Collins* **www.garyrcollins.com**

Gary's latest newsletter is included, focusing on "techno-traps" and leadership failure.

The *Update* is compiled on behalf of the *Ethnê-Member Care Network*. We are a growing *network of colleagues* 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 RESOURCES: Tools to further equip you for member care

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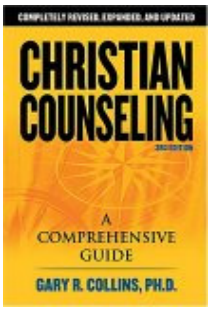
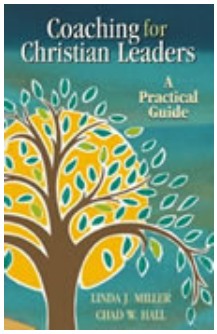


Christian Counseling: A Comprehensive Guide (2007, 3rd ed) by Gary Collins
This book was originally published over 25 years ago. It has been extensively expanded and revised by the author to include recent developments and research, new resources, and attention to newly urgent needs such as AIDS, eating disorders, homosexuality, multicultural counseling, trauma, violence and future directions for the field. This reference book is written for leaders and others with counseling responsibilities. It brings together biblical foundations for helping and the best resources from professional psychology. Additional topics include depression, anxiety, sexuality, family, divorce, addictions, and mental disorders.
Contact: **www.garyr.collins.com**



Coaching for Christian Leaders (2007) by Linda Miller and Chad Hall
The strength of this introductory book lies in its balance of explaining coaching skills, benefits, and uses of coaching in Christian ministry. The "how to" section of the book is roughly half the book (70 pages). These chapters introduce eight basic coaching skills, with Listening and Asking Precise Questions getting the most coverage. The teaching is correct, helpful, and up to professional standards However, the book suffers the same fate as so many introductions: As an introductory book, I would have liked to see more "how to" contents in order for someone to pick up the book and significantly improve their ability to coach... Practical examples throughout the book demonstrate the benefits of coaching in a wide variety of settings and from a variety of helping roles. In fact, the unique contribution that *Coaching For Christian Leaders* makes is the summary of how to use a coaching approach in different leadership roles (leading, visioning, managing, and shepherding), and in church ministry...If you're looking for a well-rounded book to introduce Christian coaching, this is it.
Note: Dr. Keith E. Webb, the reviewer, is a trainer and experienced cross-cultural leadership coach helping organizations, teams, and individuals multiply their cross-cultural impact.
Contact: **www.CreativeResultsManagement.com**

SPECIAL EVENTS: Gatherings to help you connect/contribute to the member care field

- *South Africa, MANI 08: Member care consultation report, working group*

At the MANI consultation for the Southern African and Portuguese speaking countries in Africa, was held in RSA 18-22 February 2008. Fourteen people from eight different countries attended the Member Care working group. Time was spent to get acquainted and share about expectations for this working group. The following items were also discussed: member care needs of mission workers in Southern Africa, reasons/obstacles why workers are not cared for, member care resources and practices and ways in which these needs could be addressed. (Africa Member Care Network, April 2008, No. 25) For a more detailed report, contact Marina Prins or AnnaMarie de Klerk**.**
Contact: **mcsa@xsinet.co.za**

- *India: News from India about member care, projects, and training; Mission Upholders Trust*

Check out the newsletter (*Care and Serve*) for updates and perspectives on mission in India. This newsletter is a special service or Mission Upholders Trust. (see "Download" section of their web site)
Contact: **www.membcaremutin.net**

- *Argentina: Report of the 'Cono Sur" retreat for mission personnel; COMIBAM*

Over 200 people attended a special one-week retreat for mission workers and their families from the "southern cone" of South America. See the COMIBAM Newsletter for March 2008 (in Spanish). Also on the COMIBAM web site is material on the May 2008 Member Care Consultation in El Salvador.
Contact: **www.comibam.org/docs/boletin0308.pdf**

SPECIAL TOPICS

Resources for Coaches and Counsellors

by Dr. Gary R. Collins www.garyrcollins.com

Editors' Note: Gary Collins is a respected pioneer in the Christian psychology field. His weekly newsletters on coaching and counselling are splendid ways to remain updated on these two fields. The following is his latest newsletter, number 283, from 27 March 2008. We encourage you to subscribe to this newsletter (it is free). We also encourage you to visit his web site and review many of his previous newsletters. His insights and resources can be of much help for your life and work!

1. Coaching Section
TECHNO-TRAPS AND SLEEPLESS NIGHTS
"Relentless stress in the high-tech workplace of the 21st century is taking an unprecedented toll on our emotional lives and our capacity to wind down at the end of the day," according to a recent article. (Visit "**www.psychotherapynetworker.com**" and click on the March/April 2008 issue to read three cover story articles about technology and our need for sleep).

Technology invades our homes, controls our lives, drains our energy, floods us with information, and conditions us to believe that everything is urgent and needing to be done now. Dominated by interruptions and the bombardment of messages, many people don't get sufficient sleep. Efficiency goes down. Productivity declines. Family tensions, depression, anxiety and exhaustion all go up.

Well-intentioned coaches and counsellors may want clients to be more productive, goal directed and skilled in time management. But these professionals may not realize that clients who work incessantly without sufficient rest ultimately get less done, are less creative and have decreased ability to solve problems. Millions of activity-dominated people take sleeping aids to squelch insomnia or medications that stimulate alertness so fatigue can be ignored. Late night staring at television or computer screens can bring exposure to sufficient amounts of blue wavelengths of light so that the brain's production of sleep-inducing melatonin is suppressed.

Good coaching recognizes the dangers of *techno-traps* or sleepless nights and encourages clients to create boundaries between work and personal life. By overlooking these issues, many coaches encourage unhealthy behaviors that undermine what clients seek to accomplish.

2. Counselling Section
WHEN LEADERS FALL
American news media recently gave prominent coverage to the fall of a political leader involved in illegal sexual activity. Commentators tried to explain why successful people ruin their reputations and careers by their illicit and immoral actions. Most often the reasons are complex and so are the procedures for helping and restoring those who fall.

Many leaders are risk takers, people who like excitement, power wielders who think of themselves as invulnerable and able to control their fates. Some like the thrill of their perilous actions and believe that they are big enough and smart enough to avoid getting caught. When the truth is revealed these people often suffer humiliation, grief, and inner anguish. Some never recover. A few try to pretend that nothing of significance has happened. Others recover but they all go through life carrying the scars of their indiscretions. Often, spouses are hurt and humiliated the most. Equally culpable colleagues may look on with discomfort and maybe with the illusion that nothing similar could happen to them.

Recovery usually involves a long process of rebuilding trust, dealing with guilt and self-condemnation, forgiving oneself and others. Even secular counsellors know the value of acknowledging sin and accepting forgiveness. Like Jesus with the woman caught in adultery, counselors can show acceptance and compassion without denying the wrong. Healing involves walking with the fallen and enabling them to rebuild their lives and go on their way so they "sin no more."