



Global Member Care Network (GMCN) January 2017

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This month's Sponsor - Alongside “Renewal and Growth” in Poland

Alongside

Alongside “Renewal and Growth” Program in POLAND (4/9-21/2017)

ALONGSIDE and Barnabas International are co-hosting a 2-week version of ALONGSIDE’S well-known counseling-intensive program from April 9-21, 2017 at the Proem Conference Center in Zakoscile, Poland (120 km from the Warsaw Chopin Airport Proem). This program is intended for those looking for high-quality, daily professional counseling along with teaching on spiritually healthy emotions and relationships. An intensive program is often a wise and cost-effective early intervention when serious difficulties are surfacing. Whole families are welcome and child care/activities are provided as well.

To apply go to www.alongsidecares.net or for more information contact info@alongsidecares.net

Editorial: The Rhythm of Rest

As I sit in a house in the centre of Phnom Penh I find myself reflecting on the lives and needs of workers around the world. People who have heard and responded to the call of God on their lives, packed their bags, their families and left often with little knowledge of what is ahead of them.

What are their needs, their desires and how can we as member care workers best meet those needs? How can we help them with creating a healthy lifestyle that not only serves but is open to learning, and deepening their faith.

Sitting with a missionary and seeing their lips quivering when I ask if there is anything they can let go, as they talk about a life that seems to be heading to burn out, I can't help wondering how much the western work ethic has gotten in the way of our ability to balance our lifestyle. Sabbath is either non-existent or it has become an even busier day. Wayne Muller in his book Sabbath warns of the danger of this type of lifestyle.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath - our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” (quoted by Ruth Haley Barton in Sacred Rhythms p 131)

One way or another we get to a point where we have to stop and let go.

“What an amazing thing it would be to have the rhythms of your life regularly usher you into such deep trust that you could actually rest from it all.” (Ruth Hayley Barton, Sacred Rhythms). It makes you wonder what transformation this would make to life and faith if for 24 hrs a week we could trust like this. Sabbath is the honouring of the limits of our humanness. Our bodies need this rhythm of rest and work just as much as our souls need this connection with God. We need to acknowledge who we are to live within our limits, to before our God.

As member care workers it is crucial we heed this warning. When our tanks are running on empty, we find ourselves unable to give any more, what we offer is insufficient, it can be dry and not helpful. The likely consequences we will face at this time are compassion fatigue, spiritual disconnect and burnout. As we tell others to care for themselves we need to model what we say, our voices can only be heard and valued if this happens. We are responsible to become the expert on our needs, to know how to care for our own selves and to do it.

Karen Newnham - South Pacific Member Care Network coordinator

RESOURCES

Africa Member Care Network

Newsletter Dec 2016

<http://us2.campaign-archive1.com/?u=895d43ef69926eab7812e0395&id=8f111b3e46&e=a3dbaa64df>

GLOBAL MEMBER CARE EVENTS

Croatia

THRIVE RETREAT,

APRIL 24 – 27, 2017

Register: <https://thriveministry.org/retreat-schedule>

Anna Hampton, author of *Facing Danger: A Guide Through Risk* will be the Bible teacher at this retreat.

Switzerland

Uf em Wäg – Debriefing Woche auf Schweizerdeutsch

in Swiss-German

Find more info attached

http://www.globalmembercare.com/fileadmin/user_upload/2017/AEM_Member_Care_Network_17_Flyer_A5_HE.pdf

An event organised by www.aem.ch

Switzerland

Family Debriefing auf Schweizerdeutsch und Französisch

in Swiss-german and French

find more info attached

http://www.globalmembercare.com/fileadmin/user_upload/2017/AEM_Member_Care_Network_17_Flyer_A5_4seitig.pdf

An event organised by www.aem.ch

Malaga, Spain

Adelante resiliency training

"Help your cross-cultural workers "push through the WALL" for long-term thriving in their in a new context (1-5 yrs)!"

Adelante 2017 Spain: A Cross-cultural Resiliency Training Experience, is back! Applications due by February 15! Spaces limited. See <http://sentwell.org/adelante/> for full information. For questions, email adelante@sentwell.org

See email attached PDF. http://www.globalmembercare.com/fileadmin/user_upload/2017/Adelante2017.pdf

GMCN Facebook group

GMCN Facebook - <https://www.facebook.com/groups/globalmembercare>

We just reached 1748 members!

Thanks you for being part of this Facebook network group. Please continue to make it known among your member care colleagues.

We for now chose this to be a "closed group". The closed privacy setting makes it possible for nonmembers to find the group in Facebook search, but the group page's content is hidden. The process for adding a group member is the same for all privacy levels; all group members can add anyone from his friend list as a group member. When someone requests to join a closed group on Facebook, administrators will receive a notification and can choose to either approve or deny the request.

We want to make the The Global Member Care Network (GMCN) a network community which connects you with resources, updates, links and people working in the realm of member care around the world.

<https://www.facebook.com/groups/globalmembercare>

The Global Member Care Network is an independent network of volunteers. Please consider donating to this important network, to keep the running costs covered. We do this, because we believe in it. This Newsletter is a free service and was created to share and connect member care resources around the world. It goes out in the middle of each month. News and resources need to be posted on our website blog, or send to office@globalmembercare.com.

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