
ADULT MINISTRIES NEWSLETTER

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FROM THE ELDER

“Blessed Balance”

Sabbath School Family,

Try to “wrap” your mind around this ridiculous notion! What if a family of four decided to go on a “Driving Vacation” in a car that had only three Tires? Not the most workable vision.

As ridiculous as this notion seems, did you know that many Congregations are attempting the *same thing* when it comes to putting Sabbath School Ministry into action?

Just as four “Good” and “Well Inflated Tires” are required to give a car the capacity to effectively move people from “Points A to Z”. There are Four Goals/Purposes that are required to produce an effective Sabbath School Ministry in the Local Church. Complete success is dependent on balancing the following Four Goals/Purposes.

First, a definition of what Sabbath School is would be helpful here.

Sabbath School is a Small Group-Driven Seventh-day Adventist Educational Fellowship that builds Faith and Practice in the context of the Four Goals/Purposes of Sabbath which are:

1. Bible Study
2. Fellowship and Nurture
3. Community Outreach
4. World Mission Emphasis

Please look at the Four previously mentioned Goals/Purposes as equivalent to the “Four Good Tires” in our illustration. Just like an excellently moving car, these Goals/Purposes must be placed into operation to assist your Local Sabbath School Ministry toward ‘Balanced Effectiveness’.

I appeal to you to take a good look at the manner in which your Local Church Sabbath School Ministry operates. Is it as “Balanced” as it can be?

Let us unitedly Pray and Work for movement in the direction of this “Blessed Balance!”

MARANATHA!

J. Alfred Johnson II
Director Adult Ministries



IT'S ALL ABOUT SABBATH SCHOOL

Mobile Sabbath School Ministry Caters to Homebound Members

Spurred by a love of helping and sharing, along with a love and concern for older people, Shurnett Caines, a 40 plus years member of the Hamilton Church, birthed the idea of a Mobile Sabbath School. The Mobile Sabbath School Ministry has been active for the past three years and caters to the homebound members of the church, because of age or infirmity, can no longer attend church services on the Sabbath. The ministry helps to bring Sabbath School to these former church attendees in their homes, at the hospital, or in the care facility where they reside. The ministry intends that members are assured of the church's love and concern for them, and it encourages them to remain steadfast and true to their faith in God in their twilight years.

Each Sabbath during Sabbath School, the team members leave to conduct its ministry to one or two seniors. Presently, the Mobile Sabbath School has made approximately 162 visits to former church attendees. The program includes singing hymns, praying, reading a short testimony or sharing personal testimonies, and a brief lesson that may be between five to 10 minutes long. The entire program can take from 15 to 35 minutes, depending on the tolerance of those being ministered to. Mark Finley's lessons in the monthly edition of the *Adventist Review* magazine serves as a source of Sabbath School lessons.

Deana Small joined the team after the Mobile Sabbath School ministered to her and her husband after they had been involved in a traffic accident, resulting in the loss of their vehicle, along with sustaining personal injuries. Since they could not attend church, Small related that they began to feel spiritually downcast, but then the Mobile Sabbath School visited them. They were spiritually revived and motivated to continue to serve the Lord. It was with the desire to impart a similar blessing to others that Small became a member.

Betty Anne Lower, Mobile Sabbath, Atlantic Union Gleaner, August 2019

WHAT'S HOT ??? MINISTRIES IN ACTION

Boulevard Church members worked together to assemble 22,000 tracts to be distributed on Super Bowl Sunday in Atlanta, Georgia.

The Boulevard Church in Atlanta, Ga., agreed to receive 22,000 tracts for distribution on super Bowl Sunday in Atlanta. Daryl Anderson, newly assigned pastor, wanted the members to take advantage of the opportunity to share the Gospel during the Super Bowl.

The task was daunting with only three weeks to organize when the church's publishing director made an appeal to the members, and 35 volunteers responded. An assembly line was set up in the church foyer for tracts to be stamped and then stuffed.

It was a beautiful picture to see seniors, young adults, youth, and children participate in their "mission for Jesus!"

In two short hours, approximately 22,000 tracts were stamped and stuffed. The work was peppered with laughter and praise, which made the task seem easier, and the time it took flew quickly by.

On the Sabbath before the Super Bowl, the tracts were distributed to members and visitors, and in one hour, all 22,000 tracts were picked up for distribution!

The next day the organizing committee heard one complaint: "I wish I had taken more; I ran out so fast."

*By Yvonne Pondexter
July 2019 / Southern Tidings*

PERSONAL MINISTRIES
SABBATH SCHOOL'S PARTNER IN MINISTRY

**Andalusia Sabbath School Class Fills
 Backpacks for Neglected**

The last quarterly mission outreach goal of 2019 may have seemed a daunting task, but to the Andalusia, Alabama Church, it was an opportunity to rally together.

In their weekly Sabbath study group, eight to 15 members set aside the first 10 minutes of each lesson to discuss the needs in their community. Within the first month, the project was set. The group's members chose to step out in faith to assist the Covington County Child Advocacy Center in providing backpacks to the children involved in their programs. There was no specific number of bags set; the only goal was to serve God and their community.

Gradually, information was shared about the Advocacy Center in the church's weekly mission update. The church learned that the center has a neutral, child-friendly setting, where child victims of sexual abuse, physical abuse, and neglect can receive a wide range of services. The church was excited to learn that each backpack should have a Bible and *Bible Stories* book placed in it. Other necessary supplies included crayons or colored pencils, coloring and activity books, notebook paper, pencils and sharpeners, stuffed animals, and other small toys. A specific age range of four to 12 years of age was suggested for the backpack contents.

In early December the church was ready to stock their backpacks. One Sabbath afternoon after Bible study, the group gathered to fill the packs. A total of 20 backpacks or totes for the special children of the Advocacy Center were supplied. The church could do nothing else but praise God that their small Sabbath study group could bring joy to the hurting children in their community.

*Southern Tidings April 2019, Lottie Alford
 April 2019 / Southern Tidings*

JOB BURNOUT

How to spot it and take action

Feeling burned out at work? Find out what you can do when your job affects your health.



Job burnout is a special type of work-related stress—a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.

“Burnout” isn’t a medical diagnosis. Some experts think that other conditions, such as depression, are behind burnout. Some research suggests that many people who experience symptoms of job burnout don’t believe their jobs are the main cause. Whatever the cause, job burnout can affect your physical and mental health. Consider how to know if you’ve got job burnout and what you can do about it.

Job Burnout Symptoms

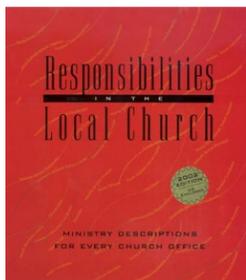
- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack energy to be consistently productive?
- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Have your sleep habits changed?
- Are you troubled by unexplained headaches, stomach or bowel problems, or other physical complaints?
- Are you using food, drugs or alcohol to feel better or to simply not feel?

If you answered yes to any of these questions, you might be experiencing job burnout. Consider talking to a doctor or a mental health provider because these symptoms can also be related to health conditions, such as depression.

By Mayo Clinic Staff



Ministry Description #26– Music Ministry



Author: North American Division,
US\$29.95 – AdventSource

The Rich Heritage of music has been recorded for us from ancient times. Both voices and instruments were used to express the full range of human emotions. Even the brief

glimpses we have of what takes place in the heavenly courts often includes a description of the music there.

And when God gathers His children around His throne they hold harps and sing “the song of Moses the servant of God and the song of the Lamb” (Revelation 15:3 NIV).

Music can convey our thanks to God. “The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song” (Psalm 28:7 NIV).

Duties of the Minister of Music

1. *Serve as Music Committee Chairperson.* If your church does not currently have a music committee, now is a good time to establish one. This committee can assist you in finding talent and scheduling musicians for the worship service. The group should consist of: minister of music (chairperson) head organist and/or pianist, pastor, two members at large, one younger and one older person.
2. *Schedule Musicians for the Worship Service.* Schedule three to four weeks in advance with a follow-up call to the musicians one week prior to service.
3. *Get Music Information into the Church Bulletin.* Contact the church secretary or bulletin typist with the musicians’ names and the selection to be presented.
4. *Serve on the Worship Committee.* Your responsibility is to ensure that the musical considerations in the worship service are addressed.

(For more information: *Responsibilities in the Local Church.*)

PRISON MINISTRY HAPPENINGS

‘There’s Hope For You’ Part 2

A Fresh Start When Jon was released on parole, he stepped out into a world that for many former prisoners can be overwhelming. He needed a place to live, a job, and a community of friends who would support him, in prison, he made the most of his time by taking classes and getting his GED. He decided to approach reentry with the same mentality.

Jon moved back in with his mother. She no longer lived in rough neighborhoods of Jon’s childhood. Instead, Jon was welcomed into a safe community. He found a local church, and with that came a new circle of friends who cared about him. His first week out of prison, he even managed to find a job as a painter, thanks to a man who had volunteered at Jon’s correctional facility.

Looking back, Jon sees how God directed his life during that period of transition. “I don’t believe that God allowed me to leave prison so that I could kick up my feet and enjoy life,” Jon says. “There’s a lot of men who have done less than what I’ve done and are still in prison”.

‘Until the Lord calls me home.’ Today, Jon Kelly is the pastor of Chicago West Bible Church, a 2 year-old church he helped start after receiving his bachelor’s degree from Moody Bible Institute. He is married and has two children. “It’s been an amazing journey, and I praise God for that,” Jon says.

But it’s also been a tough one. “I don’t care who you are – when you tell someone you went to prison for murder, you’re out,” he says. As a former prisoner, Jon’s criminal record follows him, and with it collateral consequences that limit his opportunities to thrive. Which is why Jon is passionate about second chances and reentry.

“For me, prison ministry is a no-brainer,” he says. “I’m going to do that until the Lord calls me home. I want to help the parole board see that people can change. I want our senators and lawmakers to have a different mentality, and I want the people who are coming home to have the resources they need.”

By Emily Greene, April 18, 2018

This article originally appeared on Prison Fellowship’s website
Prisonfellowship.org/arthur/egreene/

Inmate Spiritual Counseling Curriculum Segments

“*Inmate Spiritual Counseling*” with an emphasis on *Volunteer Prison Chaplaincy*, is the new training curriculum for those who are very serious about updating their *Prison Ministry* skills. The 35-hour course is offered by the *North American Division Academy of Continuing Education* and will be conducted in association with the *International Institute of Christian Ministry of the General Conference Sabbath School/Personal Ministries Department*, which has a direct relationship with *Griggs University*. *Continuing Education Credit* is a possibility for college credits in the future.

Introduction to Inmate Spiritual Counseling ***VCHP.245***

DESCRIPTION

This module introduces the student to counseling situations germane to correctional settings. It summarizes Christian counseling concerns apropos to the behavior and feelings of inmates and the work of correctional Chaplains, Inmate and Spiritual Counselors.

OVERVIEW

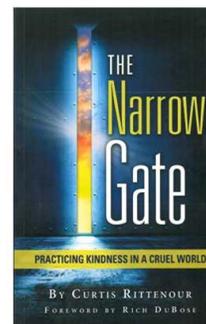
This course exposes the student to the fundamentals of communicating with inmates as well as how to know them and to gain their confidence and respect. It delineates acceptable and non-acceptable approaches to conversing with inmates.

LEARNING OUTCOMES

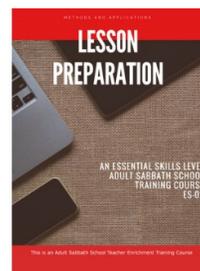
1. The student will learn how to know inmates.
2. The student will learn how to talk to inmates.
3. The student will be exposed to Christian counseling techniques.
4. The student will be exposed to some of the hurting situations that inmates are exposed to.

EXCELLENT RESOURCES

Visit – www.adventsource.org – 800.328.0525
www.adventistbookcenter.com – 800.765.6955



The Narrow Gate
Practicing Kindness in a Cruel World
Author: Curtis Rittenour
\$8.95



An Adult Skills Level Adult Sabbath School Training Course
Author: NAD
\$2.95

editor's p.s.

*The Book of **Kindness***
Inspirational thoughts on goodness and generosity.

“A fight is going on inside you,” an old man said to his grandson.

“It is a fight between two wolves. One wolf is evil. He is anger, greed, envy, destruction and lies. The other wolf is good. He is joy, generosity, kindness, hope and truth. These two wolves are fighting inside you.”

The grandson listened and thought for a while, then asked. “But which wolf will win?” The old man replied, “The one you feed.” -Traditional

I'm outta here – cb