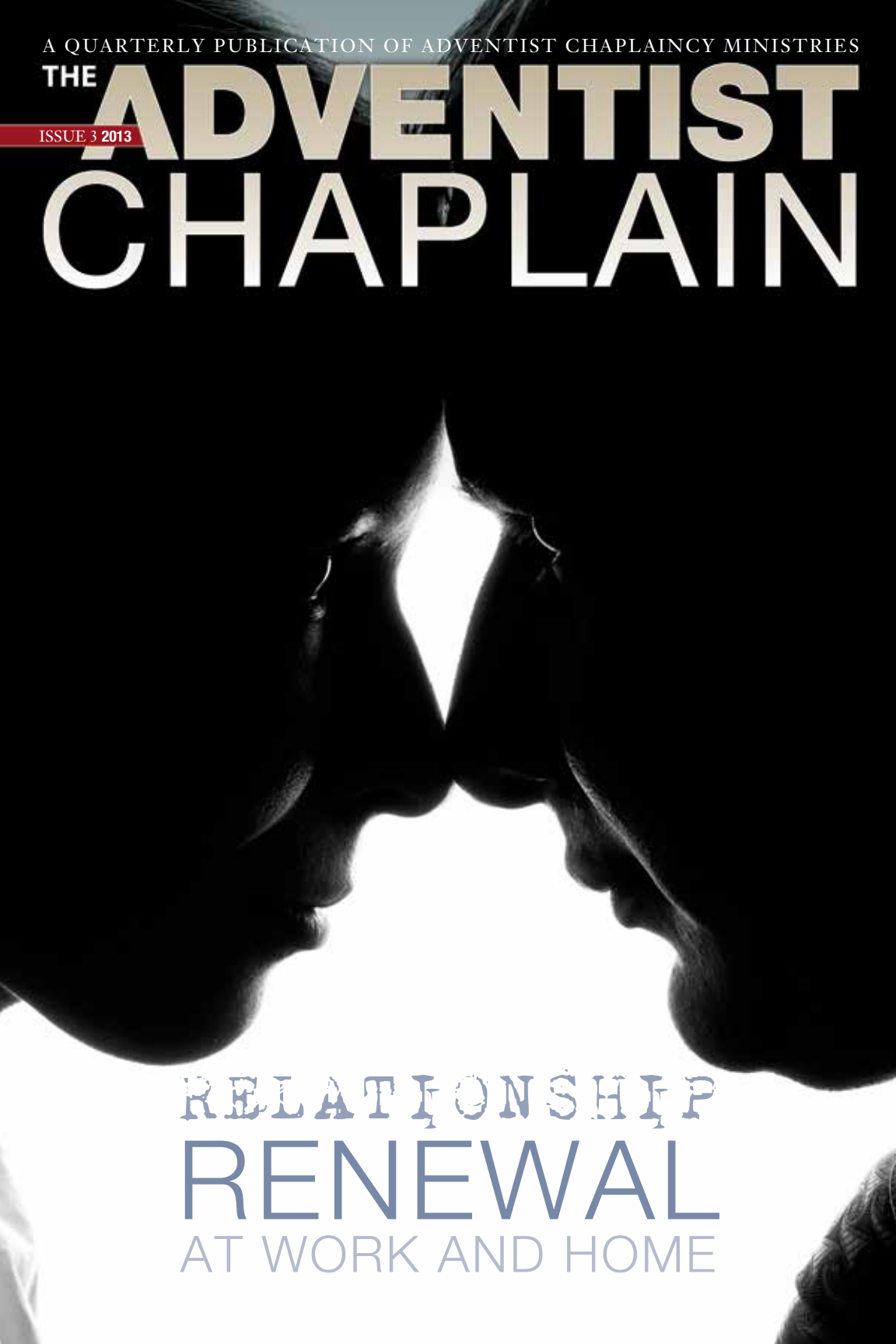
A QUARTERLY PUBLICATION OF ADVENTIST CHAPLAINCY MINISTRIES

THE ADVENTIST CHAPLAIN

ISSUE 3 2013



RELATIONSHIP RENEWAL AT WORK AND HOME

MORE JOY AND PEACE IN YOUR RELATIONSHIPS

PERSPECTIVE

By Willie Oliver, PhD, CFLE
Department of Family Ministries at the General Conference of Seventh-day Adventists, Director

On August 26, 2013 Elaine and I will celebrate twenty-nine years of marriage. C*elebrate* is an accurate and fitting description for the emotional, spiritual, physical, and intellectual pursuits we have engaged in with each other for almost three decades. To be sure, our marriage has not been all fun and games. However, our life together has been an extraordinary and rewarding experience we would do all over again if presented with the opportunity to do so.

What I shared with you above does not guarantee a happy and rewarding marriage in the days and years ahead. For a good marriage to remain good, a husband and wife must be intentional about connecting with each other in meaningful ways each day. They must also trust God for the strength to remain committed to engaging daily with each other in humility and grace. A rewarding marital experience is more than simply spending long years together. This kind of relationship is nurtured by daily conveying special value to each other in the little things of life. May I remind you that in marriage there are no little things?

Healthy communication is an important ingredient for developing intimacy, a necessary factor for a strong marriage relationship. Growing a stronger relationship without healthy communication is like attempting to make apple juice without apples. It is simply impossible. Once a relationship is established, healthy communication remains the principal skill to maintaining marriage intimacy. The more intimate the relationship becomes, the more sensitive and humble the communication must be.

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The Bible states in Proverbs 25:11: "A word fitly spoken is like apples of gold in settings of silver." (NKJV)

If you are married—and this is also true for meaningful relationships with other people—the quality of your relationships will be based on the quality of your communication. Couples who communicate frequently and tenderly experience a level of intimacy that eludes couples communicating infrequently and harshly. As human beings, warm and tender feelings flow toward people who make frequent deposits in our emotional bank accounts.

The emotional bank account is like any other bank account. One can only write a check, legally, from an account that has funds. To have money in a bank account one must make regular deposits of funds into that account. If no deposits are made, no money will be available against which to write checks. The same is true of all meaningful relationships, including marriage, those with your co-workers and friends, your children, etc. When one communicates kindly with a person one is in relationship with—and that goes beyond mere words—one is making deposits in that person's emotional bank account. The more deposits one makes in that person's emotional bank account the more emotional health that relationship will have. The opposite means a relationship that is bankrupt.

So, how are you doing with deposits in the emotional bank accounts of people you are in relationship with? Are you kind, patient, affirming, loving, and forgiving on a regular basis? Or, are you more commonly sarcastic, impatient, critical, unforgiving, demanding, and crude?

The more emotional deposits you make in the lives of people you deal with each day—including your spouse and children—the stronger and healthier your relationships will be. You can make that choice today, and you will be choosing more joy and peace in your relationships.

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RELATIONSHIP RENEWAL AT WORK AND HOME

By Chaplain Claudio Consuegra, D.Min.
Prince George's County Police Department
Family Ministries Director, North American Division of the Seventh-day Adventist Church

In many large churches the choir loft is placed behind the pulpit. As the pastor delivers his/her message from week-to-week, the choir gets to watch the congregation, but they mostly get to see the pastor's back as he/she speaks to the congregation. Every so often the pastor turns his/her back to the congregation and addresses the choir. This probably explains the origin of the expression "preaching to the choir," by which we mean we are talking to those who already know what we're saying and pretty much agree with us.

As I write these words, directed to the Adventist Chaplaincy community, I feel as if I am indeed "preaching to the choir." And yet, the choir needs the message as much as the rest of the congregation. As pastors and chaplains, trained to work with and for people, we use our skills and God's gifts to help the throngs of people within our circle of influence, but we don't always follow the same counsel for ourselves or with our own families! We know how to teach others to take care of themselves, but we don't always take care of ourselves.

One of the biggest challenges we have, as pastors and chaplains, is in trying to manage our priorities correctly. Our priority list will likely include such areas as family, work/ministry, God, school, etc. For most of

us, God will take the top slot on that list. However, for many of us, the work of the Lord will share that highest of places with the Lord of the work.

At the conclusion of a seminar my wife and I had at the North France Conference, Dr. Daniel Jennah, the conference president, spoke to the pastors. He said, "Some pastors have taken the Bride of Christ and have made her their concubine." Of course, so many other things can become our "concubine." It may be the hospital where we work, the base where we serve, our ministry with college students, with prisoners, or with police officers. Anything that takes the place of God in our lives becomes our "concubine" or our idol. Therefore we must be intentional in establishing and maintaining healthy priorities and boundaries. I'd like to suggest a few ideas to renew intimacy with those most important in our life

1 RENEW INTIMACY WITH GOD

For those whom God has called to the ministry, it would seem that having a relationship with God would be the most basic, natural thing. For many, however, that relationship has grown distant and very formal instead of intimate, as it should be. Wilson and Hoffman describe intimacy as "any relationship where we know another fully and where we are also fully known."[1]

We often think that intimacy with God means practicing certain behaviors like studying the Bible, praying, going to church, fasting, preaching, or giving Bible studies. While all of these are worthwhile behaviors, none of them are intended to be the end goal of a relationship with God, but rather, some of the means by which we may experience an intimate relationship with Him.

Often in the ministry we begin to study and use the Bible merely as an instrument to provide us with preaching material, good quotes to share with those in need, or texts to prove others wrong instead of God's personal word to us, His means of communicating with us, His way of helping us draw closer to Him in order to establish or strengthen intimacy with Him. Like the Frosted Flakes commercial of a few years ago, when it comes to the Bible we need to "Taste it again, for the very first time." We need to establish a time and place for daily intimacy with God, or what some have called centering, and for Bible study not for others but for ourselves.

For me, my daily time of prayer, Bible study, and journaling has become one of the most special times of the day. This is a time when, early in the morning as everyone's sleeping and life is without distractions, God and I come closer to each other more than any other time of the day. The challenge is protecting that time so the spiritual exercises do not become the goal but the means to achieve intimacy with God.

> We know how to teach others to take care of themselves, but we don t always take care of ourselves.

2 RENEW INTIMACY WITH YOUR SPOUSE

Wilson and Hoffman also state that "A well-matched, godly spouse is for many a gift second only to the gift of salvation itself"[2]; and yet at times we treat them as intimate strangers. With the person God gave to us to be our spouse we should share intimacy in five important areas of our lives:

- Spiritual Intimacy–The Apostle Paul points out that the mission of husbands and wives in marriage is the sanctification of their spouse.[3] Our role is to be human agents of the Holy Spirit as He prepares our spouse for the Second Coming of Jesus. Therefore we must be careful not only in how we treat our spouse, but we must also be intentional in how we help them toward that end.

  To be intentional, I suggest setting aside time daily for devotions and prayer. My wife and I have even made use of technology for our devotional time together. When we are apart we Skype, or use our cell phones to read together and pray as part of our evening devotional time. Even as we travel we look forward to our time together, in our hotel room, when we come before God, as His children and as the couple whom He brought together.

- Emotional Intimacy–Often men seem to have a more difficult time expressing their feelings to their spouse or children. Developing this area helps to maintain a positive, healthier relationship with them. The first step is to learn and expand the emotional vocabulary, both positive and negative, so it can be used readily when needed.

- Intellectual Intimacy–Wilson and Hoffman suggest "dreaming about and planning for the future, the use of humor with one another, making deliberate choices as a couple, and engaging in stimulating discussions

on topics of mutual interest over a lifetime together."[4]

- Social Intimacy–This includes having time as a couple (without others, even children), but it should also include time with others, doing community or mission projects together, or simply going out to dinner, or for a walk together.
- Physical Intimacy–This would include non-erotic hugging and kissing, appropriate public displays of affection, such as holding hands, putting your arms around each other, or giving your spouse a nice massage after a particularly hard or stressful day.

For clergy or chaplains who are not married, they would do best to pursue their needs for intimacy with God and with close friends. Wilson and Hoffman suggest, "relating to Christ as the 'heavenly Spouse' that He really is (Ephesians 5:21-33)," and also to "either fully embrace their celibacy or actively pursue an earthly spouse in a way that honors The Lord."[5]

> Opening ourselves to others so we can be fully known even as we come to know them fully was God's plan.

RENEW INTIMACY WITH OTHERS

Next on our priority list, after God and our spouse, are several other people, depending on our individual situation. It is important for us to have a good, healthy relationship with them. We cannot expect only one person to meet all our emotional needs, and depending on our spouse to be that person might be unrealistic.

Others can meet our needs for conversation, recreational companionship, and even domestic

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WORKING TOGETHER:

How to Relate to Guidance and Supervision

By Mario Ceballos, D.Min., BCC
Associate Director, Adventist Chaplaincy Ministries

Establishing a good relationship among the people you work with is an important part of a successful career or ministry. You've probably heard stories of difficult relationships at work. Maybe you even have a few of your own to tell. By building a strong relationship with those who are your supervisors, you are opening the possibility for a stronger ministry and a healthy career. Even though these individuals are in leadership positions, they are people, too.

Pastors and chaplains generally answer to several bosses. Pastors must answer to their local conference office administrators and to their local church congregation/s. When a pastor is part of a team in a large multi-pastor church, the pastors or team members usually have one leader–the senior pastor.

There are many suggestions and tips available to help build work-place relationships. Here are a few basic ones that should be a part of your daily work habits.

1. Get to know your supervisor or boss. Learn what their subtle cues are. If they are normally calm and composed and a sudden outburst occurs, ask yourself, what is causing this? Are there unknown stresses at home? Is there another situation in the workplace that might be causing your supervisor to react this way?

2. Gain insight into his/her work style. Is your leader detailed oriented or hands-off in their managerial style?

3. Be consistent with your work. Keeping commitments and schedules.

Knowing how to interact with our superiors and how to be part of a diverse team is important for having a successful ministry.

Chaplains have supervisory chaplains such as a department director, vice president, or a Command Chaplain. Some chaplains find themselves in a one-person department. They answer to an executive of a hospital, college or university, a prison warden, police chief, or a military commander.

Knowing how to interact with our superiors and how to be part of a diverse team is important for having a successful ministry. Fostering a good relationship with the boss or supervisor is important in allowing the chaplain to continue providing ministry in any settings a pastor or chaplain find themselves practicing.

4. Keep the boss, supervisors, or the chairperson of committees apprised of any issues. Protect them from being caught off-guard about projects or situations.

5. Make sure that you do all you can to see that your supervisor is achieving the vision set out for the team, thereby ensuring not only his/her success, but also that of the team.

6. Maintain confidentiality when your supervisor brings you into discussions and shares ideas in confidence.

7. As much as possible ask for advice, clarification, and

feedback on projects and other work assignments.

8. Be proactive, not reactive.[1]

THE TEMPERAMENTAL LEADER

In many instances there may be situations when relationships are not ideal. Some supervisors may be perceived as difficult. In these cases it is necessary to use additional measures to ensure a functional working environment.

Know when silence is "golden." Some supervisors do not like to being proven wrong. In situations when you know you're right and your boss is wrong, it's okay to be magnanimous and stay silent. Opportunity to discuss and reflect on the particular issue at hand may or may not arise. When it does, as a chaplain or pastor, listening and clarifying, rather than arguing may take the relationship with the boss to another trust level.

Do not bring the office problems home with you. Regardless of how difficult the boss may be, leave the office troubles behind. Carrying all the tension and stress associated with work to your home may affect your personal life, which continues again in the workplace.

Be discreet and stay "low." If you feel that you are the target of the ire of your boss, keep a low profile. This gives fewer opportunities to have conflicts. Let his/her ire subside. Then prayerfully seek an opportunity to problem solve and work out the issue that caused the reaction.

Always do your job, do it well, and do more than expected. By doing your job effectively you prove yourself to others. You will have a clear conscience that you are doing a good job and you don't give your boss additional reasons to be difficult towards you[2].

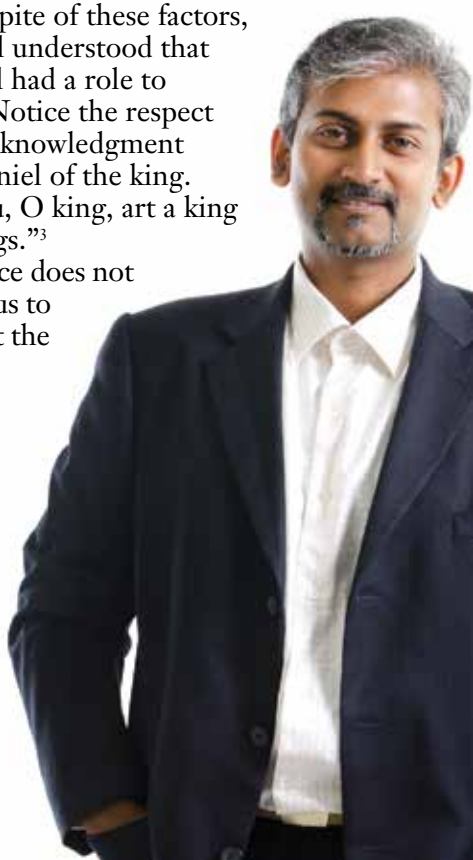
DARE TO BE A DANIEL

In the Book of Daniel we find an example of dealing with conflict. Daniel had been taking captive by King Nebuchadnezzar. Daniel's Boss called him and asked him to interpret a dream no one else had been able to interpret. Nebuchadnezzar was the source of all of Daniel's misery. This king was the reason Daniel was a slave!

In spite of these factors, Daniel understood that he still had a role to play. Notice the respect and acknowledgment by Daniel of the king. "Thou, O king, art a king of kings."[3]

Space does not allow us to look at the many

Carrying all the tension and stress associated with work to your home may affect your personal life, which continues again in the workplace.



examples in the Bible of those who faced difficult situations, but still chose to treat their superiors with respect. There are many-for example Daniel in the lion's den, the three Hebrews in the furnace, David and Saul[4], Captain Naaman's little maid.[5]

Let's look at problems that can cause conflicts with your supervisors:[6]

1. Envy and pride can get in the way.
2. If roles and titles, as well as reporting relationships are not clear, this can lead to misunderstandings.
3. When agreements and covenants are not clearly understood unexpected actions may occur.
4. A diversity in perspective
5. Theological differences, even within the same faith, can cause tensions.
6. Generational differences and miscommunications are a growing trend.

SIX MOST IMPORTANT WORDS

In the book *The Power of Influence*, John C. Maxwell quotes an unknown author who wrote about the six most important words and the least important word.

"The 6 most important words: I admit I made a mistake.
The 5 most important words: You did a great job.
The 4 most important words: What do you think?
The 3 most important words: Could you please?
The 2 most important words: Thank you!
The most important word: We.
The least important word: I."[7]

In closing, here are a few thoughts from others that can help us be successful in our relationships with our supervisors.

"Tact is the art of building a fire under people without making their blood boil."

—Franklin P. Jones

"*Always be nice to people on the way up; because you'll meet the same people on the way down."*

—Wilson Mizner

"*One is remembered for what one does for others; not for what one does for self."*

—M. K. Soni

"*It was one of the rules which, above all others, made Benjamin Franklin the most amiable of men in society: never contradict anybody."*

—Thomas Jefferson[8]

"*Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."*

—Matthew 7:12

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[1] http://www.americasjobexchange.com/career-advice/good-relationship-with-boss

[2] http://www.workhappynow.com/2010/01/4-techniques-to-help-you-deal-with-a-difficult-boss/

[3] Daniel 2:37 (KJV)

[4] 1 Samuel 18:10 (KJV)

[5] 2 Kings 5 (KJV)

[6] Westing, Harold J., *Multiple Church Staff Handbook*, Kregel Publishers, July 1985, pgs. 44-53.

[7] Maxwell, *The Power of Influence: Life Lessons on Relationships*, Honor Books, March 2000.

[8] http://www.wow4u.com/humanrelations/index.html

By Japhet de Oliveira, M.A.
Chaplain, Andrews University and
Co-Chair of *the One project*

Everything in my life was called into question. My dreams shattered. My hopes squashed. My energy depleted. I had lost my "super powers" of invincibility. I really never thought I would have had to face the dreaded C-word, "cancer." I had surgery to remove my thyroid, followed by a blast of radiation that re-set my

clock. If I do not die within the next 50 years from something else, the cancer will come back and wipe me out.

This experience threw me into a spiral of complex questions and scenarios. *What if you knew you would die tomorrow? What video messages would you record for your family? Who are your friends? What did you not do?* Of course, bubbling underneath was the hardest question we all crave answers to when we're faced with a crisis—why? And why me?

Recovery was slower than I hoped. A month after my treatment I had barely enough energy to show up at Pioneer Memorial Church for Thursday Chapel and watch Alex Bryan speak for the Week of Prayer at Andrews University. This turned out to be one in a series of

miracles that changed my life. I heard the voice of Jesus through Alex.

Alex and I connected and formed an instant friendship, talking about all kinds of things related to faith. Nine months later, after several of these conversations, we called five friends to join us for a two day "retreat" in Room 602 of the Holiday Inn in Denver, Colorado. Tim Gillespie, Sam Leonor, and Terry Swenson all flew in. Dany Hernandez (in Florida) and Eddie Hypolite (in London) joined us by Skype and phone, as their respective time zones permitted.

We read the Bible together. We read the same books. We prayed. We fasted. We met for

fellowship and honest conversation about the issues that mattered most to us—primarily our profound need for *more*. I honestly can't remember the exact moment that the significance of our conversations sank in for all of us. Maybe it was when Terry asked us to share the stories that had brought us together. Maybe it was when Alex lifted us in song with "Jesus Loves Me This I Know." Perhaps when we laughed or cried like little children, when the red-lettered words of Jesus leapt out of the Bible like live embers into our dry wooden

To learn more about the One project visit **www.the1project.org.**

hearts, and ignited once again the relentless passion for Jesus. But everything came together when Tim stopped the rapid-fire conversation suddenly and said, "Jesus (period) All (period)."

Jesus. All.

We realized in that moment, as Gabe Lyons (2010) in his book, *The Next Christians*, challenges readers, that we must, "recover the Gospel, . . . relearn and fall in love again with that historic, beautiful,

redemptive, faithful, demanding, reconciling, all-powerful, restorative, atoning, grave abounding, soul-quenching, spiritually fulfilling good news of God's love" (p.192), as expressed in Jesus.

Herein is the clincher for me: The Father sends us the Holy Spirit (John 14). The Holy Spirit points us to Jesus (John 15). And Jesus points us to the Father (John 14). Do you see that endless circle in the Trinity? Father lifts up the Holy Spirit, Holy Spirit lifts up Jesus, Jesus lifts up the Father, Father to Holy Spirit, Holy Spirit to Jesus, and Jesus to Father. When we see Jesus, it is because of the Holy Spirit. Then, by seeing Jesus we actually see the Father.

Jesus. All.

Jesus is in the whole Bible—Old and New Testaments. Every story teaches us about the

nature of Jesus through His love and mercy. Even the genealogies teach us about the progression of humanity and the intervention of Jesus in our future.

My personal theology for *the One project*, for my local community One Place, and for my life, are embedded in the words of Jesus found in Luke 15–everyone matters! But the breadth and depth takes place from the entirety of Scripture. Hope, joy, community–all in Jesus. They lead to the beauty that we are not alone.

I believe we all wish to hear the voice of Jesus in our lives. I cannot tell you enough how I know that is possible, real, palpable, and tangible for all. That it is seen when you fall in love with Jesus because there is no other name (Acts 4) that saves.

Jesus. All.

It was with this re-kindled love for Jesus, this all-consuming reliance on Jesus, this indescribable quest to know more of Jesus, that we set up *the One project*. Our mantra is Jesus. All. Our mission is to "celebrate the supremacy of Jesus within the Seventh-day Adventist Church." We vowed to meet at least once a year for a "gathering." It would not be a summit, a conference, a symposium, or a retreat.

Rather, focusing on our experience in Denver, we felt we had found a void in our journey, and the "gathering" would provide the much-needed space for us to hear the voice of Jesus.

The gatherings follow three essential elements:

1. **Reflection:** Our messages are limited to 20 minutes to articulate one stimulating reflection on Jesus.

2. **Response:** A live opportunity to question and engage for extra clarity with the Reflection.

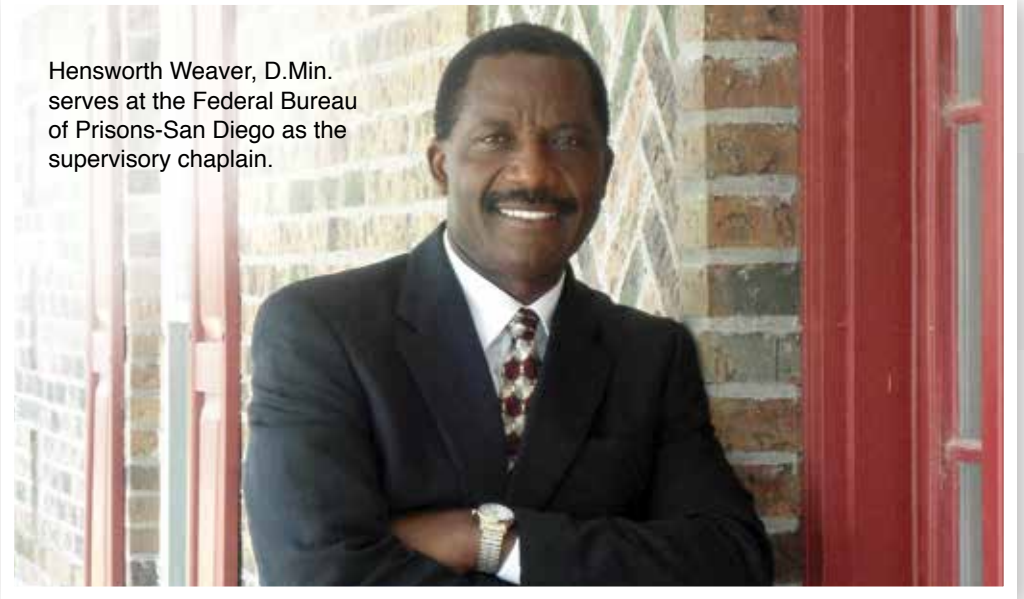
3. **Recalibrate:** The lion's share of our time is spent in dialogue with each other. It is here that we wrestle with application for ourselves, as well as for our local and global community. It is here that we have the hard, honest conversations about our heritage, legacy, and trajectory.

These three elements mingled with physical and mental space help us to embrace Jesus. All. Jesus still talks to us today.

Jesus. All.

PS. Today we hold gatherings in Australia, Europe, South and North America.

THE CHAPLAIN
THE CHANGED MAN



Hensworth Weaver, D.Min. serves at the Federal Bureau of Prisons-San Diego as the supervisory chaplain.

Perhaps God didn't send me to prison for the inmates," says Hensworth Weaver, Supervisory Chaplain for the Federal Bureau of Prisons-San Diego. "Perhaps He sent me there to change me." Since 1991 Weaver has ministered to those in prison, challenging them to discover a better way in life. His work among the incarcerated has changed Weaver himself.

A MENTAL TURNING POINT

A segment on the television show *60 Minutes* was instrumental in Weaver entering corrections chaplaincy. "It was by chance that I caught a segment that described how fast the growth of prison facilities and inmate population had become," says Weaver. "I couldn't get it out of my mind." At the time Weaver was working as a counselor with adolescents, but God had a larger plan.

As Weaver continued to think about what he had heard about the prison population he decided he'd apply to the Tennessee Department of Corrections. His application was accepted and within two weeks he was offered a job. "That's when I got cold feet and decided not to move forward," says Weaver.

The images and message from the *60 Minutes* program continued to haunt Weaver. The second time he made the decision to submit an application it was

to work in the Corrections Department in Florida. It wasn't long before Weaver received a response to his inquiry. The department was interested in him, but they wanted him to rewrite the application and resubmit it. "Today, after my years in chaplaincy I realize that my application was so poorly done that it should have been shredded," says Weaver. "That was the mental turning point for me. I was committed to working as a corrections chaplain."

Weaver enjoys the form of evangelism that corrections chaplaincy offers.

ME, PREJUDICED?

During his first year as a corrections chaplain, Weaver didn't know any Adventists who were working in corrections chaplaincy. It was also during this time that Weaver began to understand something about himself that truly shocked him. "I didn't realize how prejudiced I was towards other faith groups," says Weaver. "I had to change how I ministered to others." And change he did. Weaver began to ensure that all inmates had the opportunity to worship within their own faith traditions.

In one facility Weaver worked to make sure a group of inmates who were part of the Nation of Islam were accorded the same ability to worship as other inmates. "I spoke with the prison administration and told them that we had to provide space for this group to worship," says Weaver. "It didn't take long for the leader of this group of inmates to learn what I had done. He came to thank me and then began attending my chapel meetings." Soon the leader brought the rest of his group to the meetings also.

"Inmates may not agree with your faith," says Weaver, "but if you show them respect and are credible they will respect you." That's one of the lessons that Weaver believes all corrections chaplains should practice. "Maintaining your credibility is highly important to be an effective corrections chaplain," says Weaver. "You should encourage inmates to speak with staff supervisors about issues that are outside spiritual matters. Many chaplains have lost their credibility when they've involved themselves in issues that someone else should have handled."

THE BARRIERS-BREAKING GOSPEL

"I've made it a practice in each institution that I have worked in to emphasize the gospel and the Bible in my teaching ministry," says Weaver. "By doing this the prejudice is broken down before anyone learns that I am a Seventh-day Adventist."

In one facility Weaver was surprised to learn what a Jewish attorney thought of his teaching. "I learned that he was telling others that I preached from the Old Testament like I was a rabbi," says Weaver. "This man was able to see the connection of Jesus from the Old Testament to the New Testament, which was something he'd never experienced before."

Weaver enjoys the form of evangelism that corrections chaplaincy offers. "The government doesn't afford you the opportunity to run a chapel service as an Adventist church," says Weaver. "It must be operated as a general Christian service. This doesn't mean evangelism can't take place. You

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Healing the Spiritual, Mental, and Physical

By Deena Bartel-Wagner, Editor

Respect. Integrity. Teamwork. Excellence. Stewardship. These five core values are listed on the Davao Adventist Hospital (DAH) website. Victor Navarro, MPH and Jimmy Sabandal, MPH, chaplains at DAH, are a part of the team who, on a daily basis, put these words into action, through their ministry and that of the hospital staff.

The idea of establishing a medical institution in Davao City was initially conceived in the early 1960's. As the years have passed the current institution has experienced name changes, temporary suspension of operation, growth and construction. Today, the 62-bed tertiary facility has developed its image as one of being committed to world-class health care.

When Super Typhoon Pablo made landfall, Davao Adventist Hospital responded to the needs of the people affected by the storm.

The spiritual care of the patients, staff, and surrounding community is an integral part of the hospital's ministry. "Our pastoral care team believes it is important to involve all hospital staff in ministry," says Navarro, DAH Head Chaplain. "We have organized teams that work in the community to meet needs."

The teams adopt a community and provide programs for both children and adults on Sabbath afternoons. Themes for the programs include teachings on morals, health, and spiritual thoughts. As a part of their training for their work in both the community and the hospital, the DAH staff receives courses similar to clinical pastoral education classes. "When this program was begun five years ago, there was some resistance," says Navarro. "Today the staff can see how this helps develop their spiritual gifts and makes them more effective in their work and ministry."

Follow-up care for patients who return to their homes is an important part of the ministry of the chaplains. "Our after care program involves phone calls, home visits and offers of Bible studies," says Navarro. "As we build long-term relationships with individuals in the community their trust in us grows. They begin to ask questions about the Bible and our beliefs."

A health education program is an important part of the hospital's outreach. The department of chaplaincy is fully integrated into the

program. A popular outreach of the hospital is smoking cessation clinics. Smoking bans are common throughout the Philippines and becoming more restrictive, with smokers being fined for public smoking. "Our national government requires smokers to receive counseling about smoking," says Navarro. "The stop smoking clinics keep us very busy. Our hospital staff help us in conducting these community-based programs."

The outreach of the chaplaincy program and the ministry of the DAH hospital staff took on a new role following Super Typhoon Pablo's destruction on Mindanao.

"This was the second typhoon in a year to affect Mindanao," says Jimmy Sabandal, DAH associate chaplain. "Towns were wiped out. Following the storm many people died due to drinking contaminated water. We delivered food and pure drinking water to those in need."

As a response to the disaster DAH staff responded with donations of goods and time. "Our first response was to send a team with donated goods to help in the first days of recovery," says Navarro. "When they arrived at the location they were shocked by the extensive damage from the storm. They returned to DAH with the decision to hold another campaign to collect more needed items," says Navarro. "This time, in addition to food and water, we collected hygiene and cleaning supplies and clothes."

The hospital also adopted one of the 113 Adventist churches that were totally destroyed. Help was give to rebuild the church and supply all members who lost their Bibles in the storm with new ones.

The team of chaplains in the spiritual care department at Davao Adventist Hospital is carrying out their ministry

Davao Adventist Hospital staff members helped to provide food and water to typhoon victims. The chaplaincy department helped implement the distribution.

through their respect and recognition of the infinite worth of both patients and staff. "We take seriously our role in the accomplishment of the mission of Davao Adventist Hospital," says Navarro. "Our team plays an important part in providing the best healing experience to our patients and staff." For Navarro and Sabandal, this encompasses spiritual, emotional, and physical healing.

From left to right: Jimmy Sabandal, MPH, Davao Adventist Hospital Associate Chaplain; Pastor Victor Navarro, MPH, Davao Adventist Hospital Head Chaplain; Pastor Adriano Lacapag, South Philippines Union Conference Health Director, Dr. Mario Ceballos, Adventist Chaplaincy Ministries, Associate Director.

JUST EXHALE & Breathe!

By Deena Bartel-Wagner, Editor

In the barracks of Fort Dix, Sherri Headen was introduced to the ministry of chaplains and the difference such a ministry can make in an individual's life. "Just eight months after graduating from high school I left home for Basic Training in the U.S. Army Reserves," says Headen. "This was the first time I had been away from home for an extended period of time." It didn't take long for homesickness to set in.

The training was challenging emotionally, mentally, and physically. Sherri looked forward to the moments she could talk with her family. "I grew up in a Christian home and my father was a pastor," says Sherri. "In the midst of the stress of basic training I was looking for a safe space to worship. I needed someone that represented the comforting presence of Christ."

That presence was what Sherri noticed when the chaplain entered the barracks for the first time. "When the chaplain came into the room, my first thought was, *we can just exhale and breathe*," says Sherri. "The Holy Spirit accompanied that chaplain and it made such an impression on me. Although I was homesick, scared, anxious, and felt very unsure of myself, a sense of peace flowed through me."

Sherri experienced the ministry of the chaplain who listened to her, met her where she was emotionally and spiritually, and then provided sound counsel. "For me, he was a visible reminder of the Holy."

Sherri Headen, MDiv, is the first Adventist woman to serve as a chaplain in the U.S. Air Force Reserves.

Although Sherri had great admiration and respect for the role of the chaplain, it didn't occur to her that she would ever fill that role.

God knows the plans He has for us–for Sherri those plans included becoming a chaplain. "I never imagined I would become a chaplain," says Sherri. "After being impressed to attend a Revelation seminar, I was baptized in 2001. At that time, I had no inkling of a call to full-time ministry."

"Two and a half years after my baptism, the Holy Spirit was guiding me to change my career field in the military," says Sherri. "I began searching for chaplain assistant positions, but none were available."

Today, Sherri seeks to bring the same type of calming presence that she experienced during her hour of need to the residents of the Sunrise Senior Living Center in Carmel, Indiana and as an Air Force Reserve chaplain at Scott Air Force Base, Belleville, Illinois.

GOD KNOWS THE PLANS HE HAS FOR US-FOR SHERRI THOSE PLANS INCLUDED BECOMING A CHAPLAIN.

Information about the Air Force Chaplain Candidate program kept appearing during Internet searches, but Sherri ignored it. "I didn't believe I had the charisma, eloquence, or education to be a pastor or chaplain," says Sherri. "The information continued to show up in my searches."

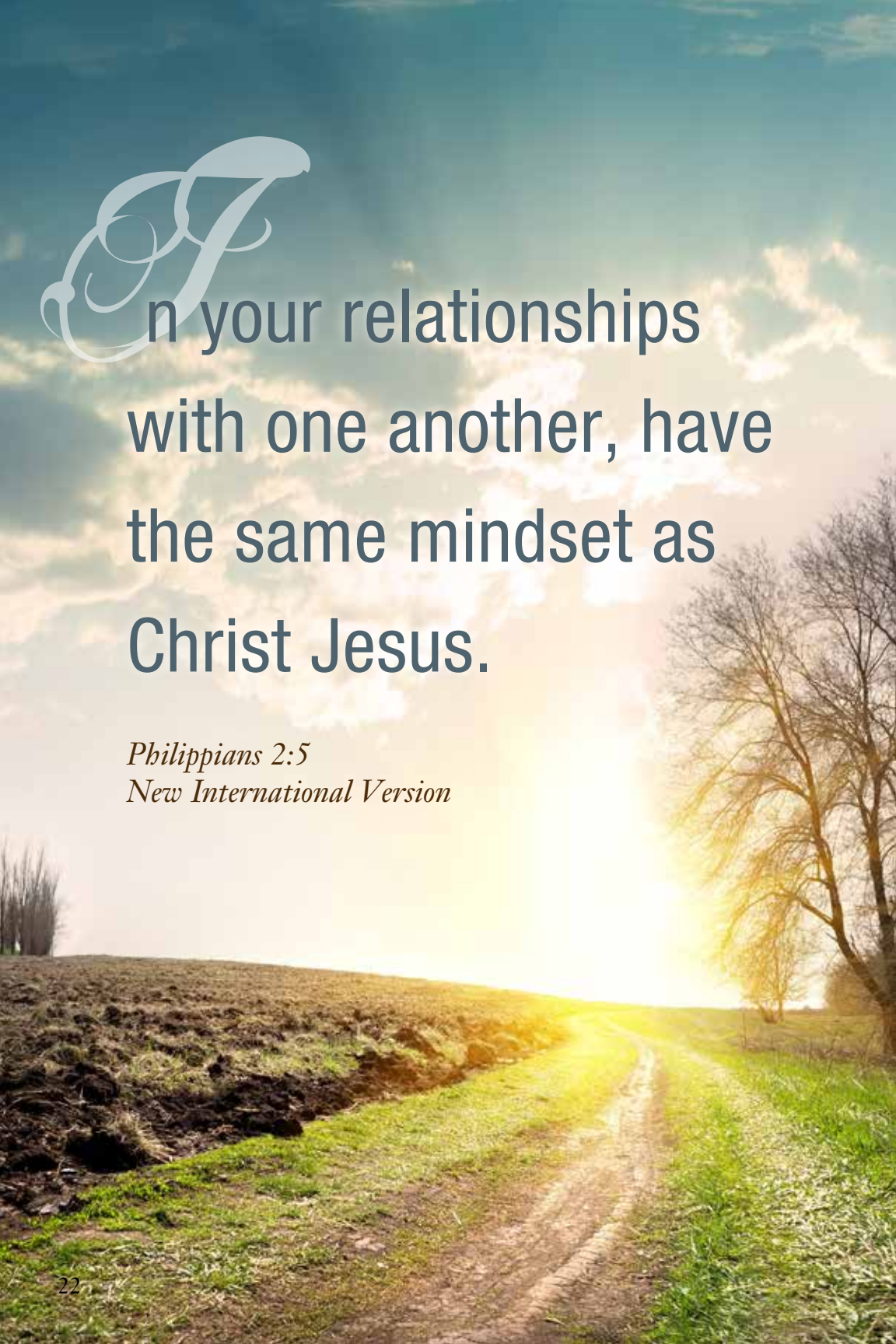
Although hesitant, Sherri decided to pray about it and ask God to open the door if chaplaincy was to be her ministry. "From the moment I began inquiring, the doors were wide open," says Sherri. "I entered seminary in January 2004." Sherri completed a master of divinity degree and is the first Adventist woman to be commissioned as a U.S. Air Force Reserve Chaplain.

In her dual-roles as chaplain at an assisted living center and a military chaplain, Sherri ministers to two very different populations. "As a Reserve chaplain, I work with first-term airmen, do visitation on the base, preach at worship services, and give briefings to troops who are returning from deployment." says Sherri. "Or, as a chaplain at the senior living center, I may be facilitating worships for residents and ministering to them one-on-one." Sherri is also a part of the pastoral team of the Emmanuel Seventh-day Adventist Church in Indianapolis, Indiana.

Seeds of a ministry calling were planted in Sherri's heart in an Army barracks. Today, the fruit of her experience is seen through her ministry to young and old alike.

"It's a sacred privilege for me to be present with those who are experiencing a critical life situation," says Sherri. "They are reaching out and want someone to be with them when they are vulnerable. This is a sacred moment and I never take it for granted."

As a part of her ministry Sherri works with the pastoral team at the Emmanuel Seventh-day Adventist Church in Indianapolis, Indiana.


In your relationships with one another, have the same mindset as Christ Jesus.
Philippians 2:5
New International Version

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just have to be creative in how you reach others."

During one baptism Weaver learned just how far the gospel can go to break down barriers. "The inmates were signing their hearts out. Excitement permeated the meeting," recalls Weaver. "Following the baptism, one of the inmates came to me and said, 'Chaplain, do you understand what happened tonight? Three of the men who were baptized were gang rivals." That day the rivalry ended. Those men were high-fiving each other because they now belonged to the family of God.

"Men don't want to express their fears in groups," says Weaver. "But when we are in private in my office, they cry. They tell me their deepest fears."

DISPENSE WITH THE PETTY THINGS

Through a career of ministering to others Weaver believes that to truly reach people, they need a personal touch. Using one-on-one counseling is an important part to be effective in outreach. "Men don't want to express their fears in groups," says Weaver. "But when we are in private in my office, they cry. They tell me their deepest fears."

Involvement by adults in the lives of at-risk young people makes the biggest difference in where they will spend their lives. "I can read a social history of a 15-year-old and tell you where they are headed," says Weaver. "Kids often gravitate towards gangs because they want friends and to feel appreciated. I've had many tell me they didn't want to become involved in violence. The gangs gave them a sense of belonging and importance. These kids often lacked support at home."

That's where Weaver believes the church can make a difference. "If church members take the time to connect with kids it makes a world of difference," says Weaver. "Get involved in asking how school is going, help them with areas they are struggling in, reach out and let them know someone cares about them."

One of the most memorable moments of observing a changed life involved Pete* an inmate who was a drug lord. "Pete's 18-year-old son was shot to death on the streets by a gang," says Weaver. "Pete told me he was furious that this had happened to his own flesh and blood. He felt a spirit of revenge over-taking him."

Pete had been actively involved in the chapel services and had given his life to Christ. "Pete told me that he was going to reconnect with old friends and get revenge for the death of his son," says Weaver. "The Holy Spirit was working in Pete's life. He said he remembered that he had done the same things to others. He didn't want to be a part of that anymore. We still hang on to our petty stuff while many of these inmates will die in prison as changed men and women." The *60 Minutes* segment still haunts him, but Weaver knows he contributed to making a difference in lives among that population. "I'm no longer the spiritually self-absorbed Christian that I once was," says Weaver. "Positive personal change is never easy, but we are always so much better because of it."

**Pete is a pseudonym.*

ADVENTIST CHAPLAINCY MINISTRIES WORLDWIDE

INTER-AMERICAN DIVISION

EAST PUERTO RICO CONFERENCE

Gary Councell, Adventist Chaplaincy Ministries Director and Dr. Mario Ceballos, Adventist Chaplaincy Ministries Associate Director, were privileged to spend time in the East Puerto Rico Conference. The purpose of the visit was to train chaplains from across the conference. "As the role of chaplaincy grows throughout the world, chaplains are seeking training as well as wanting current methods of providing minister to those who are within their sphere of influence," says Councell.

NORTH AMERICAN DIVISION

SDA MILITARY CHAPLAINS

The Seventh-day Adventist Military Chaplains Annual Training Conference was held recently at the Cohutta Springs Retreat Center in Cohutta Springs, Georgia. Chaplains from across the North American Division, as well as two chaplains representing the country of Ghana attended the event.

Gary Councell, ACM Director presented Chaplain James North, DMin, mementos of appreciation from ACM upon his retirement, following 50+ years of ministry.

Guest speakers for the event were Dr. Jan McCormack, Director of Chaplaincy and Pastoral Counseling at Denver Seminary (*Soul Maintenance–Guarding Your Heart While Caring for Others)*, Chaplain (Colonel) Herman Keizer, U.S. Army Retired (*Moral Injury and Soul Repair*), and Chaplain (Colonel) Jonathan McGraw, U. S. Army (*Strategic Leadership*), Elder Kenneth Denslow, NAD (*North American Division Update*), and Dr. James North, Seventh-day Adventist Theological Seminary (*A Perspective on Killing and War from the New Testament*).

Other highlights during the conference included visiting the Civil War battlefield of Chickamagua and a memorial service at the grave of Medal of Honor Recipient Desmond Doss, led by Chaplain (LTC) Daniel Petsch, U.S. Army.

PROMOTIONS–NAD

- CH Jorge Torres was recently promoted to Major. Torres serves in the U.S. Army and is currently assigned to the 120th Adjutant General Battalion (Reception) at Fort Jackson, SC. ▼

- CH William J. (Bill) Cork was recently promoted to Major. Cork serves in the Texas Army National Guard and is currently on active duty in Kuwait with HHC, 36th Aviation Brigade.

COMMISSIONINGS–NAD

- Jenny Tillay recently was commissioned to the ministry in a service at the Adventist La Grange Memorial Hospital. Ray Pichette, Illinois Conference President, led out in the service. Tillay serves as the Manager of Pastoral Care at Adventist La Grange Memorial Hospital in La Grange, Illinois. ▼

- Carolyn Strzyzykowski was commissioned to the ministry during a service at the South Bend Seventh-day Adventist Church. Strzyzykowski has served as a chaplain for 23 years. Currently Strzyzykowski is a chaplain at Borgess Medical Center in Kalamazoo, Michigan. ▼

Fourteen chaplains, including pastoral care leadership, CPE supervisors/diplomats, and clinical chaplains from North America and Canada were present at the celebration dinner of 10 certified chaplains hosted by ACM on March 19, 2013.

MORE SDA CHAPLAINS CERTIFIED FOR SERVICE EXCELLENCE

By Dr. Chor-Kiat Sim, CPE Supervisor/ Diplomate (CPSP)

The leadership of Adventist Chaplaincy Ministries and five supporting members congratulated nine newly Certified Chaplains by hosting a celebration dinner at the recent 2013 College of Pastoral Supervision and Psychotherapy (CPSP) Plenary. The newly Certified Adventist chaplains have received the guidance and training of CPSP CPE supervisors. They have fulfilled the CPSP CPE Standards in the trainees' certification process. This report presents the overview of the 2013 CPSP Plenary, continued plans of SDA CPE Supervisors of CPSP and encouragements from our leaders in chaplaincy ministries.

The uniqueness of the 2013 CPSP Plenary was an advanced definition of roles both in clinical chaplaincy and supervisory levels. This included preparation for future leadership in supervision, demonstrations of learning through psychodynamics, palliative care and bio-ethics that enhance chaplains' service.

Our SDA CPE Supervisors of CPSP expressed their desire to continue their plans to prepare more chaplain trainees for certification, being careful to adhere to competencies required for effective ministry. Orville Brown, Supervisor and Director for the College of Pastoral Training Center – Toronto, said that besides teaching trainees pastoral competencies in chaplain ministries, his center provides pastoral training in crisis intervention and is "*committed to growth through assessing the efficacy of interventions made*."

Twenty Adventist chaplains, CPE trainees, and Supervisors/Diplomates attended the 2013 CPSP Plenary Conference held at the Golden Nugget Hotel in Las Vegas, NV. Pastor Ismael Gama, Associate Vice President of Adventist HealthCare (Mission Integration and Spiritual Care) encouraged CPE Supervisors and

L to R: Newly certified chaplains from North America are Mark Mendizabal, Robert MacKay, Ismael Gama, Shelvan Arunan, Freddy Huerfano and Evangelista Polanco.

Certified Chaplains to strive for service excellence in their respective health care settings. He said, "Demonstrating God's compassion and living out our Seventh-day Adventist Mission to heal the broken world is our greatest need."

Dr. Mario Ceballos, Adventist Chaplaincy Ministries Associate Director sent his words of appreciation and encouraged them to maintain a strong commitment to personal and pastoral competencies, providing mentorship to chaplains, maintaining high standards and Christian principles to serve the Lord in these last days of earth's history.

Indeed, this is the time for more chaplains to fulfill the call of Christ - to care for God's flock and visit those in need of pastoral presence in the community. (John 21:15-17, Matthew 25:36) Every effort to bless others will reap blessings in return. *"This was the purpose of God in giving us a part to act in the plan of redemption. He has granted men [and women] the privilege of becoming partakers of the divine nature and, in their turn, of diffusing blessings to their fellow men. This is the highest honor, the greatest joy, that it is possible for God to bestow upon men. Those who thus become participants in labors of love are brought nearest to their Creator."* *Steps to Christ*, p. 79.1.

L to R: Newly certified chaplains and supervisor are: Damson Oppong (CPE Intern-Candidate for next Plenary), Omar Palmer, Samuel McKenzie and Orville Browne (Supervisor and Director for the College of Pastoral Training Center – Toronto) Note: Todor Levterov certified in absentia.

ACM UPCOMING EVENTS

July 18-29
Southern Asia Division Adventist Chaplaincy Ministries Advisory, India (SUD)

July 22- 26
South American Division Education Chaplains Conference , Rio de Janeiro, Brazil (SAD)

August 23-27
Seventh-day Adventist Corrections Chaplains Annual Conference, Mansfield, Ohio (NAD)

Sept 13 - 19
Health Care Chaplains Training, Herghelia, Romania, Romanian Union Conference, Inter-European Division (EUD)

September 22-29
Central America Chaplaincy seminar, Costa Rica (IAD)

September 27-October 6
Chaplaincy Training Course, Zaoksky Adventist University Zaoksky, Tula Region, Russia (ESD)

October 10-16
General Conference Annual Council, Silver Spring, Maryland

October 13 - 16
Hospital Chaplains Training, Dominican Republic (IAD)

October 17-23
Staff Assistance Visits to SDA Military in Europe-Germany and Italy (EUD and NAD)

October 18 to 20
French Antilles and Guyana Union Chaplain Congress, Martinique (IAD)

FACES OF CHAPLAINCY THROUGH THE YEARS

Celebrating 30 years of Adventist Chaplaincy Ministries

2015 ADVENTIST CHAPLAINS WORLD CONGRESS

San Antonio, Texas
June 29 – July 1, 2015

Plan now to join Adventist Chaplaincy Ministries in San Antonio, Texas for the 2nd World Congress for Adventist Chaplains. Come and participate in specialized training, fellowship, networking, and a 30th anniversary celebration.

Further details will be made available on the Adventist Chaplaincy Ministries websites, Facebook and Twitter.

DOCTOR OF MINISTRY
Chaplaincy Concentration

Begins in Orlando, FL

March 31-April 15, 2014

Application Deadline January 31, 2014

The Doctor of Ministry program at Andrews University is designed to develop spiritually mature and responsible professionals in ministry for the worldwide church. The chaplaincy ministry concentration prepares participants for excellence in chaplaincy ministries and organizational leadership.

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For more information, see: www.andrews.edu/dmin

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DID YOU PROVIDE SUPPORT IN THE **AFTERMATH OF SEPTEMBER 11, 2001?**

Did you work or volunteer to provide disaster interfaith, mental health, or other support services related to the September 11, 2001 attacks? These may have included faith-based services such as crisis counseling, outreach, public education, case management, or other volunteer support services. Locations where you may have worked include Lower Manhattan (south of Canal Street), Ground Zero, Staten Island Landfill, NYC Chief Medical Examiners Officer, or at the barge loading piers.

ELIGIBLE FOR WTC HEALTH PROGRAM BENEFITS

If you volunteered and meet the criteria you may be eligible for FREE World Trade Center Health Program benefits. These benefits include:

- Annual medical examinations
- Treatment services for approved health conditions that cause problems such as:
  - Trouble breathing with wheezing, like asthma
  - Being less able to do what you normally do without becoming short of breath
  - Frequent sinus problem or a constant cough
  - Frequent nose and throat irritation
  - Stress-related illness, anxiety, and depression
- Medications for WTC-related health conditions

I WORKED IN THOSE LOCATIONS. WHAT'S NEXT?

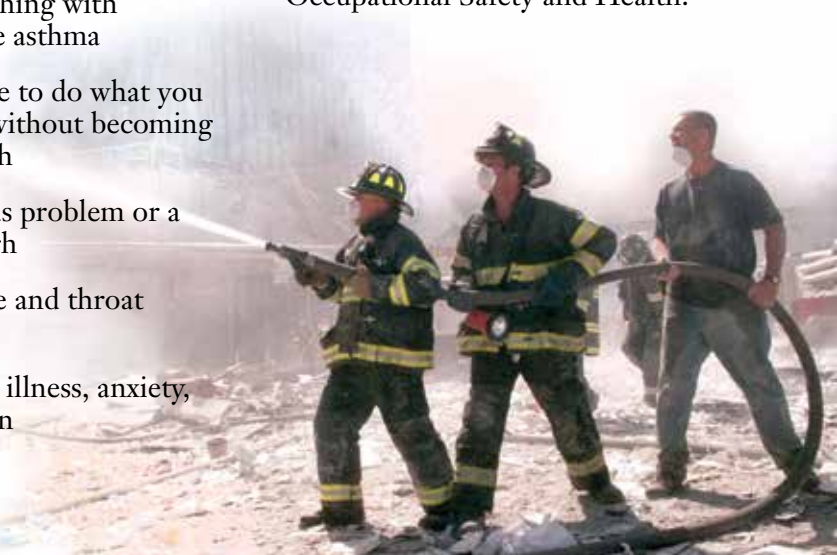
Applications for acceptance into the WTC Health Program are being accepted through the end of 2013. Applications are available by:

- Calling 1-888-982-4748
- Email wtchealthprogram@icfi.com
- On the WTC website at www.cdc.gov/wtc

DO I REALLY NEED THESE SERVICES?

All responders who are potentially eligible need to be enrolled in the program. You may not be experiencing physical or mental health problems now. Even if you don't think you need services, you should enroll in case you experience future problems.

This program is administered by the National Institute for Occupational Safety and Health.



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support. Three other groups immediately come to mind.

- Children–Spending quality and quantity time with our children provides us both with memories that last a lifetime. It is also an opportunity to transmit values and beliefs, traditions and customs across the generations. Most importantly, it is how we come closer together as a family. I love the opportunities I have to get together with our daughters. Even when we can't be in physical proximity, a good conversation on the phone is wonderfully refreshing.

- Extended Family–Visits with members of your biological family is a way to ground you with past generations making you a bridge to future ones. Instead of living like an island, we are reminded of how inter-related we are with others.

- Friends–The writer of Ecclesiastes reminds us of the value of two,[6] and many are the passages in the Bible that speak of the value of friendship.

Intimacy–opening ourselves to others so we can be fully known even as we come to know them fully–was God's plan and desire since creation, and something He still wants for us, pastors and chaplains, today. As we renew our intimacy with God, He then helps us to renew our intimacy with those He has placed in our lives.

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[1] Wilson, Michael Todd, and Brad Hoffman. *Preventing Ministry Failure*. Inter-Varsity Press, Downers Grove, IL, 2007, p. 35

[2] Ibid. p. 48

[3] Ephesians 5:25-26; 1 Corinthians 7:12-14

[4] Ibid. p. 50.

[5] Ibid. p. 51.

[6] Ecclesiastes 4:9-12.

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THE ADVENTIST CHAPLAIN
is a quarterly publication of
Adventist Chaplaincy Ministries,
the ecclesiastical endorsing agency of
the Seventh-day Adventist® Church.

This journal is distributed worldwide to chaplains, church leaders, institutions, and others involved in chaplaincies. To be added to our mailing list, please visit our website at www.adventistchaplains.org. Articles, comments, photographs, and questions are always welcomed.

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WHENEVER YOU'RE IN CONFLICT WITH SOMEONE, THERE IS ONE FACTOR THAT CAN MAKE THE DIFFERENCE BETWEEN DAMAGING YOUR RELATIONSHIP AND DEEPENING IT. THAT FACTOR IS ATTITUDE.

~ William James

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