

Written Resources for Mission Member Care

by Kelly O'Donnell and Gerald Reddix

Have you ever walked into a Christian bookstore and felt overwhelmed by the number of interesting books that you would like to read? This year alone there will be an estimated 24,000 new Christian titles published around the world (Barrett, 1994).

Books and other materials can be great resources for frontier mission personnel. The right book at the right time—when carefully read, reflected upon, and applied to one's life—can do a world of good!

Here is a quick reference list of the materials that we frequently recommend to missionaries and mission leaders (most of whom are from North America and other Western countries). Our list is by no means comprehensive, but simply reflects a core sampling from among the hundreds of helpful publications available in the area of mission member care.

General References

Christian Counseling, by Gary Collins (second edition). Overviews a comprehensive range of problems, such as depression, anxiety, and marital struggles, and makes suggestions to counselors for treatment. Practical and helpful.

Friend Raising: Building A Missionary Support Team That Lasts, by Betty Barnett (1991), Seattle, WA: YWAM Publishing. Provides many helpful principles and suggestions for raising financial support through developing relationships with donors and friends.

Healthy Beyond Heathrow, by Ted Lankester. Focuses on the medical and health aspects of living and traveling

overseas. Practical help for preparation and for understanding the medical problems that can occur.

Helping Missionaries Grow: Readings In Mental Health And Missions, edited by Kelly and Michele O'Donnell (1988), Pasadena, CA: William Carey Library. A compilation of 50 articles written between 1974 and 1988 focusing on the special needs of those in missions. The articles are arranged in four sections covering missionary preparation, missionary families, missionary adjustment, and special issues.

Internationalizing Missionary Training: A Global Perspective, edited by William Taylor (1991), Grand Rapids, MI: Baker Book House (available through William Carey Library). Explores the training concerns and approaches of Western and Non-Western mission agencies. Emphasizes the balanced use of formal, non-formal, and informal education.

Manual For Today's Missionary: From Recruitment To Retirement, by Marjorie Collins (1986), Pasadena, CA: William Carey Library. Covers the typical experiences of missionaries during preparation, field experience, furlough, and retirement. Lots of practical advice based on the author's missionary experience.

Missionary Care: Counting The Cost For World Evangelization, edited by Kelly O'Donnell (1992), Pasadena, CA: William Carey Library. This is a collection of 25 articles which address the care and development of missionary personnel. Topics include guidelines for setting up member care programs, counseling and clinical approaches to care, team development, the agency's role in member care, and future directions

for the field of member care.

Overcoming Missionary Stress, by Marjory Foyle (1987), Evangelical Missions Information Service (PO Box 794, Wheaton, IL USA 60189). Deals with the practicalities of coping on the mission field. Chapters include material on raising children and adolescents on the mission field, singleness, marriage, culture shock, interpersonal relationships, re-entry, and selection of personnel.

Pastoral Counseling Across Cultures, by David Augsburg (1986), Philadelphia, Westminster Press.

Personal Encouragement And Growth For Every Missionary: A Practical Approach to Biblical Caring and Counseling, by Betty Jo Dennett (1990), Gospel Missionary Society (Pymble, NSW, Australia—available from S.I.M.). Provides several guidelines for setting up a member care program and attending to the special needs of staff.

Reentry: Making the Transition Between Missions To Life At Home, by Peter Jordan (1992), Seattle, WA: YWAM Publishing. Practical suggestions to prepare and manage one's return to the home country.

Serving As Senders: Six Ways To Support Your Missionaries, by Neal Pirolo (1991), San Diego, CA: Emmaus Road International (available through William Carey Library). Directed primarily to the local church, this book is filled with suggestions to form a supportive bond between missionaries and their sending church.

Survival Kit For Overseas Living, by Robert Kohls, (1984), Yarmouth, ME: Intercultural Press. A book for Americans preparing to live abroad.

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Explores in a direct and easy style, the dynamics of culture, cross-cultural values, strategies when moving to a new country, communication skills, and culture shock.

Where There Is No Doctor, by David Werner (1977 & Revision). Palo Alto, CA: Herperian Foundation. Gives simple, easy-to-follow advice for preventing and treating common health problems, especially those encountered in the developing world.

Personal Growth Resources

Authoritative Guide To Self-Help Books, by John Santrock and colleagues (1994), New York: Guilford Press. Reviews literature and educational materials that can help people who are struggling with problems. Rates these popular books according to their likely value to help the reader.

Bold Love, by Dan Allender (1992), Colorado Springs, CO: Navpress. Focuses on how to build relationships and intimacy with others. Blends biblical truths with psychological insights.

Boundaries: When To Say Yes, When To Say No, by Henry Cloud and John Townsend (1992), Grand Rapids, MI: Zondervan. A book for personal growth and also relevant for team building. Discusses biblical patterns for developing healthy relationships.

Devotional Classics, edited by Richard Foster (1992), Harper-Collins. Excerpts classical Christian literature for personal reflection and spiritual growth. Includes questions and exercises.

Disciplines For The Inner Life, by Bob Benson and Michael Benson (1985). A devotional book with short readings and Scripture passages. Arranged in terms of themes/chapters for each week.

Finding The Freedom of Self-Control, by William Backus (1987), Minneapolis, MN: Bethany House. Explores the misbeliefs we have about ourselves and problems, with a view

towards breaking old habits and improving self-control.

Healing For Damaged Emotions, by David Seamans (1981), Wheaton, IL: Victor Books. Best seller on how to work through early emotional damage from one's family of origin.

Healing Life's Hidden Addictions, by Archibald Hart (1990), Ann Arbor, MI: Servant Publications. Surveys several compulsive behaviors and addictions that play havoc in people's lives. Topics include eating, self-hatred, worry, sexuality, work-alcoholism, codependency, exercise, and several others.

Inside Out, by Larry Crabb (1991), Colorado Springs, CO: Navpress. Practical insights on how to help produce the inner changes that one wants. It also has a study guide.

Outgrowing The Pain: A Book For And About Adults Abused As Children, by Eliana Gil (1983), Bantam Doubleday Dell (666 Fifth Avenue, New York, NY 10103). Adults who were abused as children usually develop destructive patterns of thinking and behaving. This book identifies these patterns and offers suggestions for improving them. Easy to read and non-threatening.

Out Of The Shadows: Understanding Sexual Addiction, by Patrick Carnes (1985), Minneapolis, MN: CompCare Pub. Informative and helpful on the subject of sexual addiction. A second and related book by this author is also excellent: *Don't Call It Love*

Pain And Pretending, by Rich Buhler (1991), Nashville, TN: Thomas Nelson Pub. Helps people to come to terms with past hurts in a balanced and sensitive way using sound biblical and psychological principles.

Pursuing Sexual Wholeness, by Andrew Comisky (1989), Lake Mary, FL: Creation House. Written for Christians who struggle with homosexuality and for those who minister to them.

The author shares insights from having been involved in homosexuality and now as a Christian therapist ministering in this area. Also has a workbook/study guide for groups.

Secrets Of Your Family Tree, by Carder, Henslin, Townsend, Cloud, and Brawand, (1991), Chicago, IL: Moody. Excellent discussion of a variety of family background issues that can affect a person. Biblically and psychologically oriented, with lots of practical exercises.

The Wounded Heart, by Dan Allender (1990), Colorado Springs, CO: Navpress. The fear, confusion, and rage in victims of various kinds of trauma are exposed (especially verbal, physical, and sexual abuse). Guidance and hope are sensitively offered.

Tracks in the Sand: An Interactive Workbook, by Vance and Bethyl Shepperson (1992), Nashville, TN: Thomas Nelson Publishers (available from Shepperson Psychological Associates, 680 Langsdorf Dr. Suite 217, Fullerton, CA 92631). A refreshing guide to journaling for people who want to dig deeper into their life and relationship with God. It is especially useful for couples and those recovering from dysfunctional patterns, as well as for missionaries in more isolated settings who can use journaling as a self-help tool.

When Heaven Is Silent, by Ronald Dunn (1994), Nashville, TN: Thomas Nelson. Explores how God ministers to us through the hard-to-explain aspects of life. A good book to gain perspective on difficult struggles.

Team Life and Conflict Management

Caring Enough To Confront, by David Augsburg (1981), Ventura, CA: Regal Books. Explores the nature of conflict, communication, and ways to deal with conflict.

Cross-Cultural Conflict: Building Relationships For Effective Ministry,

by Duane Elmer, (1993), Downers Grove, IL: Intervarsity Press. Looks at the way that conflict develops and ways to work it through in cross-cultural settings. Good examples and suggestions for using indirect methods for conflict resolution.

How To Lead Small Groups, by Neal McBride (1990), Colorado Springs, CO: Navpress. Covers leadership skills necessary for running a variety of small groups. Gives lots of good information and tools for understanding and developing group life.

Conflict Mediation Across Cultures: Pathways and Patterns, by David Augsburger, (1992), Louisville, KY: Westminster/John Knox Press.

Teamwork, by Gordon and Rosemary Jones (1995), London: Scripture Union. Practical guidelines and exercises to help strengthen teams.

When Caring Is Not Enough: Resolving Conflicts Through Fair Fighting, by David Augsburger (1983), Ventura, CA: Regal Books. Helps people develop skills for resolving conflicts in healthy ways. Each chapter contrasts old and new "self-statements" regarding conflict and concludes with practical exercises.

Children, Marriage, and Family

A Gift For All Ages: A Family Handbook On Sexuality, by Clifford and Joyce Penner (1986), Waco, TX: Word. Practical treatment of human sexuality, written from a Christian perspective. Has chapters on teaching kids about sexuality, sex and singleness, family planning, tough issues, and more.

Books Children Love: A Guide to the Best Children's Literature, by Elizabeth Wilson (1987), Westchester, IL: Crossway Books. Annotated compilation of reading material for children including secular and Christian titles. The books are divided into subject areas and each title shows the suggested grade level.

Christian Parenting And Child

Care, by William Sears (1985), Nashville, TN: Thomas Nelson. Practical, extensive information and advice on raising children. Written by a pediatrician.

Communication: Key To Your Marriage, by Norm Wright (197?). Practically treats a variety of marital issues and ways to improve communication. Easy to read. The sequel is also excellent: *More Communication Keys For Your Marriage* (1983).

Cutting The Cord, by Vern Lewis and Bruce Narramore (199?). Discusses the different developmental stages and challenges of adolescence, communicating and relating with one's teenagers, and helping them successfully launch into adulthood.

Focus on the Family books and magazines (Colorado Springs, CO 80995):

Clubhouse Jr. (ages 4-8)—A delightful 15 page monthly magazine filled with stories, puzzles, games, and cartoons.

Clubhouse (ages 8-12)—Adventures, riddles, games, and stories which are fun and communicate Biblical values.

Brio (teen girls)—This 30-page monthly has articles on subjects from appearance and acne, to tips on relating to parents. Addresses issues that concern adolescents from a Christian perspective.

Breakaway (teen boys)—A magazine filled with action, athletics, Christian music, and issues pertinent to male teenagers, all from a Christian perspective.

Parental Guidance—A monthly magazine for parents focusing on family development and parenting issues.

Single-Parent Family—Practical help and information for single parents trying to maintain healthy and godly homes for themselves and their children.

Good Hugs And Bad Hugs: How Can You Tell, by Angela Carl (1985—out of print), Cincinnati, Ohio: Standard

Publishing, (Cincinnati, Ohio). An activity book to be used with children by a parent or a teacher, to prevent the child from becoming a victim of sexual abuse. The exercises build self-esteem and self-confidence, and help the child understand their specialness as a person created by God.

Growing A Healthy Home, edited by Mike Yorkey (1990), Colorado Springs, CO: Focus on the Family. Contains 54 short chapters on a variety of topics: marriage, husbands/fathers, wives/mothers, education of children, family activities, teenagers, raising children, and family problems. Very readable and helpful, and includes a reading list at the end.

Halliwell's Guide To The Best Children's Films, edited by John Walker (1994); London: Harper Collins Publishers (77-85 Fulham Palace Road, Hammersmith, London W6 8JB). Describes over 1000 films and videos for the family, most of which are intended for general audiences or with parental guidance.

Help I'm A Parent, by Bruce Narramore (1972), Grand Rapids, MI: Zondervan. Describes several useful Biblical and psychological foundations for raising healthy children. Includes topics on discipline, natural and logical consequences, communication, and self-esteem.

Hidden Keys Of A Loving, Lasting Marriage, by Gary Smalley (1993), Grand Rapids, MI: Zondervan. Common problems between husbands and wives are pointed out. Looks at reasons why marriages fail, meeting the needs of your spouse, differences between husbands and wives, and more.

How To Really Know Your Child, by Ross Campbell, (1987). Wheaton, IL: Victor Books. Practical help on understanding and raising your child.

How To Really Love Your Child, by Ross Campbell (1977), Wheaton, IL: Victor Books. Basic and helpful material on making contact with your

children, showing them you love them, and disciplining them.

How To Help Children With Common Problems, by Charles Schaeffer and Howard Millman (1981), New York: Van Nostrand Reinhold. A comprehensive guide to deal with the everyday problems of children and adolescents. practical advice in a variety of areas, such as impulsiveness, poor use of time, anxiousness, shyness, bed-wetting, sleep disturbances, sibling rivalry, temper tantrums, bad language, and many more.

I'll Hold You In Heaven, by Jack Hayford (1990), Ventura, CA: Regal Books. Healing and hope for parents who have lost a child through miscarriage, stillbirth, abortion, or infant death.

Let's Have Healthy Children, by Adelle Davis (1981—out of print), Penguin Books (375 Hudson St., New York, NY USA 10014). Covers the important role of nutrition in maintaining the good health of children and the entire family. Adequate diets, nursing, and allergies are but a few of the subjects.

Love Across Latitudes, by Janet Fraser-Smith (1993—published by the author c/o PO Box 7177, Nicosia, Cyprus). A premarital workbook for couples where the individuals are from different cultures.

Man To Man: Helping Fathers Relate To Sons and Sons Relate To Fathers, by Earl Henslin (1993), Nashville, TN: Thomas Nelson. A practical Christian guide to develop healthy relationships between fathers and sons. Also includes material on dealing with negative feelings towards one's own father and other men, and an extensive list of resources for recovery.

Planning For MK Nurture: Compendium Of The ICMK, Volume 1, edited by Pam Echerd and Alice Arathoon

(1989), Pasadena, CA: William Carey Library. Addresses a variety of topics on raising children on the missionary field. Based on the presentations given at the 1987 International Conference on Missionary Kids in Quito, Equator.

Seven Promises Of A Promise Keeper, by Focus on the Family (1994). Titled after the "Promise Keeper" movement in North America to help men stay committed to and grow in their relationships with God, family, and others.

The Parent's Guide: Systematic Training For Effective Parenting of Teens, by Don Dinkmeyer and Gary McKay (1983), Circle Pines, MN: American Guidance Service. Practical advice on building good relationships between parents and teenagers. Looks at reasons for and ways to respond to misbehavior, encouraging independence with responsibility, self-esteem, mutual respect, and democratic relationships. A similar manual is also available for younger children.

Understanding And Nurturing The Missionary Family: Compendium Of The ICMK, Volume 2, edited by Pam Echerd and Alice Arathoon (1989), Pasadena, CA: William Carey Library. Includes 40 presentations on areas relevant to the adjustment of missionary families, given at the International Conference on Missionary Kids in Quito, Equator, 1987.

References and Sources

Barrett, D. (1995). Annual statistical table on global mission. *International Bulletin of Missionary Research*, 19, 24-25.

Focus on the Family, PO Box 35500, Colorado Springs, Colorado 80935
Great Christian Books, Home Schooling Warehouse, PO Box 8000, Elkton,

MD 21922

Intercultural Press, PO Box 700, Yarmouth, ME 04096 USA (secular publisher with excellent materials on cross-cultural life and work.

William Carey Library, PO Box 40129, Pasadena, CA 91114 USA.

YWAM Publishing, PO Box 55787, Seattle, WA 98155 USA

Questions for Discussion

1. Which three books from this list would you like to read the most?
2. In what ways have the last two books you read helped you or your work?
3. Which books would you like to add to or possibly delete from this list?
4. Who are some of your favorite authors? What type of books do you enjoy the most?
5. If you were to write a book now, what would the topic and title be?

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