

# Missions

## UNDERSTANDING BURNOUT

Bringing Encouragement  
to **Europe**

**Emmaus** in  
Limited-Access Countries

Interview with New  
Missionaries in **Tanzania**



# Thinking It Through

BY GERARD DEMATTEO

## Heaven—A Place of Flourishing

Heaven will be a place of flourishing. We will grow and thrive. The life Jesus has brought us into, eternal life, is not only never ending, it is a quality of life that is so good it can't be compared to the best of our days. We taste heaven in our sojourn here, but heaven is where we will experience eternal life in fullness. In heaven we will have the capacity to flourish and worship the One who made it possible.

Nothing will impede this flourishing. We will be our true selves without any trace of the fall, having bodies that will be designed after the resurrection of our Savior Jesus Christ and having wills that operate out of Christ's life. The apostle Paul tells us that the brokenness that we are weighed down with will be gone forever. We will be imperishable, not perishable. We will be glorious, not dishonorable. We will be empowered by the Spirit, not weakened by death. We will be like Jesus, not like Adam.<sup>1</sup> I long for heaven.

Living in excited expectation to see Christ work in my life can't be paralleled. But here's why I long for heaven: during the millennium and ultimately in the new heaven and new earth our glorified bodies will experience deep relationships without any sinful impediment. Our relationship with God, with each other, and with our new dwelling place will exceed our imaginings. Eden was a place of great potential where, irrigated by four rivers, it was primed for fruitfulness.<sup>2</sup> In that perfect union of heaven and earth, humanity was poised to flourish into a civilization that throbbed with the life and love of God. But a great fissure occurred that contaminated all relationships—Adam and Eve's rebellion. They became self-serving rather than other-focused and, as a result, troubled relationships abounded. After their exile, our irreconcilable differences with others, wasteful stewardship of our planet, nations caring predominantly about power and not justice, and the lack of peace within ourselves reflect this brokenness.

We all grieve that exile, and creation mourns. The sadness of every good thing lost in this life is a latent marker of the longing

for something more. But God so loved the world. Christ's death and resurrection secured for us forgiveness and healing. When with Him, our new selves will fully experience healed relationships with all creation.<sup>3</sup> With that before us, we, as C. S. Lewis said, "have the best of both worlds. We have joy whenever this world reminds us of the next, and we take solace whenever it does not."

Notice how the prophet Isaiah hearkens back to Eden when describing Christ's millennial reign. "For the Lord will comfort Zion, He will comfort all her waste places; He will make her wilderness like Eden, and her desert like the garden of the Lord; joy and gladness will be found in it."<sup>4</sup>

The apostle John alludes to Eden when describing the new heaven and new earth: "And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations."<sup>5</sup>

God is assuring us that the potential lost in Eden will be restored, only greater. We will dwell in heaven, forever putting down roots in this new garden. And it will reflect what Eden could never reflect—the sacrificial love of the Lord Jesus Christ. "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God."<sup>6</sup>

Heaven will be a place where our loving God will be the center of all life. We will see Christ and love Him with all our being. Our relationships with believing family and friends, old and new, will deepen. What we put our hands to will prosper. And, best of all, heaven will be a place of clear-headed, passionate worship to our God who made it all possible. We will flourish! ■

*Gerard DeMatteo is a commended worker based in New Jersey.*

11 Corinthians 15:42–49; 2 Genesis 2:10–14; 3 Revelation 2:7; 4 Isaiah 51:3; 5 Revelation 22:1–2; 6 Revelation 21:3

# Understanding BURNOUT

## 20 Prevention Tips for the Disease of Overcommitment

BY JONATHAN WARD



**B**urnout is a state of overall physical and emotional exhaustion resulting from the chronic stress of dealing with situations that place unreasonable demands on our time and energy, slowly pushing us beyond our ability to cope.

Sometimes called compassion fatigue or the disease of overcommitment, it often comes from the strain of responding extensively and compassionately to the needs of others without adequately responding to one's own need for replenishment. Unlike depression, which can have multiple causes, burnout is specifically linked to the depletion that occurs when we overstretch our

limits in a role or environment that is overly demanding.

Burnout does not happen overnight. It creeps up on you without your realizing it. Others will usually notice it before you do.

It is vital to detect burnout early and take steps to counter it. Missionaries who leave the field burned out are unlikely to return. Although they will recover, they will typically move to another context or remain in their home culture.

The more committed you are, the more likely you are to burn out, especially if you tend to have high expectations for yourself, feel overly responsible, and push yourself beyond your reasonable limits.

### BURNOUT INVENTORY

In the score column, write the number that best corresponds to your answer.

**1 = Rarely    2 = Sometimes    3 = Often**

	Score
1. I feel under too much pressure.	
2. I feel low and depleted, and I can't seem to renew my energy.	
3. I am less sympathetic and caring with people than I used to be.	
4. Small problems irritate me easily.	
5. I am feeling unappreciated or misunderstood.	
6. I feel frustrated that there is far more work than I can possibly do.	
7. I find making decisions harder than before.	
8. There is no one I can talk to about my frustrations.	
9. I feel I am achieving less than I should.	
10. I am feeling disappointed in myself or in my work.	
11. I am having negative thoughts about my work, and I am losing my joy.	
12. The atmosphere where I live and work is hindering my ability to be effective.	
13. I feel overwhelmed and do not have time to do the things that are important.	
14. I feel that what I am doing is not the right fit for me.	
15. I feel drained of my physical and emotional energy.	

#### Score Interpretation

##### **15–20**

Not much sign of burnout. This is good!

##### **21–30**

Be careful. You may be at risk, especially if several scores are high.

##### **31–45**

Your risk is high. You must do something about it urgently.

## THE EFFECTS OF BURNOUT

Many people pay the price when someone burns out as it can affect everyone who comes into contact with them. Along with the emotional and physical exhaustion, one may experience a depleted immune system, reduced appetite, sleeplessness, anxiety, heart palpitations, and the desire to withdraw from others. One will feel greater impatience and irritability toward family members and coworkers, coupled with a significant reduction in the ability and desire to meet the needs of others.

## STEPS FOR PREVENTION

When burnout is far along, you will likely know that you are burning out, but you may not notice it in the early stages. The best early warning system is the people around you, those who are willing to point out the symptoms.

Learning to take care of oneself is an act of good stewardship, not an act of selfishness. When our physical, emotional, and spiritual needs are not met, we become less effective in meeting the needs of others.

Jesus encountered many needy people and dealt constantly with their demands on His time. But He was careful to ensure that He did not become so physically, emotionally, and spiritually depleted that He could no longer function. This required making wise choices concerning the use of His time. Sometimes He intentionally withdrew from the crowd in order to replenish Himself and His disciples, inevitably leaving certain people's needs unmet (Matthew 14:13, 23; Mark 1:35–37; Mark 6:30–32, 45–46; Luke 5:15–16; Luke 9:10).

The following are some suggestions to help prevent burnout.

**1 Understand that your personal identity is not determined by what you can accomplish for God.** It is determined by who you are as His child. Your identity is secure, so learn to rest in that truth. If you try to determine your worth by what you do, you will set yourself up for feelings of frustration and dissatisfaction, for your accomplishments will never be enough to satisfy your need to prove your own worth. Furthermore, if the success of your accomplishments depends on factors that are beyond your right or ability to control, you will experience frustration and stress, which may lead to burnout.

**2 Ensure that you are not trying to fulfill God's role in the building of His kingdom.** Assess to what extent you may have bought into the belief that it is all, or mostly all, up to you to make the kingdom of God happen. Without a balanced perspective on your role versus God's role (i.e., who is responsible for doing what), you will become driven by the burden to accomplish things that God never intended for you to accomplish. The price you will pay is exhaustion and burnout. Worse, you may pressure others to the point of exhaustion if you place unrealistic demands on them as well.

**3 Remember that there is more to fulfillment in ministry than achieving visible results.** You may need to reassess your belief about what ultimately constitutes success in ministry. Most of Jeremiah's ministry was a failure in terms of tangible results, yet he was faithful in accomplishing the task to which he was called. Success in ministry ought to be measured in terms of obedience and faithfulness, not results. "I planted, Apollos watered, but God gave the increase. So then neither he who plants is anything, nor he who waters, but God who gives the increase." (1 Corinthians 3:6–7)

**4 Be aware of Satan's ploys to burn you out by giving you more work than you can handle.** He will do this very subtly by ensuring that your life becomes flooded with the legitimate demands of well-meaning people.





He will also trap you into believing that you are indispensable, that ministry needs take priority over family needs and personal needs and that you must never say no to anyone who asks you to help them.

**5 Adjust what you do to fit who you are.** Ensure that your responsibilities match your areas of gifting and competence, and function within them as much as possible. This will minimize the stress of having to accomplish tasks for which you feel inadequate. Assess whether your current ministry role or position matches your interests, personality, strengths, gifts, skills, and knowledge. Are you clear about what your gifts really are? The use of personality tests to assess your personal strengths and profile may be helpful.

**6 Develop a personal mission statement for yourself.** This should articulate clearly and specifically the things to which God has called you, based on how He has made and equipped you (i.e., gifting, desires, experience, passion, but also limitations). This personal statement will give your life and ministry two essential ingredients: parameters and focus. It will help you determine which demands you should respond to and which ones you should not, so that you can truly discern and accomplish the good works prepared in advance for you (and not for someone else).

**7 Have a clear job description for yourself.** With those whom you serve, have you managed to clarify your role and negotiate reasonable expectations for yourself? Your ability to say no may depend on having as clear a job description as possible. If your job description is too vague, you will need to seek clarification about what is expected of you or what you can reasonably expect of yourself.

**8 Apply discernment to your use of the gifts God has given you.** That's what stewardship is all about. You may be gifted in all sorts of areas, but learning to say no may be your greatest asset. Accept your limits and set appropriate boundaries to what you will do. When you want to say no, say no. When you really want to say yes, say yes, and do it for the right reasons: not out of obligation but out of conviction; not out of an urge to please others or be seen as a devoted missionary but out of a genuine desire to serve according to your calling.

**Burnout does not happen overnight. Others will usually notice it before you do.**

**9 Don't allow yourself to feel victimized by your role.** In ministry, there is often a tendency (accompanied by a significant amount of frustration) to blame one's ills on others, on the ministry, or on the church. In response to this, it is vital that you come to see yourself as someone with choices rather than someone who is helplessly stuck, like a cog in some machine. Understand that you are not a powerless victim of other people's demands and expectations. By taking responsibility for your own emotional well-being, social needs, spiritual growth, and professional development, you can create a more positive ministry experience and a happier personal life for yourself and for others.

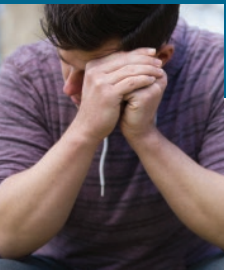
**10 Set goals that are specific, realistic, and achievable.** Defined goals will give you a sense of direction and accomplishment. Don't compete when you don't have to.

**11 Work on improving the following areas:**

- (a) Managing your time
- (b) Setting priorities
- (c) Delegating tasks

Poor time management is frequently a source of frustration and guilt. As a Christian worker, learn to delegate tasks to those who can fulfill them. Remember that every time you take over an area of ministry that someone else could be doing, you may be robbing them of an opportunity for ministry and growth. Also, examine your motives for accepting tasks that really ought to be declined or delegated.

**12 Accept opportunities for periodic training to broaden your effectiveness and expertise.** Taking responsibility for your own professional development (i.e., courses, workshops, and seminars) will greatly enhance your ability to minister to others.



**13 Establish accountability.** Have people in your life who can encourage you, and be sure that you are receiving clear, regular, constructive feedback from them. Feedback is the yardstick for measuring performance. It tells us how close we are to achieving our goals. Working without feedback is like an athlete training for a race without the use of a stopwatch. Since feedback is the cornerstone of quality supervision, you may need to request it, thus providing the opportunity for you to receive encouragement and direction. It will also provide a context for you to express frustration over unreasonable expectations, fatigue, or discouragement.

**Do not neglect the spiritual disciplines of prayer, fasting, worship, biblical meditation, solitude, silence, and simplicity.**

**14 Take good care of your physical needs and be sure to take breaks.** This includes coffee breaks, lunch breaks (avoid catching up on work during that time), and Sabbath breaks. Get away when you need to. And don't forget holidays—you can't keep going all year without a proper rest. Also, are you getting enough exercise and eating balanced meals? Feeling better physically is often the first step toward replenishing one's emotions. It can also provide the initiative and strength to begin making other changes.

**15 Leave your work at work.** When you are home with family and friends, be fully present. Try to separate ministry time from personal time and family time. For example, avoid answering the phone during meal times or devotions.

**16 Get involved in activities that replenish you.** Are you taking time to enhance relationships with friends and family, allowing you to laugh and relax with people around whom you feel comfortable? Fostering creative relationships based on personal factors, not professional ones, is an important source from which to draw energy, especially for extroverts. Introverts, on the other hand, tend to drain their batteries by being with people, so they need to be alone, enjoy a good book, go for a quiet walk, or listen to music.

**17 Manage your stress level.** Familiarize yourself with helpful stress management techniques such as progressive muscle relaxation.

**18 Manage tendencies toward perfectionism.** Ask yourself whether there are perfectionistic tendencies that you need to address in order to free yourself from the tyranny of self-imposed demands and expectations. Get someone (i.e., spouse, friend, or counselor) to think this issue through with you.

**19 Learn how to recognize, acknowledge, understand, and handle your anger.** Don't internalize it, for that route leads to depression or psychosomatic problems. Learn to express your negative feelings to God (see the Psalms for inspiration) and confide in a trusted friend.

**20 Take care of yourself spiritually and nurture your relationship with God.** Do not neglect the spiritual disciplines of prayer, fasting, worship, biblical meditation, solitude, silence, and simplicity, which are vital if one is to renew one's strength. Keep a clean slate. When needed, be prompt in applying 1 John 1:9 to your life: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." ■



*Jonathan and Rachel Ward are commended from Hilltop Chapel in Toronto and serve in France.*

# Destination Known



## WORKERCARE BRINGS ENCOURAGEMENT TO EUROPE

BY RON & ROBIN HAMPTON

When we were full-time mission workers to Ireland back in the '80s and '90s, we were blessed in a way few other cross-cultural workers were because we were part of a team of mission workers and developed close relationships with Irish believers. Yet we missed the fellowship of the believers who knew us for many years. We so missed the listening ears and godly counsel of those to whom God had entrusted our spiritual well-being and ministry. We desired to share, often during difficult and even critical times, things that pressed on us, whether personal or ministry-related.

This experience, and hearing of other missionaries' similar experiences, taught us that there is a need for people to come alongside workers, wherever they are, and provide direct care and encouragement. We have served the Lord with MSC Canada for more than 34 years, first as mission workers in Ireland. For some time now, Ron has been their Prairie Regional Representative and also the director of eTeams, their cross-cultural evangelism team ministry. When MSC invited us last year to join their developing WorkerCare ministry, serving those who serve Him, we accepted. The need, purpose, and place of WorkerCare, which seeks to provide care and support to workers where they live and serve, resonated with us.

### DEPARTING HOME

Having decided several years ago that we would spend each January and February serving in Ireland, we found ourselves ringing in the New Year somewhere over the Atlantic this past January. Dublin became our home base as we added to our itinerary and ministry WorkerCare visits across central and eastern Europe. Over January and February, we traveled to and through a dozen countries, visiting workers who serve with MSC, CMML, Echoes International, Australian Missionary Tidings (AMT), and many national organizations.

### FIRST STOP: PORTUGAL

In mid-January, we set off for Lourinhã, Portugal, north of Lisbon, where Peter and Nelly Cerqueira (*Missionary Prayer Handbook* Day 14) live. It was a joy to see Nelly whom we got to know when she fellowshipped with our local assembly in Winnipeg.

In just a few days, we were able to get a sense of their work and burden for the Portuguese people. We visited two assemblies in Lisbon with them, and Peter translated the short messages of greetings and encouragement Ron offered.

During our time in Lisbon, we also visited with Jorge and Orquidea Adriaio, who serve the Lord in their home country. We observed them working tirelessly, which reminded us that we need to find ways to support national workers. We also had the privilege of spending most of a day with Gavin and Janet Petersen (AMT), who live and work in Leiria. They were missionaries in Brazil for 25 years and are spending 10 of their "retirement years" serving in Portugal.

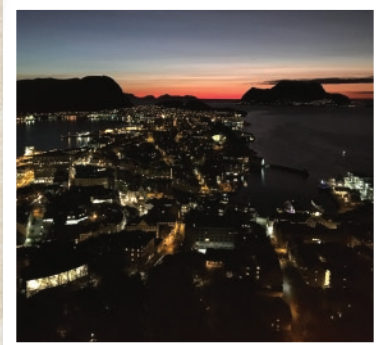


### ON TO NORWAY

Next, we headed to Alesund, Norway, to spend time with Oystein and Evelyn Mageroy (MPH Day 14). It was a blessing to meet the Mageroy family and learn more about their vision: studies with non-believers, especially immigrants, and new believers seeking to learn more from God's Word. Oystein also sends out a monthly gospel mailing to contacts, among other things.



We were also able to spend time with James and Grete Attwood and their delightful boys. They live and work in Alesund, and James, who is an elder at the assembly and a former MK, preached the message in fluent Norwegian.



**From top:** Peter and Nelly Cerqueira introduced the Hamptons to Gavin and Janet Petersen; Evelyn and Oystein Mageroy faithfully serve in Alesund, Norway; The Mageroy family seek to reach the city of Alesund for the Lord.



## CROSSING THE BALKANS

We said goodbye to the Mageroys and flew to Vienna, Austria, where we caught a bus to Bratislava, Slovakia. There, we rented a car and commenced a nine-day trip through Hungary and Serbia and then crossed the Balkans. We visited commended workers, believers, and assemblies along the way.

After a brief overnight stay in Budapest, we headed on through Serbia. We visited and shared a meal with Steve and Jenny Luibrand and their family (MPH Day 15), who live in Kać near Serbia's second largest city, Novi Sad. The Luibrands work among a population of people who are almost exclusively Eastern Orthodox and difficult to reach. Typical of the commitment of many mission workers, it took



Steve seven years to become fluent enough to teach at the Bible school. The Luibrands work with the Novi Sad assembly and two newer Roma, also known as Gypsy, assemblies.

## NEXT STOP: MONTENEGRO

We arrived in Podgorica, Montenegro, to spend a few days with Vlad and Marijana Cizmanski (MSC workers; see page 23) just in time to attend and speak, with Marijana interpreting, at the Wednesday evening prayer meeting.

The Podgorica assembly recently purchased land in a prime area of the capital city, and it has the goal to build the first evangelical church building in this country. The "Montenegrin Oasis" will be not only a place for the assembly to meet but also a base for gospel outreach and various evangelistic ministries.



## ENTERING AUSTRIA

Leaving the Balkan Mountains behind us, we headed north along the Adriatic Sea coast through Croatia and on to Austria to visit Bernd and Karin Flock (MPH Day 10). We first met the Flocks in the '80s at one of the European Christian Workers'

Conferences in France, where our daughters enjoyed being with their children, fellow MKs. For more than three decades, the Flocks have faithfully served the Lord in evangelism, discipleship of new believers, church planting, and counseling, which now takes up more of their time.

We enjoyed a walking tour of Graz before sharing a meal of Wiener schnitzel together. Later, we found out that Bernd's mother had passed away that afternoon in Toronto. We are thankful she knew the Lord as her Savior. Her passing reminded us that mission workers live long distances from home and family; at times like these the distance seems much greater.



## NOW APPROACHING SLOVAKIA

After saying goodbye to the Flocks, we headed to Bratislava, Slovakia. This time we stayed at a new camp facility, called the Berea Christian Centre (BCC), that Slovakian assemblies own and operate in Modra-Harmonia, just outside Bratislava. Full-time national workers Peter and Monika Kozar were generous and gracious hosts for our four-night stay. The purpose of this visit was to meet with the BCC board about their vision to have eTeams run English-immersion camps, possibly by the summer of 2019. The BCC directors also shared with us amazing testimonies of what life was like for believers before the fall of the Iron Curtain and the hardships and courage of Slovakian believers.

A highlight of this week was the opportunity to break bread with the believers in the Rača assembly in Bratislava. Ron had



**Left (from top):** The Luibrand family have made their home in Kać, Serbia, and seek to make Christ known there; Lord willing, Montenegrin Oasis will be a shining light for the Lord from this property in Podgorica. **Right (from top):** Robin Hampton enjoyed quality time with Karin Flock in Graz, Austria; The new Berea Christian Centre in Slovakia will be the base for many evangelistic ministries.



the opportunity to open the breaking of bread with a message via interpretation. We were truly blessed to be able to hear a challenging message afterward from Jan, a former Slovakian army soldier who worked for NATO in the United States. Tracy Lesan, an American missionary who, with his family, has served in Slovakia for more than 20 years, interpreted for Jan.

Before leaving Slovakia we had the opportunity to share an afternoon with Allan and Caulene Bussard (MPH Day 15). Allan and Caulene have lived in Bratislava and served the Lord in eastern and central Europe since 1975. In 1995, they cofounded Integra Foundation, which is an economic development agency alleviating poverty with ministries in Slovakia, Romania, Croatia, Serbia, Bulgaria, and Russia, as well as African countries like Kenya, Ethiopia, and Sudan. It is a unique ministry that makes a difference in people's lives both now and for eternity.



We met up with Holly Dobson (MPH Day 12) and Heidi Koppen (MPH Day 12) while in Ireland. Heidi works with the Shankill Bible Church, and Holly serves alongside Frank and Grace Carolan with the National Bible Study Club and Scripture Text Posters. We were able to be with Penny DeFouw (MPH Day 12) as she anticipated returning home to Michigan in June due to her health.



We also traveled down to Waterford and spent an evening with David and Beth Wilson (MPH Day 13) speaking at the assembly. Ron spoke at the assembly in Gorey, County Wexford, where Matthew and Shirley Shanks and Michael and Shirley McKillen (Echoes) serve the Lord, and at the Bray Christian Assembly where Jim and Kathy M. (MPH Day 12) fellowship, as well as at Dublin, Kilkenny, and Wicklow assemblies.



## LAST STOP: IRELAND

After a few days of touring Bratislava and Vienna, we flew back to Dublin. Both before and after our jaunts to continental Europe, we were able to visit a number of foreign and national workers in Ireland. We spent a few days with Colin and Natalie Burnett (MPH Day 12) in Newcastle West, County Limerick, and Andy and Gillian Shanks (Echoes). We participated in a weekly food bank based in the assembly building, a Friday night street outreach, a day of fishing with Syrian refugee contacts, as well as speaking at the Newcastle West Bible Fellowship. We also spent time with Garnet and Gwen Cooney (MPH Day 12) in West Cork on two occasions.



## UNTIL NEXT TIME...

After two months away from our kids and grandkids, we were glad to return home. We were blessed to renew our fellowship with the Kildonan Christian Fellowship, a new assembly that we and several couples in their 30s started planting two years ago in the northeast corner of Winnipeg.

In 1 Corinthians 16:18, after Paul commends the Corinthians for sending believers to him, he ends by saying, "they refreshed my spirit and yours." We trust we were used similarly in the lives and ministries of those whom we visited. We look forward to future visits in January and February 2019. Thank you to those who support both us and MSC Canada to make this ministry possible. ■

*Ron and Robin Hampton are members of MSC Canada's WorkerCare team.*



**Left (from top):** Allan and Caulene Bussard shared about their extensive ministry over lunch; Colin and Natalie Burnett enjoy the support of fellow workers Andy and Gillian Shanks and their children; The Newcastle West Bible Fellowship food bank serves more than 200 families. **Right (from top):** Heidi Koppen and Holly Dobson have meaningful relationships with Shankill Bible Church women; The Hamptons enjoyed remembering the Lord with the Shankill Bible Church where they fellowshiped for many years.

# Interview with John & Jennifer Kinlaw



## First-year Missionaries Share about Daily Life

Commended in 2017 from North Ridge Bible Chapel, Raleigh, North Carolina, John and Jennifer Kinlaw recently moved to Tanzania with their four children (Isaac 10, Elaina 9, Samuel 5, and Katie 4). The Kinlaws devoted their first four months to intensive Swahili language study in Morogoro. They are now settled in Kigoma and serve the Lord alongside the Johnson family (*Missionary Prayer Handbook* Day 3).

### What foods do you eat?

When we moved to Tanzania, we began eating organic—because most everything here is organic! Eating out is almost not an option: we are three days from the nearest Chick-fil-A. We eat mostly fresh fruits and vegetables, eggs, beans, rice, chicken, and beef. A trip to the butcher is always an experience, and, with the help of a meat grinder, we have hamburger for tacos and spaghetti. The kids really enjoy the fresh fruit available here in the market, especially the small bananas, which are very sweet! Meals take a lot longer to cook because so much more has to be done. For example, what usually would be a simple meal of rice and beans is very time consuming since the rice has to be sorted to get out little stones, and beans take about three hours to cook. Jennifer is learning time-saving techniques like cooking double and serving it again the next night and also freezing food.

### How do you get around?

The first two months we were in Tanzania, we depended on public transportation to get around town. There are a few public transportation options here in Tanzania. First is the *dala dala*, the cheapest option, which is basically a Toyota minivan with five rows of bench seats. It's also the slowest option since the driver stops to pick up anyone who waves them down. I have been in one of these with 29 people! Next there is the *bijaji*, which is a three-wheeled taxi that seats three or four people. Then there is the *piki piki*, which is what they call the motorcycle. We bought a vehicle a few months ago and have enjoyed having our independence back. They drive on the left side of the road here, so there were many adjustments relearning how to drive.

### What is the weather like?

Kigoma's weather is pretty consistent all year round. The average high is around 85 F and the lows average around 70 F. Instead of the normal four seasons like where we lived in North Carolina, there are only two seasons here—wet and dry. During

wet season, it rains a good bit. Since most people here grow food, they depend heavily on the rainy season. During the dry season it doesn't rain at all and is windy and dusty. Overall, the climate here is very comfortable.

### What cultural tradition do you find interesting?

There are a few cultural traditions that stand out. The first is that it is impolite to point your finger. It is better to use your entire hand. Whenever you give or receive something, you should use your right hand. Also, respect for adults is very important. One way they show respect is when a younger person meets an older person, the young person says, "*Shikamoo*," and the older person responds by saying, "*Marahaba*." This is their way of saying, "I respect you" and "Thank you for your respect." In general, we find that children here are very respectful to adults because of how they are raised.

### What do you miss the most?

Friends and family top the list of things we miss the most. We miss the sweet fellowship, worship, and solid teaching we were used to getting every week at North Ridge Bible Chapel in Raleigh, North Carolina.

### What is a typical week for you?

We do language study three mornings a week. John does door-to-door ministry on Tuesday afternoons and Bible study on Wednesday afternoons. Jennifer does ladies' visitation on Thursday afternoon. We have a missionary fellowship meeting Wednesday nights, and Saturdays we go to the lake to swim as a family. Sunday is spent at the chapel (church services last about four hours).

### How do you relax?

Most Saturdays we take our family to swim at Lake Tanganyika for a few hours. Harry and Ruth Johnson, Luke and Gina Johnson and their kids, and other missionaries in town also go

It is difficult to leave everything familiar and comfortable and come into a new world where everything is unfamiliar and sometimes confusing.

every Saturday to swim and relax together. The water is clear and perfect for snorkeling, and there are large rocks for jumping off into the water. The best aspect of this place is that there is no cell phone signal here, so everyone can truly relax. But you have to be alert because the monkeys like to sneak up while you are swimming and steal your lunch! There are zebras in the area, so occasionally we get to see them too.

### What is challenging?

The most challenging thing for us has been learning the language and culture. It is difficult to leave everything familiar and comfortable and come into a new world where everything is unfamiliar and sometimes confusing. We are so thankful for the huge help other missionaries have been to us as we adjust to life here in Kigoma.

### What is exciting?

We are excited to see how the Lord will use us in Kigoma. He has moved mountains to get us here, provided for our needs, and now we are here and working through the adjustment period to get us in position for His plan. There is a tremendous need for the Gospel and good solid teaching since false teaching (prosperity gospel and salvation by works) abounds in many churches. Also, Islam has a strong presence here with mosques all over town and prayer calls that can be heard throughout the day. In addition, there are great physical needs since many people are very poor, and there are many abandoned women and children. It will be exciting to see God's plan unfold here!

### How can we pray for you?

Please pray for our children—for their salvation, spiritual growth, protection, and encouragement.

Please pray that we would gain a good grasp of the language so that we can communicate the Gospel clearly with people.

Please pray that the Lord would guide us into exactly what He has called us here to do! ■



**From top (L-R):** The Kinlaws are eager to work with the Kizinga assembly; John enjoys teaching in the Kizinga children's meeting; Jennifer, Isaac, and Katie have many new Tanzanian friends, including these two sisters; John appreciates Steven, a brother who was their bijaji driver while the Kinlaws studied in language school; Ruth Johnson smiles with some women from the Thursday afternoon visitation.

# THE CALENDAR PROJECT

## One Ministry, Double the Blessing

BY TIM & BARBARA CRABB AND JEAN STEINHOFFER

The calendar project is designed to give ladies' groups and youth and children's ministries, fifth grade and up, the opportunity to fellowship together while creating attractive calendars for assembly missionaries. This project is a unique and tangible way to serve, pray for, and remember the missionaries whom your assembly supports. In turn, the missionaries gain a gift they can give to others in the country where they serve.

Calendars are made in either full- or half-page sizes. They each have a Bible verse, a colorful picture, and a ribbon for hanging. Once a group commits to making calendars, they are sent a master sheet that they can copy according to the number of calendars needed. An instruction sheet is sent with each assignment, and it also gives information about the project. The group is responsible for mailing the finished calendars to the missionary.

The missionaries appreciate receiving the calendars in whatever language they request. Calendars can be made up in many African languages as well as in English, Spanish, Portuguese, French, and others. In many areas, calendars are not available for purchase in stores, so they are very well received and are a great outreach tool.



The calendar project was part of the original Workers Together ministry in Wheaton, Illinois. To keep the calendar ministry ongoing, Jeanne Crabb turned the leadership over to Rich and Jean Steinhofner in 2004. After Rich passed away in 2016, Jean continued the work with the help of Phil Van Amerongen. This year, Tim and Barbara Crabb have taken over the calendar project. For more information, the Crabbs can be reached by email at [timbarbcrabb@gmail.com](mailto:timbarbcrabb@gmail.com) or by phone at 563-581-5033.

Where will the calendars you make this year hang? Peru, Mexico, Nigeria, or Zambia? ■



*Jean Steinhofner faithfully managed the calendar project for many years with her late husband, Rich.*

*Tim and Barbara Crabb have enthusiastically taken on the ministry and welcome your participation.*



## Reaching This Generation

October 6, 2018  
10:00 a.m. – 3:30 p.m.

**Speakers:**  
Micah Tuttle (Peru)  
David Reeve (Special Areas)

Believers Gospel Chapel  
Augusta, GA

For more information visit:  
[www.CMML.us/augusta2018](http://www.CMML.us/augusta2018)

**YOUTH NIGHT**  
October 5, 2018 [CMML.us/georgiayouth2018](http://CMML.us/georgiayouth2018)

## 48th Annual Fall Conference

**Speakers: Dr. Ian Burness (Echoes International UK) and David Reeve (Special Areas)**

**NOVEMBER 10, 2018 • 10:00 A.M. – 3:00 P.M.**

Lincroft Bible Church, Lincroft, NJ

Register at: [CMML.us/fallconference2018](http://CMML.us/fallconference2018)