



# Stories of Renewal

Volume 1

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## Thailand Missionary Sends Gratitude

Each of you have ministered to us in your own unique way. Thank you for your sincerity in the midst of our pain.

When we came to you, we were very uncertain of our future as missionaries; our lives were hanging in the balance.

We are very grateful for your heart, vision and passion to see us healed and healthy; productive in the field of ministry. Your kindness, gentleness and support has meant so much to us. You have been such a tremendous blessing to our lives!

We can only express our gratitude to each of you, pray for you and know we have friends in Seattle. Thanks to you all!

## A Pastor From Washington Writes

As I have reflected back on this past year, I am thankful to God for guiding and sustaining our family on our journey with Him. I want you to know that you have played a central role in God pouring His grace upon our lives. You have truly been a vessel in His hand to show us the way and to encourage us to remain faithful. I can't begin to tell you how you

helped both Jan and myself through these past months. You taught us, encouraged us, spoke life and healing to us and showed us the right way to continue on. I have learned much from you that I am sure I will draw upon the rest of my life.

I want to thank your staff as well. The Transition and Change Seminar was especially helpful and

timely for me. The love and sensitivity that they showed was refreshing and healing to my thirsty soul. I loved getting to know Larry and our times of sharing and prayer together.

You helped me get back my desire to read and that has been good for me.

God bless you!

## Heartfelt Thanks From Russia

When I came home from the mission field, it was confirmed I was in clinical depression. I felt as if I was somehow lost, joy was behind me, and family relationships were not as I had expected them to be when we arrived in the States.

At our wits end and nowhere to turn but to the

Lord, we called you requesting a meeting. We met on a regular basis for 4 months with the wonderful people at your offices in Kirkland, where we were encouraged, and given coping skills. I found self worth, hope, and joy returned! Both my husband and I felt very safe to express our hearts, and the feelings we

were experiencing.

This ministry helped us financially, and directed us to a Christian psychiatrist, who also has been an incredible blessing and help to me. I feel so fortunate to have this council, and encouragement poured into my soul!

Thank you for your ministry. I am changed!

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## Cambodia Missionary Finds Inner Healing

I felt like my life was spiraling down out of control. I was irritable and easily angered. I went to having feelings of being an unwanted foreigner and just wanting to go home to the States. I felt like everyone was wishing I would go away or they wanted to take advantage of me, especially the market sellers, beggars and the police.

Then I began to just want to hide. I didn't want to talk to anyone or go outside the house. I just wanted to crawl in a hole

and never come back out. I began having weeping spells, couldn't sleep at night for more than 4-5 hours, and food didn't appeal to me.

I realized I was in trouble and needed some help in sorting things out if I was ever going to be able to minister in Cambodia again.

When I came to your office I was dealing with depression, burnout, some grief, intense stress and background issues. The MRAP Team helped me understand who I am in

Christ, that I still had worth even though I had apparently fallen apart, and that I am a beloved daughter of God, completely forgiven and deeply loved by God. I had to learn coping skills in order to deal with stress more effectively.

I have taken what I learned from MRAP and tried to apply it to my daily life. I've tried to set more rigid boundaries around my time and relationships. I've tried to say "NO" when it was best that I not commit to

any more responsibilities, and I've learned to take more time off.

When I left Cambodia to come to your office, I didn't know if I would ever want to go back to that country. I've been back in Cambodia for over a year and a half and have the feeling that this is exactly where I'm supposed to be.

Thank you so much for your caring and ministry to me and my family during our time of need. You are a blessing!

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## An Update From a Pastor in Texas

Hello Friends:

It has been a while since I have taken the time to update you on what is going on in our lives. I know you have been praying for us over these many months and your prayers

have been answered.

"....We have fond memories of our times with you all. I want to personally thank each of you for the kind, understanding and genuine love you showed Faith and I. Your coun-

seling took us through some pretty deep waters. I will always think highly of your professional, spiritual counseling. You loved me unconditionally. You were true friends!"

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## Transition & Change Seminar

Transition & Change is a workshop designed to deal with specific issues regarding the many geographical and emotional changes missionaries and pastors face. The following are excerpts from various participants.

"Thank you for everything! Rick and I so enjoyed the training we received this month. We would like to continue

leaning member care through Agape Therapy. Thank you for opening our eyes to the need of care in our CIS/Baltic area."

"Thank you so much for your hard work and exceptional care and skills. This past week was a great blessing."

"I cannot say enough good things regarding the

context presentation or each of you who ministered this week. Our Lord put together a perfect conference with such wonderful blessings. I will highly recommend this conference to all."

"Your team have been like a breath of fresh air to encourage and bring wonderful tools and new ideas for coping and overcoming."

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## MISSION STATEMENT

*The purpose of Missionary Renewal Asia Pacific and Ministry Resources International is to enhance the life quality, effectiveness and longevity of vocational ministry personnel.*

"What a blessing it was to be with you folks for the T&C Seminar. Thanks so much for allowing us to be a part and we cherish the time spent with each of you and the other members of the Seminar. Now, we just need some time to go back over all the materials that you presented to us, and make them a part of our lives and ministry."

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