

AFRICA MEMBER CARE NETWORK (AMCN)

June 2005

No. 8

The Africa Member Care Network is an interagency affiliation of colleagues with member care responsibility. Our purpose is to help provide and develop member care resources. This bi-monthly Email Forum is a service dedicated to glorify God through networking, discussion and sharing information on issues related to member care within and from Africa.

Your contributions are very much appreciated at mcsa@xsinet.co.za

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1. MOBILE MEMBER CARE TEAM - WEST AFRICA

The Mobile Member Care Team (MMCT) recently had a Think Tank in Europe to look towards the future of the MMCT ministry. The Global Advisory Board was joined by the three West Africa MMCT staff, two West Africa Governing Board members and a few consultants. This group of 14 met for three days with the following purpose:

- a.. To reflect on the journey of MMCT and to prayerfully and creatively evaluate, clarify, affirm, refine, and articulate anew its current direction and future plans.
 - b.. To set aside time and gather the right people to give God the chance to break into the MMCT journey with any fresh thinking, vision, goals, and strategies He might want to introduce.
 - c.. To envision and plan for the expansion of MMCT services to other regions of the world.
- We began with a review of what has happened since the first team of three staff began in West Africa five years ago. It was encouraging to recall the many ways the Lord has helped the team to see the MMCT vision fulfilled. The vision of MMCT-West Africa is: We envision communities of missionaries in West Africa who are able to withstand life's traumas and challenges, supported by a network of peers equipped to respond to crises, with a mobile team providing training, consultation, on-site response and referral. We stopped and gave thanks to the Lord for His goodness to us and then continued our review of the past so as to extract the lessons learned and recognise the key principles and strategies that have contributed to the success of this ministry. The distinctives of MMCT that we identified were:

- a.. Focus on crisis or chronic stressors care
- b.. Community development model -facilitating and equipping the community to care for itself across organisational lines
- c.. Strong regional Governing Board providing oversight, direction, promotion
- d.. Proactive training of peer responders and leadership
- e.. Residential presence in the region with a base, but often mobile
- f.. Inter-mission team and inter-mission Governing Board

Next we did a general review of the world in terms of crises happening to cross-cultural workers and the member care resources available to them. We prayed over this review and asked the Lord to guide our thinking as we chose three possible areas to consider as new team locations. We identified three

areas as possibilities in this order of priority: Central Asia, North Africa, and Central Africa. For Central Asia and North Africa we drafted tentative five-year action plans for how to proceed.

We also discussed the infrastructure needed to support this expansion and are in the process of forming an International Governing Board, which will give oversight to the expansion efforts and the development of international administrative services. We are very grateful to the Lord for His clear guidance during our Think Tank gathering. Please pray with us as we follow Him. Thanks. For more information about the Mobile Member Care Team, see our website: www.mmct.org

2. MTO MOYONI RETREAT CENTRE: UGANDA

Participant's quote after a "transformation of the heart" week:

"I came with a heart of stone, I am going with a softened one,

I came with pain, I am leaving without it,

I came with rejection, insecurity, guilt and doubt,

they are all been washed away by the rapids of Gods love,

in His river that now flows in my heart.

I have had many questions answered about my past and my present.

The storm that was inside has settled and I have peace and re-assurance that I was not a mistake, nor is it a mistake that I am here".

Programme: June - December 2005

Date Programme
Residential Price (Ugandan Shilling)
Day guest

11, 12 June
Stillness weekend
65.000
30.000

18 and 19 June
Communion with God
65.000
30.000

23, 24 and 25 June
Father-heart encounter
115.000
50.000

2 and 3 July
Communion with God
65.000

30.000

18- 22 July
Transformation of the heart week
250.000
100.000

28- 29 July
Communion with God
65.000
30.000

16,17 and 18 August
Father-heart encounter
115.000
50.000

27 - 28 August
Communion with God
65.000
30.000

5 - 10 September
Youth healing week
100.000

14 -15 September
Stress management
70.000
35.000

3 - 7 October
Transformation of the heart week
250.000
100.000

13 - 14 October
Communion with God
65.000
30.000

21, 22, 23 October
Father-heart encounter
115.000
50.000

31 Oct - 4 November
Healing of heart week
250.000
100.000

12 - 13 November
Communion with God
65.000

30.000

10, 11 December

Follow-up weekend Transformation of the heart.

65.000

30.000

Sponsorship for 50% of the costs for the above retreats are available upon request.

In case these dates are not convenient for you but you are interested in one of our programmes, please contact us and we can arrange a tailor-made programme, either at the Mto Moyoni Centre or at any other location of your choice.

Bookings can also be made through our web-site www.mto-moyoni.org

Or call us at number 078-444478.

Looking forward meeting you at Mto Moyoni.

Ingrid Wilts

3. MARBLE RETREAT WORLDWIDE : RETURNING TO KENYA IN NOVEMBER

The brief intensive counseling sessions will be held at Aberdare Country Club north of Nairobi. Dr. Louis McBurney and his wife, Melissa will conduct three 10-day sessions for missionaries. There will be 4 couples in each session and each couple will be from a different sending agency for confidentiality and safety. For information and scheduling please email us at marbleretreatworldwide@marbleretreat.org

Scheduled dates for this year:

First Group: October 31, 2005 - November 10, 2005

Second Group: November 10, 2005 - November 20, 2005

Third Group: November 20, 2005 - November 30, 2005

4. HEADINGTON INSTITUTE: WORKSHOPS AND CONSULTATION SERIES: NAIROBI, KENYA

August 2005

Helping the Helpers: Understanding & Treating Stress in Humanitarian Aid Workers

We are pleased to invite you to attend the Headington Institute August 2005 series of workshops and consultations for mental health professionals, counselors and clergy interested in working with

humanitarian relief and development workers. This series is being supported by a generous grant provided by a US charitable foundation.

Understanding & Coping with Traumatic Stress, 9am-5pm, 24th August

- In what ways is humanitarian work stressful?
- What are the signs and symptoms of traumatic stress?
- How do I assess current stress levels & coping abilities?
- What are effective self-care strategies for coping better?

Humanitarian Work, Trauma and Spirituality, 9am-1pm Counseling and consultation, 2pm-6pm, 25th August

- How does humanitarian work impact spirituality & values?
- How can we help people develop personal resources that will help them meet & grow from spiritual challenges?

Coping with Vicarious Trauma, 9am-1pm, Counseling and consultation, 2pm-6pm, 26th August

- What is vicarious trauma or secondary traumatic stress?
- What are effective coping strategies to help me as well as the humanitarian workers I serve?

Trauma and Critical Incident Care, 9am-1pm, Counseling and consultation 2pm-6pm, 29th and 30th August (2 day workshop)

- What is trauma and what does it do to our body and mind?
- What are common and uncommon reactions to trauma?
- How do I assess trauma reactions?
- What are helpful psychological treatment strategies for myself and others following trauma?
- How do resilience and relationships play key roles in the treatment of trauma?

Email us at: idepp@headington-institute.org

Website: www.headington-institute.org

5. COMING EVENTS

June 6-13: Nampula, Mozambique
MOZAMBIQUE HUB CONFERENCE
Contact: Ernst/Cathra Muller
Email: communication@mozhub.org.za

June 11-12: Mto Moyoni, Uganda

STILLNESS WEEKEND

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

June 18-19: Mto Moyoni, Uganda

COMMUNION WITH GOD

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

June 20-24: Accra, Ghana

SHARPENING YOUR INTERPERSONAL SKILLS

Contact: Darlene Jerome, Mobile Member Care Team - West Africa

Email: Darlene_Jerome@sil.org

Website: www.mmct.org

June 23-25: Mto Moyoni, Uganda

FATHER -HEART ENCOUNTER

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

July 2-3: Mto Moyoni, Uganda

COMMUNION WITH GOD

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

July 13-20: Accra, Ghana

PEER RESPONSE TRAINING WORKSHOP

Contact: Darlene Jerome, Mobile Member Care Team - West Africa

Email: Darlene_Jerome@sil.org

Website: www.mmct.org

July 18-22: Mto Moyoni, Uganda

TRANSFORMATION OF THE HEART WEEK

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

July 28-29: Mto Moyoni, Uganda

COMMUNION WITH GOD

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

August 16-18: Mto Moyoni, Uganda

FATHER -HEART ENCOUNTER

Contact: Winette Hubregtse

Email: mto-moyoni@source.co.ug

August 24: Nairobi, Kenya

HEADINGTON INSTITUTE: UNDERSTANDING & COPING WITH TRAUMATIC STRESS

Contact: Laura Depp

Email: ldepp@headington-institute.org

August 25: Nairobi, Kenya

HEADINGTON INSTITUTE: HUMANITARIAN WORK, TRAUMA AND SPIRITUALITY

Contact: Laura Depp

Email: ldcpp@headington-institute.org

August 26: Nairobi, Kenya
HEADINGTON INSTITUTE: COPING WITH VICARIOUS STRESS
Contact: Laura Depp
Email: ldcpp@headington-institute.org

August 27- 28: Mto Moyoni, Uganda
COMMUNION WITH GOD
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

August 29-30: Nairobi, Kenya
HEADINGTON INSTITUTE: TRAUMA AND CRITICAL INCIDENT CARE
Contact: Laura Depp
Email: ldcpp@headington-institute.org

September 4-9, 2005: Accra, Ghana
MEMBER CARE WHILE MANAGING CRISES
Contact: Darlene Jerome, Mobile Member Care Team - West Africa
Email: Darlene_Jerome@sil.org
Website: www.mmct.org

September: 5-10: Mto Moyoni, Uganda
YOUTH HEALING WEEK
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

September 14-15: Mto Moyoni, Uganda
STRESS MANAGEMENT
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

October 3-7: Mto Moyoni, Uganda
TRANSFORMATION OF THE HEART WEEK
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

October 13-14: Mto Moyoni, Uganda
COMMUNION WITH GOD
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

October 20-27: The Good Shepherd Retreat Centre, South Africa
RETREAT FOR SINGLE MISSIONARIES
Contact: Mintie Nel, Mission Encouragement Trust
Email: OfficeMET@aol.com

October 21-23: Mto Moyoni, Uganda
FATHER-HEART ENCOUNTER
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

October 21-26: Miango, Nigeria
MEMBER CARE WHILE MANAGING CRISES

Contact: Darlene Jerome, Mobile Member Care Team - West Africa
Email: Darlene_Jerome@sil.org
Website: www.mmct.org

October 31-November 10: Nairobi, Kenya
MARBLE RETREAT: INTENSIVE COUNSELING
Contact: Dr. Louis and Melissa McBurney
Email: marbleretreatworldwide@marbleretreat.org

October 31-November 4: Mto Moyoni, Uganda
HEALING OF THE HEART WEEK
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

November 10-20: Nairobi, Kenya
MARBLE RETREAT: INTENSIVE COUNSELING
Contact: Dr. Louis and Melissa McBurney
Email: marbleretreatworldwide@marbleretreat.org

November 12-13: Mto Moyoni, Uganda
COMMUNION WITH GOD
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

November 20-30: Nairobi, Kenya
MARBLE RETREAT: INTENSIVE COUNSELING
Contact: Dr. Louis and Melissa McBurney
Email: marbleretreatworldwide@marbleretreat.org

December 10-11: Mto Moyoni, Uganda
FOLLOW-UP WEEKEND: TRANSFORMATION OF THE HEART
Contact: Winette Hubregtse
Email: mto-moyoni@source.co.ug

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