

spring/summer 2015

Connections

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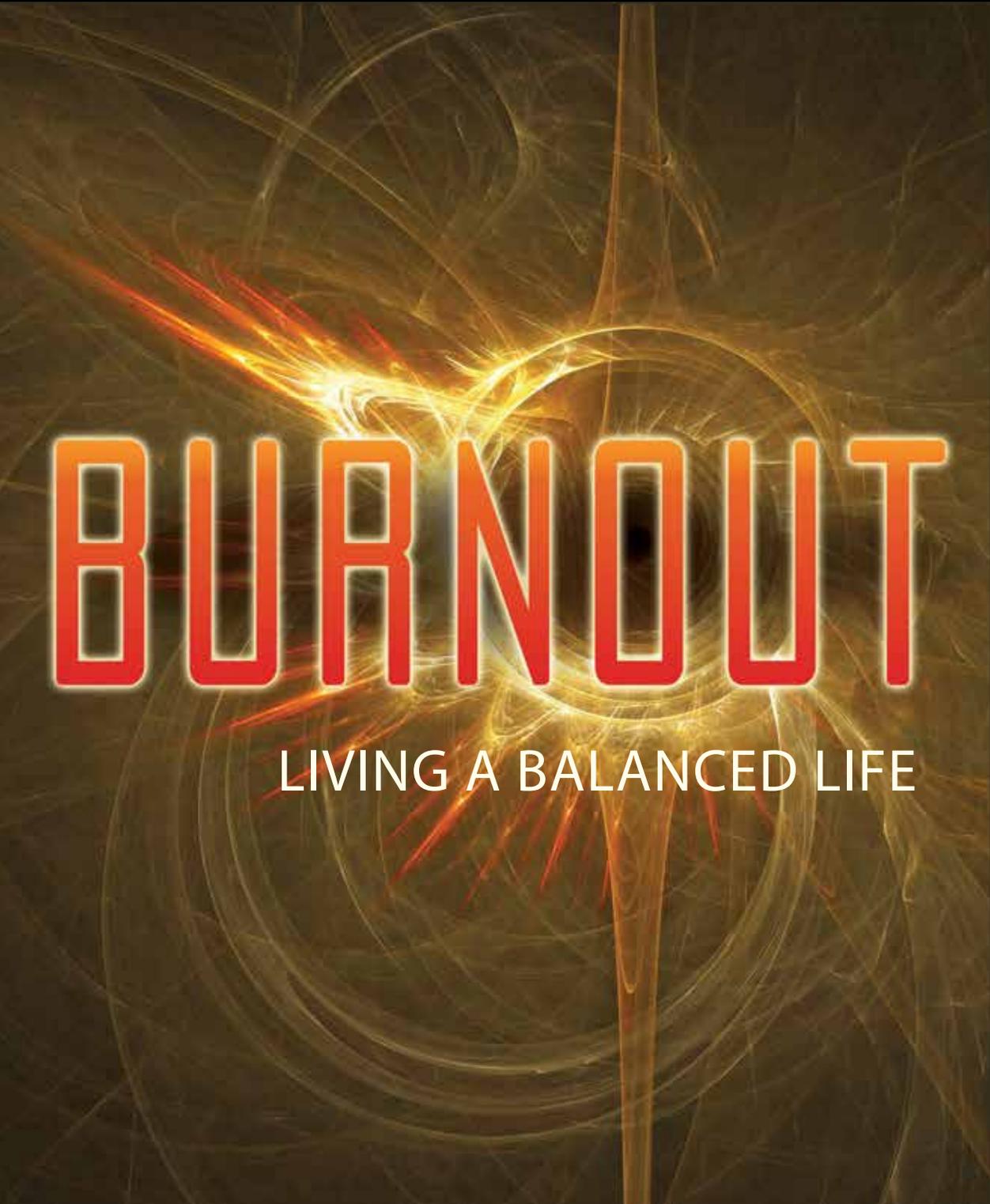
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The Bottom Line

Beating Burnout: The Key Is Balance

KAREN JENSEN SALISBURY | Editor

As Christians we all struggle to maintain balance in our lives. We balance living by faith and using common sense; blaming the devil or recognizing human error; walking in love but still holding people accountable; being content while believing for more.

And—the subject we’re addressing in this issue—we struggle to balance life and the work of the ministry so we don’t burn out. Burnout can be a very real problem if we don’t have the right kind of balance between serving and refueling, between working and delegating. It’s vital for us to maintain a healthy balance in our lives.

Wearing Yourself Out

This problem of balance isn’t new. We see it in Bible days too. So we must know that God is familiar with the concept of His children wearing themselves out, and He has answers for us.

For example, we see in Exodus chapter 18 that for all intents and purposes, Moses was headed for burnout. As he led God’s people out of Egyptian bondage toward the Promised Land, Moses was spending every day, all day, trying to personally meet all the people’s needs by himself.

He was judge of the whole camp, and the people brought him all their grievances, standing around him “from morning till evening” (v. 13). His father-in-law, Jethro, saw the potential for disaster and told him, “*What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone*” (vv. 17–18 NIV).

The issue here was not that Moses was unfit to hear the people’s grievances, or that the job was beneath him, or that he shouldn’t care. The issue was balance. He was spending his energies unwisely, wearing out both himself and the people. By doing so, he was neglecting the essential elements of his life. He wasn’t maintaining his connection and communication with God. And he wasn’t preparing to carry out his responsibility to teach the people how to walk with Him.

Jethro had the answer for Moses (and for us). He told Moses to choose some qualified men from the congregation to help him meet the needs of the people (vv. 21–22). Jethro said, “*It will be easier for you, for they will bear the burden with you. If you do this thing, and God so commands you, then you will be able to endure, and all this people will also go to their place in peace*” (vv. 22–23 NKJV).

We can see the benefits of this balanced approach: The burden of responsibility was spread out, Moses was able to endure, and the people were at peace! That’s a winning formula.

Here’s Help

This issue of *Connections* is about taking stock of your life and getting things into balance instead of wearing yourself out. You have a lot to accomplish for the Kingdom of God in these last days.

In the following pages you’ll find some tips that can help, no matter what’s going on in your life right now:

- ideas for preventing burnout
- a checklist to find out if you’re headed there
- advice for recovery
- input from your fellow grads who have been there, done that, and come out on the other side
- resources to help put you over
- and more . . .

May you be encouraged, admonished, informed, and refreshed as you dive into this issue. . . .

Serving Christ with you,

Karen Jensen Salisbury
Editor

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ONE COUPLE'S STORY

'THE DAY I HIT THE WALL'

Mike Cameneti ('96) and his wife, Barb,
pastor Faith Family Church in North Canton, Ohio.
MyFaithFamily.com



About three years ago, after a five-year building program, Mike Cameneti found his life suddenly come to a screeching halt. By his own description, it was like driving a car into a wall at 100 miles an hour.

"I came to a complete stop," says Mike. "I could not function. I couldn't put two sentences together, much less preach. My body just basically shut down."

After seeking medical help, Mike found answers through holistic treatment. "I went through all sorts of tests, and they said I had extreme adrenal fatigue," says Mike. "Everything I'd gone through—the building project, the financial pressures, the larger staff—eventually wore me down."

Mike had also been eating a vegan diet, maintaining a very strenuous cross-fit workout, and running from five to 10 miles a day. "The lack of protein in my diet, added to all the stress, was also a contributor," says Mike.



In addition to treatment, Mike immediately called a seasoned minister friend, who flew in to talk with the family, the church staff, and the board. It was decided that Mike should take at least one month off.

"I did that very reluctantly," says Mike. "I felt like, 'How can our church survive without me for a month or two?' But when my wife told the congregation what had been recommended, they were a hundred percent behind it."

Barb ran the church for two full months, and the congregation rallied behind her. "She told the church, 'Let's not make Pastor feel like he has to get back because no one is coming and no one is giving.' And we ended up having the best July and August we'd ever had in terms of giving and attendance."

Recovery

Mike spent the time recovering. "I'm so thankful for my roots of faith and healing," he says. "I wrote out Brother Hagin's healing CD and I read it to myself every day. There were days I felt like I couldn't, but I did it anyway. I know people who have turned away from faith and healing, saying, 'Why did this happen to me? Faith doesn't work.' But *faith does work.*"

Mike knew healing would be a process. "Of course I wanted to be back tomorrow," he says. "But it's the same as if we go into debt—it doesn't get paid off overnight. What I'd done to my body happened over six or seven years, so healing would take time."

He also took steps in the natural. "I got on a supplement program and stayed on it," he says. "I'd heard Brother Hagin say to confess the word over whatever you're taking, so I did that."

His doctor said his case of adrenal fatigue was one of the worst he'd seen and could've taken even nine months to recover from. "But I was back preaching in two months," says Mike. "It wasn't easy. But within a few months everything was back to normal."



"I'm so thankful for my roots of faith and healing."

THREE THINGS MIKE WANTS MINISTERS TO KNOW

- 1) **Slow down.** “Everything doesn’t have to be done by you. For years I didn’t take any vacations and I preached four times a week. Pastors feel like, ‘I’m the one who has to do this.’ But when I took time off, some of our staff stepped up to preach and they did a phenomenal job. As a church we didn’t miss a beat. I would tell pastors to *start now* letting others preach. Teach the congregation this is how we raise up others—that the church is not just about the pastor.”
- 2) **Be pre-emptive.** “Now I can feel when I’m getting stressed, and I’ll pull back. My recommendation is: take a day of rest every week, and do nothing church-related. In addition, our board decided that I’ll also take one month off every year. I have a crew of guys who preach now. Most are younger, and we’re raising up the next generation of leaders.”
- 3) **Get health help.** “When it comes to a supplement regimen, see a professional who knows what he or she is doing. Don’t just buy something at a store. In addition to confessing the Word, I also watch what I eat and try to stay on the healthy side. People can find help in their own town if they look.”

✿ A WIFE’S POINT OF VIEW ✿

Barb says she didn’t see Mike’s burnout coming. “He’s always been ‘pedal to the metal,’ ” she says, “so I didn’t think this was anything more than normal. The building project was huge, but he didn’t seem to be pushing harder than usual.”

Then one day Mike woke up unable to function. “When it hit him, it came as a huge surprise,” she says. “Literally, from one day to the next he went from being an extremely high-functioning person to unable to function.”

Looking back, she believes Mike was probably aware of some physical and mental signs that he was wearing down. “But he just kept pushing through,” she says, “just thinking maybe he’d been working out too hard or hadn’t been eating right. Then one day he just said, ‘Something’s wrong. I don’t think I can preach this weekend. My brain’s not working right.’ ”

Barb says her first reaction wasn’t fear. “I was baffled more than anything,” she says. “I thought he just needed a little rest. But then some of the physical things he went through were so disconcerting that I started to get scared. I was scared, sad, overwhelmed—all those things.”

Thankfully, the Camenetis reached out for help. “I’m so grateful for a team of individuals who we could call on, both ministry friends and professionals,” says Barb. “They helped us understand what was going on, how to maneuver through this, and that there was an end in sight.”

It was decided that she would take over running the church. “I really felt inspired by God that this wouldn’t be a time to just survive as a church, but to thrive,” she says—“that we could come together as a team and something good could come of it.”

Many good things happened. “It created a bond with our staff,” she says, “at a level we hadn’t been able to attain before. Plus, Mike gave me permission to be very transparent with the church. We decided not to hide this journey or candy-coat it. As a result, something happened to us as a body. You could tell the people felt privileged to be a part of standing together with us—that they had a part to play. It solidified us.”

Barb says it also changed her and Mike personally. “It helped us have more compassion when we hear of others going through things,” she says. “We can connect with them and pray for them in faith much differently now.”



Barb’s Advice for Those Struggling With Burnout

- ✿ “Don’t let fear keep you from talking to somebody. Get help. Don’t wait too long. Keep knocking on doors until you find the right people to help you. You *don’t* have to go through it alone.”
- ✿ “The world isn’t going to fall apart if you need help and take rest.”
- ✿ “The worst thing to do is withdraw into a dark place. That’s where the enemy operates. God operates in the light.”
- ✿ “Recognize that everyone’s journey is different. We’d never heard of anyone else who went through something like this. It was so encouraging to hear other people’s journeys and know there wasn’t something dreadfully wrong with us—we were going to get through it. Don’t compare yourself.”

“We decided not to hide this journey or candy-coat it.”



CONFESSIONS OF AN OVERACHIEVER

Cindy McKinney ('85, '86, '08) and her husband, John ('85, '86, '07), have been missionaries to Thailand since 2013. There they hold several positions at Rhema Bible Church Bangkok and are instructors for Rhema Thailand. McKinneyInternational.org

Cindy McKinney says she has a high drive to achieve, plus a love for getting involved and a desire for perfection. This overachieving side of her nature has led to burnout—more than once.

It happened first in college, where she says she was always overcommitted. “My activities were noble,” she says, “but I didn’t know how to say no or dial down my achievement mode. I was skipping classes, missing deadlines, and was tired of everything! By graduation, it seemed like I could never perform up to my expectations.”

Finishing college automatically stopped many of those activities, and for about a year Cindy did almost no volunteering. As time went on, she slowly stepped back into leadership roles, but with more wisdom.

Pastoring a Church

Cindy faced the issue again when she and John pioneered a church in Arkansas. “The church was small in number but my heart was big with vision!” says Cindy. “I had so many ideas and wanted to achieve them all.” In addition, Cindy was working 40 hours a week and raising two sons. Then one snowy day, the Lord spoke up.

“I was in the middle of making our bed,” she says, “when the Holy Spirit told me I was doing too much and was at the edge of burnout. Every weekend was packed with church activities plus regular services, and I was running our family and church members into the ground. I realized how tired I really was, and I knew

I had to change.”

Cindy and John incorporated more down time into the schedule. “After these changes, our core group at church expressed their gratitude,” she says. “What a revelation to realize I’d been taking my family and church down the road to burnout with me.” By making adjustments, John and Cindy were able to finish pastoring strong for another six years.

On the Mission Field

Burnout issues resurfaced after Cindy and John accepted a call to Thailand. There Cindy happily took on several ministry duties and had vision for many other things that could be done.

“One morning I had my backpack loaded,” she says, “ready to go to the office for the day. But just before I walked out the door, I sensed a prompting to sit down. As I did, immediately I noticed the weight of the backpack. The Lord quickened to me that I was loading my “backpack of life” with unnecessary weights. I was driving myself to do things that He hadn’t led me into.”



The Lord warned Cindy that if she didn’t make changes, this time she would be unable to finish her race. “I promptly adjusted my heart,” she says, “and God gave me a strategy (see box). It’s been about nine months since that ‘ah-ha’ moment, and I’ve been able to change things and live a life of balance.”

“I didn’t know how to say no or dial down my achievement mode.”

What Cindy Has Learned

Balance is . . .

- ▶ . . . about boundaries—setting and respecting them. Love God first and foremost.
- ▶ . . . not sitting still or accomplishing little. It’s about priorities and learning the rhythm of life within those priorities.
- ▶ . . . being a wise Proverbs 31 woman who considers a field *before* she buys it, not courting neglect of her other duties. It’s about *finishing*, not just starting.
- ▶ . . . understanding what makes you susceptible to burnout. Have at least one person who’ll tell you to stop when you’re pushing too hard.
- ▶ . . . about progress, not perfection. Live from the inside out, led by the Holy Spirit and not by the demands or needs of people and situations.



BURNOUT CAN HAPPEN TO ANYONE

Jim Clayton ('98, '99) and his wife, Jeanne, pastor LaHarpe United Methodist Church in LaHarpe, Illinois. He worked for over 20 years in the criminal justice field and has been in full-time ministry for 12 years.

I have dealt with burnout multiple times in the workforce over 30 years. I've seen it when I was in the field of law enforcement, when I worked for a counseling agency, and finally when I experienced it personally in full-time ministry.

My perspective on burnout is two-fold. First, it is real. It happens all the time to people in every walk of life. It can be triggered by many things: the strain of everyday life, taking on too much, being mistreated by others, or simply allowing yourself to be in the wrong place.

Second, and much more important, it can be avoided! I think there has been an environment created in the United States that has allowed burnout to be OK, and even expected. This ought not to be so.

Think about it. The term itself was created in my lifetime. My grandparents never heard of burnout. My parents saw it invented. And I have seen it evolve from an innocuous term to a description of someone on the verge of a major breakdown and in need of help. We have reached the point where people (yes, even those in ministry) have grown to expect it to happen to them.

Know Your Limitations

There are two phrases we need to learn—in ministry more than anywhere else. They are “No!” and “I am too busy.” We need to learn to delegate. And when we don't have anyone to delegate to, we need to say no!

We think that if we don't say yes to everything, we are going to be a failure in the eyes of those we serve. That is simply not true. We are a failure when we take on too much and

are unable to accomplish what we have committed to do. We must learn our own limitations and stick to them.

Stay Built Up

The most alarming concern I have for dealing with burnout from the ministerial perspective is for those who are not where they should be spiritually. Joshua 1:8 tells us to meditate on God's Word day and night. I have noticed that when I've taken on too much or I've felt burned out, I have also not been in the Word as I should be. Nor have I been spending the time I should in prayer and devotions.

When counseling others dealing with burnout, I have noticed that they usually didn't have a strong belief system to begin with. So when they met with difficulties that were too hard to deal with, they ended up jobless, homeless, or divorced—and in many cases all three. I know a strong commitment to God could have helped all of the people I have counseled over the years.

But we as ministers need to be the first to heed that same advice. We need to build ourselves up regularly on the things of God. This will help us in many ways. But particularly it will get us into position to hear from God and heed that still, small voice. He will direct us on when to say no or find help. Or He will help us simply realize that not everything can get done right now.

Isaiah 33:6 says, “Wisdom and knowledge shall be the stability of thy times, and strength of salvation: the fear of the Lord is his treasure.” These words were spoken to people in the midst of trying times. We should do what they were told to do. We should seek wisdom and knowledge from God in the good and peaceful times so that we have a store of it to use when times get difficult.





THERE IS HOPE

Celina Holliman and her husband, **Brad** (both '96, '97, '00) currently live in Gardendale, Alabama. Brad travels as an itinerant minister.

In 2004 Celina Holliman and her husband, Brad, moved from Mexico to Surrey, British Columbia, to help her mom and stepfather pioneer a church. Six years later her stepfather divorced her mom and turned his back on ministry, and Celina and Brad took over as pastors. It was the final straw for Celina.

"I had grown up in ministry," she says, "and everything we did was about growing the church. We had sold our home, our cars, and what felt like our souls, all in the name of church growth. 'Church growth' had become bad words to me. 'Outreach' was something I shrunk back from."

After she and Brad took over the church, Celina began to recognize some initial signs of burnout. "I was the pastor's wife, but I didn't even want to attend church anymore," she says. "Don't get me wrong. I still loved Jesus, but I felt like church had sucked the life out of me; like the great machine had eaten me up and spit me out."

"I still loved Jesus, but I felt like church had sucked the life out of me."

Time to Go

One day as they were driving, Brad mentioned the idea of taking a break from ministry. "I reacted like a kid at a candy store," says Celina. "It surprised both of us! *I just wanted out*—out of church, out of ministry."

The Hollimans began making plans to leave. "Thank God for a wise husband," says Celina. "He laid ministry on the altar as we made the decision to move."

That was about one year ago. Since then the Hollimans have joined another church and the healing process has begun. "Not only did God plug us into an amazing church, He has restored my soul," says Celina. "He lovingly showed me which of my perspectives had been skewed and how to fix them. He has also literally exploded our ministry into other arenas we had only caught glimpses of while pastoring. In one year! God is so faithful."

Better Than New

Celina wants others to know there is hope. "In my opinion, burnout happens with a hundred poor decisions and perspectives over time," she says. "But when you get in a healthy environment, under healthy leadership to whom you are genuinely accountable, and you get intentional about getting your zeal for service back, you can be better than new!"

She points to one other key that helped her immeasurably. "I had some good friends," she says. "As ministers we are notorious for being lone rangers. My friends saw the real me and loved me: the good, the bad, and the ugly. I had an amazing family who rallied around me and didn't condemn me for how I felt. They never told me to get myself together. They never pushed me back into ministry, although every one of them is *in* ministry.

"Once I was at a healthy place, God opened doors of opportunity and we walked through them. No more dread. No more striving. Just easy and light . . . the way it should be."

TO PASTORS SOME KEYS TO PREVENT STAFF BURNOUT

- ① **FOLLOW UP.** Pastors, your staff is probably trying to tell you if they're burning out — listen to them. When they tell you they need help with some things, implement a plan together and then follow up with them at a later date. Don't just ignore them, or assume that they are fine now.
- ② **UNDERSTAND LIMITATIONS.** Learn the strengths and weaknesses of your staff. Tasking one of your department heads to recruit and train 20 new "leadership level" volunteers when they can't even staff their current department is like asking them to build a rocket to the moon with tin foil and cardboard tubes. Know which people are your rocket scientists—and which aren't!
- ③ **RESPECT THEM.** If something falls through the cracks, find out the whole story before correcting them in front of everyone. Don't applaud something in front of others then turn around and privately nix the idea.



FROM A HELPS MINISTRY PERSPECTIVE . . .

'WHAT I LEARNED FROM BURNOUT'

Denise Olsen and her husband, Steve, (both '01, '02) currently own a ranch in Colorado. Steve is engineering manager at Oracle in Broomfield and Denise works all the livelong day on their ranch.

Denise Olsen was active in children's ministry for more than 35 years. She started at just 11 years old, helping her mom in a second grade Sunday school class. By the time she got to Rhema, she led the Sunday morning elementary program, oversaw the children's auditorium remodel, and taught children's ministry classes at RBTC.

"I felt on top of the world and totally in love with children's ministry," says Denise. "What a rush to lead kids to Christ every week and see the course of their lives rerouted as they encountered God."

In 2007 her husband's employer transferred them to Colorado, and they began leading children's ministry in a mid-sized church. "I felt up to the task and well-grounded in experience," says Denise. "I had vision and a driving passion for the work." But after three years and an accumulation of events, her passion ended and she resigned.

"When I stepped down, I was heartbroken," she says. "I felt I had disappointed the kids, my pastor, myself, and most importantly, God. As I've rehashed all that happened, I see some areas where I could've prevented burnout. If I could rewind and speak to myself in the midst of it, I would say:

1. **Spend more time with God.** Do you only talk to your kids or spouse as you lay your head down to sleep? Do you dash out of the house saying, "Sorry, too busy, gotta run; I'm doing this for you, after all." Don't do that to God. Remember, you need His strength and joy, and that only comes through time spent with Him. Minister out of your overflow.
2. **Check your focus.** What are you dwelling on? Why *your* Starbucks order is the only one that gets messed up at staff meeting? Not helpful. Focusing on a problem all day doesn't change it—it only makes it grow. Keep your focus on God, and don't let little things distract you. Magnify Him instead.
3. **Isolation is not good.** In any painful circumstance, it's natural to draw back, but this is the time you need to connect. It's probably best not to share with others in your church. But call a trusted friend or make a coffee date with a safe outside person and talk about the weather, the dog, the kids, the crazy neighbors—anything but church or ministry.
4. **God can, and will, still use you.** After I resigned, I was ashamed and embarrassed. I felt I would never minister again, nor did I want to. When someone told me one day that God still loved me and still wanted to use me, I cried. Could it be true? Yes, some day. But take time to rest. Even Jesus rested and took time away with His father. Like a physical injury, an emotional one takes time to heal.
5. **Leave the past behind.** When you are replaced, resist the thoughts of how you would do things, why they're doing it that way, why they stopped that program, and so forth. That's out of your hands now; God has a new direction for you. Don't be so focused on the past that you trip over the future.

"Focusing on a problem all day doesn't change it—it only makes it grow."

Some Keys to Prevent Staff Burnout (cont.)

- ④ **BACK THEM UP.** A little pulpit announcement about upcoming event or recruiting efforts will make staff members happy for a month. A 30-second mention from the pulpit can do more than 40 phone calls. Recognize your staff's birthday or anniversary from the pulpit, or the outcome of one of their events. Kudos can go a long way.
- ⑤ **COMMUNICATE.** Don't let your staff find out from the bulletin or the Sunday morning pulpit that they're in charge of something. Advance warning is respectful and can prevent burnout.

ARE YOU BURNING OUT?

A CHECKLIST OF WARNING SIGNS

Most of us are busy. Many of us are burning the candle at both ends, not getting the rest or refreshing we need.

But there's a difference between being overworked and burning out. Check up on yourself.

Do you ...

- ➔ **FEEL NUMB?** One of the earliest signs of burnout is no longer feeling the highs or lows. Your main emotion is numbness. Some call it "compassion fatigue."
- ➔ **LACK MOTIVATION?** Has your passion disappeared? Has your motivation vaporized or become self-centered?
- ➔ **REACT CYNICALLY?** It's easy to be cynical in today's world, but cynicism rarely finds a home in a healthy heart.
- ➔ **EXHIBIT HARMFUL COPING MECHANISMS?** Have you been overeating, overworking, drinking, spending too much, or even turning to prescription/OTC drugs for comfort or help? Don't choose a path of self-medication over self-care.
- ➔ **LAUGH?** This may sound oversimplified, but burned-out people rarely laugh. Nothing seems fun or funny anymore, and you may even resent people who enjoy life.
- ➔ **FEEL DRAINED BY PEOPLE?** Sure, we all deal with draining people. But not everybody, every time. Burnout often means few to no people energize you anymore.
- ➔ **GET UNREASONABLY IRRITATED?** Everyone feels irritated sometimes. But if you start losing your cool over small things, all the time, it's a sign of burnout.
- ➔ **GET LESS DONE?** Are you working long hours but producing few results? Does something that used to take you five minutes now take 45? That's a warning sign.
- ➔ **FIND THAT SLEEPING OR TAKING TIME OFF DOESN'T HELP?** A good night's sleep or a week or two off will help most healthy people bounce back. But burned-out people could have a month off and not feel any different.

Identifying with just a few of these symptoms might be a sign that you're tired. If you identify with half, you might be close to the edge. If you identify with most or all, tell someone. And seek professional help—a medical doctor and a trained Christian counselor.

10 KEYS TO PREVENTING BURNOUT

- 1. DEPEND ON GOD.** It sounds obvious, but too many of us take the burdens upon ourselves. Remember, your life and your ministry are not yours, but God's. *He* has called you, and *He* accomplishes His work in you (Phil. 1:6). Stop trying to control things you can't control and manage what you can't manage. Cast every care on Him (1 Peter 5:7).
- 2. GET REAL.** Don't try to meet everyone's expectations (including your own). Learn to say no and to delegate. Let others use their gifts.
- 3. CULTIVATE PEER RELATIONSHIPS.** Too many of us feel isolated and lonely. We need intimate fellowship with friends who endure similar struggles. It takes effort to cultivate these friendships, so start making time for it. Seek to go beneath the surface with them. Rather than striving to "keep up appearances," be ready to honestly share your challenges and failures, as well as your successes.
- 4. STAY CONNECTED.** In First Timothy 4:16 Paul tells Timothy to "take heed to himself." He realized that Timothy was a person first and a pastor second. Pay careful attention to your own life and spiritual well-being. Daily remember your salvation and your calling, and honestly assess your strengths and weaknesses. Take time to care for yourself and your family.
- 5. PACE YOURSELF.** Life is a marathon, not a sprint, and the victory goes to those who pace themselves. Slowing down often makes you more effective. Create margins of time so that you are not always rushed. Take frequent breaks. Give yourself permission to rest and refresh (Matt. 11:28 Amplified).
- 6. GET A LIFE.** Develop some interests outside of your job or calling. Find activities that offer healthy distractions from your everyday life where *you* are not the one in charge. These will help you relax, remind you of how most people live, and give you material you can use to help others.
- 7. PLAY EVERY DAY.** Blend solitude, recreation, and refreshment into your daily working hours. You can't stay in good spiritual condition by always being on the go. Jesus often "withdrew to a quiet place" and said no to ministry (Luke 5:16). Schedule regular times of refreshment on your calendar and treat them as "real" appointments. Protecting these appointments is not being selfish. It is exercising good stewardship. It will increase your effectiveness and protect you from burnout.
- 8. TAKE A CHILL PILL.** Don't take everything so seriously! Learn to laugh at yourself and at difficult situations. Develop a sense of humor. Laughter is an antidote to cynicism and sarcasm (Prov. 17:22).
- 9. DO WHAT WE ALL KNOW WE SHOULD DO.** Exercise! Eat right! Get enough sleep! It takes effort but pays rich dividends. Until you get these right, you'll be tired, stressed, out of shape, and less productive. So do whatever it takes. You can't underestimate the importance of physical health when it comes to being effective and preventing burnout.
- 10. REACH OUT.** Those of us in the "helping" profession are most at risk of burnout. Too many of us feel as if we have to keep everyone and everything together. If you're feeling overwhelmed, one of the best things you can do for your ministry, yourself, and your family may be to visit with a trusted counselor. He or she can provide insight and feedback and can help you along the way.



11 STEPS TO RECOVERING FROM BURNOUT

- 1. TELL SOMEONE.** This is hard for most leaders. Many of us let pride keep us from telling someone of our struggles. But pride is probably what caused burnout. Only humility will get you out of what pride got you into. Swallow your pride and tell someone safe that you have a problem. It's the first step toward wellness. Admitting it to others means you're finally admitting it to yourself.
- 2. GET HELP.** You can't do this alone—it's bigger than you are. You need to talk to your doctor and a Christian counselor. And you need others. Have people pray over you. Open up to your friends. This is big, but not bigger than God or the community of love and support He provides.
- 3. LEAN ON GOD.** Even if you don't feel His presence, keep pressing into Him. He loves you, and He still has a good plan for your life. If you keep reading the Word and praying, the feelings of intimacy will return.
- 4. SLEEP.** Burnout usually means that you are physically and emotionally exhausted. It's OK to sleep 10 hours a night and nap every day. Sleep is like money: deficits become debt, and debt needs to be paid off.
- 5. DISTRACT YOURSELF.** When you do nothing, you have only your pain to focus on. Distraction is a powerful tool to get your mind thinking about other things. Watch a movie. Go out for dinner. Go for a hike. Go to a party. Go to a concert. It gets your mind off the constant cycle of depression.
- 6. TAKE ONE STEP AT A TIME.** Just live today, this minute, this hour. Do what you can do. Be helpful to others in small ways. Don't expect a lot from yourself, but make small strides daily.
- 7. STAY STEADY.** Because burnout involves your mind, it's tempting to do something drastic or stupid. Don't abandon your calling, run away from everyone, or end your life. If you have to, tell yourself, "Don't do anything stupid today." If you don't, that's progress.
- 8. BALANCE THE MARGIN.** Those who burn out usually pride themselves in being able to go at whatever they're doing longer and harder than anyone else. Don't do that. Monitor how you're feeling, and rest. Build margin into your schedule to balance time with people and time alone.
- 9. BE VIGILANT.** Watch for the warning signs of burnout (see page 10). If you start to see some of them, take a time-out and get things back into balance.
- 10. BE RESPONSIBLE FOR YOUR OWN HEALTH.** No one is going to do this for you. You are in charge of your own physical, spiritual, and soulish health. So make it a daily habit to pray, read your Bible, seek life-giving friendships, replenish your energy, eat right, work out, and love deeply.
- 11. BELIEVE THERE'S HOPE.** It may take as much as five years to feel like yourself again, so don't give up. Keep believing God, and keep going. Today is not a life sentence. There is an end to this season of your life. God has good plans for you.



BURNOUT: PROOF OF THE BATTLE AND THE NEED FOR REST



Dr. Mark S. Majors is a Spirit-filled psychologist, author, and educator with a Ph.D. in Counseling Psychology. For 22 years he has provided education, intervention, and discipleship for the Body of Christ with a purely Biblical approach to psychology. Currently he is the program director for Developing Great Relationships in Pella, Iowa. dgrpella.org

Is God ever burned out? No! So why do we, who are filled with the Spirit and have faith, suffer from burnout in our ministry lives?

The answer is simple: we were not engineered to exist in this fallen, evil world. Our design is for a life in the Garden of Eden, fellowship with God, and no concerns or worries—not the constant battle against persistent evil and the fallen world around us. Even our own flesh wars against us (Gal. 5:17).

Our brains cannot stay in fight mode continuously without being depleted of neurotransmitters that keep us up for the battle. Is this a call for medication? *Absolutely not!* Depression medication is only for extreme cases when physical functioning is totally lost. It's important to realize that burnout is simply proof of the battle and your need for rest.

The Lie: Burnout Is Falling Short

Too many ministers who have suffered burnout feel they are falling short. This is a lie from Satan causing condemnation (1 Sam. 30:9–25). Was Jesus Christ falling short when angels were sent to minister to Him because He couldn't go on? Was Paul falling short when he despaired even of life? No. So do we think we can fight the spiritual battle without burnout? It happens! Free yourselves from that bondage right now.

The Truth: Burnout Is Battle Fatigue

The first thing that occurs in prolonged battle or burnout is the loss of making good decisions. Fighting uses alarm chemicals (adrenalin and cortisol—amphetamines) in the brain. In fight mode we don't do much thinking. We are to obey our commander, Jesus. Blood flow goes to the physical action areas of the brain (motor cortex) and leaves the decision-making area (cerebral cortex).

Memorizing scripture can prepare us for spiritual fighting (like learning to march in the military). If you meet a demon, you do not need to decide whether it is a good or bad demon.

You cast it out! In battle, the brain functions that reduce our pain and help us experience balance (neurotransmitters of endorphins and serotonin—pain drugs like morphine) run low and slow down. Therefore we may not “feel” spiritual, and this can serve to reinforce the lie that we're falling short.

Finally there is no “feeling” of peace (neurotransmitter GABA depleted—alcohol and anti-anxiety drugs) and we can become anxious about everything. So we can see that burnout is a neural-physical response to battle.

Recovery: Rejoice in the Victory and Take a Break

What can we do when burnout threatens? First, rejoice and give God praise for the victory in Christ Jesus! This is not optional; don't do it only if you feel like it. “Feelings” follow faith. So when the battle against evil has you depleted and you feel flat, rejoice.

Second, take time to recover. In the physical realm, if you scratch your leg, it needs to heal. So why is it so hard for us to recognize that our minds must also heal and recover? Frequent short breaks help prevent some burnout. But if we are in long-term battle, we need to get away and be refreshed, like a soldier who takes R & R after coming from the front.

Exercise, healthy food, and good sleep also aid in recovery. Don't take drugs to replace the worn-out systems—they are made to repair themselves with rest. Burnout can happen because we are called to fight. Satan is not resting and he doesn't want you to rest either. But you must rejoice and rest in order to return to balance and be ready to fight again.



“Too many ministers who have suffered burnout feel they are falling short. This is a lie from Satan.”

PREVENT BURNOUT: *WWJD?*



4 KEYS FROM THE LIFE OF THE MASTER

Tony McKinnon ('98, '99) *pastored Family Worship Center Grant County in Williamstown, Kentucky, until 2014 when he joined the RAA/RMAI staff in Broken Arrow, Oklahoma. He teaches First Kings through Second Chronicles, Jeremiah and Lamentations, and Introduction to Pastoral Care at RBTC.*

BURNOUT

Burnout, compassion fatigue, loss of passion—call it what you will, but it's deadly to ministry effectiveness. I believe the life of Jesus holds some keys to a healthy, burnout-proof lifestyle.

Key #1: Purpose. Jesus was driven by a singular focus. His guiding purpose kept Him moving forward in the face of hardship, difficulty, and opposition (Luke 19:10; John 4:34). Purpose is more than a mission statement or a catchy slogan. Purpose is something we all have in common—the Great Commission: to go and make disciples.

The *how* may be unique to a person, people group, church, or culture, but the purpose (the “go ye”) remains constant for us all. The joy of fulfilling that purpose was enough to enable Jesus to endure the cross (Heb. 12:2).

Also, Jesus didn't waste precious time or energy on things outside of His purpose. He did only what He saw the Father do (John 5:19). If we're honest, we'll realize that most of what burns us out are the “add-ons”—the things we're not graced or called to do. Ministry grace is to our lives what grease is to a bearing. Without grease, a bearing will burn out. And without grace, you will too.

If you keep purpose in view, purpose will keep you. It's the *why* in the midst of the *what* that keeps us going, no matter what.

Key #2: Rest. Jesus observed a healthy rhythm of rest for His spirit, soul, and body (Matt. 14:13, 23; Mark 6:31–32). God could have made us with 24/7 bodies and eyes that see in the dark, but He didn't! God designed us for daily, weekly, seasonal, and eternal *rest*.

It's the principle of *sabbath*, and it predates the law in much the same way as tithing does. God actually wove the principle of sabbath into the fabric of creation, and He even practiced it Himself by example in creation. Violating this principle causes us to experience the effects of the curse. Long sabbaticals that are very often rescue attempts aren't necessary if we simply practice this principle that Jesus modeled.

Key #3: Relationships. Jesus maintained healthy relationships, both vertically with the Father and horizontally with others.

First, time invested alone with God was the cornerstone of Jesus' rhythmic lifestyle. Mark 1:35 says, “*In the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.*”

“Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

—Hebrews 12:2 (NKJV)



“A ministry life driven by **purpose**, refreshed by healthy rhythms of **rest**, enriched by **relationships**, and lightened by **delegation** will never burn out.”

But Jesus didn't stop there and lead His life as a member of some kind of spiritual elite. He had friends with whom He enjoyed spending time—for example, Mary, Martha, and Lazarus (John 11:5; 12:1–2); and Simon (Mark 14:3). We also can't deny the close relationship that Peter, James, and specifically John, enjoyed with Jesus.

We can't maintain close relationships with everyone, but we all must have an inner circle of friends. Jesus ministered to the masses, but He was friends with a few. It looked like this: the multitudes, the 70, the 12, the three, the one.

Key #4: Delegation. Jesus was the master of discipleship and delegation. Because He was a man, it was physically impossible for Him to be all things to all people and personally meet every need. The same is true for you and me.

Jesus' model was to teach and train by precept and example. He then delegated assignments and authority so that His effectiveness was compounded and His workload lightened (Luke 9:1–2; 10:1).

Jesus' life and ministry would have been wasted had He not raised up and released others to minister. The same is true in your ministry. It is not only unwise for you to try and do everything yourself; it is ungodly.

A ministry life driven by purpose, refreshed by healthy rhythms of rest, enriched by relationships, and lightened by delegation will never burn out.



“I think many of us have experienced the hopelessness of burnout at one time or another. Waiting for an answer that doesn't seem to come. Wondering if we can do what we know we're called to do. Wondering if God realizes how weak we are. Then there's that whisper that reaches into our weakness and pierces the brokenness, reminding us of His love and strength in us. And we get up, wipe the tears from our eyes, straighten our smile, and push through once again.”

Tracie Beck Hunsberger ('02, '03)



“I believe one of the biggest issues of burnout is the lack of true, close friends in ministry who can hold you up and help refill your soul. Too many of us try to be lone rangers. I was one of those, and I learned the hard way. Cultivate good friendships—now, before you need them.”

Harold Jewell ('89, '90)

BURNOUT PREVENTION FOR LEADERS



VICTORY OVER STRESS

Joe Cameneti and his wife, **Gina** (both '82, '83),
pastor Believers Church in Warren, Ohio. believers.cc

“God promises us a stress-free life.”

Stress is one of the leading causes of burnout. And for leaders, there are endless opportunities to get stressed. Priorities, people, persecution, finances, scheduling, physical issues, and emotional drains are just a few of the factors that can contribute to a leader's stress level.

But God promises us a stress-free life. Matthew 11:28–29 (NIV) says, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Rest is defined as “relaxation, refreshing, an intermission, a pause.” It's a stress-free life.

Take Action

A stress-free life requires action. Colossians 3:15 (NIV) says, “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” And Philippians 4:9 (NIV) says, “Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Notice that these verses say that *we* are the ones who “let peace rule.” *We* are to “put it into practice.” That takes action on our part, which starts with identifying where the stress in our lives is coming from.

- 1) **Stress can be a control issue.** You can't control people or circumstances, so stop trying. And also realize that they can't stop God's plans for *your* life (Jer. 29:11)!
- 2) **Stress can be a trust issue.** Why do we so easily believe that God will help people we minister to, but we struggle to believe that He will do the same for us? Realize that God is there for you. He is able. He will come through for you. You can trust Him (Isa. 41:13, 43:2 Message).
- 3) **Stress can be a forgiveness issue.** When you forgive someone, you don't change the past, but you will change your future! Remember, no one escapes judgment. Leave it to God (Rom. 12:19).
- 4) **Stress can be a release issue.** Thanksgiving is an excellent way to release the peace of God back into your life (Phil. 4:6–7).
- 5) **Stress can be a margin issue.** Margin is “do-nothing” time. It's erased by busy schedules. As the saying goes, “If Satan can't make us bad, he'll try to make us really busy.” We all need downtime. Schedule at least one day off per week . . . and take it (Mark 6:31).
- 6) **Stress can be a God-void issue.** We all need God time. Don't just study to preach—nurture your relationship with Him (John 15:5).

PHYSICAL CONSEQUENCES OF STRESS

Research shows that being overstressed triggers more than 1,400 known physical and chemical responses in your body and activates more than 30 hormones and neurotransmitters. Studies also show that around 87 percent of illnesses can be attributed to stress, while only 13 percent are caused by diet, genetics, and environment.



Resources

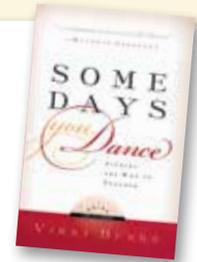


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Books

✔ *Some Days You Dance* by Vikki Burke

Vikki Burke has run a successful worldwide ministry with her husband, Dennis, for more than 30 years, but even she found herself deeply depressed and disillusioned with her Christian life. In her desperation, she searched and found someone who could help her.



✔ *Addicted to Busy: Recovery for the Rushed Soul* by Brady Boyd

God never meant for us to be so busy. He wants us to have rest and peace. Brady Boyd explains how to live a life that embraces stillness and solitude so we can find the peace that God wants us to enjoy.

✔ *Leading on Empty: Refilling Your Tank and Renewing Your Passion* by Wayne Cordiero

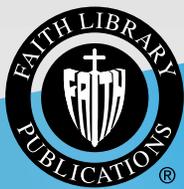
Gives leaders the tools to recognize and overcome burnout, providing them with a new vision for greater levels of both rest and productivity.

✔ *Mad Church Disease: Healing From Church Burnout* by Anne Marie Miller

Born out of personal experience, this book is a lively, informative, and potentially life-saving resource for anyone who would like to understand, prevent, or treat the epidemic of burnout in church culture.

Web Articles

- ▶ **“Burned-Out Christians”** What is Christian burnout and what is the cure?
Judy Turner // ThornCrownJournal.com
- ▶ **“When You Feel Like Giving Up”** Simple steps to avoiding burnout
Cindi McMenamain // crosswalk.com
- ▶ **“Ten Signs You Are Near a Burnout and/or Meltdown”**
Perry Noble // christianpost.com
- ▶ **“Beating Burnout”** How to manage stress. Advice for Christian women.
Athlee Bowman // JustBetweenUs.org
- ▶ **“How I Recovered From Burnout”** 12 steps for getting back.
Carey Nieuwhof // CareyNieuwhof.com



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RBTC UPDATE

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2. **Current and potential students:** You can go to Rhema and earn a full degree at the same time! Current RBTC students have the option of attending concurrent classes to attain their degree. Attend Rhema classes in the daytime. Then, one or two nights a week, take a four-hour class with Southwestern Christian University. A student starting with *no college credits*, taking concurrent classes, will earn an associate degree in two years. You'll also have the option to continue on and complete your bachelor's degree in three years.

Southwestern Christian University actually uses the RBTC campus for night classes and has financial aid programs available. Many RBTC students are approved for SWCU financial aid. Taking concurrent classes has a two-fold benefit:

- ➔ At the end of two years, the student earns a certificate of completion from RBTC and an associate degree from SWCU.
- ➔ SWCU financial aid is typically more than the cost of the night class, allowing students to put the addition funds toward their RBTC tuition.

Where Are They Now?

1978

Joanne Midyette ('78) has been involved in children's ministry since 1978. She has written Bible curricula for preschool and elementary-aged children and oversees children's ministry at New Testament Christian Fellowship in Landrum, South Carolina. She and her husband, John, live in Columbus, North Carolina.



1996

Jay ('95, '96) and Amanda (Crosby '05) DePalmo live in Oklahoma City, where Jay has worked for 16 years with the Green family companies, most recently as vice president of manufacturing with Hobby Lobby store operations. In April he was promoted to CEO of the Mardel chain.



1983



Tomi Mills ('82, '83) has been a missionary to Uganda for 10 years. She is currently building a self-sustaining village for people affected by the war in northern Uganda. Her work includes feeding, clothing, and educating 500 children and 200 women every week. KidsInspire.com

Gwyn and Dot Waycaster (both '82, '83) celebrated 50 years of marriage on December 20, 2014. Since 2009 the Waycasters have pastored Victory Life Church in Ridgeland, Mississippi. VictoryRidgeland.org



Rachel Jeffries ('95, '96) recently moved from Arkansas to Branson, Missouri. She travels and ministers, and she also volunteers with the worship team at Billye Brim Ministries' Prayer Mountain in the Ozarks. She has written several books and frequently mentors pastors in California and Mexico. rjim.org

Victor and Eunice Mwangi (both '95, '96) are the pastors and overseers of Father's House Family Church, Children's Home, Christian School, and Bible College in Ruiru, Kenya. The Bible college class of 2014 successfully graduated on December 20. fcfkenya.com



1987

John and Laura Homan (both '86, '87) were privileged to finalize the adoption of their daughter, Emma Sophia Rose Brewer, on December 8, 2014, and celebrate her 18th birthday 10 days later. The Homans live in Elkhart, Indiana, where Laura is a teacher's aide and John works in international customer service.



1989

Veronica Bean ('88, '89) was a piano teacher for 25 years while she and her husband, Dan (an insurance salesman), served on staff at their local church. After a four-year experience in church-planting, they have started Beloved International, a traveling ministry that ministers divine healing and strengthens churches in Europe. The Beans have one daughter, Rachel, and live in Florida.



1998



Connie White ('97, '98) recently received a new job at the R.W. Baird investment firm in the private wealth management division, where she helps people secure their financial future and finance the Kingdom of God. Connie lives in Milwaukee, Wisconsin.

1999

Jodi Oehike ('98, '99) played on the first Lady Crusaders basketball team at RBTC. She currently lives near Houston, Texas, where she served as high school pastor at Woodlands Church for 3 1/2 years until God put evangelism on her heart. In January 2015 she launched Backpacker Church, a ministry designed to equip missionaries to reach Europe. BackpackerChurch.com



2002



Crystal (Hammerlund) McLennan ('01, '02) and her husband, John, are children's pastors in Houston, Texas, and also travel and minister at kids camps, conferences, and crusades. Crystal produced a *Healing Scriptures for Kids* CD that has gone all over the world. **MinistryMotivator.com**

2004

Alumni Spotlight

James ('03, '04) and Monica ('06, '07) Satcher announce the birth of their daughter Gloria Rose, born February 9, 2015, weighing 8 pounds, 11 ounces. She joins her older brothers Jameson, 6, and Isaac, 3; her sister Zoe, 5; and her cousin Jon, 20.



The Satchers were pastoring a church in Georgia when the Lord spoke to them in 2010 about dedicating themselves to full-time evangelism and missions. Hours after they made the decision to obey that call, a 7.0 earthquake struck Haiti, leaving over 200,000 people dead. As soon as

commercial flights into Haiti resumed, the Satchers went. They planted a church and continue to minister in crusades throughout the country. To date they've distributed over 50,000 minibooks in French and delivered hundreds of Christmas packages to children. They've also seen more than 60,000 salvations, with many miracles and baptisms in the Holy Spirit. They've reached into orphanages, prisons, and schools. (Watch a report at <https://goo.gl/STjAj>). In addition to ministry in Haiti, the Satchers have ministered on four continents and continue to reach thousands with the Gospel. **JamesSatcher.com**



2007



Aaron Griffith ('06, '07) and his wife, Tiffany, announce the birth of their adopted daughter Madalyn Jane, born March 28, 2015. The Griffiths pastor Pawnee Christian Church in Pawnee, Illinois. **PawneeChristian.com**

Nathan and Michelle (Scuka) Johnson (both '06, '07) are cofounders of Unite2Ignite, a parachurch organization that works to unify communities through events and prison ministry. Nathan recently took a position as administration pastor of Church at the Ranch in Charlotte, North Carolina. **Unite2Ignite.net**



2008



Emily Conrad ('07, '08) played for the Rhema Lady Eagles as a student and is now in her fifth year as a track coach at Rocori School in Richmond, Minnesota. She and her husband, Ted, serve in youth ministry at their church there. They went on a missions trip to the Turks and Caicos Islands in spring 2014. They have one daughter, Evangeline, who is almost two.

2010

Luis and Rose Bettencourt (both '09, '10) recently purchased evangelist A.A. Allen's Miracle Valley property in Arizona, known for the miraculous healings that took place there in the late 1950s. The Bettencourts plan to remodel the numerous buildings and 63 acres into a community church, a retreat center, a family camp, and a recreation center. **MiracleValleyToday.org**



Send your updates and photos to us at rmai@rhema.org



Paul ('09, '10) and Laura (Pfeffer '07, '08) McNeese announce the birth of their daughter, Elizabeth (Libby) Collins, born March 6, 2015, weighing 6 pounds. She joins her older brother, Ian Gaines, born March 9, 2013. Paul is the youth pastor and Laura the children's pastor for Paul's parents, pastors **Bill ('81, '82) and Fredna McNeese** at Harvest Family Church in Montgomery, Alabama. HarvestFamilyChurch.com

Rob ('09, '10) and Julia (McNeese '07, '08) Post announce the birth of their first child, Rosemary Irene, born February 1, 2015, weighing 7 pounds, 4 ounces. The Posts are Varsity Youth directors at Rhema Bible Church in Broken Arrow. RhemaBibleChurch.com/ministries/youth



2011



Brad Fleisher ('11, '12) and his wife, Tina, live in Duncannon, Pennsylvania, where Brad has recently become the youth pastor at Duncannon Assembly of God. The Fleishers have two children: Joshua, 3, and Sophia, 1. DuncannonAG.com

Chase Sievers ('10, '11) and his wife, Lauren, announce the birth of their first child, Judah Thomas, born November 10, 2014, and weighing 5 pounds, 13 ounces. The Sieverses have been serving in China for several years as team leaders for English Language Institute (ELIC). In July of 2015 they moved back to the U.S. to serve on staff at Harvest Family Church in Montgomery, Alabama for pastors **Bill and Fredna McNeese**.



2012



Rachel (McDonald) Redding ('11, '12) married Isaac Redding on September 4, 2014, in Seagrove, Florida. The Reddings make their home in Mobile, Alabama, where Rachel is a manager at the Vitamin Shoppe and Isaac works for Ward International Trucks.



Kaitlyn (Tatum) Torres ('11, '12) married Chris Torres on February 28, 2015, at the historic Angelus Temple in Los Angeles, California. Angelus Temple is where Pentecostal pioneer Aimee Semple McPherson ministered for years. Chris serves there as youth pastor, and Kaitlyn is the manager of volunteer missions at the Dream Center, also in Los Angeles.

HOMEGOINGS

'78.....	Nancy L. DeMora	May 6, 2015
'78, '79.....	Carolyn Huffman	February 26, 2015
'81, '82.....	Patricia Dunbar	February 15, 2015
'81, '83.....	Orville Schinke*	March 22, 2015
'82, '83.....	Ron Cox.....	March 3, 2015
'82, '83.....	Robert Miron.....	February 13, 2015
'82, '83.....	Thomas R. Terpstra.....	May 12, 1999
'85, '86.....	A.J. Greene.....	November 18, 2014
'85, '86.....	Raymond A. McClafin.....	April 20, 2015
'87, '88.....	Thomas Wieber*	March 24, 2015
'88, '89.....	Robert Maybee*	December 23, 2014
'90, '91.....	Frank E. Adams*	May 31, 2015
'90, '91.....	William R. Mast*	May 17, 2015
'91, '92.....	Denice L. Sadrieh.....	April 7, 2015
'92, '93.....	Patti Nelson.....	February 25, 2015
'93.....	Olivia Elliott.....	September 16, 2011
'98, '99.....	Leonard Arlint*	February 12, 2015
'99, '01.....	Thomas Rollins	April 17, 2015
'01, '02.....	Rebecca Calhoun	January 12, 2015
'06, '07, '08.....	Christopher M. Lamboy	May 5, 2015
'11, '12.....	Fred Kurz	May 21, 2015
'12, '13.....	Melissa Chase	February 23, 2015
'12, '13, '14.....	Chelsea Jenkin	March 19, 2015

*Indicates past or present members of Rhema Ministerial Association International (RMAI)

2014



Brandon and Kayla Chappell (both '13, '14) have recently become the youth pastors at Body of Christ Ministries in Macon, Illinois. Brandon will also serve as media director. The Chappells have one son, Davis, who was born December 8, 2014.
BodyofChristMinistries.org

2015



Ronnie ('12, '14, '15) and Peggy ('13, '14) Elliott have settled in Broken Arrow, Oklahoma, where Ronnie recently accepted the position of U.S.A. director of the Club1040 missions organization. The Elliotts have three children: Megan, 11, Katie, 8, and Isabel, 5.
Club1040.com

Rhema Around the World



On October 24, 2014, RBTC Germany held its annual Instructors Meeting.

1st row, from left: Monika Wagner, RBTC Germany & Europe Director; Michelle Grunewald, International Rhema Director Europe, Africa & Middle East; Michelle Strasser, Instructor; Christina Ley, Campus Coordinator Loerrach; Wolfgang Ley, Campus Coordinator Loerrach; Cary van Oostrum, Campus Coordinator Netherlands

2nd row, from left: Rande Loucks, Instructor; Irmi Tomaschek, Campus Coordinator Munich & Instructor; Cornelia Heule, Campus Coordinator Ulm & Instructor; Christine Wicht, Instructor; Stefanie Chirico, Campus Coordinator Zurich; Alexandra Tradler, Instructor; Piet van Oostrum, Campus Coordinator Netherlands

3rd row, from left: Robert Tomaschek, Instructor; Toni Heule, Instructor; Margit Zellers, Instructor; Artur Reimer, Campus Coordinator Detmold & Instructor; Desmond Frey, Instructor

4th row, from left: Markus Rex, Instructor; David Scholing, Instructor; Alexander Harten, Instructor; Sean Hirschy, Instructor; Jean-Christof Nadon, Instructor; John Grunewald, International Rhema Director Europe, Africa & Middle East

Send your updates and photos to us at
rmai@rhema.org

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Take advantage of our online resources today at rhema.org/alumni or call the alumni office at (918) 258-1588, ext. 2256.



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Rhema Alumni Association
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2015-2016 EVENTS

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**KINDLE THE FLAME®
WOMEN'S CONFERENCE**
September 24-26
rhema.org/kif



**FALL RHEMA COLLEGE
WEEKEND**
October 23-25
rhema.org/rcw



**A CALL TO ARMS® MEN'S
CONFERENCE**
November 5-7
rhema.org/cta



**WINTER BIBLE SEMINAR
& RHEMA WORLDWIDE
HOMECOMING**
February 14-19, 2016
rhema.org/wbs

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AUGUST 23-26

GRACE CHRISTIAN CHURCH

33801 VAN DYKE AVE. | **STERLING HEIGHTS, MI** 48312
PASTORS JERRY & JOY WEINZIERL | (586) 258-4390
SUN. 7:00 P.M. | MON.-WED. 10:30 A.M. & 7:00 P.M.

rhema.org/crusades

SEPTEMBER 13-16

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PASTOR MARK & TASHA BINTLIFF | (970) 945-5902
SUN. 6:00 P.M. | MON.-WED. 10:30 A.M. & 7:00 P.M.

OCTOBER 4-6

FAITH CHRISTIAN CENTER

95 SAGAMORE ROAD | **SEEKONK, MA** 02771
PASTOR JOHN & ANITA PFEFFER | (508) 336-4110
SUN. 7:00 P.M. | MON.-TUES. 10:30 A.M. & 7:30 P.M.

OCTOBER 7-9

REDEEMING LOVE CHRISTIAN CENTER

145 WEST ROUTE 59 | **NANUET, NY** 10954
PASTORS SARAH W. UTTERBACH,
EDWARD F. PFUNDSTEIN & GREGORY L. CARR
(845) 623-9300 | WED. 7:00 P.M.
THURS.-FRI. 10:30 A.M. & 7:00 P.M.

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