

# Sample Pages from the resource “Thriving in Difficult Places”

Dear Reader

This file consists of various sample pages from various chapters of Volume 1. This enables you as reader to see how Volume 3 is compiled. Below are sample pages from every chapter. Each sample is inconclusive in itself, thus, for example, only 5 issues could be shown in one sample paragraph instead of the 15 actual listed issues in the book. The full scope of every chapter can be derived from the Table of Contents on the website <http://www.thriving.member.com>.

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## Chapter 1 – Stress Management

### Causes of Stress for Missionaries [Sample from book]

- Lack of visible fruit, results or rewards:** Not seeing the fruit of one’s labour may cause stress and discouragement. In some geographical areas or religious climates, one can work for years before seeing visible results, if ever. In some job descriptions, one sees no particular results, or results simply cannot be measured, while certain monthly cycles may be repeated monthly, e.g. in bookkeeping and administration. If this is true, and on top of that, no-one notices or acknowledges one’s input and commitment, with no reward or promotion, stress is intensified.<sup>1</sup>
- Wrong job description:** Being in the wrong job where one’s major giftings are not used, or where one is inadequately challenged, also causes stress.
- Health problems:** Jim Stier, the founder of Youth With A Mission in Brazil, wrote,



*"My right side turned numb. I could still move my right arm and leg – I just couldn't feel them. What if they discovered me unconscious during the night? The only thing I thought it could be was the beginning of a stroke."*<sup>2</sup>

For the cross-cultural worker the stress of health problems is often an issue when one falls ill. It becomes especially stressful when one is isolated and far from medical help, single, travelling, or without access to efficient help. Stress also comes when there are inadequate medical services, and especially no services at all, or the ambiguity caused when no information is provided about one's welfare, treatment or about available options.

- **Occultic onslaughts and spiritual attacks:** The missionary is usually on enemy territory and therefore the target of spiritual warfare and attacks. Jim Stier relates how burning hot stones suddenly rained out of the sky on their roof and this reminded him of what he was told about weird occult experiences in Brazil.<sup>3</sup>
- **Nature of the work:** One missionary said, *"The most stressful part of being a missionary is the very substance of why we need to be here – the lostness of the people."*<sup>S-1634</sup> [S-1634 refers to a comment written by the Survey for Missionaries Participant 1634]

Even Paul expressed how the nature of his work caused him anxiety:

*"I have laboured and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches."* (2 Cor. 11:27-28)

*[End of Sample of "Causes of Stress for Missionaries". All samples are inconclusive.]*

## HOW TO HELP YOURSELF WHEN STRESSED



- **Increase your ability to handle stress:** Tom Marshall, in his book, *Healing From the Inside Out*, says that the consequences of stress do not only depend on the amount of stress, but on the person's ability to deal with it. So how do we increase our ability to handle emotional stress? By bettering our self-image, and secondly by increasing our flexibility or adaptability, since rigid and inflexible persons fall prey to stress earlier than those who know how to bend.<sup>4</sup>
- **Accept what you cannot change:** Differentiate between what can be worked on and changed, and what cannot be changed. I cannot change my height, face, nationality, race, gender, personality type, intrinsic giftings, upbringing, parents, etc. I need to know that I have great intrinsic value in God's eyes, but there are certain things that will not change and that I have to make peace with or it will destroy my self-image and sense of peace. Once that is done and in place, I will have a better perspective to discern what *can* be changed, and work on those issues.
- **Breathe deeply and lift your head:** One way of consciously starting to relax is to breathe deeply instead of the shallow and fast breathing from your chest that is so prevalent when you experience stress. Breathe deeply by using your diaphragm which will cause your stomach to expand like a balloon. This increases the oxygen flow to your blood stream that slows down your heart beat, lowers your blood

*"Always imagining the worst-case scenario causes unnecessary stress." – Jennifer Garth*

pressure and relaxes your muscles. Added to this, when we are stressed, we often look down at a 45 degrees angle that uses five times the amount of energy compared to the head being lifted. This decreases the blood flow and oxygen to your brain, causing you to feel tired. Rather lift your head – it will increase the oxygen to your brain.<sup>5</sup>

- **Resolve conflicts quickly:** One missionary said, "*Relationships are the blessing and the sustainer of my involvement in missions, but it is also the stressor.*"<sup>S-1617</sup> More than 80% of our stress comes from our relationships with others. Sweeping conflicts under the carpet, denying them or avoiding your opponent, may drive the conflict underground where it will brew and grow until it explodes in an inappropriate manner or time. Deal with conflicts quickly and decisively. Learn how to confront and how to be assertive. Learn when it is wise to rather compromise, withdraw or avoid an issue.
- **After peak stress times, bring stress right down:** Dr Thomas Whiteman, one of the three authors of *The Complete Stress Management Workbook*, says it is important to bring your stress level right down after a period of peak stress, and let it remain there for a while before you tackle the next stress event. Bringing one's level of stress down to only the Equilibrium Level before it soars again will not bring the necessary recovery before more damage is done.<sup>6</sup> See the graph above. Burnout comes from a prolonged period of too high a level of stress maintained, without time in between to recover. When there is no reward, promotion or acknowledgement, stress is intensified as it seems you work hard for no real reason. Take control and reward yourself regularly.<sup>7</sup> One missionary, when she has gone through a time of peak stress or intense involvement, or she has completed a project, she loves to reward herself with a kilogram of mangoes or a nice, smelly durian. Ensure that you celebrate projects completed and goals achieved. More than that, bring your stress level totally down for now, as in the bottom, finest dotted line of Stress Graph below. *[Graph and omitted in this sample.]*

## Chapter 2 - Beating Burnout

### Prime Candidates of Burnout



*[Sample paragraph from book.]*

- **Expectations versus reality:** There is often a disparity between idealistic expectations and hard reality.<sup>8</sup> Mission or aid workers could expect that the leader will become their best friend, or even that life will be smooth and without difficulties.
- **Chronic conflict; unresolved:** Where conflict within a department, team or community is often chronic and unresolved, even in spite of fruitless efforts to resolve them. Maslach & Leiter summarise this as "*where there is a breakdown in community*", where ongoing conflict "*infuses the workplace with frustration, anger, fear, anxiety, disrespect and suspicion*".<sup>9</sup>
- **Expectations versus reality:** There is often a disparity between idealistic expectations and hard reality.<sup>10</sup> Mission or aid workers could expect that the leader will become their best friend, or even that life will be smooth and without difficulties.

- **Being too serious about life.** When there is a lack of humour, or using humour sarcastically or cynically, stress may be chronic, and especially when we are feeling impatient with others who joke around.<sup>11</sup>
- **Unhealed childhood issues:** Past wounding that is not dealt with.<sup>12</sup> This can be about needing to impress their dysfunctional parent, "If only I can hear my father say, 'I am proud of you.'" Schubert says that the pattern of pushing ourselves too hard can be seen in missionary after missionary, as well as in missionary candidates, and it often involves "... *significant childhood issues and unconscious defence mechanisms which require lengthy psychotherapy.*"<sup>13</sup> It can also be said that the person has "untidy, cluttered or unsorted insides", meaning that childhood and other more recent issues have not yet been brought to a satisfactory closure or healing. The result can be a continuous utilisation and draining of emotional energy.
- **Outflow exceeding input:** The worker is giving out far too much in comparison with the input that they are receiving, moving rapidly toward depletion. Dr Kelly O'Donnell, a psychologist and one of the Member Care pioneers in missions, speaks about the 10:40 principle in this regard: that output of 40 units (if measurable) should not exceed 10 units of input, and especially so when one is working in the 10:40 window.<sup>14</sup>
- **Lack of self-care:** For too long one has been caring for everyone else but oneself. Inner resources are depleted and one is ministering from lack.<sup>15</sup>

*[Other candidates of burnout are omitted in this sample.]*

## Effects or Consequences of Burnout

- **Increased physical illness:** With inadequate stress management, the body suffers, causing an increased vulnerability and breakdown to the body and one's immune system.
- **Absenteeism and lost work hours:** As the ability to cope with stress decreases and as the resultant physical, emotional and spiritual consequences increase, absenteeism and lost work hours will increase.<sup>16</sup>
- **Depression:** Depression is often a result of burnout.<sup>17</sup> A high level of stress maintained for too long could result in burnout, and, "*untreated burnout may go on to depression because we feel a need to be disciplined and stoic and are therefore, insensitive to the warning signs of overload. Burnout is usually a preliminary stage of depression.*"<sup>18</sup> When deep despair to the point of suicidal thoughts is plaguing the sufferer, find professional help immediately.
- **Damaged relationship with God.** Alford says that missionaries are especially targeted by Satan, due to the fact that they are a threat to the kingdom of darkness. He says,
 

*"Away from the care and disciplines of church life at home, they will certainly need to be careful to supplement this lack, but that's not easy when under stress. Having a good reputation for spirituality, they can presume too much and imagine no-one is either noticing or caring about their spiritual decline."*<sup>19</sup>
- **Loss or breakdown of relationships:** Rapid-fire wounding, reduced humour, suspicion, resentment, anger and impatience easily affect the relationships of someone who is beyond normal stress levels and on the way to (or in) burnout. The

revivalist Charles Finney says that revivals stop when the workers become exhausted by not taking sufficient time for eating and sleeping, and when "we lose the warm spirit of brotherly love".<sup>20</sup> Relationships inevitably suffer when we burn out. The burnt out person becomes very isolated if he or she does not find anyone who understands burnout and its consequences.

*[Other effects or consequences of burnout are omitted in this sample.]*

## Chapter 3 – Transition – Dealing with Change

### Defining the Word "Transition" *[Sample paragraph from book.]*

- "Transition is the way we come to terms with change. Without transition, a change is mechanical, superficial, empty." – Dr William Bridges<sup>21</sup>
- "In a certain sense, life for everyone ... is a series of transitions – a 'passage from one state, stage, subject, or place to another'." - Merriam-Webster's Collegiate Dictionary<sup>22</sup>
- "Transition: Like a boxcar going so fast you couldn't read the writing on the side." - New Tribes Mission<sup>23</sup>
- "Any type of change affecting family, friends, job, home or health is a transition." – Dr James Dobson<sup>24</sup>
- "... transition is ... where we begin to mourn most acutely the loss of things and people left behind." - David C. Pollock and Ruth E. Van Reken<sup>25</sup>
- "Transition can be defined as the movement of people from one stage of life to another or from one cultural context to another." – Marion Knell<sup>26</sup>

*[Other definitions of transition are omitted in this sample.]*

### Biblical Examples of Transition



- **Abraham:** Moving from Ur to Canaan, not even knowing where he is going, but knowing that God had told him to go (Genesis 12:1-2).
- **Lot:** Sodom being destroyed; Lot lingered; Lot's wife looked back and turned into a pillar of salt; it is dangerous to cling to the previous (Genesis 19:13, 15-17, 26).
- **Isaac:** Genesis 26:24 – "...I am the God of your father Abraham. Do not be afraid, for I am with you; ..." In verse 25 are the steps taken in adjusting to the new place, Beersheba, and creating permanency:
  - Built an altar (created a place of worship).
  - Continued pursuing a relationship with God (worshipped and called on God).
  - Pitched a tent (created comfortable accommodation).

- Dug a well (provided amenities).

*[Other Biblical examples of transition are omitted in this sample.]*

## Typical Emotions during Transition *[Sample paragraph from book.]*

Typical emotions, even if perceived as negative, need to be expressed and processed appropriately, rather than suppressed, denied, criticised or belittled. Below, various emotions are listed as identified by different authors, hence the occasional repetitions. Typical emotions that can be present during transition, or other descriptive words that can describe the intensity of transitions, are as follows:

- **Isolation, insignificance, insecurity:** One could legitimately feel that no one else knows you in this new place, and since no one knows you, you feel that nobody cares about you. During transitions, we lose feelings of significance and security.<sup>27</sup>
- **Insecurity, anxiety:** One missionary said, *"The insecurity of living in a foreign culture often makes parents over-anxious, whereas seeing the flow of transition, and recognising the normal reactions to it, lessens the anxiety."*<sup>28</sup>
- **Overwhelmed, overworked:** The re-training and work that transitions bring about can lead to a feeling of being overwhelmed with the demands, and to overwork and even burnout. A missionary said, *"... we are a crossroad where people come and go. The raising up and training of leaders is non-stop. If I am not going to do double time, I will be without leaders or Sunday School teachers."*<sup>S-1520</sup>
- **Pain:** Transitions are painful due to the suffering of frequent and multiple losses.<sup>29</sup> In transitions, we lose friendships, pets, places, status, roles, possessions, familiarity, colleagues, culture, and so forth.

*"Culture is a learned way of living." –  
Schultz & Lavenda*

*[Other emotions during transition are omitted in this sample.]*

## Chapter 4 - Culture Shock and Differences

### Stress Factors in Cross-Cultural Living

*[Sample paragraph from book.]*



Often life in cross-cultural settings is about survival where minor difficulties assume major proportions of time and energy.<sup>30</sup> In the book, *Culture Shock*, Myron Loss tells us that cross-cultural stress is *"a process of making oneself vulnerable to disorientation and ... many emotional storms"*, describing culture shock as a series of stressors that lowers the newcomer's self-esteem and threatens the very concept of self.<sup>31</sup> Culture shock or stress mounts when a person feels that he or she has lost total control and that life is chaotic, causing a feeling of helplessness or being as inadequate as a toddler who cannot express their simplest of needs, let alone more complex issues e.g. emotional expressions, thoughts,

abstract concepts or ideas. *[The rest of this portion is omitted in this sample, as well as the paragraphs following each of the upcoming bullets below.]*

- Cultural differences
- Lack of amenities and conveniences
- Being different
- “We are the best”
- Separation and loss
- Language barriers
- Social customs and expectations

## Coping with Culture Shock (Self-Help)

**Coping on the Field** *["Coping Before Arrival" and "Coping at Arrival on the Field" are omitted in this sample.]*

- **Make your change gradual:** With jet travel today, most changes are drastic and immediate. However, when choices *are* possible in areas or issues where you *do* have a choice, e.g. food, music, leisure time, educational style, and so forth, make the change gradual.<sup>32</sup> It could help your children to lessen their initial culture shock if you follow the steps that Terri Gibbs suggested in an article titled *Finding a Sense of Belonging in Your New Place*.<sup>33</sup>
  - **Take a little bit of home** with you wherever you go, e.g. photos, books, paintings, DVDs, tablecloth, peanut butter, custard powder or Vegemite.
  - **Make yourself at home:** Paint the walls, plant a tree or flower, buy a pet, and add personal touches to your home.
  - **Take personal customs** and traditions with you, e.g. one or two practices that become a family tradition like having movie nights with popcorn on Friday evenings, pancakes for Saturday breakfasts, and celebrating special cultural holidays like Christmas, Easter, Chinese New Year, Thanksgiving, Australia Day, and so forth. These family traditions can include hobbies, habits and activities. They bind families together, bringing a sense of unity and continuity.
- **Have healthy boundaries:** One missionary said,
 

*"... it would be beneficial for missionaries to have training in setting boundaries ... boundaries for marriage, family time, ministry, and so forth. Sometimes the needs of another culture can be overwhelming and feel so crucial that you are always living in 'crisis mode'. Learning some godly boundaries of when to say NO would help a lot."*<sup>S-1828</sup>
- **Learner's heart:** Come to your new culture as an eager learner, not as a teacher. Humility and a hunger to learn will bring you a far way. Marion Ganey who successfully fostered credit-union development in Fiji wrote,
 

*"You will never do very much for people until you realise in your whole heart and soul that you are not doing them a favour by permitting us to enter their lives; we are their servants, not their bosses."*<sup>34</sup>

*[The rest of "Coping on the Field" is omitted in this sample.]*

## Chapter 5: Re-entry Shock – Coming Home in One “Peace”

### Helpful Quotes on Re-Entry



- "Resettling permanently in Australia was actually very hard. Most people will tell you that the readjustments 'back home' are every bit as hard as the first cross-cultural move. And they take every bit as long." – Naomi Reed<sup>35</sup>
- "The hardest experience of our 16 years as a family in Papua New Guinea was leaving and coming back to Australia. We had changed, Australia had changed, and our friends and family had been managing quite well without us!" – David Price<sup>36</sup>
- " ...huge stresses are placed upon people at re-entry ... " - Hay et al<sup>37</sup>
- "Don't cry because it's over, smile because it happened." – Dr Seuss<sup>38</sup>

*[The rest of “Helpful Quotes on Re-Entry” is omitted in this sample.]*

### A Typical Furlough or Home Assignment *[Sample from book.]*

Some missionaries were never taught how to spend their furloughs. They therefore have no idea what they are expected to do during this time, or what is its purpose.<sup>S-0489</sup> A good furlough or home assignment normally contains the following 5 main purposes or goals, with possibilities or options mentioned at each purpose or goal:

- **Visiting the family:** Spending enough time with both sets of parents and family of couples.
- **Rest and recuperation:** Resting; recovery from a stress-filled lifestyle; being renewed; holiday; self-care; extra time with the Lord; family times; extra time for the marriage; recuperation.
- **Deputation:** Visiting supporters ... *[The rest is omitted in this sample.]*

### Recommended Resources

*[Sample paragraph from book.]*



Excellent information on cultural differences and comparing categories (Module 1) and on Re-Entry (Module 2) is to be found at *On-Line Cultural Training Resource for Study Abroad* [online] in Module 1. Available from <http://www2.pacific.edu/sis/culture/> Self-testing exercises at this website on what you know about your and other cultures, and in preparing for re-entry are very insightful and educational.

Janssen, Gretchen. 1989. *Women Overseas – A Christian Perspective on Cross-cultural Adaptation*. Yarmouth, MA: Intercultural Press, Inc. ISBN No. 0-933662-81-5.

Jordan, Peter. 1992. *Re-entry - Making the Transition from Missions to Life at Home*. Seattle, WA: YWAM Publishing. ISBN-10: 0-927545-40-3. ISBN-13: 978-0927545402.

- Knell, Marion. 2007. *Burn-Up or Splash Down: Surviving the Culture Shock of Re-Entry*. Tyrone, GA: Authentic Publishing. ISBN-10: 1-932805-83-4. ISBN-13: 978-1-932805-83-3 (184 pages). Part II (pp. 77-141) is about the re-entry of Third Culture Kids.
- Knell, Marion. 2001. *Families on the Move – Growing Up Overseas and Loving It!* Mill Hill, London, U.K.: Monarch Books. ISBN 1-85424-523-6.
- Kohls, L. Robert. 1996. *Survival Kit for Overseas Living – for Americans Planning to Live and Work Abroad*. Yarmouth, MA: Intercultural Press, Inc. ISBN 1-877864-38-2. [Pages on Re-Entry Shock – pp. 118-123.]

*[The rest of the recommended resources regarding re-entry are omitted in this sample.]*

## Chapter 6: Remaining Spiritually Sharp – Fit to Fight

### The Silent Killer: Overwork! *[Sample paragraph from book.]*

Being overworked and under-staffed are two separate issues that may influence each other mutually. Let us look at what the participants of the author's *Survey for Missionaries* said about these two issues. Is there a correlation between maintaining spiritual disciplines and being overworked or under-staffed? Looking at the data one-dimensionally, the following:

Stressor	Number of Participants	% of Total Participants
Maintaining spiritual disciplines	256	12.27%
Over-worked	423	20.28%
Under-staffed	232	11.12%

The number of participants that indicated either Over-worked or Under-staffed together with Maintaining Spiritual Disciplines: 138. This is 6.62% of the total number of participants. Looking at it differently and comparing the 138 to the number of participants that marked Maintaining Spiritual Disciplines we find that 53.9% of the participants indicating Maintaining Spiritual Disciplines as one of their stressors also marked Over-worked or Under-staffed as a stressor. *[The rest of this paragraph is omitted in this sample.]*

### Causes of Spiritual Decline



Missionary and aid work may seem to be an external activity, however, it is primarily internal. "God is more concerned with what He is doing in us than what we may want Him to do through us."<sup>39</sup> Inwardly we need passion. Rev. T D Jakes<sup>40</sup> describes passion

*"When my relationship with God is wanting, so is my missionary work." – Survey for Missionaries, Participant 268*

as "the burning effect of a vision that causes us to escape destruction". If we lose our passion, we may lose our mission, and resultantly even our faith in God. One author said, "Now, you can become an ex-missionary, but if you become missionless you become an ex-

*Christian.*"<sup>41</sup> Rev. T D Jakes says that if there is no passion, there is no power, causing us to become deflated like a flat tyre and susceptible to fear, discontentment and insecurity. Passionless living will bring stagnation that hinders us from achieving the purposes of God in our lives.<sup>42</sup> We therefore need to carefully guard our spiritual vigour and vitality, guarding against spiritual slump. King Solomon cautions us to guard our hearts above *all things*, because it is from the heart that all issues of life flow (Proverbs 4:23) – the wellspring from which comes the courage and strength to keep on living and giving.<sup>43</sup> Although the list below is not conclusive, these could be some of the issues to look at in order to guard our hearts – our spiritual sharpness:

- **A low self-image:** A low self-image .... *[The rest of this paragraph and subsequent bullets below are omitted in this sample.]*
- **Performance orientation**
- **Overworked**
- **Being understaffed**
- **Driven by others' needs**
- **No time provided by agency for input or development**
- *[Subsequent bullets are omitted in this sample.]*

### *Other headings in this chapter:*

Is Accountability Biblical?  
 Why do we Need Accountability?  
 General Guidelines for Accountability Groups  
 Pitfalls of Accountability Triplets  
 Accountability Questions

*Samples omitted*

### **How to Help the Slumbering Missionary**

- **Provide effective structures** of preventative, spiritual care, as well as for the spiritual maintenance and development for your missionary and aid staff. *[Rest of paragraph omitted.]*
- **Corporately spend time with God** *[Paragraphs omitted.]*
- **Pray for them**
- **Encourage prayer shields**
- **Model spirituality**
- **Accountability**

*[The rest of "How to Help the Slumbering Missionary" is omitted.]*

## Class Discussions



[Sample paragraph from book.]

- How will you help someone who says that he has regressed in or lost his relationship with God?
- How will you help someone who says that he is merely mechanically going through the motions of his relationship with God as well as in his work as missionary, but that the passion of it all has left?
- Make a list containing as many ideas as you possibly can think of (excluding those mentioned above) which you could give someone who needs to work on creativity in his/her relationship with God.

[Subsequent Class Discussions are omitted.]

Samples from Volume 2 and 3  
are available  
on the website <http://www.thrivingmember.com>

## ENDNOTES: RESOURCES USED IN THIS SAMPLE FILE

[As in handbook.]

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- <sup>1</sup> Whiteman, Dr Thomas, Verghese, Dr Sam & Petersen, Randy. 1996. *The Complete Stress Management Workbook*. Grand Rapids, MI: Zondervan Publishing House, 61-62.
- <sup>1</sup> Marshall, Tom. 1951. *Healing From the Inside Out: Understanding God's Touch for Spirit, Soul and Body*. Bingley, U.K.: Emerald Publishers, 61.
- <sup>2</sup> Stier, Jim. 1994. *Against All Odds*. Seattle, WA: YWAM Publishing, 150.
- <sup>3</sup> *Ibid.*, 89.
- <sup>4</sup> Marshall, Tom. *Healing From the Inside Out*. Washington: Emerald Books, 88.
- <sup>5</sup> Van der Merwe, Lydia. Nuwe Wind in Jou Seile [Translated from Afrikaans: New Wind in my Sails]. *Sarie*, August 2011, 178-180.
- <sup>6</sup> Whiteman, Verghese and Petersen, *The Complete Stress Management Workbook*, 42.
- <sup>7</sup> *Ibid.*, 61-62.
- <sup>8</sup> Royer & McLain, *Am I Burning Out?* N.p.
- <sup>9</sup> Wiseman (Richelle), *Beyond Burnout* [online].
- <sup>10</sup> Royer & McLain, *Am I Burning Out?* N.p.
- <sup>11</sup> Lindborg & Davidhizar, *Is There a Difference in Nurse Burnout on the Day or Night Shift?*, 47-49.
- <sup>12</sup> Nease, *Burnout* (Lecture).
- <sup>13</sup> Schubert, *What Missionaries Need to Know about Burnout and Depression*, 2.
- <sup>14</sup> O'Donnell, Dr Kelly. 2006. *Best Practices of Member Care*. Harpenden, England: Unpublished paper presented at England: International Member Care Consultation, Youth With A Mission. 7 March 2006.
- <sup>15</sup> Royer & McLain, *Am I Burning Out?*, N.p.
- <sup>16</sup> Weiten, W. 2004 (6<sup>th</sup> ed.). *Psychology*. Belmont, CA: Thompson, n.p.
- <sup>17</sup> Schubert, *What Missionaries Need to Know about Burnout and Depression*, 49.
- <sup>18</sup> *Ibid.*, 2.
- <sup>19</sup> Alford, *Stresses and Strains Faced by Normal Missionaries*, 3-4.
- <sup>20</sup> Finney, Charles. 2002. What Will Stop Revival? In: *Joy!* August 2002. Craighall, Johannesburg, South Africa: Caxton Magazines, 25.
- <sup>21</sup> Bridges, William. Resource unknown. Quoted by: Stebbings, Kevin. 2007. *Change and Transition*. PowerPoint and Lecture at Missionary Care Course, University of the Nations, Youth With A Mission, Singapore, 18 March 2007.
- <sup>22</sup> Merriam-Webster's *Collegiate Dictionary*, 10<sup>th</sup> ed., s.v. "transition". In: Pollock, David C., & Van Reken, Ruth E. *Third Culture Kids*. 2001 (Reprint: first printed as *The Third Culture Kid Experience*, 1999). Intercultural Press / Boston, MA: Nicholas Brealey N.America, 61.
- <sup>23</sup> New Tribes Mission. 2007a. *MK Relationships in the Midst of Transition*. PowerPoint, TCK Training CD, Sanford, FL: New Tribes Mission.

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- <sup>24</sup> Dobson, Dr James. 2002. The Relationship of Church, Family, and Government – Guiding Principle of Focus on the Family. In: *'Focus on the Family' with Dr James Dobson*. Vol. 26, October 2002. Colorado Springs, CO: Focus on the Family, 12-13.
- <sup>25</sup> Pollock, David C, & Van Reken, Ruth E. 2001. *Third Culture Kids*. (Reprint: First printed as *The Third Culture Kid Experience*, 1999). Intercultural Press / Boston, MA: Nicholas Brealey North America, 206.
- <sup>26</sup> Knell, Marion. 2001. *Families on the Move – Growing Up Overseas and Loving It!* Mill Hill, London: Monarch Books, 47.
- <sup>27</sup> Crabb, Larry & Allender, D B. 1984. *Encouragement*. Grand Rapids: Zondervan Publishing House, n.p.
- <sup>28</sup> Knell, *Families on the Move*, 66.
- <sup>29</sup> Pollock & Van Reken, *Third Culture Kids*, 138.
- <sup>30</sup> Knell, *Families on the Move*, 51.
- <sup>31</sup> Loss, *Culture Shock*, 47.
- <sup>32</sup> Loss, *Culture Shock*, 96-97.
- <sup>33</sup> Gibbs, Terri A. 1980. Finding a Sense of Belonging in Your New Place. In: *Evangelical Missions Quarterly* 16, July 1980, 161-2.
- <sup>34</sup> Arbuckle, *Earthing the Gospel*, 218.
- <sup>35</sup> Reed, *My Seventh Monsoon*, 126.
- <sup>36</sup> Price, David. In: Helen Macnaughtan, 2009 (3<sup>rd</sup> ed.), *Re-Entry: The Home Coming Missionary*, on back cover.
- <sup>37</sup> Hay, Rob (Ed.), et al. 2007. *Worth Keeping: Global Perspectives on Best Practice in Missionary Retention*. Pasadena, CA: William Carey Library, 386.
- <sup>38</sup> Seuss. N.d. *Dr Seuss Elements* [online]. Dr Mardy's iWise Blog - iWise Inc. Website: [http://www.iwise.com/Dr\\_Seuss](http://www.iwise.com/Dr_Seuss) [Accessed 7 January 2011].
- <sup>39</sup> Stebbins, *Missions by the Book*, 127.
- <sup>40</sup> Jakes, Rev. T D. 1999 (16<sup>th</sup> printing). *Naked and Not Ashamed*. Shippensburg, PA: Destiny Image Publishers, Inc., 34.
- <sup>41</sup> Cannon, *For Missionaries Only*, 52.
- <sup>42</sup> Jakes, *Naked and Not Ashamed*, 34-35.
- <sup>43</sup> *Ibid.*, 35.

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