

BUC FAMILY

A Publication of the BUC Family, Children and Possibility Ministries

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"No Offence, but . . ."

Pr Les Ackie

According to Wikipedia, 'political correctness' is a term used to describe "language, policies, or measures that are intended to avoid offence or disadvantage to members of particular groups in society." The increasing influence of the social justice movement in recent years has ushered in new vocabulary to wage war on inequality, discrimination, and oppression. Words and concepts like 'cancel culture', 'de-platforming', 'safe spaces', 'trigger warnings', 'hate speech' and 'microaggressions' are all predicated on the eradication of offences against anyone because of legally defined 'protected characteristics.

However, well-intentioned attempts to address legitimate problems can foster a culture of fear in which people are often wary of saying the wrong thing. This is especially the case in the current culture, where it is all too easy to take offence when none is intended. The fear of offending can lead to the kind of hyper-vigilance that causes us to disengage from others and avoid the uncomfortable conversations that growth and connection necessitate.

An awareness of how our words affect others is crucial to cultivating empathy and compassion. However, the fact that our words may cause emotional discomfort does not negate our responsibility to speak the truth in love (Ephesians 4:15). Jesus' rebuke of Peter (Matthew 16:23) probably cut the disciple to the core. Jesus would have been well aware that His words would hurt Peter's feelings. Yet, what was more important was alerting Peter to the influence he was allowing the Enemy to have over him. Ultimately, Peter was able to handle the rebuff because of the context of love in which it was given.



The greatest barriers to resolving conflict are often the negative motives we attribute to those with whom we disagree. Proverbs 18:19 states, "A brother offended is harder to win than a strong city". When we allow resentment and bitterness to grow in our hearts, the intensity of our emotions create obstacles to the exercise of forgiveness and reconciliation. Subjective concepts like microaggressions and hate speech have the tendency to shift the focus of offence from intent to impact. Our feelings become the basis by which we judge others' intentions.

BENEFIT OF THE DOUBT

We jeopardise our relationships when our perception unquestioningly becomes our reality - when we elevate sensitivity over truth. We must exercise extreme caution when judging the motives of others. Jesus instructs us that we will know people by their 'fruits' (Matthew 7:20). However, this assumes that we can exercise sound judgement. In the end analysis, only God knows the 'counsels of the heart'. In the absence of clear evidence, we risk bearing false witness by assuming ulterior motives. Where doubt exists, we increase the opportunity for connection when we give others the benefit of the doubt.

Author Brené Brown poses a challenging question: "What if we assumed that, at any given moment, others are doing the best they can with what they have?" Obviously, this is often not the case, and we should not be naïve. However, the more we make generous assumptions about the motives of others, the more likely we are to cultivate healthy relations with them. Attributing microaggressions and bad intentions can lead to a tendency to look for the worst in others.

Ellen White states a principle based on 2 Corinthians 3:18 that, "by beholding we become changed." It is a principle supported by the evidence of neuroscience and psychology that we tend to see that for which we look. In many cases, 'perception is projection.' According to John Wesley, "People who wish to be offended will always find some occasion for taking offence." If we look for offence, we will find offence. Conversely, if we look for the good, we may well find the good.

**ACCENTUATE
THE POSITIVE.
ELIMINATE
THE NEGATIVE.**

Marriage expert, John Gottman, identifies the concept of 'marital drift' as a major cause of divorce. He asserts that at the beginning of a marriage, couples tend to be focused on what is positive in their relationship. However, as time passes, focus gradually shifts toward what's wrong with the relationship to the point that they begin to ascribe negative motivations to even innocent interactions. They may even rewrite history to spin loving deeds into 'bad acts' when viewed through the distorted lens of their current negative perspective.

The antidote to marital drift is to intentionally shift our focus from what is negative in our relationship to what is positive. This principle applies in all of our relationships. Steven Covey taught that between what happens to us (stimulus) and what we do about it (response), there is the freedom to choose. The choices we make either diminish us or strengthen us - build up or break down. We cannot control how others choose to relate to us, but we are in control of our response. Offence is not so much given, as it is taken.



Solomon said, "Hatred stirs up strife, but love covers all offenses" (Proverbs 10:12 NASB, see also 17:9, 19:10). Nursing real or imaginary grievances will eventually rip the heart out of our relationships in the absence of a willingness to extend to others the grace God has extended to us. The greatest offence ever perpetrated is the offence of the Cross. Yet Paul, informs us that, God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation" (2 Corinthians 5:19-21). Therefore, "Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you (Ephesians 4:31-32).



Little Foxes

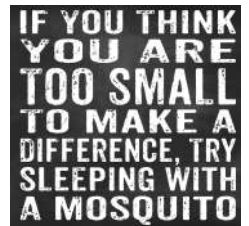
Pr Jerry Smith

"Catch us the foxes, the little foxes, that ruin the vineyards for our vineyards are in blossom" (Song of Solomon 2:15; NRSV).

Solomon in his second chapter depicts two young lovers, nubile and feeling aloft with the heady emotions they have for one another. It is the time of life when nothing seems more perfect, more wonderful than the love one feels for the significant other. Solomon's song of passionate love for another is heartfelt and earnest. The longing his words display are rarely encountered in our daily lives. They demonstrate a yearning for "the other", a yearning which entwines one's heartstrings with that of another human being, that revels in the beautifully simple pleasure of even just thinking upon that one (let alone sharing time in person with them). But after this introduction of the two lovers, and a request of the young man to the young lady to basically "come away" with him (perhaps on a country lane walk, enjoying the beauty of the season?), a snippet of hard wisdom - almost seemingly out of place here - is inserted: "Catch us the foxes, the little foxes, that ruin our vineyards, for our vineyards are in blossom."

This subtle little bit of imagery is dropped in the midst of Solomon's poem like a tissue by the side of the road: small, delicate, liable to be lost shortly in the lush upgrowth around itself. And yet, its function is eminently more important (and lasting) than a disposable hanky. Might it be that Solomon self-medicates here (as well as writing out a prescription for his lady-friend) because he has already noticed that even in the midst of seeming perfection and bliss, there are still those things that tend to detract from the truly amazing experience, marring it ever so slightly, sucking out some of the pleasure that would otherwise be experienced uninterrupted? Thus, "the little foxes".

Homer Simpson has become well-known for the phrase "Why you little..." whenever he loses his cool with his son, Bart (with it usually leading to some kind of violence being inflicted on the boy). The point is: even when an antagonist is small, it may still cause us a great deal of frustration, so much so that our otherwise "perfect day" ends up being ruined (or at least left with a slightly off-putting memory attached).



When it comes to relationships, it is often the "little things" that begin to wear away at the relationship. The frustrations not shared, the annoyances never discussed and worked through. It is these kinds of things which "nip" and ruin the otherwise wonderful crop of fruit that might bring delight to the harvesters. And it is exactly these little things that need to be "caught"/"trapped," and dealt with in an appropriate fashion. In other words, we need to nip the nippers in the bud. This kind of "flower", if allowed to survive, will only bear poisonous shoots, thorns that prick, and roots that tend to dig deep, resist much, and give little.

But foxes are crafty, and won't just usually go away if you shake a fist, boot, or pellet gun at them. In fact, they tend to proliferate madly, if allowed the chance (I live in England. I know firsthand what I'm talking about here). Thus, if you're going to take them down, you had better be quite deliberate about it. It will take work. Determined effort. But if you and your beloved are willing to work on it together, you can be quite sure that those little annoying critters trying to sneak into your pristine shared garden will have a much harder time doing so with the both of you "on-duty" and being watchful.



Adventists, Valentine's Day and the Romantic Imperative

Pr Les Ackie

The media and retail outlets are awash with stories and merchandise, fuelling the romantic fever surrounding Valentine's Day (14 February). While some Adventists embrace the opportunities that the day affords to declare their undying love to their beloved, others recoil from the occasion as a relic of pagan debauchery. The origin of the day is clouded in speculation. However, in spite of

revisionist attempts to romanticise the origins of Valentine's Day, the strongest evidence indicates that it has its roots firmly in a pagan ritual called Lupercalia, a feast held in honour of the Roman god, Lupercus. This amounted to a sexual lottery in which names were drawn out of a box at random to select sexual partners for a year until the next Valentine's Day came around. The modern practice of giving cards to ask/tell someone to "be my Valentine" seems to be a holdover from this ancient sexual lottery. So, should we take a firm stand and "touch not the unclean thing" (2 Corinthians 6:17), or can we in all good conscience separate ancient pagan practices from the modern observance of the day?

It is totally understandable that sincere believers would wish to avoid a day whose origins are so steeped in depravity. But does Valentine's pagan roots invalidate the modern-day practice of sharing romantic gestures that are consistent with good Christian values?

If the mere connection to paganism was sufficient to warrant our rejection, we would have to go back to referring to the days of the week by their number designation rather than the pagan names dedicated to Norse gods that we have adopted. In the same way that Ellen White took a very pragmatic approach toward the Christmas season, Valentine's Day can also be, "made to serve a very good purpose" (The Adventist Home, 478). While people's minds are focussed on love and romance, we can use the opportunity to promote the best principles for healthy relationships in our programming and outreach.



Many have a strong objection to being dictated to as to when they should demonstrate affection to their spouse, by organisations and companies who have a vested interest in the day. A major part of the value of romantic acts is their unexpected nature. Giving gifts out of a sense of obligation can actually rob the deed of real value. However, while 'romance' has been blatantly commercialised in the pursuit of 'filthy lucre', it is still alive and well and should always remain so in every marriage. However, if we have to rely on a 'day' in order to 'be romantic' we have bigger problems to worry about than the distant taint of paganism. In the context of marriage, far from being just a pleasant bonus, romance is an essential element of a healthy marital relationship. The fact that a marriage cannot depend on the warm fuzzy feelings generated by acts of love, does not invalidate the value of these warm fuzzies. A marriage devoid of affectionate emotional input becomes dry, lifeless and monotonous.

Because there is no one size fits all, trying to define romance is like trying to nail jelly to a wall. One man's romantic gesture is another woman's passion killer. In general terms, Jimmy Evans, founder of Marriage Today, defines romance as "self-initiated pursuit . . .



Romance says, 'I like to think about you and I want to please you as a priority in my life.' Romance shows that the object of our love is on our heart and that we really care. The effort and creativity that we invest to demonstrate our love communicates

the value we see in each other. So, in the words of the Apostle, "let the husband render to his wife the affection due her, and likewise also the wife to her husband" (1 Corinthians 7:3).

Disability Etiquette

INDIVIDUALS WHO ARE BLIND OR SEE DIFFERENTLY

- Identify yourself and introduce him/her to others who are in the group.
- Offer your arm – don't take his/hers – if he/she needs to be guided.
- Guide a blind person's hand to a banister to help direct him to a stairway.
- Describe the setting, noting any obstacles.
- If you are giving directions, give specific, non-visual information.
- If you need to leave a person who is blind, let him know.
- Don't touch the person's cane or guide dog. The dog is working.
- If the person has a guide dog, walk on the opposite side of the dog. The same goes for a cane.
- Offer to read written information.
- If you serve food to a person who is blind, let him know where everything is on the plate according to a clock orientation.

INDIVIDUALS WHO ARE DEAF OR HARD OF HEARING

- When the exchange of information is complex, use an interpreter.
- For simple interaction, writing back and forth is okay. May use computer technology to help.
- Follow the person's cues to find out if she prefers sign language, gesturing, writing or speaking.
- When speaking, do not obscure your face.
- When using an interpreter, look directly at the person who is deaf.
- Talk directly to the person rather than the interpreter.
- Don't decide for the person.
- Before speaking, make sure that you get her attention.
- Rephrase, rather than repeat, sentences.
- When talking, face the person.
- Speak clearly.
- There is no need to shout.

INDIVIDUALS WHO USE WHEELCHAIRS OR HAVE MOBILITY IMPAIRMENTS

- Don't lean over someone in a wheelchair.
- Don't push or touch a person's wheelchair.
- Keep the ramps and wheelchair-accessible doors to your building unlocked and unblocked.
- When talking to a wheelchair user, sit at his/her level.
- Be sure that signs direct wheelchair users to the most-accessible ways around the facility.
- Don't ask a wheelchair user to hold things for you.

INDIVIDUALS WITH SPEECH IMPAIRMENTS

- Don't interrupt or finish the person's sentences.
- If you have trouble understanding, don't nod. Instead, ask him to repeat.
- Ask him to write information down or to suggest another way of facilitating communication.
- A quiet environment makes communication easier.
- Don't tease or laugh.

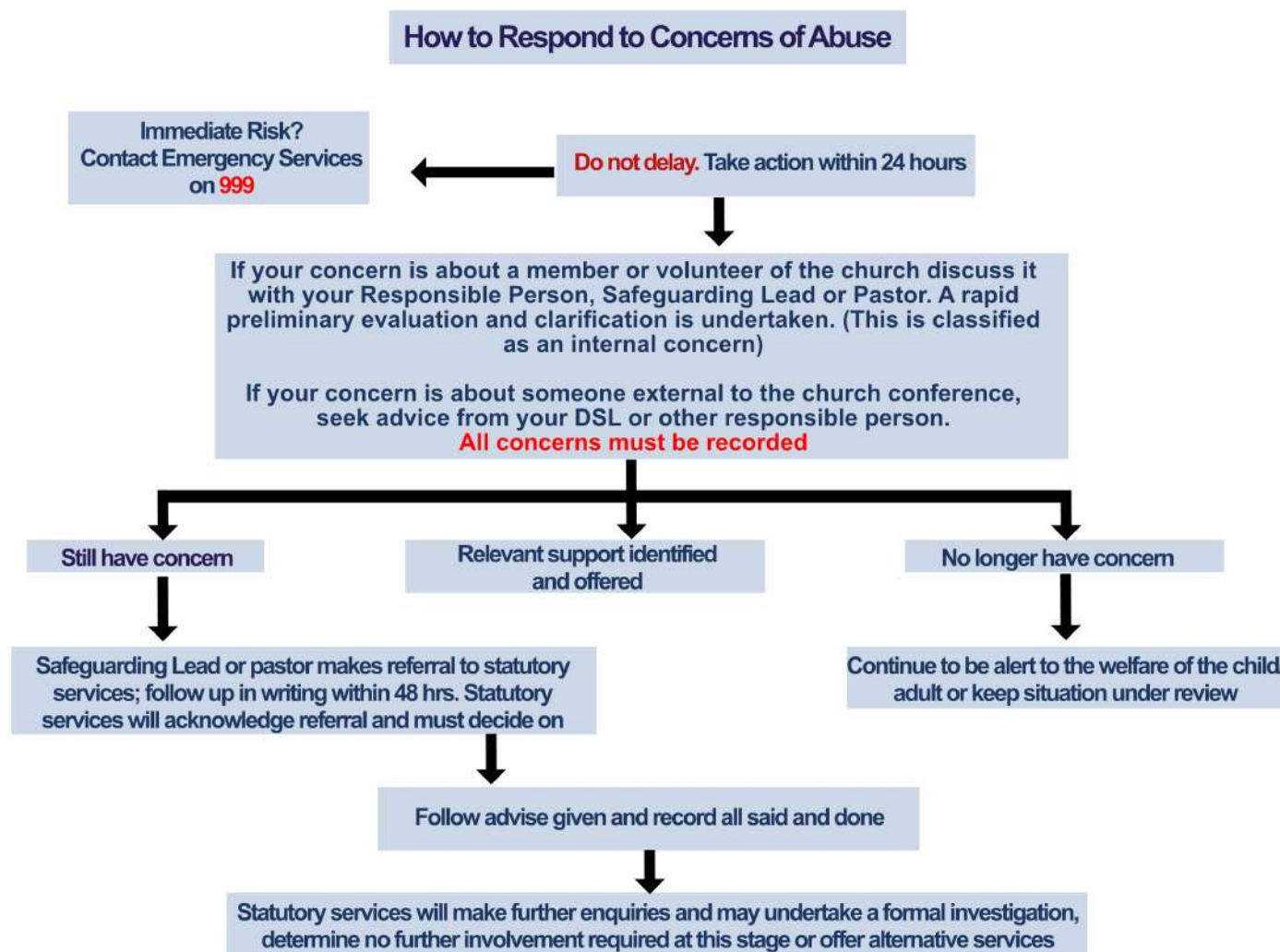


How to Respond to Concerns of Possible Abuse

Seventh-day Adventists believe that safeguarding the spiritual, emotional and physical well-being of the vulnerable is integral to practically demonstrating the grace of Christ in our churches and communities. We recognise our duty and responsibilities as a church to provide an environment which seeks to eliminate the risk of abuse. We therefore take all reasonable steps to safeguard the welfare of children and adults at risk. In doing so, we work in partnership with statutory and other agencies.

Each church is required to appoint a **Designated Safeguarding Lead (DSL)** who ensures that Keeping Our Church Family Safe policy and procedures are followed. As well as advocating for the vulnerable, DSLs provide support, guidance and training to staff and volunteers.

Each department head is designated as a **Responsible Person**, appointed by the local church/management to be responsible for a specific sphere of activity involving children and adults. While these role carry specific obligations, **combatting abuse is everybody's responsibility**. Below is a summary of the actions to be taken where there are concerns about the safety of children and adults at risk of harm.





BUC Family Ministries Leadership Training

Family Life Education

Sunday 18 February	Module 1—Effective Family Ministries in the Local Church
10:00 am – 1:00 pm	Module 2—Biblical Foundations for Family Ministry
Sunday 24 March	Module 3—Human Growth & Development
10:00 am – 1:00 pm	Module 4—Understanding the Family as a System
Sunday 28 April	Module 5—Spiritual Parenting
10:00 am – 1:00 pm	Module 6—Sex and Sexuality Education
Sunday 19 May	Module 7—Marriage Strengthening
10:00 am – 1:00 pm	Module 8—Emotionally Intelligent Communication
Sunday 30 June	Module 9—Conflict Management
10:00 am – 1:00 pm	Module 10—Family as a Centre For Evangelism



Meeting ID: 980 072 4322
Passcode: BUCFAM



Connecting Lives for Eternal Living



PROTECTED FAMILIES

Christian Home and Marriage Week

10th - 17th February 2024

During the week, we will have a range of speakers covering topics such as:

- Raising children in the 21st Century
- The effects of abuse and defining healthy boundaries
- Sharing the mental load
- And much more

Erdington SDA Church
39 Wood End Lane, Erdington
Birmingham B24 8AN

7pm - 9pm each evening
except Tuesday & Thursday
when we have no meetings

Sabbath 17th February

Midday Service: 11.30am - 1pm

Afternoon and evening service: 4pm - 8pm



Organised by
Pastor John Frances
NEC Family Ministries Director
Pastor Rio Espulgar
SEC Family Ministries Director

Broadcast live on the
NEC YouTube channel
@necadventist

Seventh-day Adventist Church
NEC Family Ministries department
Tel: 0115 960 0312
Email: admin@adventist.org.uk

Nehemiah 4:14

"And I looked, and arose and said to the nobles, to the leaders, and to the rest of the people, 'Do not be afraid of them. Remember the Lord, great and awesome, and fight for your brethren, your sons, your daughters, your wives, and your houses.'"



LIBERTY OF CONSCIENCE CONSULTATION ON SOCIAL TRANSITIONING



Must Attend, To Keep Yourself And Your Local Church Up To Speed With

Gender Questioning Children.

Government Consultation for Schools & Colleges in England

Sunday, 18th Feb, 2024

4:00 - 6:00PM

BrightonKavaloh

zoom

ID: 617 786 3422

Code: jjg7JG



Brighton Kavaloh SEC PARL
(Public Affairs and Religious
Liberty)



Lorraine McDonald
BUC Education Director

[Click this link for further details](#)

NORTH ENGLAND CONFERENCE
Men's Ministries
Empowering husbands & blessing wives

Healing the hurt

Growing through Crisis, trauma and impasse for husbands and wives

MARRIAGE RETREAT

16 - 18 February 2024



Facilitated by Pastor Andrew & Andrea Rashford-Hewitt and the Men's Ministry team

VENUE
Copthorne Hotel Merry Hill
The Waterfront,
Level St, Brierley Hill
DY5 1UR

COST
£265.75 per couple
To register:
bit.ly/487GmIV

FORWARD We Go!
North England Conference of Seventh-day Adventists
Men's Ministries Department
For more information, text Pastor Andrew on 07931732490
arashford-hewitt@necadventist.org.uk



Family Ministries Leadership Training (FMLT)

Understanding, supporting, and reaching families
A joint TED/EUD training programme



22-28 March - Slovenia - Visit the TED website



TEENS AND TWEENS (& TWENTIES WHO KEEP COMING BACK) AND FAMILIES

FELLOWSHIP DAY

SATURDAY 24TH FEBRUARY 2024 – 10AM – 7PM

ST MARKS AND HESTER'S WAY COMMUNITY CENTRE,
BROOKLYN ROAD
CHELTENHAM
GL51 8DS

WHAT YOU NEED TO KNOW

- Interactive worship.
- Young musicians welcome. Please get in touch for details.
- Please bring walking gear for the afternoon
- Please bring food for the day.
- Drinks will be provided but if you can bring reusable heat resistant cups for hot drinks that would really help.

For more details contact: **07925 858297**

Presenter:
Robin Beamish






CHILDREN'S MENTAL HEALTH week
5-11 February 2024

AUTISM AND THE CHURCH

MY VOICE MATTERS!

A Panel Discussion hosted by
Pastor Rio Espulgar | SEC Director for Family and Children's Ministries
Judy Clements OBE | SEC Director for Safeguarding
 with support from SEC Cornerstone Counselling Services (CCS)

FRIDAY 9TH FEBRUARY 2024 | 7.00-9.30PM

 **zoom** Meeting ID: 812 1935 0300 | Passcode: 454491




SAVE THE DATE

FAMILY CAMP 2024

Friday 26th July to Sunday 4th August
 More details to follow in the New Year



FORWARD
 We Go!

Seventh-day Adventist Church
 NEC Family Ministries department
 Tel: 0115 960 0312 Email: jfrancis@necadventist.org.uk
 @necadventist



GROWING CLOSER, GROWING STRONGER

Family Ministries Webinars 2024

18.00 LONDON = 19.00 ZÜRICH = 20.00 BUCHAREST

8 JANUARY

LITTLE TIME - LOTS OF LOVE

Karen Holford

Meeting-ID: 914 0886 9347

Passcode: family

11 MARCH

TEN "SECRETS" OF SUCCESSFUL RELATIONSHIPS

Karen Holford

Meeting-ID: 981 9162 3388

Passcode: family

13 MAY

GROWING TOGETHER IN FAITH

Karen Holford

Meeting-ID: 914 1849 2288

Passcode: family

9 SEPTEMBER

SAFE HAVEN MARRIAGE

Dr Les Ackie

Meeting-ID: 929 6901 7660

Passcode: family

11 NOVEMBER

TILL TRAUMA DO US PART DR GÁBOR MIHALEC

Meeting-ID: 980 5593 4013

Passcode: family

12 FEBRUARY

NURTURING EMOTIONAL CONNECTION

Dr Les Ackie

Meeting-ID: 937 2587 8671

Passcode: family

8 APRIL

SOLUTION-FOCUSSED CONFLICT RESOLUTION

Dr Les Ackie

Meeting-ID: 937 2587 8671

Passcode: family

10 JUNE

NAVIGATING THE UPS AND DOWNS OF MARRIAGE

Karen Holford

Meeting-ID: 932 0794 3671

Passcode: family

14 OCTOBER

DEVELOPING YOUR EMOTIONAL SKILLS

Ansku Jaakkola

Meeting-ID: 942 6976 9388

Passcode: family

9 DECEMBER

COMMUNICATING LOVE AND CARE THROUGH TOUCH

Ansku Jaakkola

Meeting-ID: 930 3884 8013

Passcode: family

For 2024 we have decided to focus our Family Ministry webinars on nurturing marriages. Although these webinars are focussed on couple relationships, anyone can join and learn skills that may also help them in their parenting, workplace relationships, dating and friendships.

Please share this poster and the links to these webinars with your networks. Thank you!

Karen Holford - TED and Rainer Wanitschek - EUD



EVERY THURSDAY 8PM GMT

ADVENTIST SINGLES PRAYER MEETING

PRAYER MEETING FOR SINGLE ADVENTISTS
THURSDAYS 8PM UK TIME / 3PM EST
ROOM IS OPEN 24HRS A DAY TO PRAY
ZOOM ID: 846 3079 9939 PASSCODE: Pray

S.N.A.G.D. SDA Singles Ministry & Creative Spiritual Insights
 invite you to join the:

**LET'S BUILD
Singles Devotional Project**

WANTED

SDA WRITERS WHO CAN SHARE ON THE JOYS,
CHALLENGES, POSITIVES, NEEDS &
OPPORTUNITIES THAT SINGLES FACE

ELIGIBLE WRITERS

- Must be members of the SDA Church
- Single and willing to share their experience
- Married and willing to write on their single experience
- Can be Conference Directors or Church leaders

**Entries should be
500-750 words long**

Interested?

EMAIL: submit@snagdsdasingles.org




Flourish!

Choose well - Think well - Live well

Creative wellbeing activities for all ages.



Click the link to learn more and download the resource

[Flourish](#)



Click the link to download the Resource Book [Keys to Healthy Minds](#)

Please visit the BUC website for information and resources



**Adventist[®]
Family Ministries**

[Click this link to access the site](#)



**Adventist[®]
Children's Ministries**

[Click this link to access the site](#)

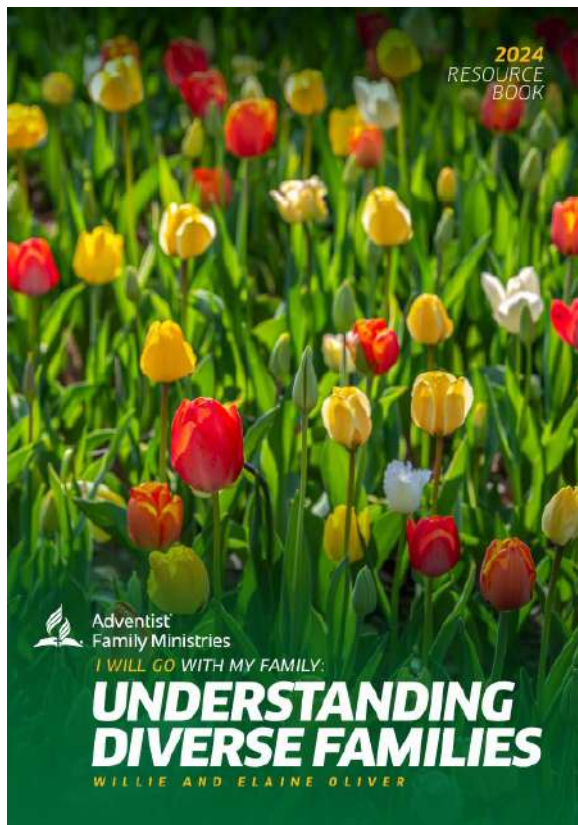


**Adventist[®]
Possibility Ministries**

[Click this link to access the site](#)



[Click this link to access the site](#)



Click the link to download the Resource Book
[Understanding Diverse Families](#)



Click the link watch past episodes of [Real Family Talk](#)



If you have something to say on family matters, children's spirituality, safeguarding, disability, relational themes, emotional wellbeing, men's issues, or would just like to let others know about what's happening in your church or community for families, why not put it in writing and submit it for publication? Email awright-stephenson@adventist.uk

2024 Dates for Your Diary

- Christian Home and Marriage Week: 10-17 February
 - ✦ Christian Marriage Day: Sabbath 10 February (emphasises marriage)
 - ✦ Christian Home Day: Sabbath 17 February (emphasises parenting)
- Mother's Day: 10 March
- Global Youth & Children's Day: 16 March
- Youth Week of Prayer: 16-23 March
- TED Family Ministries Leadership Training (FMLT), Slovenia, 22-28 March
- Possibility Ministries Day: 20 April
- BUC Men's Day of Prayer: 27 April
- World Day of Prayer for Children at Risk: 25 May
- Special Needs Camp: Date to be confirmed
- Father's Day: 16 June
- Children's Sabbath: 27 July
- Education Day 17 August
- End It Now - Abuse Awareness Sabbath: 24 August
- Family Togetherness Week: 1-7 September
 - ✦ Family Togetherness Day of Prayer 7 September
- Pathfinder's Day: 21 September
- Creation Sabbath: 26 October
- Week of Prayer: 2-9 November
- e-Week of Prayer for Youth and Young Adults: 9-15 November
- World Orphans & Vulnerable Children's Day: 16 November

Useful Links

[AdventSource](#)

[Adventist Possibility Ministries](#)

[Adventist Single Adult Ministries \(ASAM\)](#)

[Adventist Special Needs Association \(ASNA\)](#)

[BUC Family Ministries](#)

[BUC Safeguarding](#)

[Care for the Family](#)

[GC Children's Ministries](#)

[GC Family Ministries](#)

[In Discipleship](#)

[Prepare Enrich](#)

[TED Children's Ministries](#)

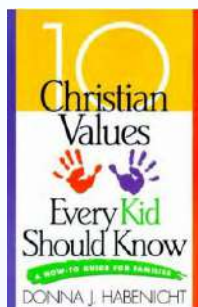
[TED Family Ministries](#)

[TED Possibility Ministries](#)

[Through the Roof \(Disability outreach\)](#)

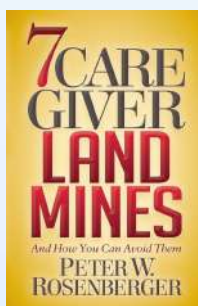
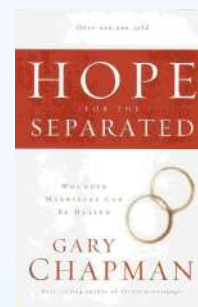
[Women's Aid](#)

Recommended Reading



In *10 Christian Values Every Kid Should Know*, Donna J. Habenicht, a child development specialist, provides more than 1,000 strategies for teaching children respect, responsibility, self-control, honesty, compassion, thankfulness, perseverance, humility, loyalty, and faith in God. This how-to guide is an invaluable, easy to read, practical resource for assisting families in the task of passing on a spiritual heritage.

Hope for the Separated. The unfortunate reality is that Christians are separating and divorcing at the same rate as the unbelieving world. But separation does not have to mean the end. This book shows through God's Word that marriages can be restored. Recognizing that restoration will not happen for everyone, Dr. Chapman also gives insightful advice for those who experience the pain of divorce.



A caregiver's journey often contains beliefs and behaviours that act like emotional landmines and can cause serious damage. Peter Rosenberger helps carers avoid these landmines and navigate to a place of safety, *7 Caregiver Landmines: And How You Can Avoid Them* equips fellow caregivers to live a healthier, calmer, and even more joyful life—because "Healthy Caregivers Make Better Caregivers!"

BUC Family, Children, Possibility Ministries & Safeguarding



Pr Les Ackie
Director:
01923 665547
lackie@adventist.uk



Abigail Wright-Stephenson
Admin Assistant:
01923 665546
awright-stephenson@adventist.uk

Postal Address: Seventh-day Adventist Church
Headquarters Stanborough Park, Watford WD25 1PZ

BUC Website: adventist.uk