



Adventist
Family Ministries
NORTH AMERICAN DIVISION



[NAD Family Ministries Website](#)

Upcoming Events

January 2018



Adventist
Family Ministries
NORTH AMERICAN DIVISION

Christian Marriage Sabbath
February 10, 2018

Christian Parenting Sabbath
February 17, 2018

Christian Family Week
February 10-17, 2018

[Central CA Conference 2018
Marriage Retreat](#)
February 16-18, 2018

[Pennsylvania Conference Fun
in the Sun Marriage Retreat](#)
February 23-25, 2018

NAD Day of Hope and
Compassion
April 21-22, 2018

[Kansas-Nebraska
Conference
Parenting Solo Retreat](#)
June 7 - 10, 2018

[Adventist Conference on
Family Research & Practice](#)
July 19-21, 2018.

[Greater NY Conference
Marriage Retreat-Punta](#)

Director's Desk



My Life Today, one of the Ellen G. White daily devotionals, begins with these words for January 1:

Another year now opens its fair unwritten pages before you. The recording angel stands ready to write. Your course of action will determine what shall be traced by him. You may make your future life good or evil; and this will determine for you whether the year upon which you have just entered will be to you a happy new year. It is in your power to make it such for yourself and for those around you.

Let patience, long-suffering, kindness, and love become a part of your very being; then whatsoever things are pure and lovely and of good report will mature in your experience.

Angels of God are waiting to show you the path of life. . . . Decide now, at the commencement of the new year, that you will choose the path of righteousness, that you will be earnest and true-hearted, and that life with you shall not prove a mistake. Go forward, guided by the heavenly angels; be courageous; be enterprising; let your light shine; and may the words of inspiration be applicable to you--"I write unto you, young men, because you are strong and have overcome

[Cana, Dominican Republic](#)

August 23-26, 2018

Grandparents Day

September 8, 2018

Family Togetherness Week

September 16-22, 2018



[Florida Conference](#)

[Men's Retreat-Thy Kingdom](#)

[Come](#)

March 9-11, 2018

[Kansas-Nebraska](#)

[Conference](#)

[Parenting Solo Retreat](#)

June 7-10, 2018

Men's Ministries Sabbath

September 1, 2018

Florida Conference--Men's

Ministries Conference

Thy Kingdom Come

March 9-11, 2018



Single Adult Sabbath

May 19, 2018

[Kansas-Nebraska](#)

[Conference Parenting Solo](#)

[Retreat](#)

June 7-10, 2018



Claudio Consuegra, DMin
Pamela Consuegra, PhD
Directors

Mission Statement

the wicked one."

If you have . . . given yourself to Christ, you are a member of the family of God, and everything in the Father's house is for you. All the treasures of God are open to you, both the world that now is and that which is to come. The ministry of angels, the gift of His Spirit, the labors of His servants--all are for you. The world, with everything in it, is yours so far as it can do you good. Even the enmity of the wicked will prove a blessing, by disciplining you for heaven. If "ye are Christ's" "all things are yours." (Ellen G. White, My Life Today, pg.5)

What will be recorded in the books of heaven about what we do in 2018? Our prayer is that this year your record will be one of victory, productive ministry, and miraculous results. But our prayer is not just for your ministry as it is for your personal life, and for your family. Wherever you may be called to minister, may God bless you richly this year, and may His leading in your life be evident to all who come in contact with you.

We are so blessed to know you and have you on our Family Ministries team! Thank you for what you have done in the past year; you have made a difference in the lives of many. Please let us know how we may be of service to you.

Blessings in the Near Year,

Claudio & Pamela Consuegra

Directors for Family, Men's, and Single Adult Ministries

North American Division of the Seventh-day Adventist

Church

Out and About Ministry

Divorce from Copeless Holidays

by Victoria Emilaire

Dear Divorced Kids,

The holiday seasons use to be my favorite. As a child, I remember being so ecstatic because of the food on Thanksgiving and the gifts from Christmas. I also remember those memories being the greatest because my whole family would come together and it was always a good time. After my parents divorced, holidays became something that in my heart I looked forward, too but logically I dreaded. Every year was and is different so I always had this fear of something bad happening. Sometimes our parents would split Thanksgiving and Christmas. Sometimes one would keep us longer than the other. Sometimes we spent both holidays with one parent. Sometimes I expected more, other times I accepted that every holiday would be dramatic and filled with more tears and less laughter.



Our mission of evangelism is to provide resources, training, and networking opportunities that will instill hope and bring wholeness to families within the territory of the North American Division.

Vision Statement

Healthy families for eternity.

From our office

We welcome submissions of your conference or union sponsored:

- upcoming events
- photos or videos of recent events
- ministry news letters

Please email them to [Maria Hernandez@nadadventist.org](mailto:Maria.Hernandez@nadadventist.org).

This year as the holidays came around I felt this happiness that I hadn't felt in a while but, that vanished shortly after some things happened in my family. It was a feeling I can't describe. But strange enough, after I got home from break, I realized it is slightly still here. That's why I decided to write a blog post, for my divorced kids.

How to cope with the pain during the holidays.

Whoever is reading this, you don't have to be a part of a divorced family to understand. Because I know that although a family may not be cut off or split it still could be broken and toxic. As a child- and even now, the holidays were always seen to be fun, full of Joy, and great memories. Over the years I've realized that the holidays are what You make it. Yes, our family has a factor in how we feel and how certain things go but for the things, you can take control of- Take It.

Things you can take control of:

1. Expectations: We all set high or low expectations based on situations and even people. In this case, there is a general expectation of what the holidays should be like. There is also an expectation in your heart of what the holidays will be like this year, based on experience. Erase those negative thoughts and make space for new ones. I found myself telling myself that this would be a good holiday season even after my positive feeling vanished. Whatever change you want to see try to make it happen. Make sure it's realistic so you are not heartbroken if it doesn't follow through. For example, I told myself that this holiday season I want my siblings to have no time to dwell on the pain we are experiencing. Therefore, whenever we get a chance to laugh, we laugh. I see the impact it's having on them especially my sister. Find something that makes you happy (a positive something) and use that to help get your mind off of the negative thoughts.

That uncle that teases you every year because you don't have a boyfriend, expect that and prepare for your response. That dish your mom always forces you to eat but it's gross, brace yourself and think of how you can tell your kids about that awful dish when you get older (no offense mom). Do whatever you have to make your holiday season run smoothly because you deserve to be happy just as much as anyone else is during the holidays.

2. Be open-minded and willing to make new memories. The old days may have been the golden days- or the dark days. Whichever it is, that it is in the past. I know certain songs, smells, colors, or even foods may remind you of the past but when it does don't dwell on it. How will there be room to make new memories when all your headspace is in the past? I'm not saying to make a mental blockage because the past is good and helps us to move forward and grow. What I'm saying is sometimes dwelling on things that are emotionally heavy for us can change our mood and even outlook at a positive moment. Try to refrain from that.

3. Give yourself time. It's okay to hate the holidays. It's okay to not be okay. It's okay to need a moment to cry or think about the past. It's okay to talk about how you're feeling. It's okay to laugh through the tears. It's okay to cry to the point of no speech. I don't think people realize that a happy moment for some isn't a happy moment for all. I know my parent's divorce affects how my holidays are and how I feel about the holidays. I don't know if your parents recently divorced, are in the process of divorcing, if your family is cutting you off, if your favorite cousin doesn't talk to you anymore, if your family has you labeled as the outcast: I don't know what's going on through the minds of any of my readers, but I can tell you this from experience. Hiding how you truly feel by telling yourself you're okay or you need to be happy so everyone else can have a good time.... Does. Not. Work.

Give yourself time to feel how you need to. Talk to that person you trust. But don't stay in that funk forever. Feel. Accept. Release. Move forward. Through every moment of this holiday season use these four steps and see if it helps you through the good and bad.

Feel however you need to (happy, sad, confident, angry, loving, hateful, or irritated)
Accept (the pain, the love, the laughter, the tears, the hurt, the anger, the irritation, the peace, or the sorrow)
Release (talk about it, cry about it, write about it, sing about it, laugh about it, draw about it, make a collage about it, or scream from the top of your lungs outside about it)
Move forward (take slow deep breaths until you find your Zen- download the calm app for free and take a moment to meditate that helps calm my nerves, and then move on to the next memory that is waiting for you to accept)

Holidays may and may not be something you look forward to, but I'll tell you this: No day is promised. Through the hurt- the confusion- the sorrow- the pain- through the tears- and the fake smiles- find your peace. Find your peace in Jesus. Through any storm simple and large He is the one person I know that is capable of not only calming it but maintaining the damage after. Let Him give you peace.

Try to refrain from playing the blame game. Everyone is trying to cope through the changes of life. As old as our parents may seem, even they are trying to figure things out. Don't be too hard on them and don't be too hard on yourselves. Divorced kids, it's not your fault. The discombobulation comes with the change of events. Be patient. Things will get better. I know what it's like to be afraid of what the holidays hold. I pray this year will be better for all of you. Don't be discouraged.

Colossians 3: 15

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Matthew 11:28-30

"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."

And guys do me a favor: listen to your favorite Christmas albums, sing your hearts out even if you can't hold that note, enjoy old traditions, make new traditions. Just whatever you do, make this holiday special for YOU.

Happy Holidays xoxoxxoxxo



Family Research Papers Requested

The Adventist Conference on Family Research and Practice is an annual conference held at Andrews University designed to provide professionals and Family Ministries Leaders alike the opportunity to be exposed to best practice strategies and research in the area of Family Therapy, Family Studies, Family Ministry, Social Work, and Psychology in order to enhance ministry to families. We are interested in papers with a family-related research or practice focus for the Friday workshops, particularly those with an emphasis on integrating faith and practice. The theme of the 2018 ACFRP conference is "Finances and the Family." Papers will be accepted on a variety of family-related topics, and will be reviewed by a panel of family life experts. Presenters are responsible for their own travel expenses and must register for the ACFRP Conference. For more details, please click below links below.

Deadline: All abstracts must be submitted by January 31, 2018. Click [here](#) for more information.

Family FINANCES

JULY 19-21, 2018

KEYNOTE SPEAKERS

DR. JOHN MATTHEWS
An ordained minister, his ministry has included service in Florida, Alabama, Iowa, Missouri, Tennessee, and Nebraska. He has conducted stewardship and family finance seminars throughout the North American Division since 2010. John is a graduate of Southern Adventist University and holds a Doctor of Ministry degree from Andrews University. He is the principal author of the 2018 Fall of Sabbath School Quarterly, *Live Stewardship...* Love Money, co-author of *Smiley Mountain House*, received the popular ICB honor of *My Heart and Song* with *Justice* in a home behind the *Stewardship: Jack* book series.

DR. & MRS. BEN & MARY MAXON
Born in Caracas, Venezuela of missionary parents, Ben Maxon has spent much of his personal ministry in the Northwest and Southern United States. Moved to Spain, he also graduated back to his roots in South America to serve in two missions there. Dr. Maxon had the position of Director of Stewardship at the World Headquarters of Seventh-day Adventists from 1996 to 2004. During this time, he discovered and developed a new paradigm emphasizing to focus stewardship from a life-to-life perspective and spread this vision with the world church. Currently Ben is serving as Senior Pastor of the Paradise California Seventh-day Adventist Church.

REGISTRATION	EARLY BIRD (Until June 1, 2018)	REGULAR
Professionals	\$60	\$70
Students/Spouse (non-credit)	\$40	\$45
Faculty/Staff	\$50	
Students (credit)	Regular AU cost	
Students spouse (credit)	Regular discounted cost per credit	
Churches (group discount) (up to 10 people)	\$200	

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Andrews University Department of Behavioral Sciences
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General Conference Department of Family Ministries
North American Division Department of Family Ministries

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Front Desk ...

NAD Social Media Guidelines

We all are involved with social media in one way or another. We follow people on Facebook, receive tweets from family, friends, and others, and we watch what others send. At the same time, we also tweet or post on Facebook- some as part of our ministry, others on a personal page.

The NAD has just established a set of guidelines for employees for the use of social media - not just employees of the NAD but for anyone who works for the church in the NAD. Please take the time to read through the guidelines and familiarize yourself with these guidelines. More importantly, do your best to adhere to them.

You may find the guidelines by clicking [here](#).

2018 Awareness Days

Christian Marriage Sabbath
February 10, 2018

Christian Family Week
February 10-17, 2018

Christian Parenting Sabbath

February 17, 2017

Single Adult Sabbath
May 19, 2018

Men's Ministries Sabbath
September 1, 2018

Grandparents Sabbath
September 8, 2018

Family Togetherness Week
September 16-22, 2018



 Seventh-day Adventist
Theological Seminary
Andrews University

"The DMin program at Andrews University...is life-changing. You owe it to yourself, your family, and your church to revisit the possibility of obtaining your doctorate."
— Steve Anderson (2017 Graduate), Senior Pastor of the New Market, Virginia Seventh-day Adventist Church. In a notice published June 20, 2018 (CALM). Rights reserved.

Family Ministry Cohort

Applications due May 25, 2018. Please contact 888.717.6244 or dmin@andrews.edu. For more information online, please click [here](#).

MA in Counseling Psychology/MA in Clinical Mental Health Counseling

Washington Adventist University begins a new cohort for its accelerated evening program every eight weeks. For more information, contact 301-891-4092.

Resources

Online Training: [Family Ministries](#), [Men's Ministries](#), and [Adventist Single Adult Ministries](#)

MINISTRY RESOURCES

Family Ministries

Help! I'm a Parent! (birth-7 years of age) [Eng](#) | [Spa](#)
Help! I'm a Parent (8-12 years of age) [Eng](#) | [Spa](#)
[Help! I'm a Parent: Parenting Kids with Different Abilities](#)
[Family Faith: A Devotional on Family Dynamics \(2017\)](#)

Men's Ministries

[Porn Doesn't Have to be the Norm](#)

Discipleship

Welcome to the Family

[English](#) | [Spanish](#)

A Follower of Jesus - Discipleship Guide

[English](#) | [Spanish](#)

Making Jesus My Best Friend - Baptismal Guide

[English](#) | [Spanish](#)

OTHER RESOURCES

www.GatewaytoWholeness.com **NEW!**

[Coming Out Ministries](#)

[The Story of Desmond T. Doss](#)

NAD/Family Ministry | family@nadadventist.org | <http://www.nadfamily.org>



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OUR EMAILS**



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