

# mmct communiqué

The MMCT COMMUNIQUE is a periodic digest of member care resources delivered to your agency or personal e-mail.

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## this month's communiqué focus: *Sabbath and Rest*

Dear Friends,

Tim Tillinghast, a communiqué reader, has been coming to some conclusions about sabbath and rest after a time of personal retreat: "Sabbath," he wrote, "wasn't given for the purpose of recovering lost strength or preparing for future labor. It is, rather, a day set apart for the sake of life. We enter into its holiness as we delight in God and his creation, as we're playful and accept the day as a grace given to us by God...The Jewish people regarded the sabbath as a Bride for whom they, the Bridegroom, prepared themselves with special clothing, good food and a cessation from routine labor. You wouldn't rush to the office to check your email on your wedding day, would you?"

Well yes, we would, and we often do, which is why we need to learn and re-learn about sabbath in order to observe sabbath, enjoy it and be blessed by it. We hope the resources suggested in this communiqué help you to do that.

*The Mobile Member Care Team*

## what's in this issue?

**Quick Links** to resources in this issue

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*Stressed? Feeling burned out? Check out these [self-assessments](#) from the Headington Institute.*

### Viewing Tip:

This issue of the [communiqué](#) has been formatted so you can see an entire page on your computer screen without scrolling.

**For best viewing** choose:

**“View” > “Full Screen Mode”**  
in the **Adobe Reader** menu

Our next issue's focus will be **Multicultural Teams**. If you have a favorite resource on this topic, send it to [mmct.communique@mmct.org](mailto:mmct.communique@mmct.org)

*Workaholism is a formidable obstacle to the practice of sabbath. Unfortunately, it's an acceptable addiction in Christian circles. Acceptable or not, it's unhealthy and contrary to God's best for those who serve him.*

## Self-assessment tools from the Headington Institute:

- [How Stressed are You?](#)
- [Are you Showing Signs of Burnout](#)
- [Self-Care and Lifestyle Balance Inventory](#)

## workaholism

A [brief paper on workaholism](#), describing its symptoms and what can be done about it, is available from the **UK based Global Connections**, while the **WebMD website** goes a little deeper in its article, [Workaholism: The Respectable Addiction](#).

Workers from time-oriented cultures might feel like frustrated workaholics when they begin to live and serve in event-oriented cultures. If that sounds like you, Ron Kotesky's brochure, [Time Management in an Event-Oriented Culture](#) offers practical advice, as does the companion brochure, [What Cross Cultural Workers Ought to Know About Expectations](#).

**In a workaholic rut?** "Then you need to crucify your ministry," counsels author Andrew Purves in his book [The Crucifixion of Ministry: Surrendering our Ambitions to the Service of Christ](#). Similar advice is recommended in Gordon McDonald's book, [Ordering Your Private World](#).

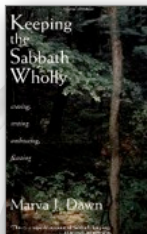
## articles

- [Practicing the Rhythms of Work and Rest](#) by Jim Van Meter
- [Rest for the Soul of the Leader: Sabbatical Reflections](#) by Jim Van Meter
- [Extended Times with God Luxury or Lifeline?](#) by Jim Feiker
- [Sabbath Keeping for Sabbath Workers](#)
- [What missionaries Ought to Know About Maintaining Mental \(and Physical\) Health](#) by Ron Kotesky

*Especially for women*

- [Are You Dangerously Tired?](#) Exploring the Symptoms and Sources of Spiritual Exhaustion in Ministry
- [The Gift of Rest](#) and [The Sabbath Doesn't Have to be Perfect](#) by Lynn M. Baab
- [Sabbath Rest with Small Children](#)

## books



**Keeping the Sabbath Wholly** by Marva Dawn draws deeply from Scripture and Jewish sabbath traditions on resting, embracing and by feasting. “A thoughtful, prayerful book.”



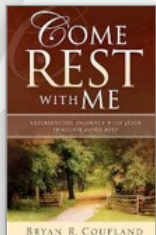
**Margin:** by Richard Swenson. “Overload,” writes Richard Swenson, “is not having time to finish the book you are reading on stress. Margin is having time to read it twice. Overload is the disease of our time. Margin is the cure.”



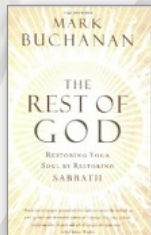
**Invitation to Solitude** by Ruth Haley Barton describes how she has discovered the real presence of God through the practice of solitude and silence. Her book invites you to meet God deeply and fully outside the demands and noise of daily life.



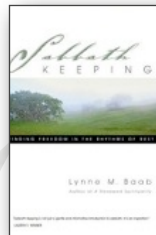
**Sabbath** by Dan Allender describes the Sabbath as a time of joy, celebration and holiness rather than a time for sporting events and grocery shopping, a commandment, not an option, a day of delight and a time for feasting in anticipation of eternal life.



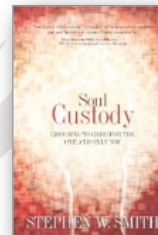
**COME REST WITH ME** by Bryan Coupland is especially for those who must manage the special stress of missionary life.



**The Rest of God** by Mark Buchanan campaigns persuasively for readers to revive the Sabbath as a refuge from our pervasive and spiritually destructive culture of busyness. Buchanan's prose is fresh and immediate, earnest and self-effacing.



**Sabbath Keeping: Finding Freedom in the Rhythms of Rest** by Lynn M. Baabs recommends a weekly day of rest as a gift from God that teaches Christians about grace. "The frantic pace, the exhaustion that accompanies it and the resulting emptiness call us back to a rhythm that includes stopping and resting."



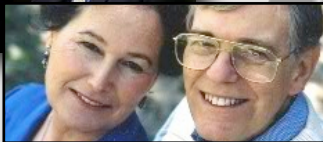
**Soul Custody: Choosing to Care for the One and Only You** by Steve Smith. "Inner and outer violence ravages the soul, leaving us weak, fearful, and malnourished." Soul Custody presents readers with choices about silence, community, vocation, honoring the body and more that are needed to care for one's soul in joyful obedience to the Lord.

## audio

- **WORK AND REST**  
by Tim Keller



- **RECOGNIZING BURNOUT**  
by Larry and Lois Dodd



- **UNDERSTANDING BURNOUT**  
Roy Kotesky



- **PEACE BY PIECE SELF-CARE**  
Podcasts from the Headington Institute



## retreat centers

Ready for a time of solitude and silence? For sabbath and rest? The **June '09 Communiqué** (“**Accommodations, Retreat Centers and Places of Rest**” -- under “Back Issues”) lists dozens of places around the world that cater to the special needs of cross cultural workers.