

# mmct communiqué

The MMCT COMMUNIQUE is a periodic digest of member care resources and events delivered to your agency or personal e-mail. Click [HERE](#) to remove your address from future mailings. Click [HERE](#) to subscribe to the MMCT COMMUNIQUE or update your email address.

## this month's communiqué focus: *Member Care Resources for Men*

Dear Friends,

If asked, "What comes to mind when you hear the phrase 'member care for men?'" some men would jokingly answer, "A big screen TV, a good football match and a bottomless bowl of potato chips!" If only it was that simple...

In fact, providing member care that's especially geared to the unique needs of men can be tricky business. Men are routinely slow to admit their need for care of any kind and now, on top of that, their needs are complicated by the changing roles of men in cross-cultural service. As Harry Hoffmann, a communiqué contributor, noted, "The 'strong-husband/serving-wife' dualism doesn't exist anymore... in many cases it's now a 'strong-wife/serving-husband' duo.' So what does it mean to be a godly man, husband, father, team leader or teammate in these changing circumstances?"

The resources described in the following pages aren't intended to answer that question but we hope they'll make a difference to men who've given their lives in the service of the Gospel.

*The Mobile Member Care Team*



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### 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**, set the magnification on your Adobe Reader (in the middle of the menu bar above) to **100%** if your screen is 13-14 inches, **125%** on 15 inch screens, and then set the page display to **Single Page** by going to View > Page Display > Single Page in the menu.

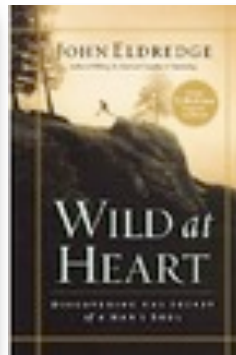
Choosing **Full Screen Mode** under **View** in the menu above makes the view even better!

## Male Spirituality

Two papers on the topic, “**Spirituality for Men,**” are available to communiqué readers. Both are written by Tony Horsfall, a training consultant, author and retreat leader based in Yorkshire, England, [Send a request to mmct](#) and we’ll send them as email attachments.

In *What a Daughter Needs from her Father*, Michael Farris urges men to become the dads their daughters need by addressing issues like friendships between girls, dating, personal appearance, and preparing for the roles your daughter will have as a woman.

“There’s an urgent need to explore the tensions which can arise for men in the context of an evangelical spirituality which frequently speaks of intimacy with God in terms of a *love relationship* with Jesus. How do men make sense of this?”



*Wild at Heart* by John Eldredge challenges Christian men to return to authentic masculinity without resorting to a "macho man" mentality. It also seeks to help women understand the implications of authentic masculinity in their relationships with men.

## Male depression 1

**Online Articles:** Although depression is emotionally crippling and has numerous medical implications -- some of them deadly -- many men fail to recognize the symptoms through clouds of feelings like anger, apathy and low self-esteem. Here are four general interest articles which throw some very important light on this subject:

- [FACING DARKNESS](#)
- [STOP PRETENDING NOTHING'S WRONG](#)
- [MAN DOWN](#)
- [REAL MEN GET THE BLUES](#)



### Two Recommended Books

- [The Pain Behind the Mask](#)
- [Unmasking Male Depression](#)

(Both can be borrowed from the [mmct library](#))



**Online Videos:** [Men Get Depression](#) is a US-based public awareness campaign designed to “help men and their families deal with depression and understand they are not alone.” The website includes three [eye-opening video clips](#) taken from the *Men Get Depression Community Outreach DVD* and an informative, [downloadable companion booklet](#), also called *Men Get Depression*. The booklet includes a section on treatment options, including the place of antidepressants in treatment.



## Male depression 2

**Diagnosis and Treatment Resources:** The [Blues Pages](#) offers dozens of links to diagnostic self-tests, tips, treatment suggestions and other resources for those suffering depression.

An **online depression inventory** is available at the [Depression Screening](#) website.

Two online, **cognitive/behavioral treatment programs** are available for free thanks to the Australian government's *National Depression Initiative*. Check out the [Mood Gym](#) and [E-Couch](#) for details and instructions.

**Would you like to talk to a counselor** about depression? Contact the [Mobile Member Care Team](#) (Accra, Ghana) if you work in West Africa, [Tumaini Counseling Center](#) (Nairobi, Kenya) if you work in East Africa, or [Cornerstone Counseling Center](#) (Chiang Mai, Thailand) if you work in South East Asia.

**Spiritual Depression:** Sometimes the cause of depression isn't physiological or organic; it can be spiritual as well. Michael Phillips, pastor of Grace Baptist Church, sensitively explores spiritual depression with an emphasis on biblical solutions in an easy-to-download **ten-part sermon series** inspired by the Martin Lloyd-Jones classic book, *Spiritual Depression*. The same sermons can be downloaded from the [SermonAudio.com](#) website.

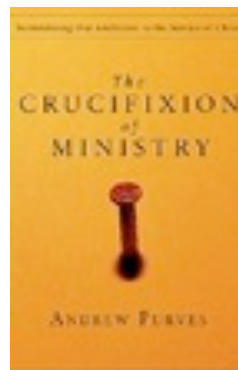
## Ministry and workaholism

**Workaholism** is, tragically, a socially acceptable addiction in Christian circles, and men are especially vulnerable to it. Acceptable or not, it's unhealthy and contrary to God's best for those who serve him cross-culturally.

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](#)"

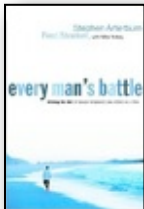
Workers from time-oriented cultures might feel like frustrated workaholics when they begin to live and serve in event-oriented cultures. If that sounds like you, Ron Kotesky's brochure, [Time Management in an Event-Oriented Culture](#) offers practical advice, as does the companion brochure, [What Cross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



## Sexual temptations and pornography: books and power points

“There is no more common enemy of true manhood than the diversion or the perversion of our sexual capacities.” Jack Hayford



**Everyman's Battle: Winning the War on Sexual Temptation One Victory at a Time** is the book most frequently recommended to men who are “up to their knees” in sexual temptation. “Realistic and practical.”



**The War Within** is “a brutally honest book about the battle for sexual purity that will encourage all men who want to live godly lives” according to Jerry Bridges, author of *The Pursuit of Holiness*



**Sex Isn't the Problem: Lust Is** by Joshua Harris, author of *I Kissed Dating Goodbye*, “speaks to those entrenched in lust or flirting with temptation... exposes lust's tactics and helps readers create a personal plan for fighting back.” Appropriate for adolescents.



**When Good Men Are Tempted** describes a plan for sexual purity that's meant to preserve the sanctity of a man's marriage, the security of his family, the vitality of his walk with God, and the strength of his relationships with others in Christ.

**For Member Care Providers:** A Power Point presentation explaining internet addiction is available in [German](#) and [English](#).

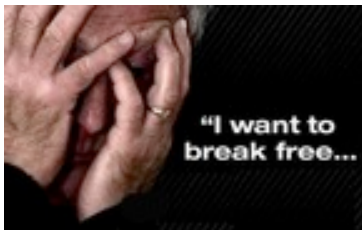
## Sexual temptations and pornography: websites & accountability software

[Setting the Captives Free](#) offers online courses, videos, Bible-study tools and counselor recommendations for those who are struggling with sexual sin. The programs are available in twelve languages including English, French, Spanish, Korean and German.



For **German speakers**: [Love is More](#) is for those who “are looking for a way out of the bondage of pornography.” The site includes audio and video files, downloadable books, an online forum and many links.

*Are you wondering if you or someone you know has a problem with internet pornography?* Check out the downloadable brochure, [Internet Immorality](#) at the [Cross Cultural Workers](#) website.



**Other Websites** • The UK-based [Care](#) website provides help and advice to those who are “finding internet pornography use a continuing pull.” • The US based [Troubled With](#) website offers articles on [pornography and cybersex](#) and links to other resources.

**Accountability Software:** Once installed on your computer, [Covenant Eyes](#) and [X3Watch](#) monitor internet use and email reports to people you designate as your accountability partners. Their **filter services** block objectionable websites from your computer.



## Sexual temptations and pornography: counseling and recovery

“When a cross cultural worker gives in to temptation and isn’t able to control his behavior, accountability software and relationships can be helpful but may not be sufficient. He needs face-to-face counseling over an extended period of time and the interaction found in 12-Step-like addictions groups.” *Tim Hibna, MSW and Bill Hoppe, MD*

### SOUTHEAST ASIA

**Cornerstone Counseling Foundation** in **Chiang Mai, Thailand** can assist men who want to deal with the roots of troubling and sometimes compulsive / addictive behaviors. Call 053 262 136-8 or send an **email** to request information.

### EAST AFRICA

**Tumaini Counseling Center** provides counseling to workers from 160 different agencies in East and Central Africa. For an appointment, call 254-20-890-039 or send an **email**. A counselor will try to contact you within 48 hours.

### WEST AFRICA

**MMCT** in **Accra, Ghana** can provide crisis intervention, assessment, brief counseling and referrals for those who find themselves trapped by pornography. Send an **email** or call (233) 21-774-882 to connect with an MMCT counselor.

### EUROPE

An **list of European counseling centers** which specialize in member care is available at the **Le Rucher** website (under Member Care > Links in the menu). Many of these centers serve men who are looking for help with pornography use.

### NORTH AMERICA

**Link Care** in California specializes in a wide variety of member care issues. Call 1-559-439-5920 or send an email to **Ken Royer**, Director of Care, for a description of their services and to discuss how they can help.

Special thanks to those who suggested ideas & resources for this issue of the *communiqué*:

- Roger Brown, *Tumaini Counseling Centre*
- Alan Davidson, *Wycliffe*
- Bill Foute, *SIM Nigeria*
- Annemie Grosshauser, *Private Consultant*
- Debbie Hawker, *Private Consultant*
- Tim Hibna, *Cornerstone Counseling Foundation*
- Harry Hoffmann, *YWAM*
- Bill Hoppe, *Cornerstone Counseling Foundation*
- Steve Karum, *New Tribes*
- Brent Lindquist, *Link Care*

## *A final thought and two more resources*

**Pornography, once a secretive backdoor industry,** is now out in the open. The easy access and anonymity of the Internet have turned it into a multibillion-dollar-a-year “business.” But it leaves a trail of broken families, ineffective Christian leaders, and men who have lost the respect of their loved ones.

Pornography damages users and victims alike. It feeds lustful desires in ways that can never satisfy. True satisfaction is found only when we give our affections to eternal things—to a right relationship with our heavenly Father and with those He has created in His image. **From *Our Daily Bread*, Oct. 24, 2008**

**FOR FURTHER STUDY:** *When A Man's Eye Wanders* is a 33-page booklet available for free from RBC Ministries.

Roger Brown of Tumaini Counseling Centre has **an extensive list of resources for overcoming pornography** that he shares with men in his counseling practice. **Send an email to [mmct](mailto:mmct)** to request a copy.