



Ministry Updates

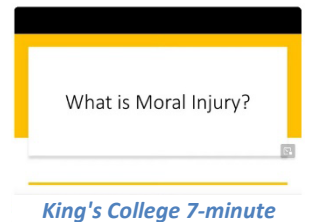
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Taste and See ([Psalm 34:8](#))

Transitioning from one year to another is a good time to consider a "checkup from the **neck up**." We first heard this catchphrase from a gifted, Godly psychiatrist, [Dr. Barney Davis](#), whom our mission uses for consultation with missionaries and staff. All agency missionaries are encouraged to have an annual mental wellness "**neck-up** checkup" with him or perhaps another experienced mental health professional. Unsurprisingly, missionaries face many stressful factors in life and ministry as they uproot families and move into new cultures. Anxiety, depression, grief, isolation, cultural adjustments, interpersonal conflicts, moral injury, disasters, trauma, physical assaults, famine, war, persecution, PTSD, and spiritual warfare are just a few of the challenges regularly encountered by those who live the calling. Mental health or coping issues derail Kingdom work more than physical ones. We are thankful that our mission, the Christian Health Service Corps (CHSC), takes the "checkup from the **neck up**" seriously by providing people and resources to help. The goal is to root out unhealthy thought processes before resulting habits damage us ([2 Cor. 10:5](#); [Ga.5](#)).

Interestingly, military veterans and missionaries share similar symptoms despite enduring apparently different combats where one *seems* physical and the other spiritual. [Moral Injury](#) (YouTube link) affects soldiers and missionaries frequently, causing unanticipated mental stress. It can happen to others, too. Educators, lawyers, social workers, couples and children, pastors, counselors, etc., and perhaps you. If you like, view the 7-minute YouTube video linked above and by image to understand how this conflict often impacts military and missionary friends. Or, see the more comprehensive yet simple 50-minute Rumble [DocSnipes lecture](#). There is an article specific to missionaries [here](#) submitted by CHE research friends or the more general magazine intro [here](#) that touches on COVID-19. Most missionaries experience some moral injury regularly but usually do not know how to identify what they are experiencing or cope with it. Jesus suffered the greatest temptation and moral injury risk when called to bear the world's sins on the cross through no fault of His own. He showed us the way to overcome.



Come and See ([Psalm 66:5](#))

Speaking of "checkup from the **neck up**." Our testing in January includes this area. Because of post-COVID and vaccine symptoms, we see physicians to perform neuro-cognitive testing. Verlin already had his initial visit with bloodwork and one cognitive test ([MoCA](#) 29/30). An MRI scan and another evaluation are ahead. One test has a long waiting period. Debbie begins the same process on January 23rd. Soon, Verlin expects to complete the online psychological testing that Debbie squeaked in before we left Cote d'Ivoire. Don't worry. We will not subject you to test details unless something affects how we do missionary service. However, we will try to pass along helpful info besides keeping you informed along the way! We delight in visiting ministry partners and friends as we travel to and from testing locations. Thank you for the warm reception at every visit that we have been able to make privately and in church services (more than a dozen)!

Prayer & Praise

🙏 Thank the Lord for His provision in every aspect of missionary life. Pray for the new missionary orientation happening at our mission, CHSC, in mid-January. Usually, Debbie would be there to help with Missionary Kids, but finishing our battery of tests takes priority due to scheduling conflicts this month.

🙏 Debbie's mother had another episode with Afib recently. It seems better now with medicine adjustments. Deb plans to spend several days with her parents this week, helping in whatever ways possible and enjoying their company!

🙏 End-of-year giving was plentiful, which helped cover lower-than-average giving in October and November! Praise God, and thank you for your part in that blessing!

Your partners in the Gospel, Verlin & Debbie

Last Week: [Dad's Way-240101.PDF](#)

Prior videos: [Simple Servants - Reflect & Rejoice](#)

2023 Q2Report: [Pruning Priorities -](#)

[2023 Q2 Report 230722 PDF](#)

2022 Budget: [CHSC-0118 ANDERSON-Budget 2022](#)

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