

## Healing, From the Inside Out

— By Kathy Dow-Burger

In my quiet times with the Lord, I often sense His still, small voice saying, “Wait. I want you to understand the importance of learning to listen, to be patient and to understand others. Don’t get this confused with procrastination or indifference. There are times where you need to learn not to be in such a hurry.” For any parent this is true too. But it is especially true in caring for traumatized children. Healing for them is a process that happens slowly. Isaiah 30:18 states, “Yet the LORD longs to be gracious to you; therefore he will rise up to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!” The role of a caregiver to a vulnerable child requires Christ’s daily wisdom, love and patient endurance. The damage done to the child originated from the outside in; whether by natural disaster, physical abuse, sexual abuse or war. The actions of the caregiver can set into motion the healing of the child from the inside out.

As Phyllis Kilburn and Crisis Care Training International have stated, caring for and nurturing children who have been traumatized requires giving them a sense of structure and stability, predictability, affirmation and value, normal expectations, spiritual nurturing and love. It also involves patience and understanding. For caregivers, the home and parental relationship sets the stage to “reverse engineer” these traumatic experiences in order to create a new outside-in for the hurting child. A child who has not received or has lost foundational needs such as love, value and identity will be hard-pressed to heal from trauma. The trauma may be manifested in the inability to love others, manage stress, forgive, and make godly choices as well as to recognize ungodly situations.

When Mandy came to live with my family and me, she was a tough, closed-off 16-year-old who had lived in Latin America and had run away from familial abuse and neglect. She had been raped by an older man and was pregnant. Now, back in her home country, the United States, she had a chance to end the cycle of violence and begin healing in foster care. But the process was slow and required an infinite amount of understanding. As a foster parent, how were we to provide stability, predictability, a sense of control, affirmation and value, much less love and spiritual nurturing to a teenager who had little of those growing up and did not want them? Amazingly, our breakthrough and subsequent bonding came in the form of food. Being the eldest of five siblings in our home for foster care, Mandy had been a parent-child for years, and prior to running away from her home in Central America, she was responsible for making food at mealtime.

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## IN FOCUS



## The LORD Is My Shepherd!

— By Rosemary Sabatino, Director

No matter how many times I revisit the 23rd Psalm, I am always amazed at how the Lord impacts my heart anew with the beauty of His character and the glory of His unfailing love! “**The LORD is my Shepherd, I shall not want**” (23:1 NASB). When “LORD” is capitalized, it represents **Jehovah**, the

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## Healing, From the Inside Out...continued

Through God's wisdom and compassion, He gave us enough sense to make two of Mandy's household chores accompanying me on the weekly shopping trip and planning and cooking one of our weekend meals. She was my much-needed helper on those grocery expeditions, and I was her helper in the kitchen when she was cooking. We made a great team.

Mandy shared many stories of her life prior to coming into our care: tales of sadness, fear, danger, confusion, anger and frustration. Listening was a skill I was learning to develop; so was patience. During those moments of buying, planning and preparing food, Mandy regained her sense of control, value, stability and affirmation.

There were also many conversations of her view of God and where He was in her life, in the past and at that time. Even the baby growing inside of her, and later his birth, provided opportunities to show Mandy where God was in her past and at that moment. I believe we even learned to love each other. Mandy is all grown up now and one Christmas, a few years back, Mandy wrote to thank us for caring for her and showing her how to parent her son. She added that her version of a good parent was from what she experienced in our home. Thank you, Lord, for showing us that what we set into motion helped heal a child from the inside out. ■



### About the Author

*Don Burger and Kathy Dow-Burger live in the DC/Baltimore Metro area. They have five children, Jordan, Brittany, Eddie, Jeremy and Luke whose ages range from 11 to 22 years old.*

*Through their years of experience as foster care and adoptive parents, working on short-term mission trips, and leading youth/children ministries, they have been led by Jesus to care for vulnerable children as well as children in crisis. They have worked with local churches and missions organizations to sponsor Crisis Care Training International seminars.*

## IN FOCUS

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name God uses to denote His redemptive covenant relationship with man. Indeed all seven of the **Jehovah** combined names of God are characterized by the Shepherd: **Jehovah Jireh**, our provider; **Jehovah Nissi**, our banner—as part of His family we are recipients of His love and protection; **Jehovah Shalom**, our perfect peace; **Jehovah Tsid-Kenu**, our righteousness; **Jehovah Shammah**, ever with us; **Jehovah Sabaoth**, the Lord of hosts—our sovereign over all things; **Jehovah Rapha**, our healer; and **Jehovah Ra'Ah**, our shepherd.

**Ra'Ah** is a beautiful word! While it does mean to pasture, tend and feed, it also means a constant companion or close friend who is focused on tender care and concern.

In his book *A Shepherd Looks at the 23rd Psalm*, Phillip Keller (once a shepherd himself) relates that “sheep” cannot be made to lie down in rest unless four requirements are met. First, due to their timidity, they must be free from all fear (need: safety and security). Next, because of their sociability, they must be free from friction with others of their kind (need: emotional stability). Third, they must be free from pestilence (need: physical provision). Lastly, they must be free from hunger (need: nurture). It is only the shepherd who can provide release from all their anxieties.”

One can easily see why David exclaimed, **“I shall not want”** (lack or be in need). His close friend and companion is none other than the

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## IN FOCUS

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Great Shepherd meeting all of his needs! It is no coincidence that I was led to this portion of Scripture, as **The Barnabas** focus this quarter is Parental Support, which requires a holistic approach. Without question, the ministry of the Great Shepherd is truly holistic. Oxford defines “holistic” as “emphasizing the importance of the whole and the interdependence of its parts.” We were created in the image of our triune God with a body, soul and spirit, each interdependent on the other. We see Jesus, our Shepherd, so beautifully and compassionately concerned for the whole person—the physical, emotional and spiritual. We, His church, are called to minister likewise: **“As my Father hath sent me, even so send I you”** (John 20:21 KJV).

This truth is especially evident as we attempt to bring healing and hope to hurting and wounded children. As sheep cannot rest unless their needs are met, so many times children in crisis cannot be brought into God’s spiritual rest without having their physical and emotional needs tended to.

The challenges of ministering to the needy can be overwhelming. They require that we **personally experience** the love of the Great Shepherd, our wonderful companion and close friend who meets all our needs with tender care and concern. **The Perfect Parent, the Ultimate Caregiver and our Blessed Redeemer—Jesus Christ our Lord !** ■

## God Sets the Solitary in Families (Psalm 68:6 NKJV)

— By Casibo & Rosimara Dorcelus

The family is considered to be the oldest and most important institution. It is one of the pillars that support society. It is within the family that a child learns to live and interact with others.

The family has its origin in the Creator! Our heavenly Father established the family so that each child could be raised under the responsibility of their parents, whether biological or otherwise.

Unfortunately this is not the case for most of the children on the streets of Senegal! Here street children have been abandoned, neglected and beaten by those who are meant to love and care for them. Most of them are fugitives of the religious system. They are exploited through heavy labor and through the worst kind of work—begging. They are oppressed and subjected to all kinds of terrible treatment and abuse. They have never attended school. These children are obliged to steal in order to survive and are exposed to all kinds of danger. They are vulnerable and headed towards delinquency, with no one to look out for them.

Moved by the harsh reality of these children and persuaded by Proverbs 24:11—“Rescue those being led away to death, hold back those staggering toward slaughter”—we opened the House of Hope in 2001 to look after some of these children. A home in which we could look after them and provide for their needs. It was crucial to restore their dignity and right to live within a family.

We soon realized that providing them with a comfortable house and seeing to their physical needs—such as providing three meals a day, clothing and medical care—were just the first step of a very long journey. The children had much deeper needs than we imagined.

They needed to be reassured that they were loved and accepted, through dialogue and tolerance. They needed a moral and spiritual compass that would help them overcome their mental conflicts and lead them to Jesus.

Their minds were full of confusing and guilty thoughts:

- \* Do these people really love me in spite of all that I have done?
- \* Am I worthy of love and attention? Why are they doing it? Why are they so interested?
- \* Does God really care about me?

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## OUT OF THE MOUTH OF BABES



*Dedicated to children who hear their Father's voice*

### *My Trip to Juarez*

*—By Tabi Snowden*

I went to Juarez to build a house for a needy family. Our first day in Juarez we went to the building site. The family we were building a house for had lived in a shack next to the place where we would build the house. The first day we built the walls. I hammered many nails. We all raised the walls and then put insulation in the walls. At first the family just watched us, but then they joined in and helped pound nails. The next day we put drywall in the house and painted the outside of the house. Then we put in beds and decorated the house with things we brought from America. They were so excited to see everything that we built. We built a house for them in just two days.

In our afternoons we spent time at an orphanage. I helped kids make bracelets. Another day we spent time at a church, and the family we built the house for was there. We served lunch and played games.

My favorite part of the trip was being surrounded by my friends and seeing the reaction of the family when they saw their new house. I think God used me to make bracelets with the orphaned kids because I was once an orphan and can relate to them. ■



### *About the Author*

*Tabi was born in Kyrgyzstan in 2002. She was an orphaned child placed in the orphanage group where her now Mom, Tami, worked.*

*Tabi is now 14 and in 8th grade. She has a deep relationship with Christ. She loves to travel with her Mom whenever possible. Tabi is an amazing artist, and is a loving, funny, caring young woman.*

## *God Sets the Solitary in Families*

*(Psalm 68:6 NKJV)...*continued from page 3

We invested a lot of time reassuring the children that God's love and our love were without conditions. It was important to win their empty hearts so that trust could be established. Once they were convinced that they had been accepted, they became sure of being protected from all threats. They knew we were looking out for them. Then they became willing to start developing.

A child cannot grow up in a balanced way without a healthy connection to an adult. This was a long process, but it was the key that enabled the children to open up to learning about life, discipline, respect, forgiveness, etc., as well as to enjoy learning.

We would ask the children, "Why did you decide to stay in the House of Hope?" Their answer was: "It is here that we found love and feel part of a family."

These children are real treasures. They are now doing very well in school. The oldest ones have great potential, are very well behaved and take their studies seriously. God has given them a future and a hope.

The most moving experience has been to see Jesus reveal Himself to the children. And when they understand and accept the love of the heavenly Father, they also become a part of God's family. ■



### *About the Author*

*Casibo Dorcelus of Haitian nationality and his wife, Rosimara, of Brazilian nationality, have been missionaries in Senegal for about 17 years and they are the founders of the Christian Mission for the Development and Rehabilitation of Children in Crisis - Hope for the Children.*

# Holiday Greetings



Mixed media by Kathy Walker

Christmas  
and  
New Years  
Greetings from your  
friends at CCTI.

## Quotes

*What is to become of these children? How will their hearts be mended when most of them never receive the love of a mother or father figure? (Chapter 12, pg. 86, Module 1: Offering Healing and Hope)*

*Children are vulnerable and therefore greatly affected by changes in their nurturing environment. (Chapter 12, pg. 89, Module 1: Offering Healing and Hope)*

*The three qualities that boys found most helpful in fathers were: 1) Making time for them 2) Being prepared to talk through their problems 3) Showing an interest in their work or activities. (Chapter 12, pg. 87, Module 1: Offering Healing and Hope)*

*The social, emotional, cognitive and physical development of children is dependent on the quality of interactions with caregivers and the environment established for them. (Chapter 12, pg. 88, Module 1: Offering Healing and Hope)*



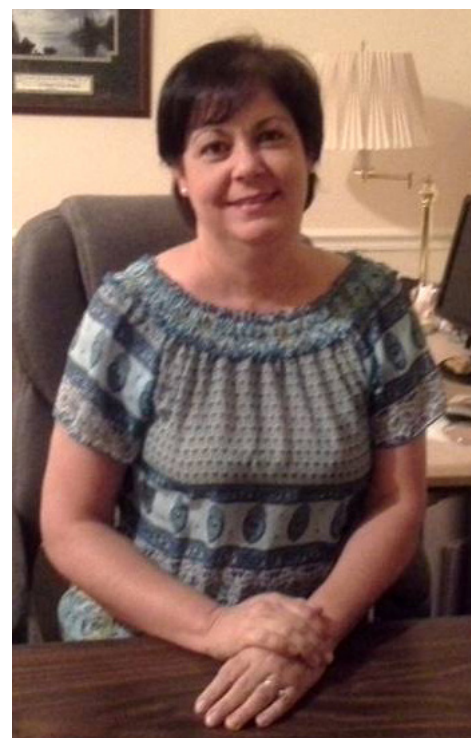


## *God Looks Upon His Church With A Statement Of Responsibility*

—By *Eneida Rodriguez Reyes*

Psalm 128 speaks about the wise father that fears the Lord and walks in his ways. He offers a flow of unconditional love providing for his children's needs. The mother, as the fruitful vine within her home, offers love and security. Then it speaks about the offsprings who are the fruit of this God-like home. They "will be like olive shoots." The prophet Moses told the Israelites in Deuteronomy 8:7-8 that the Promised Land was "a good land," a land of olives. One olive can provide up to 57 liters of oil yearly. The Israelites appreciated the valuable oil for its many uses, which included lighting their houses with their oil lamps. What beautiful promises for those parents who have recognized the importance of supporting their children in God's love. But what of the innocent, unfortunate children whose homes do not meet with these

attributes? Are they considered to be part of the bad land without olives? Almost five years ago in the central part of Puerto Rico, I had the privilege to coordinate the children's ministry at the church that my husband pastored. I had weekly prayer meetings with the children in which they would express their prayer requests. There were a number of kids who were living in damaging, dysfunctional homes with serious parental issues, and so some prayer requests were really heartbreaking. To this day, none of these requests have been answered yet, but Jesus has not forgotten these children. On the contrary, He looks upon His church making an important statement of responsibility: "And whoever welcomes one such child in my name welcomes me" (Matthew 18:5). The role of the church as parental supporters is to respond to God's calling of healing the hurt and helping those who are defenseless and in need. How important are the children to the Lord! Throughout the years these children have been filled with the unconditional love this church has offered them, and they have found a refuge in which they feel secure and accepted. No, they will not be exempt from being those olives. They are valuable oil. When there are churches like these that are willing to fear God and walk His way, children will be used by the Lord as precious oil; and each home, community and nation will shine through them the light of Jesus. ■



### *About the Author*

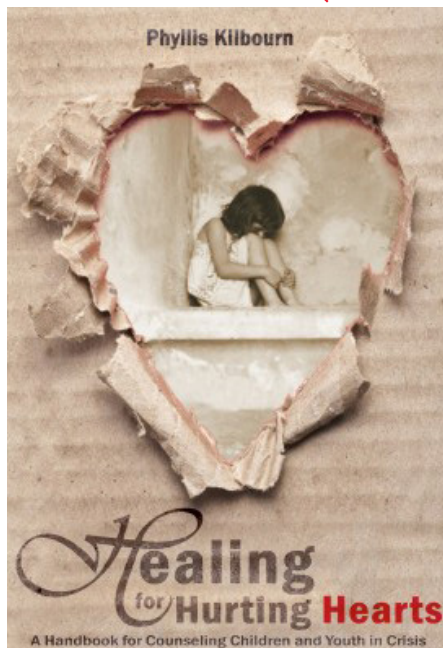
*Eneida Rodriguez Reyes has served the Lord for 27 years mostly coordinating children's ministry in Puerto Rico.*

*She is presently working for Rainbows of Hope and Crisis Care Training International.*

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