

MTM Foundation

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	<p style="text-align: center;">eNews from</p> <p style="text-align: center;">Ministering to Ministers Foundation, Inc</p> <p style="text-align: center;">June 26, 2012</p> <p style="text-align: center;"><i>Every month we include you in our MTM Messenger Newsletter. We'd like to take a moment to say "Thank You" for your kind responses to our articles.</i></p>
<p style="text-align: center;">Donate to the MTM Foundation</p> <p style="text-align: center;">MTM Website The Ministering to Ministers Foundation is a non-profit 501 (c) (3) organization.</p>	<p style="text-align: center;">"It Was All in My Head" <i>-A Christian View of Depression-</i></p> <p>I lost my soul. At least that is how I felt. This is the best way I know to begin to describe what was for me a living hell on earth as I battled the beast of depression. St. John of the Cross spoke of the "dark night of the soul,"¹ and Martin Luther called it "anfectung" - a word that has no English equivalent. Luther's biographer Roland H. Bainton attempted to define anfectung (depression) this way, "it is all the doubt, turmoil, pang, tremor, panic, despair, desolation and desperation which invade the spirit of man."</p> <p>This I experienced. And I lost my soul. Or perhaps I should say that depression stole my soul and buried it so deeply that, with apologies to the apostle Paul, to live was not Christ at all, but to die most assuredly would have been gain.</p> <p style="text-align: center;">Read more. . .</p> <p>(Article by Kirby Smith)</p>
<p style="text-align: center;">Quick Links Wellness Retreats Support Us More About Us Contact Us</p> <div style="display: flex; justify-content: space-around;"></div> <p style="text-align: center;">Contact Charles H. Chandler, D.Min. Executive Director MTM Foundation, Inc. 501 Branchway Road North Chesterfield, VA 23236</p> <p style="text-align: center;">Cathy Ralcewicz Ministry Assistant and Director of Development</p> <p style="text-align: center;">Linda Serreno Development Assistant mtmfoundation@verizon.net</p>	<p style="text-align: center;">Learning to be Still</p> <p>There's little question but what ours is a "Rush! Rush!" society. Something is amiss, however, when a person's whole day can be affected by</p>

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missing one section of a revolving door. By contrast, if our forefathers missed a stage coach, they waited patiently for a week for the next one.

John Tadlock, in his book, *When It's Rush Hour All Day Long*¹, uses the term "hurry sickness" to describe our society. Never has it been more evident than in the lives of young parents today as they leave the work scene after having "rushed" all day long to meet deadlines only to face a multitude of additional deadlines in getting children to ball practices and games, dance studios, scout meetings, cheerleader practices, drama or choral rehearsals, and band, piano, or voice lessons. With so much "rushing," sitting down together as a family for dinner is a rare experience for too many. I thought we lived in a rushed culture a generation ago . . . [Read More . . .](#)

(Article by Charles Chandler)

Comment From a Retreat Alumnus



"MTM does important work that changes lives and increases church wellness. It's spiritual and emotional rehab for pastors and

spouses damaged in active duty. Getting them the assistance they need helps to get them back to the field and partnering in God's harvest again. It's a worthy investment."

Kids Do the Funniest Things

Rev. George Stewart of Montal, VA, a retired United Methodist pastor, has this recollection of a very hot summer day in church.



"The church that I pastored had no air-conditioning. I always had a glass of cold ice-water at the pulpit. One Sunday morning, in the middle of my sermon, I noticed my five-

year-old daughter coming down the aisle to the pulpit. Without a word, she reached for my glass of water, took a drink, and quietly returned to her seat."

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