



UNREACHED NETWORK

Train. Resource. Inspire. Network

Inspire and strengthen cross-cultural mission to Unreached Peoples across the global Newfrontiers family.

www.unreached.network

Pastoral Care Needs

Why this is needed

The majority of Unreached People Groups live in the hard to reach parts of the world. Hoping to reach them will require people to 'go' cross culturally, often in difficult and isolating circumstances. The emotional and pastoral needs of a cross-cultural church planter to unreached spaces are often underestimated.

In addition to the stress of transition and having to learn to operate cross culturally, cross cultural workers leave behind their regular support structures; Sunday mornings, church community groups, prayer partners, easy access to Christian literature, well formed friendships etc. Even if people are going somewhere that has similar networks/support in place it takes time to transition and to settle into these new patterns. Most will be going to newer/smaller, not yet established church communities, where they are expected/required to give out a lot but less likely to be regularly fed or have such easy access to Christian community.

Many pastors are necessarily experienced in pastoral care in their own contexts, but not many have experience with the unique challenges that cross-cultural workers face when preparing to leave, when living and landing overseas or returning to their home culture. In caring for your workers, you are helping them to stay overseas for longer. You are playing your part in enabling church planting and kingdom advance in hard to reach places.

However, we also recognise that churches may need to call on help from experienced professionals in order to best prepare and support the person going.

What this should involve

A Pastoral Care Assessment is the responsibility of the sending church to execute. It should be a process of discovery that leads to future recommendations for providing long term sustained care.

The process will take into account the person's current and future stages of life, the emotional impact of going overseas and the going person's (and the going person's family's) potential points of pressure and will continue to provide ongoing monitoring throughout the going person's cross-cultural journey, and upon their return.

[These Global Connection Member Care Guidelines](#) lay out what's required in more detail.

Some basic things to consider might include things like:

- Spiritual formation – helping people grow spiritually before, during and after their return.
- Non-judgemental, well informed listening. You may not have experienced all that your people are going through, but they need people who listen, love and understand.
- Encourage the church to keep them covered with contact, support and praying for them. Motivate them to be behind in prayer, finance and friendship.
- Cover the basics and check if extra counselling or coaching is required.

Who should be involved

On the field, ongoing pastoral care becomes a collaboration by a team comprising of the home church team, in country team leaders and team apostolic oversight. Team leaders should be kept in the loop, as something which feels like a minor issue in the home context, might be a much larger cause for concern for the in-country team's context and visa versa. This team approach will ensure that those going are well supported overall.

Ongoing pastoral care should be an ongoing collaboration between the team leader, apostolic lead and the home church.

Additional Help

It is recognised that a sending church and team leaders may have limited expertise to properly assess and equip the going person in light of the potentially dangerous, difficult and complex situations they may face. It is advised that the sending church seeks guidance from experienced professionals to assist them with this.

Some mission agencies offer psychological health and physical health assessments, as well as ongoing care that is tailored to serve cross cultural workers.

The list of recommended organisations and resources that follow have been put together for you by members of the Unreached Network.

Is there something we've missed? Please let us know at info@unreached.network.

Recommended Reading and Resources

The Unreached Network's training on The Broadcast Network

[For those going](#)

[For sending churches](#)

[For Returners](#)

Books

[Resilience in Life and Faith: Finding your strength in God](#) Tony Horsfall and Debbie Hawker The resilience rating scale in this book is an excellent resource for discovering areas that may need strengthening.

[The Peter Scazzero series](#) - Emotionally Healthy Spirituality, The Emotionally Healthy Leader, Emotionally Healthy Discipleship, Emotionally Healthy Relationships and so on.

[Leading on Empty: Refilling Your Tank and Renewing Your Passion](#) Wayne Cordeiro

[Serving as Senders](#): How to care for your missionaries. Neal Pirollo

[Well Sent](#) Steve Beirn

[PACT to Go](#) A cross-cultural workers' guide to creating a Personal Accountability and Care Team Rod and Ruthie Gilbert with Ross and Christine Patterson

[Pipeline](#) David and Loren Wilson

[Senders](#) How your church can identify, train and deploy missionaries. Paul Seger

[Resilience in Life and Faith](#) Finding your strength in God Tony Horsfal and Debbie Hawker

[Grit to stay grace to go](#) Staying well in cross cultural ministry Sue Eenigenburg and Eva Burholder

Resources

[Supporting Third Culture Kids](#) A link to further resources

[Harry Hoffman on Youtube](#) Facilitator of the Global Member Care Network, Harry's youtube channel helps Member Care beginners around the world make sense of Member Care through easy to follow inputs.

[Barnabas Member Care Resources](#) Useful resources in multiple languages on many topics from life-stage to crisis, leadership, transition and team life. This page also features links to resources from other member care organisations.

Counselling and Coaching

[Health Link 360](#) Physical health and emotional health care for overseas workers

[Ruth Zealey](#) (more information)¹ Ruth has lived and worked in Europe and the Middle East and is now based in the UK East Midlands.

[Gayle Peppiatt](#) Gayle has lived and worked as a therapist in the middle east. She currently offers remote therapy, an online course and bespoke training. Gayle is also experienced at working with trauma.

[Better Help](#) The world's largest therapy service 100% online

[Olive Tree Counselling Center](#) for overseas workers in Antalya, Turkiye. The website also features many helpful blogs and webinars on topics pertinent to cross cultural work.

[The British Association of Counselling and Psychotherapy](#)

[The Christian Coaching and Mentoring Network](#)

[Retreat at All Nations College](#)

¹Living and leading internationally is a deep joy and an absolute privilege. It is also hugely complex, pretty exhausting and sometimes lonely. Coaching is a confidential, non-judgemental space to celebrate good progress so far, be real about the now, and to get curious again about what changes and shifts we want for our growth and development going forward. As an intercultural life and leadership coach Ruth helps those working in different cultures to process and reflect on their life and ministry so far, and to intentionally develop a flourishing, active way forward. For more information/pricing and email her on coaching@zealey.org to connect and book in an exploratory session.

Member Care Organisations

[The Vine Member Care](#) Jeremy and Laura live and work both in the UK and overseas, frequently transitioning with their family. They are committed to helping support workers and to support churches in all aspects of member care. Get in touch for personal debriefing, retreats or church consultancy for sending and receiving well.

[Resilient Expat](#) Dr Debbie Hawker and Dr David Hawker offer services to help mission personnel and humanitarian workers a chance to stop and reflect, during, Assessment, Reviews & debriefing, Retreats, Education & training, Supervision & mentoring, Therapy

[One Another](#) One Another exists to strengthen and encourage international Christian organisations and their workers by providing professional training, consulting, counselling, and resourcing

[Le Rucher](#) in France for personal debrief retreats.

[Oscar Directory of Member Care Centers Worldwide](#)

[Global Connection Member Care Guidelines](#)

Courses

[All Nations Courses](#) Contact All Nations for advice and training on 'Staff Care and Well Being', and 'Resilience Training' for those caring for those who are going.

[Caring Well](#) When we are people who care, it can be easy to forget about ourselves focusing our energy on others. Over time this can lead to burn out, stress, vicarious trauma or even anger. This course will help you to re-address this balance.

Other Agencies

[Talent Trust](#) Insurance that provides members with resources to support physical, mental, & financial wellbeing, including online coaching, GP services, physio and the latest security advice.