

# Healthy Sexuality Resources



## A Toolkit of Resources for Leaders and Congregations



**Note:** This tool kit represents a *work in progress* by the Healthy Sexuality Task Force of Lancaster Mennonite Conference. These resources are provided for informational purposes only. Their presence here does not constitute an endorsement by Lancaster Mennonite Conference.

02.2014

This is not an exhaustive list of resources available.  
**If you have suggestions or ideas to include in this “tool kit”,**  
please send your ideas with a brief description to  
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([jdietzel@lancasterconference.org](mailto:jdietzel@lancasterconference.org)).

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## BASIC DOCUMENTS ON HUMAN SEXUALITY

In 2001, Mennonite Church and General Conference Mennonite Church joined together to form Mennonite Church USA. Both groups had released statements in 1986 and 1987 on the topic of human sexuality. Both the former Mennonite Church and General Conference statements began with the same affirmation:

“We affirm that sexuality is a good and beautiful gift of God, a gift of identity, and a way of being in the world as male and female.”

The statements continue with slightly different wording, but take a thoughtful and discerning look at appropriate sexual relationships, sexism and other prejudices as well as a commitment to study Biblical teachings together to expand our insight into a mature, Christian view of sexuality. The following is a list of documents often referred to in the dialogue on human sexuality in Mennonite Church USA:

- “Agreeing and Disagreeing in Love,” <http://www.mcusa-archives.org/library/resolutions/agreeing-1995.html>
- *A Working Document for Study and Dialogue: Human Sexuality in the Christian Life, Responses from the Mennonite Church and the General Conference Mennonite Church (1985)* <http://www.ambs.edu/LJohns/ChurchDocs.htm>
- *Confession of Faith in a Mennonite Perspective*, see especially article 19, “Family, Singleness, and Marriage,” <http://www.mcusa-archives.org/library/resolutions/1995/index.html>
- “Membership Guidelines for the Formation of Mennonite Church USA,” (Mennonite Church USA, 2001) <http://www.gameo.org/encyclopedia/contents/M46.html>
- “Resolution on following Christ and growing together as communities even in conflict,” (adopted July 4, 2009 by the Mennonite Church USA Delegate Assembly, Columbus, Ohio) <http://www.mennoniteusa.org/Home/About/Statementsandresolutions/Conflict/tabid/1431/Default.aspx>
- “A Call to Affirmation, Confession and Covenant Regarding Human Sexuality,” (Purdue) 1987, Mennonite Church <http://www.mcusa-archives.org/library/resolutions/humansexuality.html>
- “Resolution on Human Sexuality,” (Saskatoon) 1986, General Conference Mennonite Church <http://www.mcusa-archives.org/library/resolutions/resolutiononhumansexuality-1986.html>
- <http://www.mennoniteusa.org/youth-leaders-2/issues/sexuality/>
- <http://www.mennoniteusa.org/resource-center/resources/statements-and-resolutions/growing-together-as-communities/basic-documents/>



<http://virginiaconference.org/wp-content/uploads/2012/12/01-13-sexuality-continuum.png>

## CULTIVATING HEALTHY SEXUALITY IN VIRGINIA CONFERENCE

by Owen Burkholder, *Conference Minister*

It was months in the planning. Representatives from the Congregational Life Commission and the Faith & Life Commission pondered how to model a way of talking about healthy sexuality in the congregational setting. One hundred people from 24 congregations gathered at Waynesboro Mennonite Church on Saturday, November 3, to worship, listen, share around tables, and worship again.

As we acknowledged God's gifts of creation—culminating in the human, male and female, we also confessed our brokenness (not living up to God's wonderful intentions for us). Duane Beck, pastor of Raleigh Mennonite Church, then led in setting a Biblical foundation for our reflection. Using the story of the woman anointing Jesus (Luke 7:36-50), Duane noted the difference between relational sexuality and genital sexuality.

That story leads easily into a definition of sexuality: *The God-given drive to relate to another person in loving, caring, and trusting ways. We have the physical, mental, emotional and spiritual capacities to care for another person.* (Duane Beck, 2000) Distinguishing between relational and genital sexuality can be more readily understood by considering sexuality on a continuum.

Finally, Duane offered some safeguards for congregational leaders as they work with their own sexuality. The core task is to guard one's heart. Maintaining an honest journey with the Lord that acknowledges our temptations in prayer—recognizing the valued personhood of those to whom we are drawn in unhealthy ways—will help us to love as Jesus loved instead of using others for our own gratification.

Ken L. Nafziger, VP for Student Life at Eastern Mennonite University, followed with a review of the cultural context in which congregations must do their nurturing work. He gave eloquent witness to the healing power of compassionate congregations in the midst of an alienated, misdirected culture. With the pervasiveness of pornography, parents now must work with establishing controls for TV and internet usage for their children—unknown to previous generations.

A key part of the day was time spent around tables where participants confidentially considered questions like:

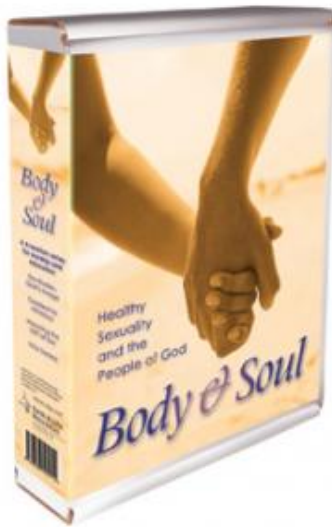
1. What would you say is the most formative memory in your development in human sexuality? Who or what was the source? In what ways was it timely and accurate information?
2. What do you wish you would have heard from home and the church?
3. What from your growing up experience in your family of origin has shaped your adult view of human sexuality?
4. If you are a parent, how have you tried to teach your children about healthy understandings of human sexuality? What might you have done differently?

We tried to model a way to engage this sensitive subject. In the evaluations, participants overwhelmingly said 'thank you.'

December 27, 2012

*"To offer sexuality education in a congregation is to acknowledge that human sexuality is simply too important too beautiful and too potentially dangerous to be ignored in a religious community."*

*- Rev. Lena Breen, Mt. Vernon, WA*



## **BODY AND SOUL: HEALTHY SEXUALITY AND THE PEOPLE OF GOD**

This intergenerational worship and education resource from MennoMedia (MennoMedia.org) is designed to help the whole congregation celebrate sexuality as a holy gift of God. The series revolves around four topics: Our Bodies, God's Image; Created for Intimacy; Honoring the Gift of Sex; and Holy Desires. This material does not focus on the "hot-button" issues of our day. Instead it provides tools to help congregations have honest and caring conversations that are important for all followers of Jesus who seek to enjoy and live a healthy sexuality.

Discussing sexuality may be a bit uncomfortable for some. With patience and attention to creating an atmosphere of emotional safety, many people are willing to discuss matters of sexuality. The following list of questions might provide some healthy discussion regarding sexuality between a pastor and his staff:

- Do the members of our congregation have a healthy appreciation for sexuality as God designed it?
- If someone asks you a sexual question, how would you address it?
- Would you be willing to share ways you protect your sexual integrity?
- How do you feel about same-gender friendships where you can be held accountable regarding your sexual integrity?
- What would you like to see that would support sexual integrity among us as a pastoral ministry team?
- What would you like to see in our church that would support sexual integrity, sexual awareness, and sexual fulfillment?

In the context of the church, conversations about sexuality (amongst other things) should be taking place over the course of an entire lifetime, from birth to death. Our churches seem rather ill-equipped to take these challenges on. According to the Religious Institute, most of our clergy have received little to no training in how to engage these issues in their own seminary training. Whether they've received the training or not, we need to find ways to engage these issues in more contexts than simply the awkward birds'n'bees chat.

If the Christian faith has something to say about our sexuality (and indeed, I believe it does), then we need to continue to examine these things as we pass through various life stages. In the same way that salvation isn't about some trite little prayer we pray once in our lifetime, our sexual education is not limited to one conversation during puberty. Sexuality, while not defining us, is a significant part of our identities. If we're unable to work through our questions, struggles and joys in community, it seems to me that we've lost an important piece of the puzzle.





# CREATED IN GOD'S IMAGE ADULT SEXUALITY PROGRAM



Published in 1993, Created in God's Image - A Human Sexuality Program for Ministry and Mission, is a learning program written for adults. There are ten sessions designed to last two and a half hours each. The sessions begin and end in worship. The remainder of each session is devoted to individual and group learning activities that enable people to explore the theme in a safe and structured group setting.

Created in God's Image is an innovative program for members of local churches who wish to:

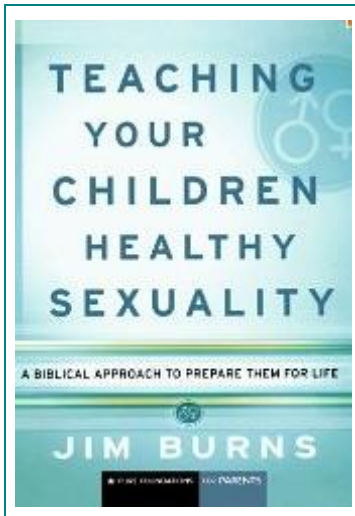
- explore biblical and theological understandings of sexuality
- find ways that congregations can more actively address sexuality issues through its ministry and mission
- explore in depth their own values, convictions, questions, and concerns about a variety of human sexuality issues
- gain greater clarity about the ethical decisions people face
- learn more about historical developments in the Christian tradition that have shaped the way we understand our bodies and our sexuality
- recover and celebrate a theology that affirms the human body and sexuality as good
- consider the cost of sexism to both men and women
- examine ways that the church can be a more inclusive community that offers healing, hope and compassion

## Session themes

- Sexuality and the Life of the Church
- Embodiment
- Early Sexual Learning
- Moral Agency and Decision-Making
- Intimacy and Loneliness
- Male and Female Sexuality
- Identity, Wholeness and Health
- Personal and Corporate Crises of Sexual Violence
- Public Policy and Advocacy Concerns
- Where Do We Go From Here?

Sexuality is a gift from God; however it is also capable of misuse, injustice, exploitation, abuse and suffering. Our sexual socialization has many times been surrounded by misinformation, fear, and guilt. Now, more than ever before, there is a need to provide sexuality education to our children, youth and adults, in ways that will be life affirming, and perhaps life saving.

# Book Resources



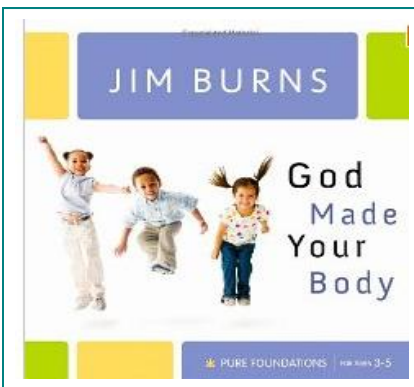
## **Teaching Your Children Healthy Sexuality: A Biblical Approach to Prepare them for Life**

Jim Burns

Bethany House Publishers (June 1, 2008)

It's not just the birds and the bees anymore. You may have been eleven once, but you were never their age. Thanks to the Internet, graphic images in the media, and their "know-it-all" friends, kids today grow up earlier than ever. They have questions, and as a parent, your responsibility is to clear up the mixed messages and lead them to a healthy, value-centered view of sexuality. Sure, conversations with your kids about sex and their changing bodies can be uncomfortable but they don't have to be. Jim Burns gives expert advice on how and when to talk with your children, and he provides answers to the most difficult questions your kids and teens might ask, like: How far is too far? If you do "everything but sex," are you still a virgin? Is self-stimulation wrong? I think I'm addicted to porn. What can I do to get help? Is a boy/girl sleepover okay if there's a chaperone? The world's culture may have cheapened sex, but God's view of sexuality is wonderfully made. Talking

with your kids at a young age will help them make more godly decisions along the way, but they'll need conversation with you at every age. This is your opportunity to establish in them a lasting sexual integrity that will extend throughout their lives.



## **God Made Your Body**

Jim Burns

Bethany House Publishers (October 1, 2009)

Author Jim Burns believes the key to instilling in children a healthy, values centered view of sexuality is to start the discussion early--being open and honest at every stage. The Pure Foundations series is already guiding parents of preteens and teens through potentially awkward conversations. Now two fully illustrated books--one for pre-readers and one for early readers--complete the series.

*God Made Your Body* provides the basic foundation that God created our bodies and wants us to honor Him with our bodies. Through engaging text and eye-catching, kid-friendly illustrations, children ages 3 to 5 will learn that boys' and girls' bodies are different--and those differences mean boys and girls can grow up to become daddies and mommies.



## **Living Pure Inside Out**

Bill Hughes

Lifeway Press (2002)

In a world filled with pornography, sexual innuendo, and alternative lifestyles, how can a student hope to keep pure in body and mind? This new True Love Waits resource addresses that question head on. The message is so strong you won't just want to teach youth--you'll want to call parents to the same lifestyle. Featured session topics include: The Need for Purity; Things to Avoid and Consequences if You Don't; Pornography; Grace and the Power to Overcome Temptation; and Helpful Ways to Stay Pure.

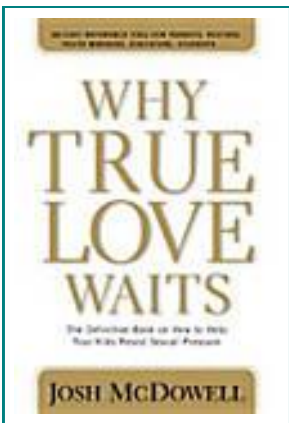




## When True Love Doesn't Wait (True Love Waits)

Tony Rankin and Richard Ross, Authors  
LifeWay Press (1998)

How do you help the teenagers in your youth group who are desperately seeking forgiveness in the area of purity? This plain-cover booklet is the perfect counseling tool for every youth leader to have within reach. You'll be able to help a troubled teen address issues like: deciding whom to tell; getting a physical check-up; understanding guilt; experiencing forgiveness; deciding about the future of the relationship with the person with whom he or she has stumbled; responding in cases where a teen was forced to have sex; planning dates without intimacy; deciding about a fresh True Love Waits commitment (there's a commitment card inside the booklet); choosing a mentor and guide for this fresh commitment; and helping the person with whom he or she has stumbled. No doubt, this is a tough subject, but a stack of these booklets in your desk drawer will be a good place to start the healing.

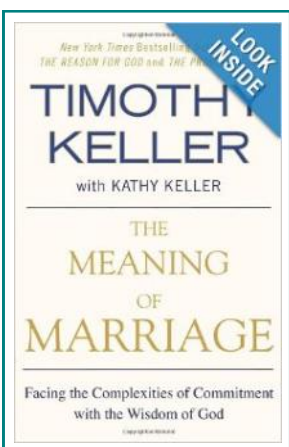


## Why True Love Waits

### The Definitive Book on How to Help Your Kids Resist Sexual Pressure

Josh McDowell and Bob Hostetler, Authors  
Tyndale House Publishers, Inc. (June 2002)

How can parents, youth workers, and teachers help teens resist the immense pressure to be sexually active before marriage? Josh McDowell's classic *Why Wait?* has been updated and revised in this new reference work to prepare adults with answers and a solution to kids' struggles to remain sexually pure in today's culture. *Why True Love Waits* equips readers with emotional, relational, physical, and spiritual reasons to share with young people to help them resist sexual pressure.



## The Meaning of Marriage:

### Facing the Complexities of Commitment with the Wisdom of God

by Timothy Keller (Author), Kathy Keller (Contributor)  
Riverhead Trade; Reprint edition (November 5, 2013)

Based on the acclaimed sermon series by *New York Times* bestselling author Timothy Keller, this book shows everyone—Christians, skeptics, singles, longtime married couples, and those about to be engaged—the vision of what marriage should be according to the Bible.

Modern culture would have you believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But these modern-day assumptions are wrong. Timothy Keller, with insights from Kathy, his wife of thirty-seven years, shows marriage to be a glorious relationship that is also misunderstood and mysterious. *The Meaning of Marriage* offers instruction on how to have a successful marriage, and is essential reading for anyone who wants to know God and love more deeply in this life.



# Circle of Grace

<http://dovesnest.net/circleofgrace>

**Circle of Grace** is a Christian safe environment curriculum that helps to form and educate children and youth about the value of positive relationships with God and others.

The *Circle of Grace* curriculum teaches children and youth how to **identify and maintain appropriate physical, emotional, spiritual and sexual boundaries; recognize when boundary violations are about to occur; and demonstrate how to take action when boundaries are threatened or violated.**

**Curriculum objectives:** Children/young people will be able to...

1. Understand they are created by God and live in God's love along with the love of Jesus and the Holy Spirit.
2. Describe the *Circle of Grace* which God gives each of us.
3. Identify and maintain appropriate physical, emotional, spiritual and sexual boundaries.
4. Identify all types of boundary violations.
5. Demonstrate how to take action if any boundary is threatened or violated.

Supplement your current Sunday School or school curriculum with *Circle of Grace*. Lessons are self-contained and grade-specific, with 1-4 age-appropriate lessons each year for children and youth in Kindergarten through 12th grade.

**The curriculum is available in English and Spanish.** The Curriculum Overview shows the concepts taught and the activities and exercises utilized. The curriculum is provided on CDs, including a training CD, and can be customized to your church or school.

## Circle of Grace for Mennonite Church USA Congregations

- A generous donation has made *Circle of Grace* available to Mennonite Church USA congregations and schools **free of charge** for 10 years, beginning July 2011.
- **Complete an on-line form to request your copy of *Circle of Grace*.**
- Congregations and schools are invited to make a \$20 contribution to offset distribution, training, and postage costs. Write check out to Dove's Nest and send to Carol Knieriem, 1313 Road N, York, NE 68467.
- In-person training is available (travel expenses requested).
- For more information or to request a training, contact Carol Knieriem by E-mail: [CircleofGrace@DovesNest.net](mailto:CircleofGrace@DovesNest.net).

## Dove's Nest: Faith Communities Keeping Children and Youth Safe

*Dove's Nest mission is to empower and equip faith communities to keep children and youth safe in their homes, churches, and communities. "Let the children come to me. Don't stop them! For the Kingdom of God belongs to those who are like these children." (Luke 18:16 NLT).*



<http://scclanc.org/wp-content/uploads/2013/03/safechurchsummary.pdf>

*Sexual  
Harass-*

**Samaritan Counseling Center *Safe Church*, child safety policy template, includes:**

- Reporting protocols for suspected abuse
- Guidelines for best child safety practices
- Legal requirements of staff and volunteers
- Procedures for *Safe Church*

*Verbal Abuse*

**Contact  
Lancaster  
Conference  
Office**

**Does your youth Sunday School  
program include a child safety  
curriculum addition?**

**Does your congregation function  
with a written child safety policy?**

*Neglect*

*Sexual Abuse*

**The *Circle of Grace* child safety curriculum provides:**

- Annual, 1-4 sessions, graded K-12, awareness content
- Access to a safe adult
- Vocabulary to understand all forms of abuse
- Free curriculum to Mennonite Church USA congregations

*Physical Abuse*



<http://www.dovesnest.net/circleofgrace>

## DOVE'S NEST RESOURCES

**Creating Child and Youth Protection Policies** <http://www.dovesnest.net/resources#PolicyResources>  
**Worship** <http://www.dovesnest.net/resources#Worship>  
**Curriculum** (child abuse and neglect; parenting) <http://www.dovesnest.net/resources#Curriculum>  
**Faith Denominational Statements and Guides** <http://www.dovesnest.net/resources#Denomination>  
**Speakers and Trainers** <http://www.dovesnest.net/resources#Speakers>  
**Organizations** <http://www.dovesnest.net/resources#Organizations>  
**Recommended Reading** (adult; children) <http://www.dovesnest.net/resources#Reading>

## CREATING CHILD AND YOUTH PROTECTION POLICIES

Hammar, Richard, & Liautaud, Marian. (2008). *Reducing the risk: Keeping your ministry safe from child sexual abuse* (3rd ed.). Christianity Today International.

Harder, J. (2010). *Let the children come: Preparing faith communities to end child abuse and neglect*. Scottdale, PA: Herald Press.

*Making our churches safe for all: An introduction to abuse prevention for local churches*. (2004). United Church of Christ (UCC) Insurance Board.

*Making your sanctuary safe: Resources for developing congregational abuse prevention policies*. (2007). Mennonite Central Committee.

McClintock, Karen A. (2004). *Preventing sexual abuse in congregations: A resource for leaders*. Herndon, VA: The Alban Institute.

Melton, Joy Thornburg. (2008). *Safe sanctuaries: Reducing the risk of abuse in the church for children and youth*. Discipleship Resources.

Patterson, John C. (2004). *Staff screening tool kit* (3rd ed.). Washington, DC: The Nonprofit Risk Management Center.

Patterson, John C., & Oliver, Barbara B. (2004). *The Season of Hope: A Risk Management Guide for Youth-Serving Nonprofits*. Washington, DC: The Nonprofit Risk Management Center.

## WORSHIP

Alston, Renee. (2004). *Stumbling toward faith*.  
Child Abuse Prevention Month Kit for Churches (April) 2013

Gehman Peachey, Linda. (2010, April 29). Prayer for the little ones. *Weekly prayer for peace*. Mennonite Church USA, Peace and Justice Support Network.

Goerzen, Peter. (2013). Bringing Jesus Home. Father's Day sermon, Grace Hill Mennonite Church

Harder, Jeanette. (2010, April 8). Let the children come. *Weekly prayer for peace*. Mennonite Church USA, Peace and Justice Support Network.

Holderread Heggan, Carolyn. (1993). Affirmation of faith.

McNeil, Rebecca Z. (2012). I know Jesus loves me (prayer).

Morely, Janet. (1993). All desires known. [4 short poems]

Munro, Joyce. (1993). A prayer in three parts. *Inspired by Isaiah*.

Munro, Joyce. (1993). Prayer for the smallest.

Orr, David. (2013). Darkness to Light, Child Abuse Prevention Month sermon, First Mennonite Church

Penner, Carol. (2009). God save the children.

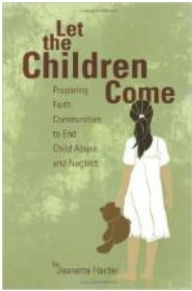
Penner, Carol. (n.d.). Prayer for children in need.

Penner, Carol. (n.d.). Prayers for survivors of abuse.

Prey-Harbaugh, Julie. (2004). A Lord's Supper liturgy for survivors of trauma: On sacramental healing. *Journal of Religion & Abuse*, 5, 29-49.



## CURRICULUM: Child Abuse and Neglect



### Let the children come: Preparing faith communities to end child abuse and neglect.

Jeanette Harder, Author, MennoMedia

The audience for this book is Christians who are concerned about the safety and wellbeing of children. Church educators will be able to use this book to lead an adult Sunday School class on the role of our faith communities in ending child abuse and neglect. Church denominations will want to use this book as they raise awareness and provide training on the prevention of child abuse and neglect.



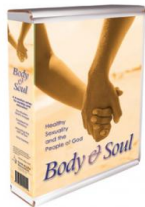
### Circle of Grace

The goal of the **Circle of Grace** program is to educate and empower children and youth to actively participate in a safe environment for themselves and others.



### Dealing with Abuse. Close to Home series (with study guide).

Child abuse is much more widespread than we'd like to admit. At least one in three girls and one in seven boys are sexually abused by the time they are 18. Physical, verbal, and emotional abuse is also far too common. This pamphlet speaks primarily to adults and teenagers who seek healing from the wounds of childhood abuse. It highlights the Bible's emphasis on God's passionate concern for the well-being of children.



### Body and Soul: Healthy Sexuality and the People of God. (Mennonite Publishing Network)

Worship resources. Curriculum for adults and youth. (More information on page \_\_\_\_.)



### For Families | [abuse.mcc.org](http://abuse.mcc.org)

**Parenting tools** · Safe homes · Prevention · For Church Leaders · Checklist of skills and tasks · Healthy boundaries · Professional safeguards · Teaching Biblical ... [abuse.mcc.org/prevention/families](http://abuse.mcc.org/prevention/families)



### Violence against women and children: A Christian Theological Sourcebook.

Adams, Carol, & Fortune, Marie M. New York: Continuum. (1995).

A hefty 500-page anthology of more than 30 academic articles examining sexual and domestic violence in the context of the Christian scriptures, tradition and teaching... [the [ anthology is for readers willing to encounter some controversial approaches on the way to a deeper understanding of a complex subject.



### Protecting the gift: Keeping children and teenagers safe (and parents sane)

De Becker, Gavin. (1999). New York, NY: Random House, Inc.

Safety skills for children outside the home. Warning signs of sexual abuse. How to screen baby-sitters and choose schools. Strategies for keeping teenagers safe from violence. All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. In this empowering book, Gavin de Becker, the nation's leading expert on predicting violent behavior and author of the monumental bestseller **The Gift of Fear**, offers practical new steps to enhance children's safety at every age level, giving you the tools you need to allow your kids freedom without losing sleep yourself. With daring and compassion, he shatters the widely held myths about danger and safety and helps parents find some certainty about life's highest-stakes questions.



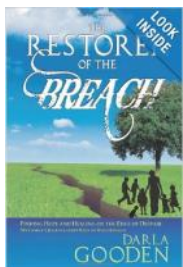
## CURRICULUM: Child Abuse and Neglect



### **Sexual violence: The sin revisited**

Fortune, Marie M. (2005). New York: The Pilgrim Press.

This is well-written and thoughtful book is a must-read for anyone who has ever known someone who has been the victim of domestic or sexual violence or has been a victimizer, as well as for anyone who is interested in how all of us live together. The author puts to rest some of the ludicrous ideas we have about forgiveness and closure. She rightly points out that they come with responsibilities and that too often we use them in our desire to move forward with our lives, while those who have been hurt are left to suffer and those who have done the hurting are allowed to move on, without acknowledging what they have done.



### **The Restorer of the Breach.**

Gooden, Darla. (2010). Bloomington, IN: AuthorHouse.

Based on actual events, Restorer of the Breach tells the heart-wrenching story of tragedy to triumph as one family deals with the pains and scars of pedophilia. Author Darla Gooden offers a life-altering account of the prey of a youth church worker that came into her family's life disguised as a man of God. The reader is thrust into an emotional frenzy of shock, hurt, pain, rage and even hatred. As the title suggests, God says that "I come to restore." Follow this family's journey to restoration and marvel at, while on the edge of despair, hope and healing were indeed found.



### **Child protection policies and practices in Mennonite Church USA congregations.**

Harder, Jeanette, & Haynie, K. (2012). Journal of Social Service Research, 38, 248-259.  
[www.mennoniteusa.org](http://www.mennoniteusa.org)



### **Naming abusive power among us**

Stutzman, Erwin. (2012). *Equipping*, Mennonite Church USA.



### **The Kindness of Strangers.**

Kittle, Katrina. (2005). New York, NY:

HarperCollins

A young widow raising two boys, Sarah Laden is struggling to keep her family together. But when a shocking revelation rips apart the family of her closest friend, Sarah finds herself welcoming yet another troubled young boy into her already tumultuous life. Jordan, a quiet, reclusive elementary school classmate of Sarah's son Danny, has survived a terrible ordeal. By agreeing to become Jordan's foster mother, Sarah will be forced to question the things she has long believed. And as the delicate threads that bind their family begin to unravel, all the Ladens will have to face difficult truths about themselves and one another—and discover the power of love necessary to forgive and to heal.



### **Safe Sanctuaries for Children and Youth: Reducing the Risk of Abuse in the Church**

Melton, Joy Thornburg. Nashville: Discipleship Resources, 2004.

The Only Resource of Its Kind. 2-best-sellers-in-1! 10th anniversary edition of Safe Sanctuaries for children and youth. Featuring updated and timely information about protecting young people from online predators.

## CURRICULUM: Child Abuse and Neglect

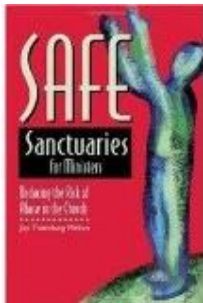
O'Neill, Erin M. O., Huckins, Stephanie, Gable, Jodi, & Harder, Jeanette. (2010). Prevention of Child Abuse and Neglect Through Church and Social Service Collaboration, *Social Work & Christianity*, 37, 381-406.



### **Understanding male violence: Pastoral care issues.**

Poling, James Newton. (2003). St. Louis, MO: Chalice Press.

Our society is experiencing an epidemic of violence against women and children. Perhaps as many as a quarter of all children and a third of all women are victims of male violence. Yet the church remains largely silent on this issue, often enabling the perpetrator to continue such violence and abuse. Few pastors and pastoral counselors are appropriately equipped to assist these victims and even fewer are prepared to deal with the perpetrators. For the past fifteen years, James Newton Poling has been the leading theologian and pastoral counselor dealing with issues of male violence, working with perpetrators and those recovering from the cycle of violence. In this book, he presents for the first time a full analysis of the problem of male violence and the range of strategies to respond to and prevent the violence. Poling proposes an understanding of male violence in the context of historical and social factors, including the complexities of racial and economic dynamics. He challenges us to hear the many silenced voices and to tell the truth about these painful issues. He grapples with the dilemma of forgiveness that often jeopardizes the most vulnerable members of our communities. Poling calls on the church to become involved through their practices and preaching in proclaiming the wrongness of abuse and violence and the need for justice, help, and care. Through sample sermons, worship services, and other resources for ministry, he encourages church to preach, worship, witness, and counsel in ways that heal the violence in our midst.



### **Safe Sanctuaries for Ministers: Reducing the Risk of Abuse in the Church.**

Melton, Joy Thornburg. Nashville: Discipleship Resources, 2009.

Melton understands the need to educate clergy concerning basics of ethical practice within their particular leadership role in the church. She also helps clergy become aware of the potential traps they face: isolation, improper self-care, and lack of accountability. SAFE SANCTUARIES FOR MINISTERS explores three large areas of special concern to clergy: counseling and the potential improprieties within the counseling relationship; finances and the potential improprieties related to church finance; sexuality and potential for sexual misconduct. Melton writes not only for clergy, but also those who work with pastors, such as Staff-Parish Relations Committees or Church Relations Committees.



### **The Little Match Girl**

Anderson, Hans Christian, & Gilmore, Jr., Stanley F. (2010)

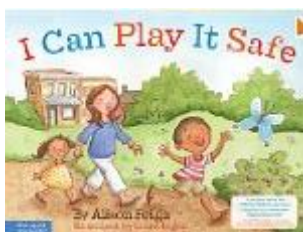
On the last night of December, a little girl huddles in the bitter cold, unable to go home until she has sold her bundle of matches. One by one, she lights the matches to keep warm, and, as each match lights, the girl's cold, grey world dissolves into visions of light and warmth, each more beautiful than the last. Isadora's luminous paintings tell this classic story of a valiant spirit set free at last.



### **The Bubble Wrap Queen.**

Cook, Julia. (2011). National Center for Youth Issues

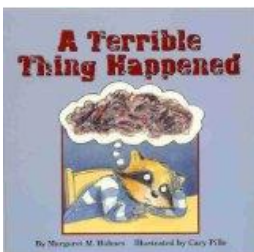
Pairing up bubble wrap with personal safety rules: Who would have thought? Injury prevention with children has taken a whole new twist! The Bubble Wrap Queen uses the BASICS (Be Aware and Safe in Common Situations) to creatively address playground safety, poison control, automobile safety, bicycle safety and more. Includes parent safety tips.



### **I Can Play it Safe**

Feigh, Alison (2008). Free Spirit Publishing

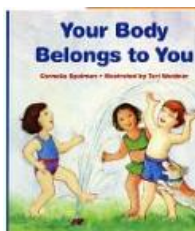
Here's help for all adults who want to talk to young children about personal safety. Written by an expert in child safety, this full-color picture book teaches kids (and helps adults reinforce) seven important rules to personal safety in a nonthreatening way. It covers topics like safe versus harmful secrets, safe versus harmful touches, and the importance of having a community of trusted adults to turn to for help. Emphasizing the "check-in" rule and teaching kids to trust their gut instincts, this book gives children the knowledge and confidence they need to make smart choices about their personal safety every day.



### **A Terrible Thing Happened**

Holmes, Margaret M. (2000). Magination Press

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sash a J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.



### **Your Body Belongs to You**

Spelman, Cornelia Maude (2000). Albert Whitman & Company

In simple, reassuring language, the author explains that a child's body is his or her own; that it is all right for kids to decline a friendly hug or kiss, even from someone they love; and that you can still be friends even if you don't want a hug now.



### **Little Bear Training Video**

<http://storesonline.com/site/917676/product/832-2>

*Little Bear* is the video adaptation of a play about sexual abuse prevention for children ages 4-11. Performed by Bridgework Theatre and produced by NEWIST/CESA 7, this non-threatening presentation uses animal characters to teach children ways to avoid being sexually abused and what to do if it happens. *Little Bear* speaks to young children with sights, sounds and language that they understand and remembers, and presents a variety of situations to help them apply prevention concepts to real life.



**Desert Stream Ministries** has many resources listed on their website, [desertstream.org](http://desertstream.org). Desert Stream Ministries provides Christ-centered help for those struggling with sexual and relational problems. Their help is founded on the biblical foundation of compassion, integrity, and dependence on God. They seek to convey Jesus, "full of grace and truth," (John 1:14) to broken ones by:

- Imparting healing to the sexually and relationally broken.
- Equipping the church to impart healing to the sexually and relationally broken.
- Training pastors and leaders to effectively minister to the broken, especially in the context of small groups.
- Developing small groups that apply to different needs.
- Proclaiming to the church and to the world the life-transforming power of Jesus Christ!



**Harvest USA** began in 1983, as an outreach ministry in Center City, Philadelphia to the homosexual community to provide hope in the Gospel of Jesus Christ. The ministry reached out to men and women who heard the gospel and desired to leave behind the gay lifestyle. Since then Harvest USA has expanded its outreach to include those who struggle with sexual sin issues of all types, such as pornography,

sexual addictions, etc. The ministry today works directly with men, women, youth and even entire families who have been impacted by these devastating issues. We remain committed to our vision statement: Proclaiming Christ as Lord to a Sexually Broken World.

Today, the larger mission of the ministry is to partner with and equip the church in bringing the power of the gospel of Jesus Christ to transform the lives of those affected by sexual sin. The church is called by God to be the primary community in which life-changing transformation happens. The church needs, perhaps more so than ever before in this culture of rampant sensuality and broken sexuality, to be a place where sin-struggling men and women—believers and non-believers—can find transforming hope in the grace of Jesus Christ. Our goal is to partner with local churches to help them address these issues, and equip men and women to step into the lives of those impacted by sexual sin and brokenness.

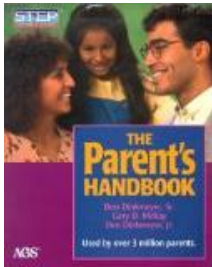
<http://www.harvestusa.org/>



Day Seven Ministries offers professional, confidential, Christian counseling to individuals, couples, adolescents, and families affected by sexual and relational brokenness issues. Each counselor at Day Seven Ministries is a committed Christian who is equipped to integrate the Christian faith with psychotherapy techniques. We approach counseling from a solid Biblical perspective,



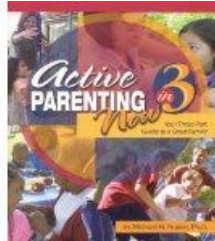
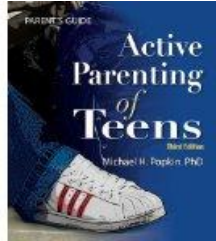
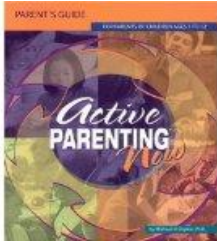
## CURRICULUM: Parenting



### The Parent's Handbook

STEP Publishers (August 1, 2007)

The STEP (Systematic Training for Effective Parenting) program has taught over two million parents more effective parenting techniques, encouraging mutual respect between parent and child, cooperation, responsibility, and self-reliance. The Parent's Handbook shows parents the best way to raise responsible children who will grow into responsible adults. Illustrations & charts.

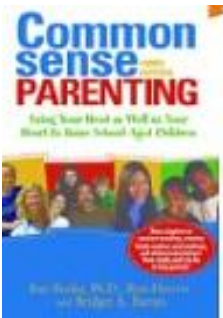


### Active Parenting Now:

- For Parents of Children Ages 5 to 12
- For parents of Teens
- Three Part Guide to a Great Family

Dr. Michael Popkin, Author  
Active Parenting

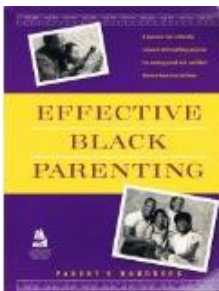
With this friendly and action-oriented guide, Dr. Michael Popkin reveals how you can improve your family life and make the job of parenting easier.



### Common Sense Parenting: Using Your Head as Well as Your Heart to Raise School-Aged Children

By Ray Burke, Ron Herron, and Bridget A. Barnes  
Boys Town Press, 3 edition (August 1, 2000)

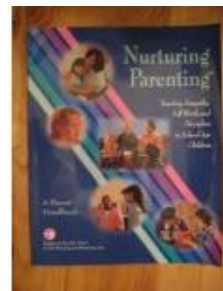
Here's a great guidebook for parents of children ages 6 to 16 facing a myriad of family challenges: a teen who's defiant; siblings who constantly bicker; a child having trouble in school, or parents and kids who occupy the same house but don't communicate or have fun together anymore. Common Sense Parenting provides parents with a menu of proven techniques that will aid them in building good family relationships, preventing and correcting misbehavior, using consequences to improve behavior, teaching self-control, and staying calm.



### Effective Black Parenting

By Dr. Kerby T. Alvy, CICC (1996)

A dynamic and culturally relevant skill-building handbook for raising proud and confident African American children.



### Nurturing Program for Parents and Children

by Stephen J. Bavolek  
Family Development Resources;  
4th edition (October 10, 1999)



### Parenting With Love And Logic

By Foster Cline and Jim Fay  
NavPress Publishing; Rev Upd Edition (April 19, 2006)

This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.



## FAITH DENOMINATIONAL STATEMENTS AND GUIDES

American Baptist Church, [Resolution Against Sexual Exploitation of Children](#)

The Anglican Church of Canada, [Sexual Misconduct Policy Applicable to National Staff and Volunteers](#)

Christian Reformed Church in North America, [Safe Church - Child Safety](#)

Church of the Brethren, [Child Protection](#)

Church of the Nazarene, [Child Safety Protection Guidelines](#)

The Episcopal Church, [Model Policies for the Protection of Children and Youth from Abuse](#)

[Evangelical Covenant Church Sexual Abuse](#)

Evangelical Lutheran Church of America, [An ELCA Strategy for Responding to Sexual Abuse in the Church](#) [Called to be a safe place](#)

Friends General Conference (of the Religious Society of Friends (Quaker))

The Independent Fundamental Churches of America, [Policy for Sex Offenders](#)

Lancaster Mennonite Conference, [The Church and Homosexuality](#)

Mennonite Brethren (Canadian Conference), [Executive Board Clarifies Position on Sexual Abuse](#)

Mennonite Church Canada, [Volunteer Screening for a Safe Church](#) [Volunteer Screening Policy and Procedures Manual](#)

Mennonite Church USA, [And No One Shall Make Them Afraid \(1997\)](#) [Resolution Against Interpersonal Abuse \(1992\)](#) [Resolution on Male Violence Against Women \(1993\)](#) [Denominational Ministry Packet on Sexual Misconduct \(2000\)](#)

Presbyterian Church USA, [Creating Safe Churches - Addressing Sexual Misconduct](#) [We Won't Let It Happen Here! Preventing Child Abuse in the Church](#)

## SPEAKERS AND TRAINERS

*(Discuss your speaking/training needs, and your ability to cover travel expenses and honorariums with the speaker/trainer)*

**Marlene Bogard**, Minister of Christian Nurture and Resource Library Director, Western District Conference of Mennonite Church USA

**Linda Gehman Peachey**, free-lance writer and teacher; member, East Chestnut St. Mennonite Church, Lancaster, PA

**Jeanette Harder**, PhD, University of Nebraska at Omaha, Grace Abbott School of Social Work; member, First Mennonite Church, Lincoln, NE

**Wendy Zimmerman**, (Leola, PA) Help for hurting wives; walks alongside women who suffer because of their husband's sexual sin. wzimmerman@frontiernet.net

## ORGANIZATIONS (BACKGROUND CHECKS)

United States Department of Justice, National Sex Offender Website: [www.nsopr.gov](http://www.nsopr.gov)

*This web site is provided by the U.S. Department of Justice to facilitate a free nationwide search for sex offenders*

Sex Offender: [www.stopitnow.org](http://www.stopitnow.org)

Criminal Searches: [voices.yahoo.com/criminalsearchescom-free-criminal](http://voices.yahoo.com/criminalsearchescom-free-criminal)

National Alert Registry: [www.nationalalertregistry.com](http://www.nationalalertregistry.com)

*Your report will include: High-resolution, customizable maps centered on the street address you input.*

Family Watch Dog: [www.familywatchdog.us](http://www.familywatchdog.us)

*Family Watchdog is a free service to help locate registered sex offenders in your area.*

## ORGANIZATIONS (FAITH-BASED)

**Blue Sunday:** (New Expressions in Child Abuse Prevention) [www.bluesunday.org](http://www.bluesunday.org)

*Churches taking time to pray for the victims of child abuse and those that rescue them. Blue Sunday can be any Sunday of your church's choice but National Blue Sunday will always be the last Sunday in April which is Child Abuse Prevention Month.*

**Circles of Support and Accountability:** [peace.fresno.edu/cosa](http://peace.fresno.edu/cosa)

*A prisoner reentry program that works with high risk sex offenders.*

**Faith Trust Institute:** [www.cpsdv.org/](http://www.cpsdv.org/)

*Collaboration to develop and promote resources from our faith traditions which promote safety, justice and healing and to address those which may present roadblocks to ending sexual and domestic violence.*

**Religion and Violence eLearning (RAVE):** [www.theraveproject.org/](http://www.theraveproject.org/)

*RAVE is an initiative that seeks to bring knowledge and social action together to assist families of faith impacted by abuse.*

**Stop It Now! Child Abuse Prevention for Faith Communities:** [www.stopitnow.org/](http://www.stopitnow.org/)

*Works at preventing the sexual abuse of children by helping adults, families and communities take actions that keep kids safe*

**Tamar's Voice:** [www.tamarsvoice.org](http://www.tamarsvoice.org)

*For victims of clergy sexual abuse.*

**VIRTUS Online:** [www.virtus.org/virtus/protecting\\_children.cfm](http://www.virtus.org/virtus/protecting_children.cfm)

*Program to assist the Church in being a safe haven for children and a messenger for preventing child sexual abuse within the Church and society in general.*

**Mennonite Central Committee:** [www.abuse.mcc.org](http://www.abuse.mcc.org)

## INSURANCE

**Brotherhood Mutual Insurance** <http://www.brotherhoodmutual.com/safety> library

**Church Mutual:** [www.churchmutual.com](http://www.churchmutual.com)

**Guide One:** <https://www.guideone.com/>

## OTHER ORGANIZATIONS

**Child Welfare Information Gateway:** [www.childwelfare.gov](http://www.childwelfare.gov)

*Connects child welfare and related professionals to comprehensive information and resources to help protect children .*

**Child Welfare League of America:** <https://www.cwla.org>

*The nations oldest and largest organization devoted entirely to the well-being of America's vulnerable children*

**Convention on the Rights of the Child from the United Nations:**

<http://www.ohchr.org/en/professionalinterest/pages/crc.aspx>

**Court Appointed Special Advocates (CASA):** [www.casaforchildren.org](http://www.casaforchildren.org)

*A national association in the United States that supports and promotes court-appointed advocates for abused or neglected children in order to provide children with a safe and healthy environment in permanent homes*

**Darkness to Light:** [www.d2l.org](http://www.d2l.org)

*Empowering people to prevent child sexual abuse.*

**FRIENDS, National Resource Center for Child Abuse Prevention:** [www.friendsnrc.org](http://www.friendsnrc.org)

*Provides training and technical assistance to Federally funded CBCAP Programs. This site serves as a resource to those programs and to the rest of the Child Abuse Prevention community.*

**Healthy Families America** ([www.healthyfamiliesamerica.org](http://www.healthyfamiliesamerica.org)) *A national program model designed to help expectant and new parents get their children off to a healthy start.*

**National Children's Alliance (Children's Advocacy Centers):** [www.nationalchildrensalliance.org](http://www.nationalchildrensalliance.org)

*An organization dedicated to helping local communities respond to allegations of child abuse*

**National Exchange Club Foundation:** [www.nationalexchangeclub.org](http://www.nationalexchangeclub.org)

*Exchange entered into a national agreement with Darkness to Light (D2L) in their shared effort directed toward the prevention of child abuse.*

**Prevent Child Abuse America:** [www.preventchildabuse.org](http://www.preventchildabuse.org)

*Works to ensure the healthy development of children nationwide.*

## BOOKS (ADULT)

- Abuse: Response and Prevention. A Guide for Church Leaders.* Mennonite Central Committee (MCC), 2008.
- Adams, Carol, & Fortune, Marie M. (1995). *Violence against women and children: A Christian theological sourcebook.* New York: Continuum.
- De Becker, Gavin. (1999). *Protecting the gift: Keeping children and teenagers safe (and parents sane).* New York, NY: Random House, Inc.
- Fortune, Marie M. (2005). *Sexual violence: The sin revisited.* New York: The Pilgrim Press.
- Gooden, Darla. (2010). *The restorer of the breach.* Bloomington, IN: AuthorHouse.
- Harder, Jeanette, & Haynie, K. (2012). Child protection policies and practices in Mennonite Church USA congregations. *Journal of Social Service Research*, 38, 248-259.
- Kittle, Katrina. (2005). *The kindness of strangers.* New York, NY: HarperCollins.
- Melton, Joy Thornburg. *Safe Sanctuaries for Children and Youth: Reducing the Risk of Abuse in the Church.* Nashville: Discipleship Resources, 2004.
- Melton, Joy Thornburg. *Safe Sanctuaries for Ministers: Reducing the Risk of Abuse in the Church.* Nashville: Discipleship Resources, 2009.
- O'Neill, Erin M. O., Huckins, Stephanie, Gable, Jodi, & Harder, Jeanette. (2010). Prevention of Child Abuse and Neglect Through Church and Social Service Collaboration, *Social Work & Christianity*, 37, 381-406.
- Poling, James Newton. (2003). *Understanding male violence: Pastoral care issues.* St. Louis, MO: Chalice Press.
- Presidential Proclamation for National Child Abuse Prevention Month (2010)
- Prey-Harbaugh, Julie. (2004). "A Lord's Supper liturgy for survivors of trauma: On sacramental healing," *Journal of Religion & Abuse* (5)4. This article discusses the specific aspects of the experience of trauma which relate to the ritual of communion and explores how those connections may hinder or further the healing journey of a survivor of trauma. Special attention is given to the needs of survivors of sexual abuse by members of the clergy. An example of a liturgy of the Lord's Supper from a Mennonite perspective that reflects awareness of the special needs of trauma survivors in Christian congregations is included. [[http://www.tandfonline.com/doi/abs/10.1300/J154v05n04\\_04#preview](http://www.tandfonline.com/doi/abs/10.1300/J154v05n04_04#preview)]
- Tim Keller, *Counterfeit Gods: the Empty Promises of Money, Sex, and Power and the Only Hope that Matters.* Harsh economic realities are casting new light on the pursuits of sex, money, and success for happiness: careers, fortunes, marriages, and retirement security have collapsed. Many feel lost, disenchanted, and resentful. Riverhead Trade; Reprint edition (October 4, 2011)
- Christopher West, *Fill These hearts- God, sex, and the Universal Longing.* The bestselling author, speaker, and teacher of John Paul II's Theology of the Body explores the yearning we all have for God and each other. Image (January 8, 2013)
- Christopher West, *Heaven's Song- Sexual Love As It was Meant To Be.* Journey with Christopher West into the hidden talks of John Paul II's Theology of the Body only recently discovered in the archives in Rome and find out why the Pope himself deemed them too delicate to be delivered in St. Peter's Square. What is it about music? Consider what happens when you chance upon your favorite song on the radio. What emotions does it stir? What season of your life does it zoom you back to? Ascension Press (September 30, 2008)

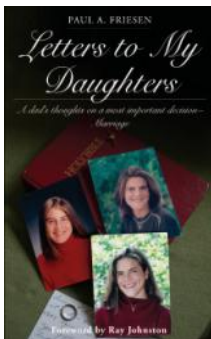
## BOOKS (ADULT)

Andrew Comiskey, *Naked Surrender—Coming Home to Our True Sexuality*, Jesus sees our bodies as our temples, houses where He wants to live. No matter what we've done sexually or what's been done to us, Jesus can reclaim us and make us His own: whole, restored, pure. IVP Books (August 2, 2010)

Gerald May, *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. Addiction and Grace offers an inspiring and hope-filled vision for those who desire to explore the mystery of who and what they really are. May examines the "processes of attachment" that lead to addiction and describes the relationship between addiction and spiritual awareness. He also details the various addictions from which we can suffer, not only to substances like alcohol and drugs, but to work, sex, performance, responsibility, and intimacy. HarperOne (January 9, 2007)

R. Albert Mohler Jr, *Deceit and Desire – the Real Cost of the New Sexual Tolerance*. Lifetime monogamy is passé. Pornography infiltrates nearly every home. Homosexuality is accepted. Lust has been redefined. The family as an institution is questioned. We are reminded every day that assumptions about what is right and wrong, sexually, are different today than they were fifty—or even ten—years ago. Christian principles that formed the pattern for generations of American families are conspicuously absent. What happened and why? How do we respond to the dramatic shift in our culture's perspective on sex? Multnomah Books (September 16, 2008)

## YOUNG ADULT RESOURCES



Friesen, Paul A. (2006) ***Letters to My Daughters: a dad's thoughts on a most important decision-marriage***. Home Improvement Ministries, Bedford, Mass. This book has something for everyone! It offers tremendous wisdom for teens and those in college (or anyone for that matter) before choosing a spouse. It is also a wonderful resource for men who want to be better fathers. Dr. Friesen carries forward the great tradition of the renowned author, Walter Trobisch. [www.HIMweb.org](http://www.HIMweb.org)

Friesen, Paul A. (2012) ***Letters to My Daughters Discussion Guide***. Home Improvement Ministries, Bedford, Mass. 8 week discussion guide available at [www.HIMweb.org](http://www.HIMweb.org)



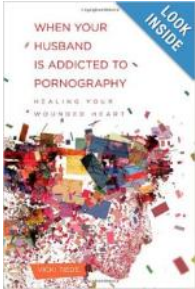
Friesen, Paul A. (2010) ***BEFORE You Save the Date: 21 questions to help you marry with confidence***. Home Improvement Ministries, Bedford, Mass. Dr. Friesen poses 21 questions dealing with Convictions, Character, Compatibility, and Chemistry to help couples confirm their decision to move toward marriage. This practical, lically-based book is easy to read, yet deep enough to be thought-provoking and useful in confirming one of life's most critical decisions.



Gresh, Dannah. (2004) ***And the Bride Wore White: Seven secrets to sexual purity***. Moody Publishers, Chicago. Dannah exposes Satan's lies about sex, gives a three-step plan to breaking off sinful relationships, provides compassionate guidelines for healing and lists seven secrets to sexual purity to apply to your life.



## WOMEN STRUGGLING TO COPE WITH HUSBAND'S ADDICTION

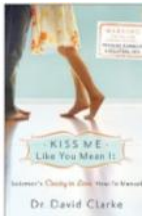


Tiede, Vickie. (2012). ***When Your Husband Is Addicted to Pornography: Healing your wounded heart***. New Growth Press, Greensboro, N.C. 27404 When your husband's addiction leaves you shattered, betrayed and alone, where do you turn? Who do you turn to? Vickie Tiede, writing from personal experience, gently guides women toward God and away from despair. Excellent resource for individuals or groups.

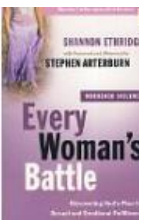


Laser, Mark & Debra. ***Shattered Vows***. [www.FaithfulandTrue.com](http://www.FaithfulandTrue.com)  
Infidelity doesn't have to ruin your life---or your marriage This sensitive guide provides practical tools to help you make wise and empowering decisions, emotional tools to develop greater intimacy in your life, and spiritual tools to transform your suffering. Debra Laaser's personal journey through betrayal, her extensive work with hundreds of hurting women, and her intimate marriage two decades after the disclosure of her husband's infidelity provide meaningful answers to the questions that arise amid the complex fallout of broken vows. The pain endured from sexual betrayal can break your heart, but does not need to break your life.

## BUILDING HEALTHY MARRIAGES



Clarke, Dr. David (2009). ***Kiss Me Like You Mean It: Solomon's "Crazy in Love" How-to Manual***. Revel Publishing, Grand Rapids, MI. Marriage therapist, Dr. Clarke shows you why the ardent exchanges and God-inspired, techniques of Solomon and Shulamith worked then- and still work today in solving problems, putting others first, having fun, flirting with your spouse and being more playful and sensual with the spouse God gave you.



Ethridge, Shannon, (2003). ***Every Woman's Battle: Discovering God's plan for sexual and emotional fulfillment***. Waterbrook Press, Colorado Springs, CO. A woman's sexual needs are far different from a man's and they may be more dangerous. The only way you as a woman can survive the intense struggle for sexual integrity is by guarding not just your body, but your mind and heart as well.



Feldhahn, Shaunti. (2004). ***For Women Only: what you need to know about the inner lives of men*** Multnomah, Sisters, OR. The truth about his inner life that he desperately wants you to know as demonstrated by research.

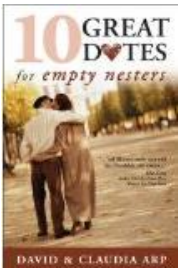


Feldhahn, Shaunti & Jeff. (2004). ***For Men Only: a straightforward guide to the inner lives of women***. Multnomah, Sisters, OR. *For Men Only* reveals what you can do today to improve your relationship and believe it or not, "it's not splitting the atom."



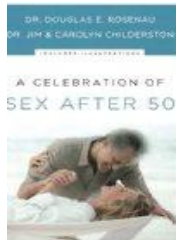
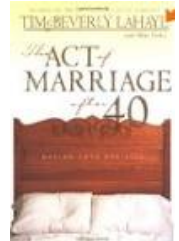
Laffoon, Jay & Laura. (2008). ***The Spark: Igniting the Passion, Mystery and Romance in Your Marriage***. Baker Books, Grand Rapids, MI. The authors tackle the biggest obstacles to intimacy in marriage with irresistible humor and godly wisdom. Discussion questions at the end of each chapter guide you toward positive action steps to ignite your marriage. Useful in groups or individual couples.

## MARRIAGE, MID-LIFE, AND BEYOND



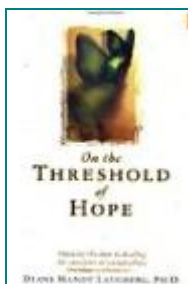
Arp, David & Claudia. **10 Great Dates for Empty Nesters:** CD series or book form, Zondervan, Grand Rapids, MI it's just the two of you and it's time to reconnect and celebrate with 10 great dates!

Lahaye, Tim & Beverly with Mike Yorkey: (2000). **The Act of Marriage after 40: Making love for life.** Zondervan, Grand Rapids, MI. Intimacy never goes out of style. Yes, lovemaking does change after 40, but it is still the most thrilling experience two married people of the opposite sex can experience on this earth! Practical, fun-to-read guide.



Rosenau, Dr. Doug, with Dr. James & Carol Childerston, (2004) **A Celebration of Sex after 50: A Guide to enjoying God's Gift of Sexual Intimacy.** Thomas Nelson Publishers, Answers specific, often unasked questions for the after 50 Christian couple. Presents detailed techniques and behavioral skills for developing sexual pleasure and intimate companionship and addresses other issues including the normal effects of aging as well as common medical problems and solutions.

## PAST/PRESENT SEXUAL ABUSE OF WOMEN



Langberg, Diane Mandt. (1999). **On the Threshold of Hope: Opening the door to healing for survivors of sexual abuse.** Tyndale House, Wheaton. Classic resource if you are a survivor of sexual abuse or if someone you love is a survivor – this book will open the door to deep healing. Very useful for individuals, or for use with a group.

### Dealing with Spouse Abuse

[MennoMedia.org)

The Christian community is a key partner with God in bringing wholeness to broken relationships. It is called to deal with violence, protect those who are hurt, and invite all people to live lives of love and peace. As we follow Christ, our broken selves can be made whole again. Damaged marriages can be healed. Even if marriages must end because of abuse or unfaithfulness, new beginnings are possible...



## WORSHIP RESOURCE: I KNOW JESUS LOVES ME

Jesus loves me, this I know-  
because I am cared for and loved, and I am treated with gentleness and kindness.

Jesus loves me, this I know-  
because I am decently clothed, and nutritiously fed, and because the adults who care for me see to it that I get good rest and good exercise and live in a home that's safe- where my health and my security are important.

Jesus loves me, this I know-  
because the adults in my life provide me with clear and age-appropriate expectations for my behavior and consistently and fairly help me grow to be a self-disciplined adult.

Jesus loves me, this I know-  
because the adults around me remind those who govern and those who lead to pay attention to the children who can't speak-up for themselves, but who frequently pay for the sins of their parents.

Jesus loves me, this I know-  
because the grown-ups around me encourage my curiosity, and read to me and ask me questions about what I am learning. They encourage me to do my best in school, and get me help when I don't understand something and take the time I need to really learn a subject and to succeed.

Jesus loves me, this I know-  
because when I make mistakes or do something stupid or have waaaaaay too much energy just when they are the most weary, they still have patience with me and they set me straight without putting me down.

Jesus loves me, this I know-  
because the people I love, love you, O God, and treat all of your creatures and all of your children and all of your creation with appreciation and awe.

Jesus loves me, this I know-  
because the adults in my life have introduced me to you, not only here on Sundays in worship and Sunday School, but in how they welcome me and care about me and about all the children of the world every day.

God of all Children,  
Thank you for the gift every child is to the world. Forgive us for every single time we have failed any of your children, ever, in whatever way.

Inspire us and guide us, strengthen us and fortify us

To be your protective, loving hands reaching out until every child everywhere has the opportunity to know by experience that YOU are LOVE.

Amen.

Rebecca Z. McNeil  
[http://www.dovesnest.net/files/I\\_Know\\_Jesus\\_Loves\\_Me-Prayer.pdf](http://www.dovesnest.net/files/I_Know_Jesus_Loves_Me-Prayer.pdf)

### Prayer for the Smallest

by Joyce Munro

Our gracious creative God,  
We hold up the most fragile ones among us now  
for your attention;  
We beseech for these your tenderest love and mercy,  
for they have suffered  
at the hands of those who fed and taught them  
and have fallen like sparrows in the grass.

Yet we, too,  
your eye on earth, Word made flesh,  
have committed many tragedies in their regard:  
We have required silence  
as their expression of peace,  
And when they have broken silence,  
too often we have moved to protect ourselves,  
sometimes even called their truths, lies.  
We have used them for our own gain,  
For we are tempted to power over the weak.  
We snatch away their innocence  
and heap on them shame that belongs to us.

These are our sins toward the weakest;  
We confess them  
and ask now for your healing touch  
on them and us.

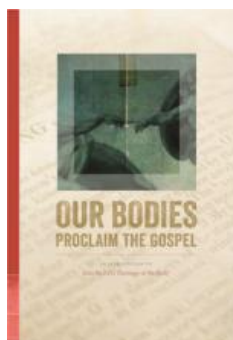
Let the smallest thrive  
In innocence and beauty;  
Feed them,  
Teach them clarifying anger,  
and restore them to their dignity.

Let us make the journey through  
the valley of our own shame and fragility,  
Let the weak show us the path,  
regardless of the immediate cost to our serenity.

Gracious creative God,  
Mother the smallest secret ones in each of us,  
until we can cherish them ourselves.  
Amen.

*From Sexual Abuse in Christian Homes and Churches*

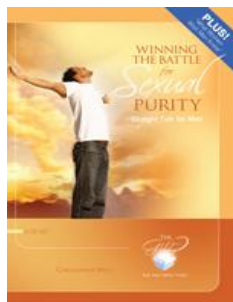
## CDs



### ***Our Bodies Proclaim the Gospel* (4 CD's), Christopher West**

The sexual revolution presented an enormous challenge to Christians. How are we to respond? Men and women across denominational lines are discovering the answer in the late John Paul II's *Theology of the Body*. This bold, biblical response to the sexual chaos of today's world is transforming lives, healing relationships, and saving marriages around the globe.

Join Christopher West, the world's most widely recognized teacher of the Theology of the Body, as he presents this life-changing vision of human life, love, and sexuality in a way that Christians of any background can understand.



### ***Winning the Battle for Sexual Purity* (3 CD's), Christopher West**

What is the truth of your desires? What does it mean to be a man the way that God has designed you? In this candid talk with men, Christopher addresses the struggles in the area of sexual purity and lust that many, if not most, men face on a regular basis. West explains how the devil takes what is most sacred and good and makes it profane through creating a distorted picture and offering it to the culture. This is why Satan particularly attacks woman: because in her bearing of new life she reveals the very mystery of God. Through the context of his own candid story and struggles in this area as a young man, West closes by offering a practical battle plan for not only avoiding lust, but actually experiencing a victory in viewing others purely. He shows how we can transform the view of woman as an object for selfish gratification to a deep and lasting view of woman as a glorious creation of God.

## RESOURCE SPEAKERS



**Dr. Paul & Dr. Virginia Friesen** – founders of Home Improvement Ministries, 209 Burlington Road, Suite 105, Bedford, Mass 01730 [www.HIMweb.org](http://www.HIMweb.org)



**John Freeman**, President of Harvest USA ([john@harvestusa.org](mailto:john@harvestusa.org))

**Ellen Dykas**, ministry with women struggling with sexual issues: ([ellen@harvestusa.org](mailto:ellen@harvestusa.org))

**David White**, coordinator of men's ministry at Harvest ([davew@harvestusa.org](mailto:davew@harvestusa.org))



**Arp, David & Claudia**, 329 Canterwood Lane, Great Falls, VA 22066 Phone 703-444-4505 [Arps@marriagealive.com](mailto:Arps@marriagealive.com) [www.marriagealive.com](http://www.marriagealive.com)

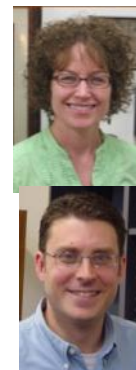


**Ron Voght**, Psychologist at Recovery of Hope, marital therapy, grief and trauma therapy, personality disorders, and integration of spiritual, emotional, and personal growth in the context of relationships. Dr. Vogt is a Certified Emotionally Focused Therapist and is passionate about supervising and assisting other therapists to learn and use Emotionally Focused Therapy. [<http://www.philhaven.org>]

### **Bruce and Ruthie Lengeman**

Bruce and Ruthie Lengeman have invested many years of their life in the people-helping business. Bruce has served as a church planter, youth pastor, senior pastor, professional counselor, business consultant, and writer. Bruce is a minister with the Hopewell Network of Churches. The Lengemans attend ACTS Covenant Fellowship.

[www.brucelengeman.com](http://www.brucelengeman.com)





## ***Healthy Sexuality Resources***

This “tool-kit” is under development by the Human Sexuality Task Force.



This is not an exhaustive list of resources available.

**If you have suggestions or ideas  
to include in this “tool kit”,**

please send your ideas with a brief description to

Joanne H. Dietzel,

Conference Coordinator at Lancaster Mennonite  
Conference ([jdietzel@lancasterconference.org](mailto:jdietzel@lancasterconference.org)).



**Lancaster**

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### ***Healthy Sexuality Task Force (2014)***

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