

GOODNEWS@ABC

OUR NEXT EVANGEL IS SET TO RELEASE LATE JUNE



STRATEGIC LEADERSHIP (INTENSIVE)

JUNE 3 - JUNE 5

COVID-19 has created some new challenges for our time. A church, or other non-profit organization, needs a short-term strategic plan that can be changed on the fly. This is more important than ever.

ABC's course in strategic leadership is about getting the right things done. This course explores the strategic posture leaders need to build efficient and effective organizations or ministries. An important outcome of the course is that leaders will plan, write, implement, and evaluate a strategic plan for themselves and their organization.

Dr. Stan Helton, ABC's President, facilitates this course and brings his experience as a turn-around leader in churches and other organizations to the conversation. The weekend-format provides tactical time to navigate key topics that impact all organizations.

Contact the Enrollment Office at 403.282.2994 or check out our website to find out more information about how to register for this course.

<https://www.abccampus.ca/start-your-abc-journey-here/>

UPCOMING PACE COURSES:

MAY 18 - JUNE 22 (Register by May 11)

- B3286 Introduction to Paul
- B3326 Theology of Church and Ministry
- B3327 Theology of Care
- G3217 History of Christianity II
- P3535 Counselling Theory
- P4555 Family & Marriage Counselling

JUNE 3 - 5 (Register by May 20)

- P4335 Strategic Leadership (Intensive)

JULY 27 - AUG 31 (Register by July 20)

- B3115 Old Testament Literature
- G4525 Christian Ethics



Overview of ABC Graduation (2020 and 2021)

By Kim Salcedo (Enrolment Coordinator)

Last Sunday, April 25, 2021 at Bow Valley Christian Church, Alberta Bible College celebrated the 2020 and 2021 graduates' well-deserved achievements. The pandemic could not stop the graduates from commemorating their accomplishment from their years of studies. Fifteen out of the possible thirty-two graduates were able to be present and walk the stage. Fifteen staff and volunteers helped oversee the event. Despite the absence of family and friends of the graduates, the commencement ceremony was broadcasted on ABC's YouTube channel. We celebrated these kingdom-builders as they have been equipped for effective service and witness for Christ. To all the graduates, congratulations.

Stay tune for more Graduation scoops and news in the upcoming Evangel.



Grab Some ABC Swag

ABC hoodies and masks are available for purchase now. Our hoodies come in six colours (red, black, ash, navy, purple, army green) and several sizes (Small, Medium, Large, XL, 2XL, and 3XL) while the masks come in black. Email admissions@abccampus.ca or call 403.282.2994 to order.



S-XL = \$40
2XL-3XL = \$45

Stan & Pat Helton, Calgary, Alberta



Masks are \$10 each
3 for \$21

Librarianship

By Marissa Moore (Librarian)

Marissa Moore is the Librarian and Assessment Officer for ABC. Recently relocated from the sunny Okanagan to get married, she loves filing, report writing, and meetings (no, this isn't a joke). In her spare time she loves to play games (both board and video), watch superhero cartoons, and, before the pandemic, hit people with foam swords.

At least, that's the speed summary I tend to give people about my life. Let's look a little deeper, shall we?

I grew up moving endlessly back and forth between the provinces of Alberta and BC before finally settling in the Okanagan during high school because of my parents' divorce. Due to my nature (see 'loves reports', etc.), I did very well in high school and after that went straight on to university. I decided to focus on what I loved so I majored in Biology and Creative Writing before setting off to get my Master's in Library Sciences to break the glass ceiling of my career.

You might be thinking, "Library Sciences? You haven't mentioned libraries yet!" Well, no, but only because libraries have been such a huge part of my life that it can be hard to capture the "whole" story in a shortened version. As a child from a low income household, I remember the magic of bringing stacks of twenty books home with me to read over a week before getting another batch the next week. I couldn't believe this privilege was free! My goal was to read every book in my school library, a goal I actually attempted twice to achieve.

I started officially working at my local public library at the age of fifteen as a page, putting away books. Throughout university I continued to rise through the library ranks. I have worked as a Circulation Assistant, checking out books; an Assistant Community Librarian, creating displays and doing children's story time, and processing books on the back end to make them ready for the branches; and, a Supervisor, leading the entire circulation team. But that was where I hit that previously mentioned glass ceiling. So, I went to Western University in London, Ontario after taking a leave from my job, to pursue my master's degree.



Since then I have had the privilege of getting into the really nitty gritty workings of a public library, from organizing events, to running tech help classes, to acting as branch head in the two of the largest downtown branches in the Okanagan. I had many responsibilities, ranging from clearing away needles found in our washrooms and ushering out unruly patrons to my personal favorite of hosting a comic convention in the library. I have loved every new experience that came my way.

For me, libraries were where my personal inclinations towards organization and my beliefs aligned. It really mattered to me that libraries were there for everyone, regardless of social standing or class. Working at downtown branches, I met people who did not have a home to call their own, and the library allowed me to learn about their stories and see their ups and downs. I felt it was my calling to ensure everyone I interacted with walked away with a smile, whether patrons or colleagues. This outlook filled my days with joy.

I will never be the outgoing, hospitality centric person that makes small talk or friends easily. I am not a natural teacher, or a preacher, and I do not have many other giftings that are highlighted by society. But in libraries, I have found my place where I can serve others, and serve them well, in an environment that suits my natural inclinations. And I am grateful to work at ABC where I can share with others my passion for libraries, organization, resources, and learning!



Connections: Mind, Emotions, and Behaviours

By Shannon Gugyel (Student Development Chaplain)

I have spent several years contemplating the distinct gift of connection and connectedness from both spiritual and psychotherapeutic perspectives. I am convinced that God wired humanity, and the rest of His creation, for interrelatedness and interdependence. Community, relationship, union, and belonging. These are elements which stir a deep cry within each human, igniting intrinsic yearnings we have to be seen, heard, understood, and accepted. Body, soul, and spirit, holistically and intricately interlaced, equip us to function as peculiar and specialized carriers of Christ on earth. Neither the angels nor the animals were given this charge. Only those ones made in the image of the Trinity were.

In my opinion, mental health is acutely intertwined into the fabric of our identity as God's people, and references to the mind, emotions, and behaviours are found throughout Scripture. Unraveling how God designed everything—ALL THINGS—to connect with Jesus (Col 1:16) is a task for the theologians. In this piece, I attend to the value our Father assigned to the mind-emotion-behaviour connection in terms of mental health.

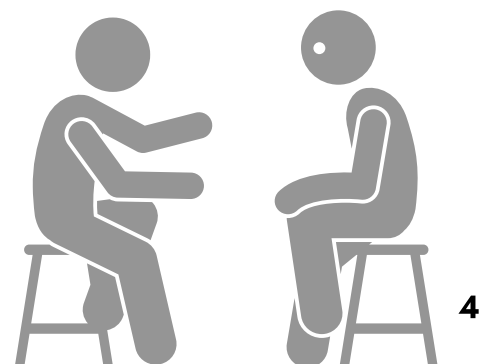
A global pandemic has challenged our previous considerations regarding what connection truly means. As Jesus-lovers, we have had to evaluate our value systems and priorities since COVID-19 invaded our spheres. Internet connections dramatically increased in worth and demand as work-from-home, church-from-home, online studies, and online shopping necessitated increasing bandwidth. Within three months physical distancing replaced social distancing as a less emotionally charged term. Social distancing implied isolation and restricted human contact associated with negative human transactional interchanges. For many, physical restrictions equated to no hugging or high-fiving which was cognitively manageable; but social restrictions meant no personal, human, intimate contact. Period. This applied unique pressure to people created for community and connection. And touch. Researchers are exploring the ramifications of pandemic restrictions on mental well-being around the world, and they will study this phenomenon for decades to come.

Mental health and wellness are not simply about the absence of illness or the minimization of a negative impact on our emotions. In cognitive behavioural therapy (CBT), what we think matters because those thoughts instigate emotions, which manifest behaviours. Our minds need to be renewed so we can be constantly connected and reconnected to the mind of Christ (Rom 12:2; Phil 2:5).



We experience multiple emotions daily, sometimes various feelings within the same ten minutes (just read the Psalms). Therefore, we require continual reengagement with Jesus's heart to help us recalibrate our affect. If you are struggling with a behavioural issue, try examining the emotion you experienced directly before the behaviour manifested. Then reflect on the thought you had right before the emotion erupted. This is a good awareness exercise to increase mindfulness of your thoughts and to help you identify your emotions. Recognizing the strategic connectedness is crucial for making changes.

If you need support navigating mental health and wellness, please reach out and we will connect you with someone to walk alongside you. You are not alone. sgugyel@abccampus.ca



Maureen Normand's Testimony, presented in Chapel as part of the Communications Theory Course



God has been chasing me most of my adult life, or so it seems. He has been trying to get my attention for decades. Who is this Jesus guy anyway? I either have not been listening, or have been preoccupied with mental anguish, a fear of abandonment, self-hatred, divorce, a selfish ego, and looking for love in all the wrong places. Interesting and challenging.

God has been chasing me my whole life. Mom never smiled, except when she was drunk. Dad was abusive when drunk, which was more often than not. Needless to say, my formative years were dysfunctional; I was always in survival mode. Every woman, I am sure, can understand the longing for an emotional bond and meaningful relationship with our mom. My mother was emotionally distant and unavailable to me, causing deep emotional wounds in my heart and my soul. This led to depression, anxiety, suicidal ideation, control issues, manipulative behaviour, and confusion between sex and love. I found myself in and out of psychiatric units, hating who I was, searching for elusive happiness and fulfillment. I clung to whomever looked my way, healthy or not. I was reckless and foolish.

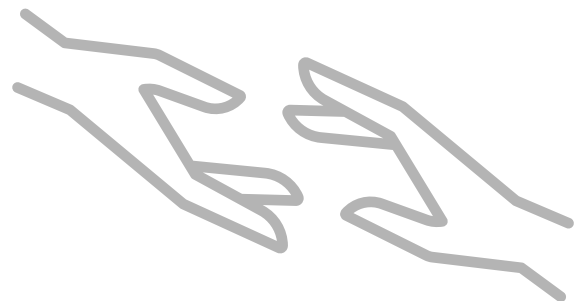
God is still chasing me. He keeps showing up in the most unexpected places. In 2011, Wendell, my brother-in-Christ, introduced me to Jesus for the first time. A battle ensued as I struggled to give up control of my life to a Saviour. The journey of surrender to Christ in worship resulted in total and complete despair, over and over and over again. It is often when a person has hit bottom that they come to Christ, but my introduction to the Lord was unconventional. There was no explosion, just a simple prayer. But God hears our prayers, right? Still broken and needing to be in control, I had not been listening to God's call on my life. There was a work to be done in my heart. I was extremely stubborn. I needed to learn to trust. It had always been my way or the highway. But God changed my status from hopeless to a work in progress.

In Freedom Session, 2011, I received a lot of healing prayer and did a lot of weeping. My biggest fear was having Mom die before I could forgive her for the abuse, neglect, violence, and abandonment when I was 13.

Mom passed away December 2, 2012. I chose to deliver her eulogy. I forgave Mom on that cold and bitter day in December. It was the most difficult day of my life. I, in fact, asked her to forgive me, as I was an absent daughter, and kept my children from seeing their grandma. Her drunken stupor had always left an air of shame over my soul. Not anymore. I now understood her story as I told mine.

God is still chasing me. Forgiving Mom changed me. I felt lighter and started to see through the pain. The way was clearer. I have since learned that a solid foundation of love and trust, what my Mom and Dad were incapable of giving, I now get from my Lord and Saviour, Jesus Christ. It has been a long and difficult journey, but a necessary one for my growth, maturity, self-love, and for becoming the God-centered woman he created me to be. Growing pains do exist, but we must rejoice, for grace is available to us in abundance. We need only ask.

God is done chasing me and I am done running. I surrender daily now. It is an act of faith, devotion, and worship. I love Jesus because he first loved me (1 John 4:19).



How We Got the New Testament: Presentation by Dr. Helton

**MAY 30, 2021 HELD AT
4P ATLANTIC, 3P EASTERN,
2P CENTRAL, 1P MOUNTAIN TIME**

Have you ever wondered how a letter like Romans came to be in our New Testament? This presentation follows the path of one of Paul's letters from scribe, to the letter-carrier who was the first interpreter, to recipients & believers, to scribes & monks... all the way to us!

Learn more at www.canadadisciples.org

