Dear MTW Leaders and Missionaries,

In the words of Paul, “Grace and peace to your from God our Father and the Lord Jesus Christ.”

I pray this finds you well, and on behalf of the MTW Global Member Care Network, I want to express thanks for all that you do to see the Kingdom of God extended to the ends of the earth. In a very real sense, those who have a specific role description to do member care in your area appreciate that they are in partnership with you as you care for one another.

Over the last year, our global network has been talking about self-care as a topic of importance in helping our missionaries remain healthy, effective and resilient. It is broadly agreed in member care circles that self-care is the foundation of member care. In fact, we recognize that member care, as a ministry among the missionaries, must build on self-care in order to be helpful.

To that end, we are advocating that every Leader, and every missionary has a self-care plan.

The annual review template that is just now coming out contains the questions: “Do you have a self-care plan?”; “How is it working for you?”; and “Is there anything we can do to help?”

As you do your annual reviews, we ask that you take advantage of that opportunity to think more proactively and concretely about a developing a self-care plan.

Attached, please find three models of self-care assessments. The first is an assessment offered by MTW Asia Pacific Member Care, a more brief and self-directed exercise. The second, is an assessment that was assembled by a cross-section committee of MTW missionaries, and you might find this one more thorough and directive. Last, there is an industry standard self-care assessment that provides a numeric evaluation which some people will find very helpful. Feel free to pick the one that works for you!

We realize that people will respond differently to this kind of assessment, and for this reason we are offering different models. The Asia/Pacific model has already been piloted and has received good feedback from the missionaries. The point is, we hope that everyone will use one of these, and will put some effort into creating and working a self-care plan. A person’s plan may require additional information or resources, and both the field member care networks as well at the Atlanta member care team, stand ready to help.

These tools will also be mailed out to all the missionaries directly. We are hoping that the idea of having a self-care plan will become part of the culture of MTW.

On behalf of the MTW Global Member Care Leadership Team, thank you.

Brian Deringer

Director, Member Care and Development ATL