



FEBRUARY 2020

RESILIENCE FROM TRAUMA AS LIFE IN THE KINGDOM

Prayer

- For those who participated in the Trauma Healing and Resilience workshops – that as they continue on their personal healing journeys, they will also lead others to begin journeys of healing.
- That our continued presence alongside our national colleagues would reflect God's Kingdom come in the midst of suffering and uncertainty.
- For continued wisdom to allocate limited resources to meet the needs and relieve suffering.

Praise

- For the dedication of national colleagues who serve endless hours in order that many who are traumatized by the civil conflict can experience healing and move forward with resilience.
- For the generosity of donors to the [Cameroon Crisis Relief Fund](#).
- That though far from home and parents, both our girls are surrounded by supportive friends and community at their respective schools – Ysabelle at Trinity Western U. in British Columbia, and Elianna at Rain Forest International School in Yaoundé, Cameroon.

"God has made us what we are, and in our union with Christ Jesus he has created us for a life of good deeds, which he has already prepared for us."

Ephesians 2:10 GNV

One of the many ministry opportunities that has come as a result of the on-going conflict in Cameroon is guiding people through healing from trauma. Over the past three years, countless people, both young and old, have lost property and livelihood, been wounded or witnessed loved ones being killed, and experienced betrayal from individuals they once trusted.

In response to all this psychological trauma and pain, the church is responding by providing counseling and training. By partnering with various organizations that specialize in trauma healing, we are able to equip community and church leaders to bring hope of healing, forgiveness, and renewal.

In January, through funding from the [Cameroon Crisis Relief Fund](#), we were able to facilitate two



Trauma Healing Workshop for Children's Workers

one-week Trauma Healing and Resilience Workshops. One was focused on training those who work specifically with children. The other was for those ministering to adults.



NORTH AMERICAN BAPTISTS, INC.



Some topics covered were:

- Understanding Trauma
- Grief, Loss, and Mourning
- Anger
- Post-traumatic stress disorders
- Psychosocial First Aid and Resilience
- Self-Care



Children's Trauma Healing Club

In both workshops, participants expressed gratitude that they had the opportunity to first begin their own trauma healing journey before learning how to guide others to healing. Within a week of the workshops, some participants had already started children's trauma resilience clubs in their villages. Even in the midst of civil unrest and war, the Kingdom of God can be found through the love and compassion of God's people.

During the first few days of January we were able to retreat with all the expatriate missionaries who serve under the Cameroon Baptist Convention. This body is known as the Cooperating Missionary Fellowship (CMF). Historically, we have met

annually for a time of fellowship and teaching. Due to the civil conflict, we were not able to meet last year. By changing the venue this year, all but two couples and one family were able to participate. Kerry Bender, NAB VP of International Missions, came to lead us in sessions under the theme, *Further Up and Further In: Life in the Kingdom*. He led us through various parable that Jesus taught to remind us that living life according to God's Kingdom values is not only very opposite to earthly kingdom values, but also enables us to live with joy in the midst of chaotic earthly kingdoms.



Crisis Relief and the On-Going Conflict

Our NAB ***Cameroon Crisis Relief Fund*** continues to assist with meeting needs of the wounded, internally displaced, prisoners, school children, and those being traumatized by the conflict. As the conflict continues, the number of injured, displaced, and traumatized people increases daily.

GIVE TO CAMEROON CRISIS RELIF FUND

Calvin & Susanne Hohn

PO BOX 1, BAMENDA, NW REGION, REPUBLIC OF CAMEROON

calandsusie.hohn@gmail.com | chohn@nabconf.org | nabonmission.org