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October 2022

I feel it, and I'm sure you do as well. Life just seems busier than ever, and the perplexing situations keep coming in waves. Moments of intense suffering seem to never end. Often, we choose not to share our pain because other's problems seem to be much worse than ours and we don't want to add to their busy schedule. However, this is not Jesus' attitude, nor should it be ours when we are weak or when others need our encouragement. Has anyone suffered more than Jesus Christ? No, yet the pain of the cross is not meant to cause us to stifle the hurt because His suffering was greater than ours. The purpose of Christ coming to earth was so that He could identify with us and help us in our suffering.

"For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need." (Hebrews 4:15–16)

Jesus says, "I understand you. Come close to me with full assurance, and I will help you." Run to Him now, hurting saint. And may we all be as approachable as Jesus when those around us are in pain. Christ calls us to come into His presence where we are fully known and fully loved.

Over the last two months through virtual counseling with missionaries overseas, in person counseling here in Charleston, as well as two personal counseling intensives with missionary families, we have seen suffering up close. What a joy it is to enter into a difficult situation with God's servants and, like Paul, experience together the sufficiency of God's sustaining grace so that we can continue serving. God is truly glorified in this! (2 Cor. 12:9-10)



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Thank you to all who prayed and help fund our Selah Refresh Retreat. It was such an encouragement for all who attended, including myself! I have never experienced such openness and transparency among a group of pastors and missionaries as I did that weekend. According to the men who attended, the highlights were the counseling case studies, learning how to address specific issues with Scripture, the guided prayer times in small groups, and the format that gave opportunities to meet and build relationships with other pastors. It truly was a unique time of examination and encouragement! Next year, the Refresh Retreat will be for men and women so please save this date on your calendar: November 9-11, 2023. More details to follow at the beginning of next year.

Prayer Requests: In October, we will be serving in a Family Conference at Liberty Baptist Church in Toledo, Ohio. Our families are under attack, but God's Word provides clear guidance to navigate through the complex issues. In November, we will have the privilege to travel to the Dominican Republic and preach a Bible Conference for missionaries Erik and Holly Johnson. They have also organized a special event to encourage missionaries serving in the DR from various mission agencies, so please pray for wisdom as we seek to encourage these dear servants of God.

I bring before you again the wonderful opportunity that the Lord has placed before us to purchase a home base for Selah. (If you have not yet had a chance to see the video of the property, please scan or click on the QR code to view it.) With the purchase of this property, we will be able to expand our ability for in person counseling and be able to hire more counselors as the Lord provides the funds. To date, through the generosity of both churches and individuals, \$246,000 has been given or promised. What an amazing start! Several have shared with us that their end of year giving will be toward this project. Though our target date is the first of November, our board of directors has voted to proceed with purchasing the property if we raise half of the purchase price. So please consider Selah International for your end of year giving. Our hearts are filled with gratitude for every single gift, as it represents a heart that is burdened for our ministry leaders to be strong and encouraged and for the gospel to continue to be spread around the world. We love and appreciate all of you!

Only by His Grace, Chris and Dawn