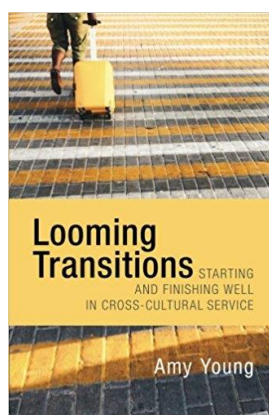
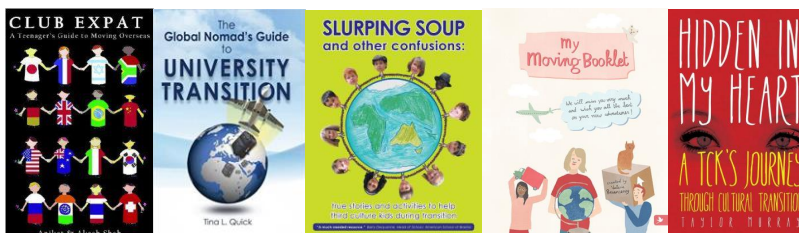


RESOURCE LIST

Caring for Missionaries in Transition

Compiled by Heidi Tunberg
ReachGlobal, Minneapolis, MN

BOOKS FOR YOU AS MISSIONARY CAREGIVERS AND FRIENDS



Looming Transitions: Starting and Finishing Well in Cross-Cultural Service Paperback – December 17, 2015

by [Amy Young](#)

When you go abroad to serve, you're thinking about the language, the losses, and the excitement. When you return home you're thinking about your friends and family, the losses, and the relief. Most aren't thinking about the process of transition—and yet if you do, it can make the difference between a smooth entry and re-entry, or a decidedly bumpy landing. Veteran of serving abroad Amy Young is the perfect companion to guide you through the much-neglected process of transitions. Practical in nature, *Looming Transitions* places a strong emphasis on • Keeping your soul fertile as you stay grounded in Christ • Looking for the lighter moments • Learning about yourself • Helping others • Making lists • Leaning into grief as you prepare for your transition

BOOKS FOR YOUR MISSIONARIES

MOVING OVERSEAS

Families on the Move: Growing up overseas and loving it! – by Marion Knell (2001). Grand Rapids, MI: Monarch.

This book focuses on how to make moving overseas with children a positive experience for everybody. The primary focus of the book is on understanding how living overseas affects your children. It addresses pre-field preparation, transition, establishing yourselves overseas, educational decisions, and re-entry issues. The book is written from a Christian perspective.

The Art of Crossing Cultures – by Craig Storti (1990) Yarmouth, ME: Intercultural Press.

The author gives an analysis of the personal challenges encountered when moving cross-culturally. Weaving literary quotations and insights into his discussion, Storti examines the process of adapting to the differences one encounters in a new culture. This book, while more technical and theoretical than some of the others listed, is a classic on this subject.

RETURNING TO THE U.S. (RE-ENTRY)

Burn-up or Splash-Down: Surviving the culture shock of re-entry - by Marion Knell (2006) Atlanta: Authentic.

This is the most current book on re-entry. While it does not specifically refer to missionaries (the broader term "expatriate" is used), it addresses the issues missionaries face upon returning to their home country. The book is divided into three parts – the first for expatriates, the second for their children (TCKs), and the third for those receiving them.

Re-entry: Making the Transition from Missions to Life at Home – by Peter Jordan (1992). Seattle: YWAM.

This practical book covers the re-entry process starting on the field. It talks about how to prepare and leave well, as well as how to adjust back in North America. It also offers lots of ideas on smoothing the transition for adults and children.

Homeward Bound: A Spouse's Guide to Repatriation – by Robin Pascoe (2000). Vancouver: Expatriate Press.

Although this book is geared towards diplomatic corp or international business community wives, it offers some valuable insights for missionaries as well. It is the only book in this bibliography that focuses on women's perspectives on re-entry, and on how their experiences are similar to and different from their husbands'.

The Art of Coming Home. by Craig Storti (1997). Yarmouth, ME: Intercultural Press.

This book on returning to the home culture offers different perspectives than most others. It is again written for the broader expatriate world, not just for missionaries. After a look at the stages of re-entry, the author considers the particular needs of the employee, the spouse and the children, then discusses specific groups (peace corp, military, etc.). There is a good section on the returning missionary and missionary family.

BOOKS FOR YOUR MISSIONARIES' CHILDREN (MKS)

FOR UPPER ELEMENTARY AND TEENS



Arrivals, Departures and the Adventures In-Between Paperback – November 28, 2014

by [Christopher O'Shaughnessy](#)

"Often when loved ones return from humanitarian work, two worlds collide: the world of the returnee who may be overwhelmed and exhausted by the experience; and, the world of the receivers who missed them and want to share what their life has been like in their absence. This collision has the potential to create tension, unfulfilled expectations, and hurt feelings. "Receiving Them Well" is a practical guidebook full of 'tried and true' words of wisdom written by experienced humanitarian field workers to promote a culture and climate of understanding, support, and compassion so that everyone can grow together in grace and strengthen their relationship! Very Well Done!" - Tina S. Brookes, Ed.D, MSW, LCSW - The Academy-National Institute for Crisis Response Training (theacademy-nicrt.com)

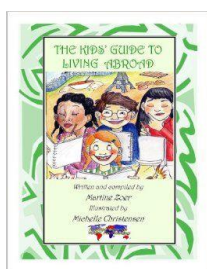
"How can you better relate and therefore love your friend or family member who has been living, working, serving overseas? Take the time to read "Receiving Them Well" and you will be much better equipped on how

to show love, grace and understanding. For those of you returning from an overseas experience, read this book, you will learn that many of your feelings and emotions are to be expected, you are not alone. This book will equip all to not only be gentle with the other but also yourself." - Roger Sandberg - Medical Teams International, Vice President of Field Operations



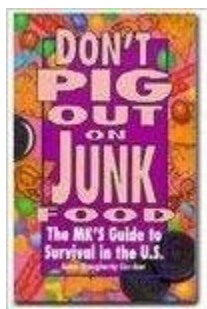
Club Expat: A Teenager's Guide to Moving Overseas – by Aniket & Akash Shah (2005). Indianapolis: Dog Ear.

Written by brothers who grew up as third-culture kids in various countries, this book is written to and for teens moving overseas. It addresses moving, school/education issues, culture shock, life overseas, and re-entry. Since it was written by non-MKs, it gives very little attention to MK schools or boarding schools, and some of the topics it covers are more applicable to TCKs from diplomatic or business families (who are usually in a higher socio-economic class than missionary families). Nevertheless, it is the only book of its kind, and much of it is relevant to MKs, especially to those who will be living in cities with an established international/expatriate community.



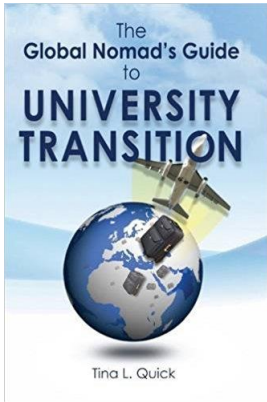
The Kids' Guide to Living Abroad – by Martine Zoer (2007). Washington, DC: Foreign Service Youth Foundation. (available from www.fsyf.org)

Most appropriate for middle- through upper-elementary kids, this book covers all stages of moving and living overseas. Each chapter/topic has a short section by the author, one or more “stories” written by various TCKs (ages 6-13) describing their experiences or feelings, and a Question/Answer section. Not written specifically for MKs, but very relevant to them, nevertheless.



Don't Pig Out on Junk Food – by Alma Daugherty Gordon (1993). Wheaton, IL: EMIS.

Usually recommended for adolescents or young adult MKs returning to North America for high school or college, this book provides practical tips and insights to help children adjust to the initial move overseas, develop a strong identity, and return to the U.S. In addition to practical things such as driving, managing money and finding a job, issues such as alcohol and drug use, sex and AIDs are addressed. There is lots of advice from MKs to both MKs and parents. The format will appeal to most teens. With the rapid pace of change in recent years, some of the advice is outdated, and some issues will not present the same challenges for today's MKs as they did for those in the early '90s, but the book is still worth reading and remains the only one of its kind.

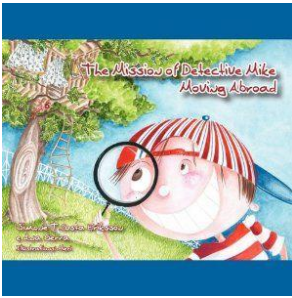


The Global Nomad's Guide to University Transition – by Tina L. Quick (2010).

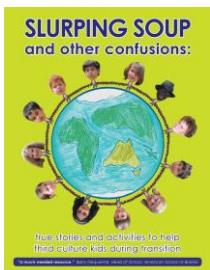
Great Britain: Summertime Publishing.

Writing for TCKs heading to college, the author devotes approximately half the book to an in-depth look at transition process (Dave Pollock's model), and some typical TCK challenges (relationships, identity, etc.). The latter part of the book covers practical matters related to life on campus, financial and physical health, etc. plus a chapter on personality differences (based on the Myers-Briggs Temperament Inventory). The final chapter is for parents, addressing how to prepare and support their college-bound kids. Not necessarily written from a Christian perspective, the book is fairly conservative in its advice on behavior, but it does not address spiritual matters directly.

FOR ELEMENTARY AGE

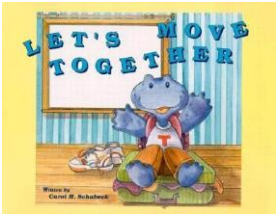


THE MISSION OF DETECTIVE MIKE: MOVING ABROAD: A STORY TO HELP EXPAT CHILDREN UNDERSTAND THE RELOCATION PROCESS- by Simone Costa Eriksson: Mike has lots of questions about moving overseas. With his friend Ikem, he becomes a detective, tracking down answers. Chapters answer questions like "What will happen to my toys" & "How will I find new friends?" For kids 4-9 yrs, but the pages full of small type make it a book better read TO them than BY them.

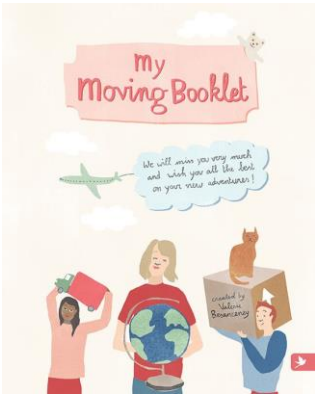


Slurping Soup and Other Cultural Confusions –

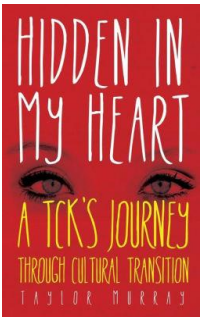
SLURPING SOUP AND OTHER CONFUSIONS by Tonges, Menezes, Gemmer Emigh (Ages 3-12): Of all the books I've reviewed for kids moving internationally, this is by far my top pick! Unlike other activity books, it is not about moving to a new house, but about challenges kids encounter when adjusting to a new culture. Each of the 23 topics includes stories by TCKs followed by an activity to help w/ problem-solving or gaining new perspectives.



LET'S MOVE TOGETHER by Carol Schubeck: Not a storybook but a book for kids to teach them to identify & express their feelings & thoughts about moving, and to give them suggestions for adjusting to the new place. Written for the expat community, it refers to differences that are unique to moving abroad (e.g. people may speak a different language)



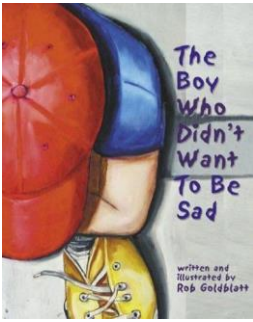
MY MOVING BOOKLET by Valérie Besanceney: A companion to kids' book "B AT HOME" this lets kids write or add pictures as they go through a move. Pages prompt them to plan goodbyes they need to say to people & places, identify old & new family traditions, consider pros & cons of the move, explore feelings, and more. Not as thorough as some, but more geared towards TCKs, with a world map to mark all the places they've called home.



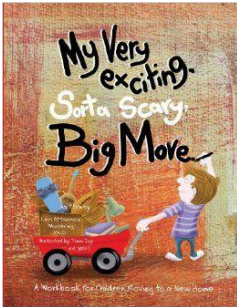
Hidden in My Heart: A TCK's Journey Through Cultural Transition - When Taylor Murray (2013) arrived in Japan, she felt like she was on an adventure-an adventure that God had called her family to take. The unique food, the strange language and the foreign culture were exciting and new. But the novelty of life overseas wore off, and Taylor became overwhelmed with frustration, loneliness and the sorrow of leaving everything she knew-the States, her home, her extended family-for everything she didn't know. she kept these emotions hidden in her heart until they reached a boiling point.

Written as a series of individual prayers to God, Hidden in My Heart tells Taylor's story as she transparently unloads her grief and anger on Him and, surprisingly, finds Him willing to listen and bring her to a place of healing and-ultimately-joy.

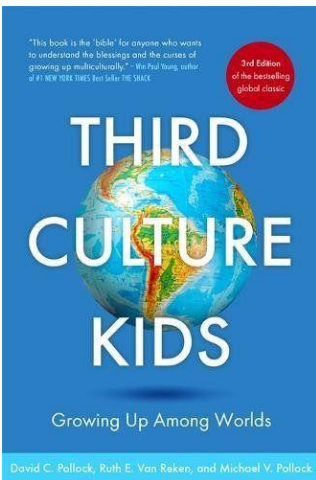
Taylor, a homeschooler, became a TCK when she was nine years old. She realizes that TCKs live between two worlds and often experience unique struggles. Her desire is to help other TCKs reflect on their emotions and pursue God's perspective. Taylor currently resides in Hiroshima, Japan. She enjoys writing and playing the piano. To connect with Taylor, visit [Facebook.com/HiddeninMyHeartBook](https://www.facebook.com/HiddeninMyHeartBook).



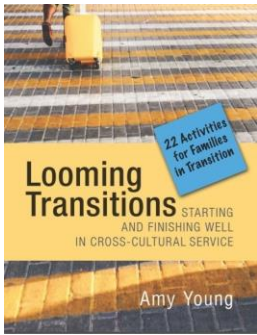
THE BOY WHO DIDN'T WANT TO BE SAD by Rob Goldblatt: An all-ages book that should be in every TCK's library. A little boy decides to banish everything that makes him sad, only to find that without all those things he's...sad. Realizing that the things that make him sad also make him happy, he reclaims everything & lives happily & sadly ever after. A funny story with a powerful message about the paradox of TCK life--that joy & sadness go hand-in-hand



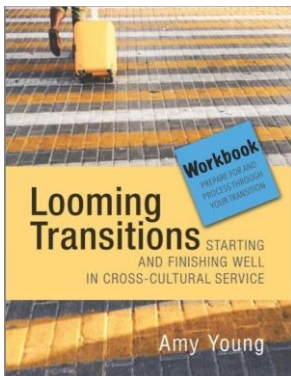
MY VERY EXCITING, SORTA SCARY, BIG MOVE: A WORKBOOK FOR CHILDREN MOVING TO A NEW HOME by Lori Attanasio Woodring: Not specifically about moving overseas, but excellent for addressing kids' feelings about moving. The full-color workbook takes a behavioral approach, suggesting kid-friendly strategies for handling sadness, anger & worry. It also does a good job helping kids say goodbye well, and covers some parts of settling in.



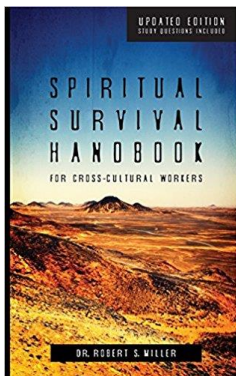
This edition includes a lot of great new material added by Ruth Van Reken and Michael Pollock, son of original co-author Dave Pollock. Even if you have the original, this new version is worth picking up



22 ACTIVITIES FOR FAMILIES IN TRANSITION: Following the structure of Amy Young's excellent book, this 39 page workbook translates some of its lessons into activities so families can learn together. Most helpful if you've read the book, but for seasoned culture-crossers, the activities could stand alone. PDF only - \$5. <https://gumroad.com/amyyoung>



LOOMING TRANSITIONS WORKBOOK by Amy Young: A companion to the book, this walks through the book, using questions to help readers to interact with and apply its insights and tips. Designed for journaling, but questions could also be used for discussions (adults and/or older teens). Available as a PDF only for \$5. <https://gumroad.com/amyyoung>



Seven Ways in Seven Days – Practical Prayers for Missionaries - <http://ikhadinger.com/seven-ways-in-seven-days-practical-prayers-for-missionaries-their-personal-life/>

Things I Would Not Say to an Overseas Mom – Jennie Goodwin (Our Goodwin Journey blog)
<https://ourgoodwinjourney.com/things-say-overseas-mom/>