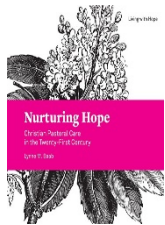


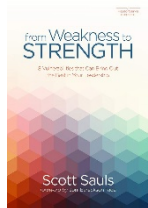
In recognition of Mental Health Awareness Month, this month's Virtual Book Display focuses on wellness, pastoral care, and hope. Below, find Sage Library's latest ebook acquisitions. Click on the book title to access the ebook directly from EBSCO.



### [Nurturing Hope: Christian Pastoral Care in the Twenty-First Century](#)

by **Lynne M. Baab**

In *Nurturing Hope*, Baab discusses seven trends in pastoral care--shifts in who delivers pastoral care, the attitudes and commitments that undergird pastoral care, and societal trends that are shaping pastoral care today. She illustrates them with stories from diverse congregations where Christian caregivers are meeting those challenges in creative and exciting ways. Baab presents four practical, doable, energizing skills needed by pastoral careers in our time. Focusing on skills that help careers nurture connections between everyday life and Christian faith, she explores the need for careers to understand common stressors, listen, pray with others, and nurture their personal resilience.



### [From Weakness to Strength: 8 Vulnerabilities That Can Bring Out the Best in Your Leadership](#)

by **Scott Sauls**

In this book, Sauls exposes the real struggles that Christian leaders and pastors regularly face. Sauls shares his own stories and those of other leaders from Scripture and throughout history to remind us that we are human, we are sinners, and we need Jesus to help us thrive as people and leaders. For Christian leaders—both inside and outside of the church—weaknesses that are left unchecked can lead to a downfall that is both public and painful. They want to lead with character and live like Jesus, but ambition, isolation, criticism, envy, anticlimax, opposition, restlessness, and insecurity can get in the way. *From Weakness to Strength* provides leaders with tools to draw near to Jesus and stay encouraged and hopeful, even (and especially) when sin and struggle get in the way.

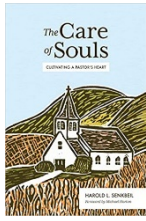


### [Embodied Hope: A Theological Meditation on Pain and Suffering](#)

by **Kelly M. Kopic**

In *Embodied Hope* Kelly Kopic invites us to consider the example of our Lord Jesus. Only because Jesus has taken on our embodied existence, suffered alongside us, died, and been raised again can we find any hope from the depths of our own dark valleys of pain. As we look to Jesus, we are invited to participate not only in his sufferings, but also in the church, which calls us out of isolation and into the encouragement and consolation of the communal life of Christ. Drawing on his own family's experience with prolonged physical pain, Kopic

reshapes our understanding of suffering into the image of Jesus, and brings us to a renewed understanding of—and participation in—our embodied hope.



### [The Care of Souls: Cultivating a Pastor's Heart](#)

by **Harold L. Senkbeil**

Drawing on a lifetime of pastoral experience, *The Care of Souls* is a beautifully written treasury of proven wisdom which pastors will find themselves turning to again and again. Harold Senkbeil helps remind pastors of the essential calling of the ministry: preaching and living out the Word of God while orienting others in the same direction.

And he offers practical and fruitful advice—born out of his five decades as a pastor—that will benefit both new pastors and those with years in the pulpit. In a time when many churches have lost sight of the real purpose of the church, *The Care of Souls* invites a new generation of pastors to form the godly habits and practical wisdom needed to minister to the hearts and souls of those committed to their care.

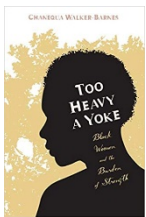


### [Soul Care in African American Practice](#)

by **Barbara L. Peacock**

In the midst of our hectic, over-scheduled lives, caring for the soul is imperative. Now, more than ever, we need to pause—intentionally—and encounter the Divine. Soul care director Barbara Peacock illustrates a journey of prayer, spiritual direction, and soul care from an African American perspective. She reflects on how these disciplines are woven into the African American culture and lived out in the rich heritage of its faith community.

Using examples of ten significant men and women—Frederick Douglass, Martin Luther King Jr., Rosa Parks, Darrell Griffin, Renita Weems, Harold Carter, Jessica Ingram, Coretta Scott King, James Washington, and Howard Thurman—Barbara offers us the opportunity to engage in practices of soul care as we learn from these spiritual leaders. If you've yearned for a more culturally authentic experience of spiritual transformation in your life and community, this book will help you grow in new yet timeless ways. Come to the river to draw deeply for your soul's

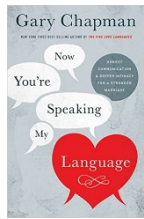


### [Too Heavy a Yoke: Black Women and the Burden of Strength](#)

by **Chanequa Walker-Barnes**

Black women are strong. At least that's what everyone says and how they are constantly depicted. But what, exactly, does this strength entail? And what price do Black women pay for it? In this book, the author, a psychologist and pastoral theologian, examines the burdensome yoke that the ideology of the Strong Black Woman places upon African American women. She demonstrates how the three core features of the ideology emotional strength, caregiving, and independence constrain the lives of African American women and predispose them to physical and emotional health problems, including obesity, diabetes, hypertension, and anxiety. She traces the historical, social, and theological influences that resulted in the evolution and maintenance of the Strong Black Woman, including the Christian church, R & B and hip-hop artists, and popular television and film. Drawing upon womanist pastoral theology and

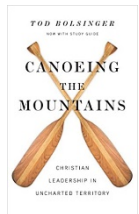
twelve-step philosophy, she calls upon pastoral caregivers to aid in the healing of African American women's identities and crafts a twelve-step program for Strong Black Women in recovery.



### [Now You're Speaking My Language: Honest Communication and Deeper Intimacy for a Stronger Marriage](#)

**by Gary Chapman**

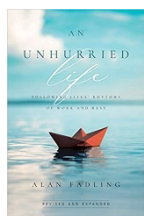
*Now You're Speaking My Language* from multimillion selling author Gary Chapman (The Five Love Languages) encourages husbands and wives to offer steadfast loyalty, forgiveness, empathy, and commitment to resolving conflict, thus encouraging each other in spiritual growth. With great clarity, Dr. Chapman shows how communication and intimacy are key points in developing a successful marriage by focusing on these principles: Lasting answers to marital growth are found in the Bible, Your relationship with God enhances your marriage relationship, Communication is the main way two become one in a marriage, and Biblical oneness involves sex, but also intellectual, spiritual, emotional, and social oneness.



### [Canoeing the Mountains: Christian Leadership in Uncharted Territory](#)

**by Tod Bolsinger**

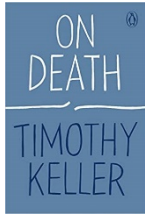
Explorers Lewis and Clark had to adapt. While they had prepared to find a waterway to the Pacific Ocean, instead they found themselves in the Rocky Mountains. You too may feel that you are leading in a cultural context you were not expecting. You may even feel that your training holds you back more often than it carries you along. Drawing from his extensive experience as a pastor and consultant, Tod Bolsinger brings decades of expertise in guiding churches and organizations through uncharted territory. He offers a combination of illuminating insights and practical tools to help you reimagine what effective leadership looks like in our rapidly changing world. If you're going to scale the mountains of ministry, you need to leave behind canoes and find new navigational tools. Now expanded with a study guide, this book will set you on the right course to lead with confidence and courage.



### [An Unhurried Life: Following Jesus' Rhythms of Work and Rest](#)

**by Alan Fadling**

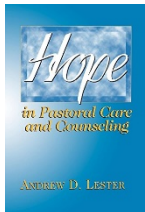
"I am a recovering speed addict." Beginning with this confession, pastor and spiritual director Alan Fadling describes his journey out of the fast lane and into the rhythms of Jesus. Following the framework of Jesus' earthly life, Fadling shows how the work of "unhurrying" ourselves is central to our spiritual development in pivotal areas such as resisting temptation, caring for others, praying, and making disciples. We are all called to do work, Fadling affirms, and productivity is not a sin—it is the attitudes behind our work that can be our undoing. So how do we find balance between our sense of calling and the call to rest? *An Unhurried Life* offers a way. This revised edition, now in hardcover, includes a new five-session group guide and appendix with suggestions for five-minute retreats.



### [On Death \(How to Find God\)](#)

by **Timothy Keller**

From New York Times bestselling author and pastor Timothy Keller, a book about facing the death of loved ones, as well as our own inevitable death. Significant events such as birth, marriage, and death are milestones in our lives in which we experience our greatest happiness and our deepest grief. And so it is profoundly important to understand how to approach and experience these occasions with grace, endurance, and joy. In a culture that does its best to deny death, Timothy Keller--theologian and bestselling author--teaches us about facing death with the resources of faith from the Bible. With wisdom and compassion, Keller finds in the Bible an alternative to both despair or denial. A short, powerful book, *On Death* gives us the tools to understand the meaning of death within God's vision of life.



### [Hope in Pastoral Care and Counseling](#)

by **Andrew D. Lester**

In this ground-breaking book, pastoral counselor Andrew Lester demonstrates that pastoral theology (as well as social and behavioral sciences) has neglected to address effectively the predominant cause of human suffering: a lack of hope, a sense of futurelessness. Lester not only looks at the reasons why addressing the ideas of hope and despair has been overlooked by pastoral theology and other social and behavioral sciences. He also offers a starting point for the development of addressing these important dimensions of human life. He provides clinical theories and methods for pastoral assessment of and intervention with those who despair. He also puts forth strategies for assessing the future stories of those who despair and offers a corrective to these stories through deconstruction, reframing, and reconstruction.