



(We asked 40 leaders ...)

What's the

BEST
ADVICE

You Ever Received



On How To Live Well?



Fresh Perspective

Lessons Learned From
Living Abroad

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Get Connected

Instagram Photos from
#foursquareconnection

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Living Well

Recipe for a
Healthy Lifestyle

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Faces

Worship Leaders
You Should Know

PAGE 20

Transforming Lives Since 1923



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COLLEGE
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GET A LIFE

When the apostle Paul declared, “Follow my example, as I follow the example of Christ” (1 Cor. 11:1, NIV), he was making an astonishingly bold assertion. Essentially he was saying, “I live my life well. Emulate it.”

How many of us can so confidently say the same thing? Could we look the people we lead in our churches square in the eye and say: “See how I live? It works. You could learn a lot from me”?

“Live” is the second point in this year’s theme, “Engage: Learn. Live. Lead.” The implication in the order of the three points is clear: Before we can lead to our full potential, we must be living well, in every sphere of our personal lives—physically, mentally, emotionally and spiritually.

When it comes to taking care of our bodies—which Scripture calls the temples of the Holy Spirit—too many pastors aren’t stewarding their vessels well, and are suffering from ill health. In many cases, the illnesses are preventable.

Last year, when the Duke Global Health Institute in Durham, N.C., conducted research among United Methodist clergy in the state, the results, which were reported in a *Washington Post* article, were shocking.

Researchers found that the obesity rate among the clergy studied was 40 percent—significantly higher than the state average of 29 percent. Pastors also had high rates of diabetes, asthma, arthritis and hypertension. And more than 10 percent showed signs of depression—double the national rate.

These statistics should frighten us, or at least give us pause. Obviously a person cannot prevent certain diseases, but some conditions, such as type 2 diabetes, are largely preventable.

Getting exercise, eating right, sleeping enough hours ... we’ve all heard the prescription for good health a million times. But is it going in one ear and out the other? Let’s be frank: We as leaders aren’t doing our congregations, families or ourselves any favors if we die young when it could have been prevented.

And what about our mental and emotional lives? If pastors are suffering from depression at double the national rate, as the Duke study revealed, something is clearly wrong. Is it because too many of us are workaholics? Have we tapped out our minds and emotions to the point of seemingly permanent depletion?

Pastor, it’s OK to take a day off. God is not limited to *only* you to get the job done. Everything will not fall apart if you take a Sabbath. In order to work well, we need to rest well; in a huge way, rest is actually part of our work. So nix the guilt, and give yourself permission to take a break.

Spiritually, too, leaders need to beware of falling into the trap of all spiritual activity being directed toward serving their congregations. Leaders should take time to feed their own spirits. If reading and study is always with sermon preparation in mind, eventually the well of your soul will run dry. So read a book, study the Bible, listen to a worship album—and do it just for you.

For this issue of *Foursquare Leader*, we asked a large group of successful leaders what their secrets are to living well, to living lives that are content and fulfilling on every level. We hope you’ll get a lot out of their insights. Even applying just one principle could make a noticeable difference in your life immediately.

So go for it—get a life! You’ll be glad you did (and so will the people around you).

READ “THE BEST ADVICE YOU EVER RECEIVED ON HOW TO LIVE WELL” ON PAGE 14.



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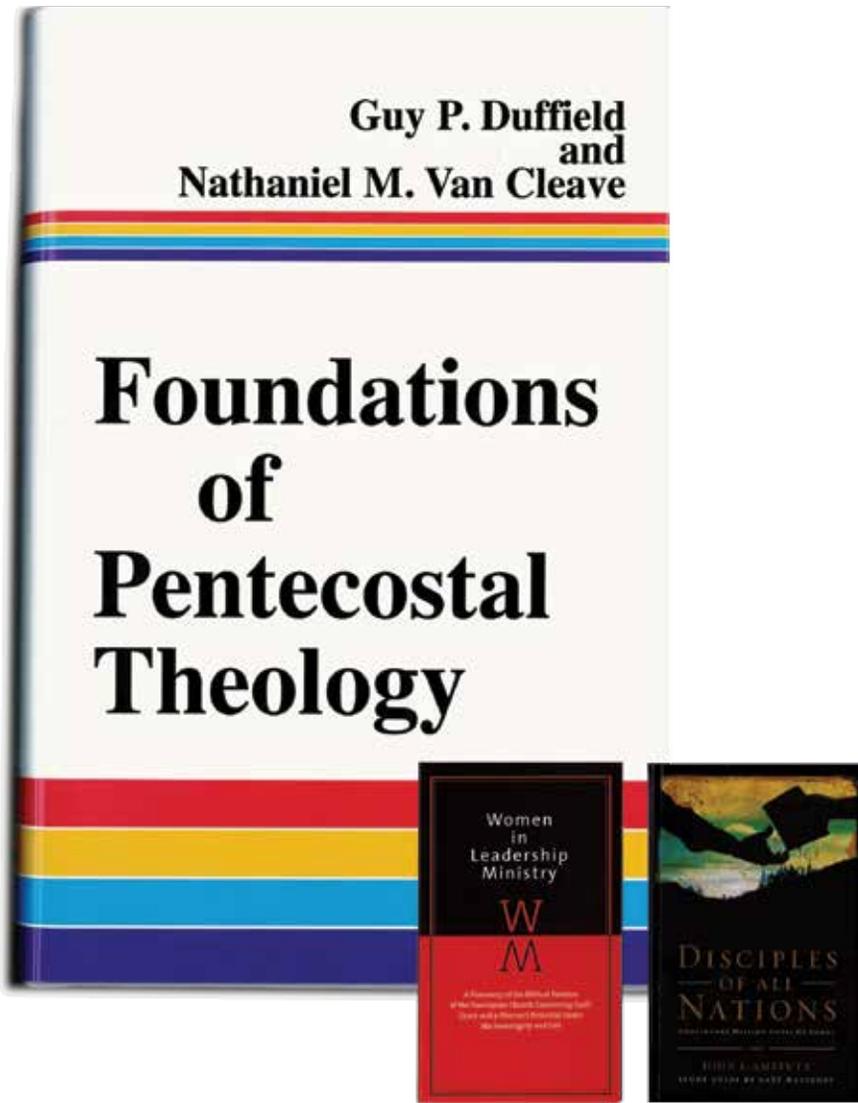
18 Lead

22 Smile

HITTING THE FIVE TARGETS



Discover the many ways The Foursquare Church family has been living out the Five Targets in the U.S. and around the world.



Foursquare Resources Distributed Internationally

TARGETS 1 3 5

Thanks in part to a Foursquare Foundation grant, pastors in countries throughout the world who can't afford to buy foundational training materials are receiving them for free. The initiative—Foursquare Resources for Global Leaders—is striving to provide easily accessible and affordable materials

to leaders who need them so that they can, in turn, encourage new believers. The mini-library—to be made available digitally and in print—comprises the core Foursquare doctrinal references: *Foundations of Pentecostal Theology*, and smaller books *The Foursquare Gospel*, *Women in Leadership Ministry* and *Disciples of All Nations*. Some regions will also receive *Doing What Jesus Did*.

Giving the Gift of the Holy Spirit

TARGETS

1 4

“As a wife and a parent, the best gift I could give my family—the greatest lesson I could ever teach my children—is how to be filled by, and live full of, the Holy Spirit.”



Lydia Ingegneri

—LYDIA INEGNERI, ASSISTING MINISTER AT GRACE NORTH CHURCH (ANTHEM FOURSQUARE CHURCH) IN ANTHEM, ARIZ.



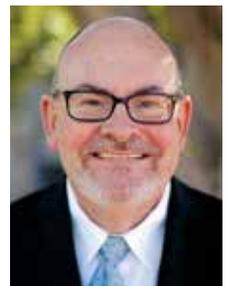
LIFE PACIFIC
COLLEGE
est. 1923

Life Pacific Sees Changes

TARGET

1

A lot is going on in San Dimas, Calif., these days. Life Pacific College (also known as LIFE Bible College) recently appointed Jim J. Adams, Ed. D. as president of the school. Dr. Adams previously served as Interim President. In addition, the school announced that it would offer five degree concentrations in the 2013-2014 school year to assist undergraduate students in specialized learning and ministry formation: Pastoral Ministry, Youth Ministry, Counseling, Worship Arts and Intercultural Studies.



President Jim J. Adams

FOURSQUARE'S FIVE TARGETS



Leaders



Churches



Nations



People Groups



Resources



Read more about the Five Targets, as well as stories of how The Foursquare Church is making a difference, at 4sq.ca/fivetargets.



Connection 2013 and 2014

TARGETS



Foursquare Connection 2013 saw an amazing 2,967 people of all ages gather in Lake Buena Vista, Fla., under the theme "Engage: Learn. Live. Lead." And learn we did

from noted speakers John Bevere, Dr. Henry Cloud and many others. Next year, The Foursquare Church will gather in Dallas, May 26–29. Mark your calendar for this special time together for the Foursquare family, which will include a large Connection Center (exhibit hall), learning opportunities and great speakers. Don't miss it!

Launching the Next Generation

TARGETS



Pastor Jeff Fischer was a surfer with a drug habit until he saw a life-changing episode of *The Tonight Show*. After a musician shared his testimony on the show, Jeff turned his life over to

Christ and never looked back. The results of his ministry passion are evident in the faces at Hope Chapel (Canoga Park Foursquare Church) in Winnetka, Calif., just northwest of Los Angeles—half the church is teenagers or young adults. "I want to be a 2 Tim. 2:2 guy," says Jeff, who at 53 is the father of a 5-year-old son. "I have the desire to be fruitful and not the kind of leader who forgets that the most important thing is to hand off the baton to the next generation." The pastor is affiliated with Foursquare's Emerging Leader Network (ELN) and believes in starting other churches. Besides the eight his church has planted through the years, another 22 churches are spin-offs of those congregations.

TARGETS 1 2 4



NEW CHURCH OPENINGS



New Hispanic Churches



New Multicultural Churches



Districts Represented

Abundant Life Church Pastor Paul Treglia, Menifee, Calif. (Menifee Foursquare Church)

Bethel Foursquare Pastor Mik Chester, Saint Joseph, Mo. (St. Joseph Northeast Foursquare Church)

The Bridge Pastor Daniel Campos, Woodbridge, Va. (Woodbridge Foursquare Church)

Casa De Restauración Pastor Emilio Ortiz, Aurora, Colo. (Aurora Hispanic North Foursquare Church)

Centro Cristiano Esperanza al Mundo Pastor Jose Colacho, Salisbury, N.C. (Salisbury Hispanic Foursquare Church)

Centro de Vida Pastor Saul Cortez, Sioux City, Iowa (Sioux City Hispanic Foursquare Church)

Connection Muscatine Pastor Matthew Temple, Muscatine, Iowa (Muscatine South Foursquare Church)

Cross Connection Pastor Ricardo Ramirez, Haltom City, Texas (Fort Worth Foursquare Church)

Emmanuel Restauración y Vida Pastor Pietro Pineda, Stockton, Calif. (Stockton West Hispanic Foursquare Church)

The Fort Foursquare Church Pastor David Findley, Dacono, Colo. (Dacono Foursquare Church)

The Fountain Foursquare Church Pastor Darwin Maunu, Baldwin, Wis. (Baldwin West Foursquare Church)

The Gathering Place Church Pastor Brian Coleman, Commerce City, Colo. (Commerce City North Foursquare Church)

Genesis New Beginnings Ministries Pastor Glenn Thompson, Detroit (Detroit North Foursquare Church)

GPdI New Life Church Pastor Jeamly Ticoalu, Chicago (Chicago Indonesian Foursquare Church)

Inspiration Christian Center Pastor Maceo Banks, Farmington Hills, Mich. (Farmington Hills Foursquare Church)

Living Vine Community Fellowship Pastor Michael Gandy, Santa Rosa, Calif. (Santa Rosa Central Foursquare Church)

Open Heart Ministries Pastor Michael Reese, Kings Mountain, N.C. (Kings Mountain Open Heart Foursquare Church)

Orlando Brazilian Foursquare Church Pastor Marcos Oliveira, Orlando, Fla.

Reno South Foursquare Church Pastor Ben Locke, Reno, Nev.

Riverbend Community Church Pastor Greg Harp, Bethalto, Ill. (East Alton Foursquare Church)

Wanikiya Foursquare Church Pastor Matt Usesknife, Eagle Butte, S.D. (Eagle Butte Foursquare Church)

Winchester Foursquare Church Pastor Renny Ross, Berea, Ky.
New Foursquare churches opened Jan. – April 2013

U.S. BY THE NUMBERS



Check in on your local district and see where The Foursquare Church is growing.



New Churches
New Licensed Ministers
Open Churches
Churches in the Pipeline

District	New Churches	New Licensed Ministers	Open Churches	Churches in the Pipeline
Central Pacific District	2	6	200	4
Gateway District	4	5	118	24
Great Northern District	0	1	62	6
Greater Los Angeles District	0	1	112	10
Hawaii District	0	2	51	8
Heartland District	4	9	144	18
Mid-Atlantic District	2	6	113	25
MidSouth District	0	4	128	15
North Pacific District	0	8	120	16
Northeast District	0	4	67	6
Northwest District	0	7	153	21
Pacific Coast & Valleys District	0	3	136	7
Southeast District	2	10	126	15
Southwest District	1	6	158	7

New churches, new ministers and open churches Jan. - March 2013
 Churches in the pipeline as of May 2013

NATIONAL NUMBERS*

1,688 U.S. Churches	6,632 U.S. Credentialed Ministers
15 2013 Church Openings	\$453.3 K Given to Missions
16,605 Water Baptisms**	25,253 Healings**

*As of March 2013

**September 2011–September 2012



- | | |
|---|--|
| Rev. Elwood Ammons
March 6, 2013 | Rev. Elizabeth J. Janiak
February 12, 2013 |
| Rev. Rick K. Botelho
February 12, 2013 | Rev. Fairy Rogers
April 18, 2013 |
| Rev. Leland B. Edwards
February 10, 2013 | Rev. Heriberto A. Servin
January 30, 2013 |
| Rev. Marcie Ellithorpe
December 23, 2012 | Rev. Doris Shee
April 2, 2013 |
| Rev. Mildred Fears
February 26, 2013 | Rev. Esau N. Vasquez
December 25, 2012 |
| Rev. John Gnanaolivu
April 4, 2013 | Rev. Eva T. Walker
March 2, 2013 |
| Rev. Mary Lucille Hicks
April 5, 2013 | Rev. Shirley West
April 5, 2013 |
| Rev. Clarissa (C.) Olive Ingram
January 2, 2013 | |

Information was reported between Feb. - April 2013

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11 (NIV)

"I never felt like I was fighting my cancer alone."

Because God helped me discover the place I needed to be.

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I went to CTCA for their medical expertise, integrated care and spiritual support. Today, I'm back to my active life and feel truly blessed that God put me on the path to this wonderful place.

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cancercenter.com/faith



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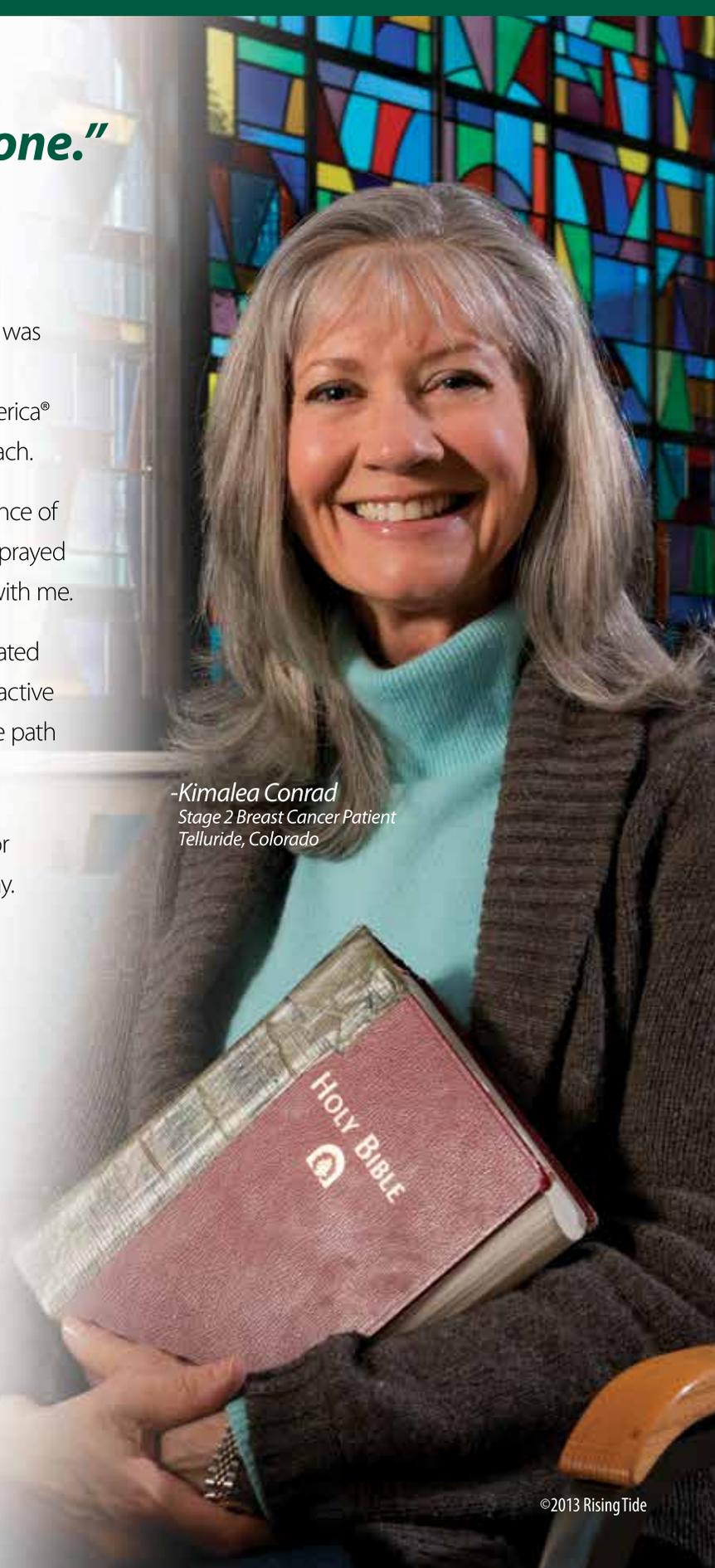
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No case is typical. You should not expect to experience these results.

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LESSONS LEARNED FROM LIVING ABROAD



Christians in the United States can learn a lot from people in other nations, as these members of the Foursquare family discovered by living overseas. Here are a few of the key lessons they came away with—lessons that have impacted how they view life and ministry.

AN OPEN HAND: JENNA JAVENS

BY ANDY BUTCHER, CONTRIBUTING WRITER

Being openhanded is the key to a fulfilled life for Jenna Javens, whose heart for Africa led her to spend five years as a missionary in South Africa and Botswana, undaunted by a near-death illness and being the victim of crime.

Having a “very fluid” openness to what God wants her to do has been “really freeing ... there’s no greater joy than being in the center of His will,” Jenna affirms. She currently serves as global outreach pastor at Westside (Bend Foursquare Church) in Bend, Ore., leading short-term teams.

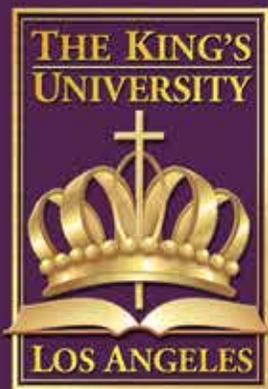
At 31, Jenna has “a clearer picture of who God is” from her international living: “I got to experience different aspects of God through different cultures.” Having experienced God’s power overseas, she also has deeper faith for Him to move in the U.S., knowing, she says, “He is the same God here.”



Foursquare Missionary Jenna Javens in South Africa and Botswana



MORE LEADERS WHO LIVED ABROAD ON PAGE 10.



- Online, On-Campus, and 3-Day Modules
- Bachelors, Masters, and Doctor of Ministry Degree Programs
- *Special Scholarships for First-Time Students*
- Flexible Scheduling
- Accredited Degrees
- Financial Aid Available

“PREPARING
SPIRIT-FILLED, SPIRIT-FORMED,
SERVANT-LEADERS
TO ENGAGE AND TRANSFORM
TODAY’S EMERGING CULTURE”

— JACK HAYFORD
Founder and Chancellor



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DIFFERENT IS OK: BRENDA TRUETT



Though her classes focus on Spanish and U.S. history, Ada, Okla., high school teacher Brenda Truett imparts a life lesson to her students that is broader and deeper: Realizing that “different doesn’t mean better or worse, just different” frees you to build bridges of connection, rather than walls of separation.

This is part of the “bigger God” she has come to know through spending much of her life on the mission field, first as a “missionary kid” and then serving with her husband, Denny, in Argentina and Ecuador. Back in the U.S. since 2002, the couple serves at The Refuge (Ada Foursquare Church). Denny is the senior pastor, and Brenda leads worship and the women’s ministry.

“We need to be careful of stereotyping people,” Brenda asserts. Realizing that

different isn’t necessarily bad becomes increasingly important for Americans as their own society becomes more culturally and religiously diverse.

Returning to the U.S. for family reasons was challenging for the Truets and their three children, partly because they found church life to be different than what they had known in South America.

“Christianity for Americans can be just one more compartment in their lives, not the center,” she observes. “[But] I have learned how God meets everybody where they are, regardless of the culture and the language,” adds Brenda who, despite her American passport, says, “I consider myself Argentinean more than anything,” because of her many years there.

A GRATEFUL HEART: NICK REYNOLDS

Tours of duty in Iraq and Afghanistan—respectively leading a platoon on security patrols and raids, and flying a helicopter in support of ground troops—have taught Nick Reynolds “not to get upset about little things that don’t really matter much, because I’m not getting shot at, and my family is safe.”

Currently stationed in Oahu, Hawaii, where he and his wife, Kirsten, and son, Luke, live, this 30-year-old man says his gratitude has been enriched by his overseas experiences.

“There are so many people in this world who live on next to nothing,” notes Nick, who grew up at Emmanuel Foursquare Church in Salina, Kan., before military service. Having seen people overseas bound by religious requirements, he is more thankful than ever for God’s grace and for being able to worship God without such legalism.



Share their Stories! Visit 4sq.ca/livingabroad to read more and share about these leaders living abroad.

WHAT DOES IT FEEL LIKE TO WALK WHERE JESUS WALKED?

Jesus forged His ministry along the Sea of Galilee. As you walk its breathtaking shores you are transported across thousands of years and you feel the Bible – and your faith – come alive as never before. Experience the wonder of the Holy Land in person. You'll never be the same.

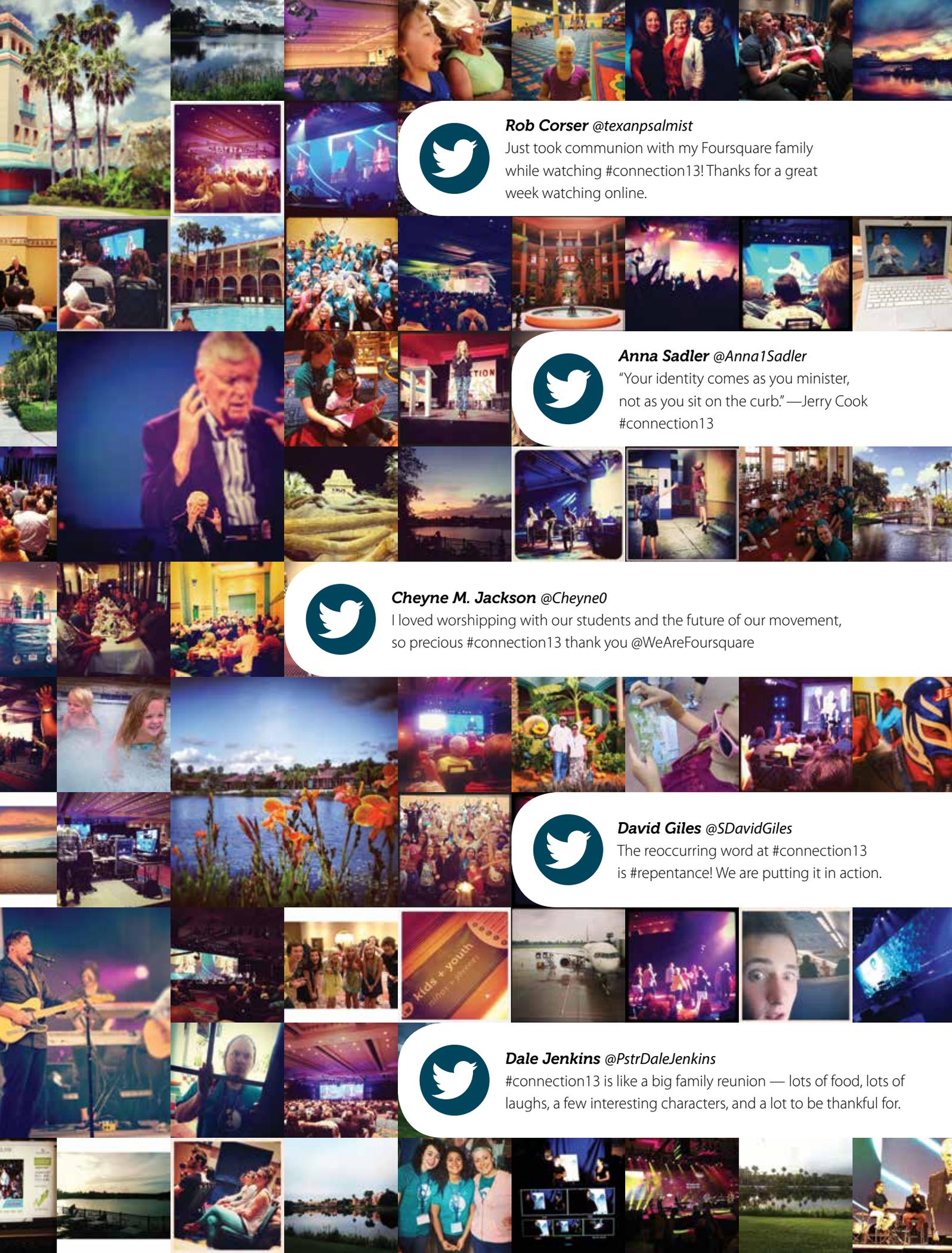
visit
Israel
You'll never be the same.





See it. Snap it.
Instagram it.

We asked Connection 2013 attendees to photograph their experiences in Lake Buena Vista, Fla. on May 29-30. Foursquare family, these are your photos. See more on Instagram with #foursquareconnection.



Rob Corser @texanpsalmist

Just took communion with my Foursquare family while watching #connection13! Thanks for a great week watching online.



Anna Sadler @Anna1Sadler

"Your identity comes as you minister, not as you sit on the curb." —Jerry Cook #connection13



Cheyne M. Jackson @Cheyne0

I loved worshipping with our students and the future of our movement, so precious #connection13 thank you @WeAreFoursquare



David Giles @SDavidGiles

The reoccurring word at #connection13 is #repentance! We are putting it in action.



Dale Jenkins @PstrDaleJenkins

#connection13 is like a big family reunion — lots of food, lots of laughs, a few interesting characters, and a lot to be thankful for.

— What's the —

BEST

ADVICE

You Ever Received

On How To Live Well?

We asked 40 Foursquare leaders: “What is the best advice you ever received on how to live well?”

In this segment of our “Engage: Learn. Live. Lead.” series, leaders worldwide recount stories of inspirational mentors, share insight from Bible classes and even express lessons learned by personal experiences.

As you read their words, take their tips to heart. Improve unhealthy habits. Reinforce good practices. Invite someone to join you in this journey, and learn to engage in each God-given moment to live your whole life well.



LT MARK BEAUDET, CHC
CHAPLAIN, ACTIVE DUTY U.S. NAVY
FOURSQUARE CHAPLAINS INTERNATIONAL
BREMERTON, WASH.

Just Say No

“Learning to say ‘no’ takes great strength. We want to minister to people, but sometimes we forget we need to tend to ourselves and to our family. We can’t take care of people if we do not take care of ourselves and our family!”



MARC WYMORE
WORSHIP PASTOR
LIGHTHOUSE CHURCH (NEWBURY
PARK FOURSQUARE CHURCH)
THOUSAND OAKS, CALIF.



Carpe Diem!

“Ephesians 5:16 says, ‘making the most of every opportunity, because the days are evil.’ To live well, I have learned the importance of living for the moment and in the moment. In this fast and furious world, it is tempting to forsake the beauty of a moment or the people in that moment. Life is short, and to live it, I am compelled to redeem every day and love its incredible adventure.”



SOYOUNG KIM
ADJUNCT PROFESSOR
AT LIFE PACIFIC COLLEGE
(ALSO KNOWN AS LIFE
BIBLE COLLEGE)
PASTOR’S WIFE AT THE
EVER SHINING (ROWLAND
HEIGHTS KOREAN
FOURSQUARE CHURCH)
ROWLAND HEIGHTS, CALIF.



Won’t You Be My Mentor?

“To live well, establish mentoring relationships. Stanley and Clinton, in their book *Connecting: The Mentoring Relationships You Need to Succeed* (1992), stated that those who finish well in Christ have perspectives which enable them to focus, enjoy intimacy with Christ and experience repeated times of inner renewal. They are disciplined, maintain a positive learning attitude and have a network of meaningful relationships and several important mentors during their lifetimes. All of these characteristics are needed, not only to finish well, but to enter the Great Commandment and engage the Great Commission in our society. Through mentoring, leaders and emerging leaders in this society can learn establishing right habits of following Christ.”



BRETT TOFT
MISSIONARY
FOURSQUARE MISSIONS INTERNATIONAL
TALLINN, ESTONIA

Choose Joy

“When I was 40 years old, the Lord whispered to me, ‘Choose to enjoy the journey, all of it, including the trials and the disappointments along with success and rewards.’ I have realized finally that happiness is a choice I have in my power to make.”

MORE ADVICE ON **PAGE 16.**



NATE WILCOX
YOUTH PASTOR
FRONT RANGE (WESTMINSTER
II FOURSQUARE CHURCH)
WESTMINSTER, COLO.

Give Me Hope

“Trust in the Lord,
don’t lose hope and
don’t lose heart!”



SHAWN MCCAMMON
CHAPLAIN, ACTIVE DUTY U.S. ARMY
FOURSQUARE CHAPLAINS INTERNATIONAL
LEAVENWORTH, KAN.

The Poo Experience

“I was 16 years old and complaining vigorously about a menial job I acquired shoveling poo at a ranch when I first heard my grandfather speak these words: ‘Everything we do in life, from the inferior to the superior, will have its use in the kingdom of God.’ Whether preaching to thousands or simply shoveling poo, all experiences can and will be applied to work with eternal significance.”



JOSH BURRIS
VICE PRESIDENT
AM RETAIL GROUP INC.
BROOKLYN PARK, MINN.
(SON OF FOURSQUARE
PRESIDENT GLENN
BURRIS JR.)

iMoment

“Early in my career, I was told by a colleague to ‘be in the moment and focus on what I could control.’ This advice has helped me live better, work smarter and believe stronger in God’s plan. It’s amazing to see a family at dinner all on their smartphones. I have been tempted several times to interrupt their meal and point out the moment they are missing with each other. Or the passenger overly frustrated by a canceled flight—totally out of his/her control and the negative emotion spent is exhausting. It takes a conscious effort to appreciate the moments we have in life and to sharpen our focus on things we can control.”



DR. HENRY CLOUD
CLINICAL PSYCHOLOGIST,
LEADERSHIP CONSULTANT,
AND CONNECTION 2013
GUEST SPEAKER
LOS ANGELES

I’m OK. Are You OK?

“In high school, I had wondered for a while: ‘What am I supposed to do? How do I know I am doing OK?’ This one verse, Micah 6:8, seemed to answer that question in a simple way. After I became a psychologist and a consultant, I found out that while it is simple, it is extremely profound. It says, ‘He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God’ (NIV). I have found that if I try to apply the advice from this one little verse, answers appear in all situations, and at the same time I am provided with an overall plan and purpose for life.”



HAROLD HELMS
FORMER VICE PRESIDENT
AND INTERIM PRESIDENT
MEMBER OF 2012 CABINET
THE FOURSQUARE CHURCH
BAKERSFIELD, CALIF.

Money Back Guarantee

“Sixty-eight years ago, my high school Bible teacher, Miss Peggy Ross, reminded us that we, like Job, would also face problems. But she concluded with this statement: ‘When trouble moves in, make it pay rent!’”



KELLY TSHIBAKA
CO-PASTOR
MOUNT VERNON FOURSQUARE
FELLOWSHIP (MOUNT VERNON
FOURSQUARE CHURCH)
ALEXANDRIA, VA.



JIM MCGUIRE
CHAPLAIN, JOLIET AREA
COMMUNITY HOSPICE
FOURSQUARE HOSPICE
CHAPLAIN COORDINATOR
FOURSQUARE CHAPLAINS INTERNATIONAL
NEW LENOX, ILL.

Give It Away

“My father taught me that a person’s life is not measured by one’s bank account or address; rather, by character and generosity.”

Love Your Neighbor

“Foursquare church planter Stephen Norberg said, ‘Any day spent loving God and loving people is a day well lived.’ One way I love God is through giving thanks and keeping a gratitude journal.”

DR. LESLIE KEEGEL
NATIONAL LEADER
FOURSQUARE MISSIONS
INTERNATIONAL
SRI LANKA



Fish and Loaves

“It was August 1983. My wife Belen and I had been living in Colombo, Sri Lanka, since August 1981. We knew the Lord had called us to plant churches, but we were not making much headway. I was feeling very defeated. But one morning as I prayed, I heard the Lord say, ‘Do the best with the little you have.’ This was not the answer I expected. I thought God might say, ‘My son, I am giving you a mighty breakthrough.’ Well, I kept on hearing the simple sentence: ‘Do the best with the little you have.’ So we did. By 1990, we had planted 100 house churches, and 20 more were in the pipeline. We now are a house church planting movement with 1,860 churches established, having Sri Lankan missionaries in eight nations of the world. Not bad for ‘Doing the best with the little we had.’”



GET MORE ADVICE

To see more leaders’ advice about ministry, leadership, family, and balancing work and rest, visit 4sq.ca/live_well.



KIP JACOB
LEAD PASTOR
SOUTHLAKE CHURCH (LAKE
OSWEGO FOURSQUARE CHURCH)
WEST LINN, ORE.

Amazing Grace

“Dr. Roy Hicks Jr. once gave me this bit of advice: ‘Guard your heart against cynicism regarding human nature.’ As leaders, often we become objects of people’s disrespect, rejection and ridicule. Rather than reacting in cynicism, God calls us to a responsive surrender and to be instruments of grace. Having received forgiveness freely, I can freely forgive.”

HITTING THE TARGETS



Add together workaholicism, perfectionism, a busy family life, myriad ministry activities, an overscheduled calendar and some stressful situations, and what do you have? A recipe for disaster. Foursquare Pastor Paul Kuzma shares how he recovered from a breakdown, and how you can prevent it from happening in the first place.

IS YOUR LIFESTYLE A RECIPE FOR A BREAKDOWN?

BY PAUL KUZMA, SENIOR PASTOR OF NEWHEART FOURSQUARE CHURCH IN SIMI VALLEY, CALIF.

It was a Monday evening, and I was driving with my family. My mind was a blur. Every ounce of focus and concentration was gone. Then the tears started flowing uncontrollably, and they wouldn't stop. Little did I know that I was just beginning to feel the effects of a full-blown breakdown.

Six months before, I was preaching three services every Sunday. I had recently become a police chaplain with our local department. Our church had just opened a coffeehouse in the center of the city, and it was bustling with ministry. I also had started a master of divinity program at a local seminary. And did I mention I was married, with two preschool-age sons?

Then a particularly frantic season began for me. A family member was in crisis, and I dove in to help. In the midst of that, a young man of 17, whom I had baptized just months earlier, was diagnosed with leukemia. I often spent hours a day with him during his last four months as he fought for life.

After his memorial events, I was exhausted. I took a one-month sabbatical, believing that would get me out from under the stress I'd been carrying. Not even close. After just one weekend back, I encountered that fateful Monday night.

Four Lessons I Learned

A wise counselor told me that I didn't get here overnight, and I wasn't getting out of this overnight, either. So began a long process of God putting the pieces back together His way. Following are some of the key things I learned during my journey.

1 God speaks through our bodies and emotions.

Imagine my discouragement when diagnosed with clinical depression. Now, envision my hope when I learned that depression is actually a gift from God—it's a circuit breaker that forces the body to slow down before blowing gaskets. With the Spirit's discernment, this painful process takes us to places we would otherwise never go.

3 I have my own God-given pace at which I am meant to live life.

God designed each of us uniquely. Some people can thrive living life at a fast pace; others cannot. And that's OK. Even Jesus knew when He needed to withdraw from the crowds; He knew His pace. Discover your pace, and live it!

2 My spiritual maturity will never outgrow my emotional health.

Figuring out why work addiction and perfectionism were issues in my life freed me to grow emotionally in ways for which my spirit was thirsting. God created each of us with emotions we must learn to express in healthy and life-giving ways that will release our spiritual maturity instead of stunting it.

4 Physical and emotional health go hand in hand with spiritual leadership.

If your blood pressure is high, there's a reason. If you can't sleep well, that's going to catch up with you. If your focus has run dry, or you shed tears for no reason, those are real issues. You shouldn't simply chalk it up to spiritual warfare.

Being a healthy leader means walking in health in all areas of life, not just spiritually. Don't wait until you have a full-blown breakdown. If you need help, reach out for it today.



Prevent a Breakdown. Share Paul Kuzma's article with lessons learned and tips for a healthy lifestyle at 4sq.ca/lifestyle_recipe.



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For the Son of Man came to seek and to save the lost. Luke 19:10

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WORSHIP LEADERS YOU SHOULD KNOW



In this installment of our "People You Should Know" series, we feature worship leaders and creative arts pastors in the Foursquare family who exemplify humility, prioritize service and desire to direct others toward a real and active relationship with God.



JUNIECE FILLINGHAM

WORSHIP PASTOR
THE BRIDGE
(CHRISTIANSBURG FOURSQUARE CHURCH)
CHRISTIANSBURG, VA.

This church-planting pastor, loving wife and mother of four kids believes worship is a lifestyle. "There is nothing better than sitting on the sidelines [at kids' games], cheering for your kids and laughing with other parents," Juniece Fillingham says. "I love how God uses those moments to build relationships with people outside the church and open opportunities for you to share your faith." While she worships wherever she is, Juniece also intentionally encourages church members and coaches fellow leaders. "Releasing people to do what you do," she acknowledges, "is the greatest testament to our leadership."



THE PARNELL BROTHERS

COREY PARNELL: WORSHIP PASTOR
CASEY PARNELL: CREATIVE ARTS PASTOR
WESTSIDE
(BEND FOURSQUARE CHURCH)
BEND, ORE.

Brothers Corey and Casey Parnell have released CDs, performed alongside limbless inspirational evangelist Nick Vujicic and mobilized churches to serve their communities. But for Corey and Casey, nothing matters but Jesus. "Early in my life, I felt the call to 'make Jesus famous,'" Casey explains, "to see Him lifted high rather than my own name." Corey agrees. "It's so easy to become entitled as a musician," Corey cautions. "Instead, serve with abandon, with humility and with serious discipline. In doing so, you will join in the way of Jesus, and bring Him great glory."



BEN WEISS

SENIOR PASTOR
GRACE COMMUNITY
(SOUTHLAKE FOURSQUARE CHURCH)
SOUTHLAKE, TEXAS

Throughout his transitions from youth pastor to family pastor to senior pastor, Ben Weiss has valued caring for seeds the Lord has sown—even in others. When God told him not to bury the talents of his church's youth, Ben began Fine Arts, a program for teenagers to discover creative worship through music, dance, drama and other artistic forms. Students have since appeared on NBC's *The Voice* and won Life Pacific College (also called LIFE Bible College) scholarships. "Do not despise small beginnings," Ben advises. "If you wait on Him and His timing, it will be a glorious ride with incredible fruit."



MARLA REID

WORSHIP AND ARTS PASTOR
GRACE TO THE NATIONS
(TUCSON GRACE CHAPEL FOURSQUARE CHURCH)
TUCSON, ARIZ.

With Spirit-filled passion, Marla Reid leads worship for her multicultural congregation. She also travels internationally, singing of God's infinite love with TrustNU Ministries and training others in prophetic worship. Through TrustNU, she crosses boundaries of race, economic status and nations' borders to influence individuals and communities with Christ's salvation and life restoration. "Those He calls, He equips with mighty weapons to break down strongholds," Marla encourages. Armed with the Word and the Spirit's power, Marla says her greatest accomplishment is her church family's Bilingual Worship Resurrection Choir, which represents people from more than 20 different countries.



JORDAN WALL

WORSHIP AND CREATIVE ARTS LEADER
THE ROCK
(KALAMAZOO FOURSQUARE CHURCH)
PORTAGE, MICH.

“Being biracial [African American and Caucasian], I feel like my mission on this earth is to ‘bridge’ different cultures together,” Jordan Wall shares. Through his position at The Rock, his ministry focus is fulfilled daily as he uses worship and the arts to transcend cultural boundaries and unite the body of Christ. A natural team builder, Jordan inspires others to believe in God’s goodness and grace even in their lowest moments. “You don’t have to make anything happen,” he says of his worship leadership approach. “Just make room for God.”



CAROL DANNA

WORSHIP PASTOR
THE CORNERSTONE
(ANAHEIM EAST FOURSQUARE CHURCH)
ANAHEIM, CALIF.

A veteran worship leader, Carol Danna seeks to remind believers of just how deeply Jesus loves them. She has served as a Foursquare National Worship Committee member and now sponsors dance troupe ministries. She leads The Cornerstone alongside her husband, Rick, where her current focus is children. Her skills as a songwriter aided her in the composition of three children’s music albums, and she teaches piano and gives voice lessons to kids in her community. Inspired by Psalm 145:4, she shares: “There is nothing like a 5-year-old singing and playing a worship song they wrote!”



CHRIS DIAZ

WORSHIP DIRECTOR
ANGELUS TEMPLE HISPANIC FOURSQUARE CHURCH
LOS ANGELES

As the son of Angelus Temple Hispanic Foursquare Church’s senior pastor, Chris Diaz directs worship for both English- and Spanish-speaking ministries at Angelus Temple. After facing the sad, sobering experience of a close friend’s death, Chris returned to Jesus at age 20 with the help of his older brother, Eric. Since then, Chris has determined not to simply play music, but to play skillfully as Psalm 33:3 encourages. He also urges fellow worshipers to find their voices. “When we break away from our preconceived notions of what we think worship is supposed to look like,” Chris says, “it brings greater honor to God.”

MORE PEOPLE YOU SHOULD KNOW

PRESTON REYNOLDS

WORSHIP LEADER/LIFE GROUP COORDINATOR
CHURCH ON THE HILL
(HILLSBORO FOURSQUARE CHURCH)
HILLSBORO, TEXAS

Born a pastor’s kid in Baton Rouge, La., Preston Reynolds believes faithfulness is a key to worship. “Even if you’re the only one worshipping,” he says, “you’re making a difference.”

JASON DIONNE

WORSHIP/MUSIC MINISTER
THE BRIDGE
(EL SEGUNDO FOURSQUARE CHURCH)
EL SEGUNDO, CALIF.

Jason Dionne loves to play music for youth camps, retreats and parties hosted by church friends. His goal: to relationally connect people to God in their context with focus on God’s glory.

ANGELA DOLLAR

WORSHIP LEADER
RESTORATION
(HUNTSVILLE FOURSQUARE CHURCH)
MADISON, ALA.

Her favorite instruments may have keys, but Angela Dollar manages a church-based private school for piano, vocals and drums. A soulful leader, she even views practicing as worship.

ADAM LOHRBACH

CREATIVE ARTS PASTOR
THE BRIDGE
(RANCHO SANTA MARGARITA SOUTH FOURSQUARE CHURCH)
RANCHO SANTA MARGARITA, CALIF.

When Adam Lohrbach left his lifestyle as a popular punk band frontman, he found his calling in worship. Now he fosters a “holding nothing back” praise atmosphere and builds young leaders.

DENNIS MICLAU

WORSHIP AND IT DIRECTOR
PORTLAND FOURSQUARE CHURCH
PORTLAND, ORE.

Well versed in Portland’s music scene, newlywed Dennis Miclau invests in the city’s youth and Romanian community. When he’s not leading intergenerational worship, he’s in the recording studio.

JON SPELLMAN

CO-PASTOR/ WORSHIP LEADER
LIVING WAY
(ADAIRSVILLE FOURSQUARE CHURCH)
ADAIRSVILLE, GA.

Jon Spellman is a devoted husband, down-to-earth dad and musician who leads by example. His advice to fellow musicians: “Check your ego. You don’t own that position you fill!”

FOUR SQUARE FUN



1 Find your long-lost Foursquare camp buddy (the one who gave you a wedgie) on Facebook.



2 Bring Foursquare-colored popsicles for your church staff.

3 Set up your sanctuary in quadrants this week.



4 Prank call a fellow Foursquare pastor and ask for financial assistance to get to Foursquare Connection 2014 in Dallas.



5 Send your favorite professor, pastor or mentor a quick note or email of thanks.



14 WAYS

TO KILL

14 MINUTES...

This issue of *Foursquare Leader* is all about living well and learning from people who do just that. And sometimes, we gotta take a break from it all and have some fun. Here are 14 fun(ny) ways that you as a Foursquare leader can spend 14 minutes doing something productive—plus 4 more in case your flight is delayed at the airport.

10 Post a photo of your favorite Foursquare memory to Foursquare's Facebook page (facebook.com/wearefoursquare).



11 Check in at your Foursquare church on the social media site foursquare.com as often as possible. See how long it takes to be the pastor *and* the mayor.

12 Play a game of four square in the driveway. (Needed: Four literal squares. One ball that bounces. And go.)



...and 4 bonus ways...

1. Recite the correct order of the Foursquare symbols.
2. Map the distance from Angelus Temple to your Foursquare church and tweet it to @wearefoursquare.
3. Mark Sister Aimee's birthday on your calendar (Oct. 9). Thank God each year for a way our founder impacted your life in the past year.
4. Play six degrees of Life Pacific College (or LIFE Bible College, as the case may be). Connect six different Foursquare leaders through ministry assignments.

6 Appliqué the old Foursquare logo onto your favorite preaching outfit. Hand out Foursquare-colored candy to anyone who comments on it.



7 Stand in front of mirror and practice Pastor Jack impersonations—complete with gestures and voice inflections. Bonus points for wearing a Cosby sweater and a French beret.



9 Repent for practicing Pastor Jack impersonations.

8 Look up fun things to do in Dallas to prepare for Connection 2014. (Hint: visitdallas.com is a good place to start.)



13 Memorize the sign language for Sister Aimee's classic hymn "Preach the Word," and bust it out during next Sunday's worship time.



14 Instagram four literal squares somewhere in your local city. Tag them with #wearefoursquare.

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- **Dr. Mary Lou Canata**

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