



THE APOSTOLIC FAITH MISSION OF SOUTH AFRICA DIE APOSTOLIESE GELOOF SENDING VAN SUID-AFRIKA

(PBO no/WO nr: 930004069)

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TO ALL AFM ASSEMBLY SECRETARIES, REGIONAL AND NETWORK SECRETARIES / ADMINISTRATORS.

Dear Brothers and Sisters,

CIRCULAR ON PASTORS' APPRECIATION AND WELLNESS DURING THE MONTH OF OCTOBER.

Dear brothers and sisters, “Elders who lead effectively are worthy of double honour, especially those who work hard at preaching and teaching.” **(1 Timothy 5:17, Berean Standard Bible)**

In the above scripture, Paul reminds us to honour and appreciate our leaders. This is something that a leader should never expect or enforce but that church members and followers of Christ should do continuously because we respect and love our leaders because of their dedication and work.

As we honour and appreciate our pastor/; let the assembly be informed and aware of some essential focus areas of pastoral wellness. I will highlight six areas of wellness to increase your awareness and noting.

- **Spiritual Wellness**: - *spending time reflecting and exploring your spiritual life.*
- **Emotional Wellness**: - *maintaining a healthy emotional life.*
- **Intellectual Wellness**: *staying engaged in learning new things, engaging in creative activities, and enhancing intellectual interest.*
- **Physical Wellness** *involves moving your body (exercise), eating well-balanced food, sleeping well, and taking health screenings.*
- **Social Wellness**: - *involves having a strong social network that supports and guides you.*
- **Financial Wellness**: - *taking steps to live within your means and plan for your future financial health.*

As a church, we have established a tradition over the last couple of years of primarily focusing on appreciating our pastors, their spouses, and their children during October.

I am writing this short letter to urge and remind you to do something above and beyond your normal appreciation of your pastor/s this coming October.

I pray that God will richly bless, enrich and empower all our assemblies with His presence and Holy Spirit as we endeavour to work effectively and harmoniously together to impact our communities with His Love and Grace and build His Kingdom.

With AFM greetings and blessings,



**PASTOR MS KHUMALO
GENERAL SECRETARY**