Key to Power Point – ReEntry Face of Transition AUSSIE – 2017

* Slips of paper, a fishbowl and a white board. Give each participant a slip of paper and ask them to write down one word or short phrase that they would use to describe the re-entry process. When finished, fold and place in the fish bowl. Pass the fish bowl and have everyone draw out a slip of paper and read it out to the group and write the words on the white board.
* Title slide – snail used to represent that re-entry is a slow process
* Define cultural stress
* Typical expat morale curve for entire missionary journey. Note: deeper emotional dip with re-entry
* Words used at a previous retreat to describe re-entry experience. Ask if any stand out or are a surprise.

**Why is re-entry is hard?**

* Why can we just FIT BACK IN???
* Causes of Culture Shock – when they first went to new country
* The Process of Enculturation – food, shopping, driving, dress and living are different
* Apples/Oranges – we are apples among apples before we go on mission. We look the same as everyone around us and we know how to be an apple.
* Apple among Oranges – we enter our field of service as an apple among oranges – clearly different and stand out
* Apple dressed as orange – we learn how to fit in, speak the language, blend in amongst those we came to serve—cultural adaptation
* Apple outside/orange inside – this is what happens upon our return—some of that orange has change who we are at the core – we still look like an apple to the apples we return to, but on the inside we have changed and people don’t often see or understand this.
* The process of re-enculturation – returning home – we need to learn to eat, drive, shop, dress, and drive different again

**Re-entry is a big deal**

* Why re-entry is a big issue… we will look at this in more detail in a moment
* Australian Member Care survey revealed problems of resettlement among returned Aussie missionary workers

**It’s a transition**

* Transition curve – when we go through a change, we go through the emotions as shown on the transition curve. The key is to not get stuck in the neutral zone. If this happens, you may need to seek the support of a mental health professional to help you get unstuck and move forward in the process of re-engagement/new beginnings
* Transition wedges – consider circling where you are at in each domain?

**Expectations**

* Managing expectation upon your return is key – if they are too high we end up disappointed
* If we have realistic expectations, we often end up with a more positive outcome
* Expectations are often unrealised until they are unmet- this leads to disappointment upon disappointment which can result in disillusionment
* Disillusionment can yield self protective behaviour/withdrawal and unhelpful outcomes – decreased hope, decreased trust, decreased effectiveness, increased isolation, increased cynicism and increased scepticism – this thwarts our smooth transition back into Aussie life/relationships

**Stress**

* Yerkes-Dodson law - stress not a bad thing in moderation
* **ACTION: Draw own stress line**
* Upheaval (change) = stress – Holmes Rahe (in handouts) – **have them check their current stress score over the past 12-month period**
* Cross Cultural Worker Results – Misso workers stay at high levels for a protracted time with re-entry stress similar to that of deployment (USA norm: 100)
* Coping capacity glasses – the more stress, the fuller the glass – this means you need to manage your stress, bring levels down so you don’t overload. This will vary person to person and within families—more time may need to be allowed for slower adjustment for some, taking on new responsibilities as you feel ready
* **ACTION: How can we increase our coping capacity?**

**Identity**

* Who am I now? Parts of our identity are forever – parts change very slowly, other times parts of our identity change more quickly. Identity challenged through re-entry – no longer a missionary.
  + Similar to ID changes when we moved to the field
  + We noticed clearly defined leadership roles on the field, when we returned no one including us and our church seemed to know where we fit
* **ACTION: Identity cloud**
* Biblical truth about identity – begins before birth x2 slides
* God is conforming our identity – x2 slides
* Our journey is part of that process – x2 slides

**Giving grace**

* Checklist for returnee –
* Letting go to become
* Good news- God is still working on them through this process of re-entry and will complete His story in their lives
* A smooth sea… the roughness of our journey has purpose
* Questions