



Embracing Compassion

Navigating Sensitive Topics with Grace



Greetings, Sisters in Christ,

I extend a warm welcome to each and every one of you. When we gather to discuss important matters within our community, I want to acknowledge the sensitive nature of the subject matter we will be addressing. The topics we delve into may touch upon deeply personal experiences and emotions, and I want to offer a gentle reminder that some discussions may be triggering for some individuals.

Before we proceed, I want to emphasize that if anyone is struggling with any of life's challenges, whether it be emotional pain, trauma, or any other issue weighing heavy on your heart, know that you are not alone. God, our compassionate and loving healer, is ever-present and ready to provide comfort, solace, and restoration to those in need. He is the source of our strength and the one who offers peace amidst life's storms.

If you find yourself in a place of struggle or distress, I encourage you to reach out for help. Whether it's seeking guidance from a trusted friend, confiding in a pastor or counselor, or reaching out to a support group, know that there are resources and compassionate individuals ready to walk alongside you on your journey toward healing and wholeness.

As we engage in discussions and share our stories today, let us do so with empathy, understanding, and a spirit of love. May our time together be a source of encouragement, support, and growth for each member of our community.

Thank you for your attention, your vulnerability, and your willingness to journey together with us. Let us proceed with open hearts and minds, trusting in the healing power of God's love.

With Warmth and Love

Psalm 34:18 (NIV):

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

This verse reminds us that even in our darkest moments, God is near to us, offering comfort and solace. It reassures us that God is aware of our pain and suffering and is ready to extend His love and support to us.

Activity

MEPPSS Rating Scale:

The MEPPSS Rating Scale is a comprehensive tool designed to assess and enhance various dimensions of well-being in individuals' lives. MEPPSS stands for Mental, Emotional, Physical, Professional (and financial), Social, and Spiritual aspects, encapsulating key domains that contribute to a fulfilling and balanced life.

Each component of the MEPPSS Rating Scale offers a rating system ranging from 1 to 10, with 10 representing the optimal state and 1 indicating areas that require improvement or attention. By evaluating these different facets of well-being, individuals can gain insights into their overall life satisfaction and identify specific areas where they may need to focus their efforts for personal growth and fulfillment.

The MEPPSS Rating Scale goes beyond traditional measures of success and happiness by addressing both internal and external factors that influence well-being. Through self-assessment and journaling, individuals can delve deeper into their thoughts, feelings, and behaviors, paving the way for meaningful change and growth.

By regularly using the MEPPSS Rating Scale and taking proactive steps to improve areas of weakness, individuals can cultivate a more balanced and fulfilling life, ultimately leading to greater overall happiness and well-being.

MEPPSS Rating Scale:

1. Mental:
 - 10: Sharp, focused, and clear-minded.
 - 1: Fuzzy thinking, difficulty concentrating, or feeling mentally drained.
2. Emotional:
 - 10: Emotionally resilient, balanced, and content.
 - 1: Overwhelmed, anxious, or experiencing frequent mood swings.
3. Physical:
 - 10: Energetic, fit, and healthy.
 - 1: Fatigued, lethargic, or experiencing physical discomfort.
4. Professional (and Financial):
 - 10: Successful, financially secure, and satisfied with career.
 - 1: Struggling professionally or financially, feeling stuck or unsatisfied in career.
5. Social:
 - 10: Fulfilling relationships, active social life, and strong support network.

- 1: Isolated, lonely, or lacking meaningful connections with others.
6. Spiritual:
- 10: Connected to inner self, purposeful, and at peace.
 - 1: Feeling spiritually disconnected, lost, or lacking purpose.

Self-assessment and Journaling:

1. Mental:
 - Rate yourself on a scale of 1-10.
 - If 5 or below, reflect on what factors are contributing to your mental state.
 - Journal about daily practices such as meditation, reading, or problem-solving techniques to improve mental clarity and focus.
2. Emotional:
 - Rate yourself on a scale of 1-10.
 - If 5 or below, explore the emotions you are experiencing and their root causes.
 - Journal about activities like journaling, therapy, or mindfulness exercises to enhance emotional resilience and balance.
3. Physical:
 - Rate yourself on a scale of 1-10.
 - If 5 or below, identify areas of your physical health that need attention.
 - Journal about implementing regular exercise, healthy eating habits, or seeking medical advice to improve physical well-being.
4. Professional (and Financial):
 - Rate yourself on a scale of 1-10.
 - If 5 or below, assess your current career and financial situation and pinpoint areas for improvement.
 - Journal about setting career goals, improving skills, or seeking financial advice to enhance professional and financial satisfaction.
5. Social:
 - Rate yourself on a scale of 1-10.
 - If 5 or below, consider the quality of your relationships and social interactions.
 - Journal about reaching out to friends, joining social groups, or participating in community activities to foster meaningful connections.
6. Spiritual:
 - Rate yourself on a scale of 1-10.
 - If 5 or below, delve into your sense of purpose and connection to something greater than yourself.
 - Journal about practices like meditation, volunteering, or exploring personal beliefs to nurture spiritual well-being.

Encourage yourself to take daily action towards improving each area, even if it's just a small step. Consistency and perseverance are key to achieving holistic well-being.

Thank you for taking the time to complete the MEPPSS Rating Scale activity.

Please read the story of Tamar in the Bible, specifically in the Old Testament, in the book of 2 Samuel chapter 13.

Thank you for your participation.

Possible impact of Tamar's trauma

The story of Tamar, King David's daughter, who was assaulted by her half-brother Amnon, is a tragic account of sexual violence within a family. Such crimes can have profound and long-lasting impacts on victims, including Tamar and others who have experienced similar trauma.

1. Emotional and Mental Trauma:

- Tamar likely experienced a range of emotions following the assault, including fear, shame, anger, and betrayal. The violation of trust by a family member can deeply wound a person's sense of safety and security.
- Victims of sexual assault often grapple with feelings of guilt and self-blame, even though they are not at fault. Tamar may have struggled with questioning her own actions or feeling responsible for what happened.
- Trauma resulting from sexual assault can lead to symptoms of depression, anxiety, post-traumatic stress disorder (PTSD), and other mental health issues. Tamar may have experienced flashbacks, nightmares, and difficulty sleeping or concentrating.
- The trauma can also affect relationships with others, including family members, as trust may be broken and communication strained.

2. Behaviors and Symptoms Associated with Trauma:

- Tamar may have exhibited avoidance behaviors, such as avoiding places or situations that remind her of the assault or avoiding intimacy and physical contact.
- She may have struggled with self-esteem issues and feelings of worthlessness, especially if she internalized the blame for what happened.
- Tamar may have experienced mood swings and emotional instability, as well as difficulty regulating her emotions.
- Some victims of sexual assault turn to unhealthy coping mechanisms such as substance abuse or self-harm in an attempt to numb their pain or regain a sense of control.
- It's possible that Tamar experienced difficulties in expressing her emotions or seeking help due to societal stigma or fear of retribution.

The crime against Tamar and other victims of sexual assault can have devastating effects on their emotional and mental well-being. It's crucial for survivors to receive support, validation, and access to resources such as therapy and counseling to help them heal and rebuild their lives. Additionally, raising awareness and addressing societal attitudes towards sexual violence is essential in preventing future incidents and supporting survivors.

In the ancient time and culture in which Tamar lived, her experience of sexual assault would have been fraught with challenges and barriers to seeking support and justice. Let's consider how Tamar's life and circumstances might have unfolded in her time compared to what would likely happen in modern American culture.

Ancient Time and Culture (Biblical Era):

- Tamar's possible age at the time of the assault: It's difficult to determine Tamar's exact age, but considering the customs of the time, she might have been in her late teens or early twenties.
- Lack of legal recourse: In ancient times, there were limited legal protections for women, particularly in cases of sexual assault. Tamar may have faced significant obstacles in seeking justice against her attacker, especially if her brother Amnon held a position of power or influence.
- Social stigma and shame: Tamar would have likely experienced immense shame and social stigma as a result of the assault. In patriarchal societies like ancient Israel, the burden of shame often fell disproportionately on the victim rather than the perpetrator.
- Limited access to support services: Tamar may have had few, if any, resources or support networks available to her in the aftermath of the assault. Counseling services, shelters for survivors of violence, and other forms of support that are commonplace in modern society would have been non-existent.
- Potential consequences: After the assault, Tamar's life may have been profoundly affected. She may have faced ostracism from her community, struggled with mental health issues such as depression and anxiety, and experienced challenges in forming trusting relationships.

Modern American Culture:

- Support and resources: In today's age and culture in the USA, Tamar would have access to a variety of resources and support services for survivors of sexual assault. This might include hotlines, counseling services, support groups, and legal advocacy organizations.
- Legal protections: Tamar would have the option to pursue legal recourse against her attacker through the criminal justice system. While challenges such as victim-blaming and skepticism still exist, there are legal protections in place to support survivors and hold perpetrators accountable.
- Awareness and education: Modern American culture places greater emphasis on raising awareness about sexual violence, consent, and healthy relationships. Tamar may have had access to education and resources aimed at preventing sexual assault and supporting survivors.

- Community support: Tamar would have the benefit of support from her community, including friends, family, religious leaders, and advocacy organizations. There is a growing understanding and recognition of the importance of believing and supporting survivors of sexual violence.

Tamar's experience of sexual assault would have been vastly different in her ancient time and culture compared to modern American culture. While she may have faced significant challenges and barriers to seeking support and justice in ancient times, today's survivors have access to a range of resources and support services that can help them heal and rebuild their lives. However, it's important to recognize that even in modern society, there are still systemic issues and societal attitudes that can impact survivors of sexual violence.

Sarah's Story:

My name is Sarah. Once, I was vibrant, full of life, and dreams. But now, I'm trapped in a nightmare, one that replays relentlessly in my mind, day and night. I am PTSD, and this is my story.

I used to think PTSD was just a label, something that happened to other people, not me. But then, the trauma struck. It was like a storm, tearing through the fabric of my reality, leaving me shattered in its wake.

I remember the flashbacks vividly, as if the memories were etched into my skin. They come without warning, engulfing me in a whirlwind of terror. The sights, the sounds, the smells—every detail of that fateful day haunts me, refusing to let me forget.

Sleep used to be my refuge, but now it's a battleground. Nightmares lurk in the shadows, waiting to pounce the moment I close my eyes. I wake up drenched in sweat, my heart racing, my breath caught in my throat. The line between dreams and reality blurs, leaving me gasping for air in a world that feels too real to be true.

Every sound is a trigger, every shadow a threat. I'm constantly on edge, my nerves frayed, my senses heightened. The world around me feels like a minefield, and I'm always one step away from detonation.

But it's not just the external threats that torment me—it's the war raging within. Guilt, shame, self-doubt—they gnaw at me from the inside, tearing me apart piece by piece. I blame myself for what happened, even though I know deep down it wasn't my fault. The weight of it all threatens to crush me, to drown me in a sea of despair.

I used to love life, but now I merely exist. The things I once enjoyed hold no pleasure for me anymore. I'm trapped in a prison of my own making, isolated from the world and from myself.

They say time heals all wounds, but mine feels like an open wound that never stops bleeding. I cling to the hope that one day, I'll break free from the chains of PTSD. But for now, I'm just trying to survive, one day at a time, in a world that feels like it's closing in on me.

Understanding PTSD

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event. The symptoms of PTSD can vary in severity and may persist for months or even years after the traumatic incident. Here are some common symptoms associated with PTSD:

1. **Intrusive Memories:**

- Flashbacks: Vivid, distressing memories of the traumatic event that feel as if they are happening again. These can be triggered by reminders of the event.
- Nightmares: Recurrent dreams related to the traumatic event, which may lead to disturbed sleep patterns.
- Distressing thoughts or images: Persistent, intrusive thoughts about the traumatic event that can be difficult to control.

2. **Avoidance and Numbing:**

- Avoidance of triggers: Individuals may go to great lengths to avoid people, places, activities, or situations that remind them of the traumatic event.
- Emotional numbing: Feeling emotionally detached or unable to experience positive emotions. This may lead to a loss of interest in activities that were once enjoyable.
- Avoidance of talking about the traumatic event: Some individuals may avoid discussing the trauma altogether or may struggle to express their feelings about it.

3. **Hyperarousal and Reactivity:**

- Hypervigilance: Constantly being on high alert, feeling easily startled, and being overly aware of potential dangers in the environment.
- Irritability and anger outbursts: Individuals with PTSD may experience frequent irritability, mood swings, or sudden outbursts of anger.
- Difficulty concentrating: Trouble focusing on tasks, memory problems, and an inability to concentrate due to intrusive thoughts or hypervigilance.

- Sleep disturbances: Insomnia, difficulty falling or staying asleep, or experiencing restless sleep patterns.

4. **Negative Changes in Mood and Cognition:**

- Persistent negative beliefs or expectations about oneself, others, or the world.
- Distorted blame: Feeling guilty or blaming oneself or others for the traumatic event.
- Memory problems: Difficulty recalling specific details of the traumatic event or other aspects of daily life.
- Feelings of detachment: Feeling emotionally numb, disconnected from others, or estranged from one's surroundings.
- Diminished interest in activities: Loss of interest in previously enjoyed activities or hobbies.

It's important to note that not everyone who experiences a traumatic event will develop PTSD, and the severity and duration of symptoms can vary from person to person. If you or someone you know is experiencing symptoms of PTSD, it's essential to seek support from a mental health professional who can provide appropriate diagnosis and treatment options, such as therapy, medication, or support groups. Early intervention and support can significantly improve outcomes for individuals with PTSD.

Activity 2

Reflective Journal Prompt:

- Think about a time when you felt supported during a difficult period. How did that support make you feel, and what specific actions or behaviors from others were most helpful to you? Consider how you can apply those insights to supporting someone with PTSD. Reflect on potential ways to create a safe and understanding environment for them to share their experiences and feelings.
2. **Empathy-Building Journal Prompt:**
 - Imagine yourself in the shoes of someone living with PTSD. Write about a day in their life, considering the challenges they might face, both internally and externally. How would you feel navigating the world with their symptoms and triggers? Use this exercise to cultivate empathy and deepen your understanding of the daily struggles experienced by individuals with PTSD. Reflect on how you can offer compassionate support and validation to someone living with this condition.
 3. **Action-Oriented Journal Prompt:**

- Brainstorm a list of practical ways you can support a loved one or friend who has PTSD. Consider both short-term and long-term strategies, such as actively listening to their experiences, accompanying them to therapy sessions, researching reputable resources about PTSD, or helping them establish healthy coping mechanisms. Reflect on the potential impact of each action and how it aligns with the individual's unique needs and preferences. Set specific goals for implementing these supportive behaviors into your interactions with them.

Activity 3

The Practice of Gratitude 7-Day Plan

Day 1: Gratitude Journaling

- Start your week by dedicating time each day to reflect on the blessings in your life. Set aside a few minutes to write down three things you're grateful for, whether it's the love of family and friends, good health, a roof over your head, or small moments of joy. Consider how these blessings have positively impacted your life.

Day 2: Acts of Kindness

- Today, focus on spreading kindness and generosity to others. Perform small acts of kindness throughout the day, such as holding the door open for someone, complimenting a stranger, or offering help to a friend or neighbor. Reflect on the positive impact these gestures can have on both the recipient and yourself.

Day 3: Reflecting on Privilege

- Take some time to reflect on the areas of privilege in your life, whether it's access to education, socioeconomic status, or other advantages. Consider how these privileges have influenced your opportunities and experiences. Reflect on ways you can use your privilege to uplift and support those who may not have the same advantages.

Day 4: Researching Social Issues

- Educate yourself about social issues and challenges faced by marginalized communities. Spend time researching topics such as poverty, homelessness, food insecurity, or access to healthcare. Reflect on the systemic barriers that

contribute to these issues and consider how you can contribute to positive change through advocacy, volunteering, or supporting relevant organizations.

Day 5: Volunteering or Donating

- Take action by volunteering your time or resources to support causes you care about. Whether it's serving at a local soup kitchen, volunteering at a community organization, or donating to a charitable cause, find ways to give back to your community. Reflect on the impact of your contribution and how it aligns with your values and priorities.

Day 6: Cultivating Empathy

- Practice empathy by putting yourself in the shoes of those less fortunate. Spend time listening to the stories and experiences of individuals who have faced adversity or hardship. Reflect on the common humanity that connects us all and the importance of compassion and understanding in building a more inclusive and equitable society.

Day 7: Committing to Continued Action

- Reflect on the past week and the insights you've gained about gratitude, generosity, and empathy. Commit to incorporating these values into your daily life beyond this week. Set goals for ongoing acts of kindness, volunteering, or advocacy efforts that align with your values and contribute to positive change in your community and beyond.

By incorporating these actions into your daily life, you can cultivate a mindset of gratitude, empathy, and generosity that extends beyond the holiday season, promoting a culture of giving and compassion throughout the year.

Resources

1. **Sexual Assault and PTSD:**

- National Sexual Violence Resource Center (NSVRC): Provides information, resources, and support for survivors of sexual assault and those who work with them. Website: [nsvrc.org](https://www.nsvrc.org)
- PTSD Alliance: Offers information, resources, and support for individuals living with PTSD and their loved ones. Website: [ptsdalliance.org](https://www.ptsdalliance.org)

2. **Gratitude and Empathy:**

- Greater Good Magazine: Provides science-based insights and practices for fostering gratitude, empathy, and well-being. Website: [greatergood.berkeley.edu](https://www.greatergood.berkeley.edu)
- Random Acts of Kindness Foundation: Offers ideas, resources, and inspiration for practicing kindness and compassion in daily life. Website: [randomactsofkindness.org](https://www.randomactsofkindness.org)

3. **Support for Survivors of Sexual Assault (Modern American Culture):**

- Rape, Abuse & Incest National Network (RAINN): The largest anti-sexual violence organization in the United States, offering support, resources, and a 24/7 hotline for survivors. Website: [rainn.org](https://www.rainn.org)
- National Alliance on Mental Illness (NAMI): Provides education, advocacy, and support for individuals living with mental health conditions, including PTSD. Website: [nami.org](https://www.nami.org)

4. **Resources for Understanding and Addressing Privilege and Social Issues:**

- Showing Up for Racial Justice (SURJ): Offers resources, tools, and organizing opportunities for white people and communities to engage in anti-racist work and support racial justice. Website: [showingupforracialjustice.org](https://www.showingupforracialjustice.org)
- Poverty USA: Provides information, resources, and advocacy opportunities related to poverty and inequality in the United States. Website: [povertyusa.org](https://www.povertyusa.org)

These resources offer a starting point for individuals seeking support, information, and opportunities for action related to the topics discussed in this conversation. It's important to explore further and find resources that resonate with your specific needs and interests.

Biblical Resources

The story of Tamar can be found in the Bible, specifically in the Old Testament, in the book of 2 Samuel chapter 13. Here are some biblical resources related to Tamar's story:

1. The Bible (2 Samuel 13):

- This chapter recounts the tragic events involving Tamar, the daughter of King David, and her half-brother Amnon. It provides the narrative of the assault and its aftermath within the context of ancient Israelite society.

2. Commentaries and Study Bibles:

- Various commentaries and study Bibles offer insights, analysis, and interpretations of Tamar's story. These resources provide historical context, cultural background, and theological reflections on the events described in 2 Samuel 13.

3. Sermons and Devotionals:

- Many pastors and religious leaders have preached sermons or written devotionals based on Tamar's story, exploring themes such as sexual violence, justice, and the treatment of women in the Bible. These resources offer spiritual reflections and practical applications for contemporary audiences.

4. Biblical Counseling and Support:

- Christian counselors and ministries may offer support and guidance for individuals grappling with issues related to sexual assault, trauma, and healing. These resources often integrate biblical principles with psychological insights to provide holistic support for survivors.

5. Bible Studies and Small Groups:

- Bible studies and small groups can provide opportunities for individuals to explore Tamar's story within a supportive community context. Group discussions, reflections, and prayers can help participants engage with the biblical text and its relevance to their lives.

6. Women's Ministry Resources:

- Women's ministries within churches and Christian organizations may offer resources, events, and support groups specifically tailored to addressing issues related to women's experiences, including those of survivors of sexual violence.

When engaging with biblical resources related to Tamar's story, it's important to approach the text with sensitivity, compassion, and a commitment to understanding its implications for contemporary issues of justice, healing, and support for survivors of sexual assault.

Ellen G. White

Ellen G. White, a prominent figure in the Seventh-day Adventist Church and a prolific author, wrote extensively on various biblical narratives and themes. While she did not specifically address Tamar's story in her writings, she did discuss broader themes related to sexual violence, justice, and the treatment of women.

In her book "Patriarchs and Prophets," which offers commentary on the lives of biblical characters and events, Ellen G. White emphasizes the importance of upholding principles of purity, integrity, and respect for women. While Tamar's story is not explicitly discussed in this book, White's writings often underscore the consequences of sin and the need for justice and redemption in the face of oppression and abuse.

Additionally, White's writings advocate for compassion and support for those who have experienced trauma or injustice, including survivors of sexual violence. She emphasizes the healing power of faith, prayer, and community support in overcoming adversity and finding restoration.

While there may not be direct references to Tamar's story in Ellen G. White's writings, her broader teachings on morality, justice, and compassion can offer insights and guidance for individuals seeking to understand and address issues related to sexual violence and the treatment of women within a biblical framework.

The General Conference of SDA's

The General Conference of Seventh-day Adventists (GCSDA) is the governing body of the Seventh-day Adventist Church, and while they may not have specific statements solely dedicated to sexual violence, the church does address issues related to human rights, justice, and compassion in various documents and statements.

In terms of addressing sexual violence, the Seventh-day Adventist Church emphasizes the importance of upholding the dignity and rights of all individuals, including survivors of sexual violence. The church advocates for creating safe and supportive environments where survivors can seek help, healing, and justice.

The GCSDA provides resources and support through various departments, ministries, and initiatives within the church. Some of these resources may include:

1. **Adventist Risk Management (ARM):** ARM offers resources and training materials for creating safe environments within Adventist churches, schools, and institutions. This includes guidelines and policies related to preventing and responding to sexual abuse and misconduct.

2. **Women's Ministries:** The Women's Ministries department of the Seventh-day Adventist Church may offer resources, support groups, and educational materials addressing issues relevant to women's experiences, including sexual violence.
3. **Adventist Family Ministries:** This department provides resources and support for strengthening family relationships, which may include addressing issues related to domestic violence and sexual abuse within families.
4. **Counseling and Support Services:** Some local Adventist churches may offer counseling services or support groups for individuals who have experienced trauma or abuse, including sexual violence.
5. **Education and Awareness:** The GCSDA may provide educational materials, workshops, and seminars addressing topics related to sexual violence, consent, healthy relationships, and prevention strategies.

While specific resources may vary depending on the region and local church context, the Seventh-day Adventist Church generally seeks to provide support, education, and advocacy on issues related to sexual violence within the framework of its broader mission and values. Individuals seeking assistance or resources related to sexual violence within the Seventh-day Adventist Church may contact their local church leadership or relevant department for guidance and support.

Isaiah 41:10 (NIV):

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

This verse offers encouragement and reassurance to those facing fear and uncertainty. It reminds us that God is our constant companion and source of strength, empowering us to overcome challenges and persevere through difficult times.

Closing thoughts:

I want to express my heartfelt gratitude to each and every one of you for your participation, your openness, and your willingness to engage in meaningful dialogue. Today's discussions have been incredibly valuable, touching upon sensitive topics with grace, empathy, and understanding.

As we reflect on the insights shared and the stories exchanged, let us remember the importance of compassion, support, and community in navigating life's challenges. Each of us carries unique burdens and experiences, but through our shared journey and collective support, we can find strength, healing, and hope.

As we leave this space today, may we carry with us the knowledge that we are not alone in our struggles. God, our ever-present healer, walks alongside us, offering comfort, guidance, and restoration. Let us lean on Him in times of need and extend His love to those around us who may be hurting.

I encourage you to continue the conversations sparked today, both within our community and beyond. Let us be beacons of light and sources of support for one another, reaching out with empathy and kindness to those in need.

Thank you once again for your presence, your courage, and your commitment to fostering a supportive and compassionate community. May God's peace and blessings be with each of you as you continue on your journey of healing and growth.

Until we meet again, may you be strengthened by faith, anchored in hope, and surrounded by love.

God bless you all.

Luella LaRoche, LMHC

Under the leadership of Myra Valeris

I would like to express my gratitude to Luella LaRoche for providing this material. May the Lord bless us as sisters in Christ we seek to undertake the awesome task of being the hands and feet of Jesus Christ our Lord and Savior.

Myra Valeris

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