

# News from Tomoko



## Ministry Update News from Tomoko Steinbach Winter – Summer 2019

### Dear friends and family,

With two years in Japan almost under our belt, Ryan and I went on a ten-day trip to Wisconsin to spend time with his family. This was the first time returning to the U.S. since we moved and we enjoyed catching up with family members (*and eating food we missed!*). The trip was just what we needed as it provided a break from the challenges of life in Japan.

One of those challenges has been health. Last November, I started having ringing in my ears and experienced minor hearing loss - called tinnitus. Tinnitus is notoriously difficult to cure and I have accepted living with the constant ringing for the time being. Ryan is facing his own health challenges as he continues to wrestle with the ups and down of depression.

Another challenge concerns our finances. After filing taxes for the first time this year, our expenses increased dramatically. We weren't required to file our first year in Japan and so the government didn't have income amounts to base tax, insurance, and retirement expenses on. Because of this, our current income is barely enough to cover our expenses. This will worsen in December when a two-year funding commitment ends.

Challenges such as these have a tendency to expose the weakness and limits of human power. My greatest weakness has always been dependence on my own strength. I am very thankful for God's ongoing invitation to enjoy sweet fellowship with Him and his assurance of Hope in Himself. It is here that I experience His power, strength, sovereignty, and loving care.

### Megumi Counseling

My sense of calling for the counseling ministry continues to grow. Sometimes a client I haven't heard from in weeks will call. One particular person requested an immediate session and so we set a time. She told me she had lost all hope in her life but my face kept coming to mind. She was troubled enough about her life that she decided to reach out to me. During the ensuing session, we wept together over her hopelessness and together we asked God to heal her wounds. She still struggles and I often feel inadequate to help her, yet there are many people who feel the stigma of reaching out for help. God's healing power is needed desperately in my community. It is a great honor to be a part of God's redeeming plan of healing and renewal.

In June, my colleagues and I received further training for **Christian Trauma Therapy**, a form of treatment that utilizes Eye Movement Desensitization and Reprocessing (EMDR). Through this method, I have been able to treat trauma more efficiently and effectively. The results have been great for those who struggle from panic attacks; sexual, emotional, spiritual, and physical abuse; and any past debilitating trauma. To study and understand this particular type of healing helps me see the reality of God's redemption through Jesus's cross and resurrection. EMDR is based on brain science, yet it reveals how God created our body to respond to His healing hands.

### Other Opportunities

I have been invited to be part of a team that will translate materials for a trauma workshop. This workshop will help Japanese Christians and Churches be better equipped to support disaster recoveries. In addition, I have been asked to direct counseling services at a national conference for missionaries in Japan. While I am grateful for these opportunities and the experience I gain, they are time-intensive and are provided on a volunteer basis.

### Praise & Prayer

1. Praise for God's healing power for those who have suffered severe trauma. I currently have 20 Japanese and English-speaking clients who come to see me regularly.

How can you support this vital work?

Contribute by check (my name in memo)  
**Presbyterian Mission International**  
12330 Conway Road, St. Louis MO 63141  
or give online:  
<http://www.pmiweb.org/donations.php>

**All gifts are tax-deductible.**

2. Praise for God's provision for regular supervision and training.
3. Prayer for my physical, emotional, and spiritual health so that I have the strength needed to face the brokenness of the world.
4. Prayer for wisdom to face our financial challenges. As indicated, our finances are currently very tight and will turn to a deficit in December. Counseling is still not widely-accepted in Japan and in order to make this critical service attractive and affordable, it is necessary to offer discounted fees.



*Yummy pizza is something we cannot find in Japan!*

*Thank you for your prayers,*

*Tomoko*

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My ministry website: [pmiweb.org/ts.php](http://pmiweb.org/ts.php)

