# Not Your Typical Daddy/Daughter Date



*Aaron recently returned from a Vision Trip with the non-profit organization, International Justice Mission. He was joined on this trip by his daughter Ellianna, who shares more about their journey below.*

This IJM Ghana trip was stressful, agitating, and uncomfortable, but that is what made it so wonderful. I was repulsed at the pungent smells and claustrophobia brought to life by the tour at Elmina Castle; my heart was broken for the cheerful survivors dancing at the aftercare center; itching guilt overwhelmed my body as I sat cruising Lake Volta while taking pictures of possible child labor victims. Tears were shed, and boundaries were broken. It was good.

Through my discomfort came life-long relationships and a desire for change. It made me realize that sometimes the only way to make a change is not to bask in our comfort, but to meditate in our discomfort. We cannot stay in the celebration of one God-given victory or never challenge ourselves and others for justice, for then there would be no further change. The cycle must persist. It is not easy work, which is something the IJM Ghana team is well aware of. Below, I will walk through my thoughts and emotions by witnessing a glimpse of IJM's work and the reasons behind their passion.

For a little under a week, I was part of a group of Americans who had the opportunity to tour IJM's work in Ghana. Briefly explained, IJM combats various forms of modern-day slavery in 17 different countries, but this trip was focused on child trafficking in Ghana's Lake Volta fishing industry. The trip began with Ghana's slave history and then worked its way through IJM's current progress to its future goals. On our first day, we were taken to Elmina Castle, previously known as a trading post for slaves. As we walked through with relative ease and took pictures of children playing outside its walls, it was impossible not to think about the inhumane practices that were inflicted on people not too long ago. We had stood in one of the small cells where as many as 200 tattered slaves were kept, but here claustrophobia was the least of their worries. Bodily fluids and toxic gasses created a bed for disease. Scraps of food that seldom dropped from the ceiling weakened the body. Sexual abuse tore through skin, bone, and dignity.

The conditions were horrible, but one thing killed hope more than the rest: the Door of No Return. As the name insinuates, when someone stepped through that door, they never returned. They would be stacked like Jenga blocks in a ship that sent them to various places to be further enslaved, further beaten, and further oppressed. If they did not die in the castle or the ship, they would most likely die in their new forever

home.



The “Door of no return”

We returned to the bus and I sat still, attempting not to confront all that we had learned. Why? Because I knew if I did it would become a reality. I did not want the treacheries they experienced to be true. I did the same thing when we played with the survivors at the aftercare center and when we admired the beauty of Lake Volta. All I wanted to see was children finding joy in the Lord as they put on a show for us and taught us childhood games. I didn’t want to see the beatings on the children’s skin or the trauma they experienced when their best friend never returned from the water. I wanted to ignore the fact that I saw children fishing in the rain on a school day. We were being shown the beauty of God’s accomplishments through IJM, and I wanted to stay in that beauty.

But at a specific point on our boat ride, I finally wanted to jump into the cloudy waters and swim over to the fishing children to accompany them. It was when a canoe was close enough for me to see two sets of raw palms waving at us. But they didn’t wave with the common emotion of excitement, rather

they had a flat face and only waved to say, “I’m here. Please, notice me.” I was embarrassed at the sight of our motorized boat among the canoes and people’s worry about our dry state while soaked children worked to keep their canoe from drowning. Don’t get me wrong, I am grateful for the beautiful experience and generous hospitality, but I am also enraged by how different my life is from theirs.

While this trip has angered me, it has also given me hope. Throughout our time there, we had an abundance of food. I forgot what it was like to be hungry. Although I could not keep up with the frequent supply of amazing food, I was grateful for the time spent at meals and the welcoming culture I experienced. It is a beautiful culture, one that I am now missing as I am back in America. Food was used to welcome us and bring us together (I don’t know how to grammatically put Akwaaba into a sentence, but this is where I would use it). At our meals, I met many people that I would now like to consider my family and learned many things about Ghana’s beautiful culture. We were taught to dance, carry a bag on our head, how communal Ghanaians are, and how important the day of the week you were born on is (long live Thursdays!).

However, the most important thing I learned at a meal is how God is working wonders through every IJM member to restore justice. On the last day, our American crew joined the whole IJM Ghana team at a retreat. Of course, there was song and dance. The most entertaining part was how stiff we Americans looked on the dance floor, but the most powerful part was the worship. You could hear in the singer’s voice that she was not singing from her mouth, but from her soul, in a determined effort to reach God. She was reaching others too. When I looked around, people were moved. Hands were raised to the sky in praise and lowered to the ground in humility. Many were crying, and so was I. I was crying because we were given a beautiful gift: hope. I could see how these people truly believed in what they were doing and the power of God. There

is a chance for a brighter future because the light of God shines through these people.

Throughout the entirety of the trip, I prayed that I would not leave it unchanged. I was nervous that I would act as many would after a church service: raise our hands during worship, say a couple of amens, comment on the pastor's preaching abilities, and then go home to complain about the AC not working, forgetting everything until the next Sunday. It is a cycle that goes nowhere, and that is what I am still afraid of (hopefully others are as well) for me and this Ghana trip. I hope my fear increases and that I will channel it for good. I hope my desires will turn into action rather than remain thoughts. I hope I will share my experiences and not selfishly keep them to myself to remain comfortable and avoid confrontation. I hope I will let God take over and put the entirety of my faith in him. And I hope my hopes are also others' hopes. If so, restoration will shine through the darkness.

You can learn more about IJM at IJM.org.

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# Don't Forget Those in Need After the Holidays



The outpouring of giving and goodwill during the holidays always makes a special time of the year feel even more precious. Unfortunately, holiday generosity isn't enough to sustain the important missions that charities and nonprofits carry out during the rest of the year. And as the fellowship of the holidays and the excitement of a New Year begin to fade, the "winter blues" can draw many people away from the connections and sense of purpose they need to feel happy and fulfilled.

Devoting some of your time or resources to one of these three areas of need could help you to keep growing your impact in your community and in your own home throughout the year.

**1. Food banks and shelters.**

According to the latest data from the U.S. Department of Agriculture, 13.5 million households struggled to meet their dietary needs at some point during 2021. Those numbers were even higher for households that included children.

Many charitable organizations, such as the Feeding America

national network of food banks, try to stem the drop off in post-holiday donations by encouraging folks to sign up for recurring monthly monetary donations. If you have a spare hour or two during the week, most food banks and shelters are also very dependent on volunteers for their operations. You could also start your own monthly neighborhood food drive to encourage more giving and spread awareness of this year-round problem.

**2. Animal shelters.**

Pets are often high on holiday wish lists, especially for children. But many folks who weren't expecting to find a puppy under the tree aren't prepared for the financial, physical, or emotional commitments that pets require. The holidays can also be extremely stressful for young animals that are trying to acclimate to a new place, which can lead to behavioral issues. Sadly, too many of these animals are abandoned or brought to shelters.

That means your local shelter might need a few extra animal lovers or part-time administrators to help these pets find new homes. You could also help by adopting a new pet yourself, provided you and your family are ready to give that animal the love and care it will need for years to come.

**3. Friends, family, and neighbors.**

The National Institute of Mental Health estimates that millions of Americans suffer from seasonal affective disorder (SAD), mood swings that coincide with changing seasons. SAD is most common during the low daylight fall and winter months and can create feelings of low energy, difficulty sleeping, and even depression.

Anyone dealing with severe SAD should talk to their doctor. But if you or someone you know tends to feel a little down once the days get shorter and holiday get-togethers wind down, make an extra effort to reach out. Drop by a friend's house to

watch a game on TV. Make plans with your siblings to grab a cup of coffee or get all the little cousins together for a playdate. Check in on homebound seniors on your block and see if they need help getting their mail, picking up groceries, or rolling out their garbage cans. These small moments of kindness and connection can reverberate out into your social circle and echo back to you, adding a little bit of light to help everyone get through the cold months ahead.

One of the most effective ways to create sustainable giving goals and habits is to build them into your financial plan. Whether you want to donate to your local shelter every month or bust those blues by planning a big family vacation, let’s discuss some additions to your 2023 Pathway that will help you give and get more with the money you have.

*This article was prepared for Aaron Larson’s use.*

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# Give Experiences Not Stuff This Holiday Season



“Does this spark joy?” asks Marie Kondo about our possessions. The answer is usually YES! on Christmas morning or at a holiday party when we unwrap our presents and watch others enjoy their gifts as well. But once the New Year rolls around many of those gifts are fighting for closet space with holiday decorations and all the stuff we keep meaning to donate. And one thing that definitely doesn’t “spark joy” is household clutter.

While the shine tends to wear off presents must faster than we expect, many researchers have concluded that spending money on experiences rather than stuff can create more meaningful and lasting happiness. This holiday season, consider putting money towards one of these gifts to create memories for years to come.

**1. Lessons or classes**

What’s better than buying your spouse his favorite bottle of wine? Tickets to the tasting events at your local wine shop so that you can schedule some date nights, learn something, and

have some fun together. Rather than adding to the stack of stuff that represents your kids' interests, find a class or a teacher who can help them learn more and grow their skills. Maybe it's time to move on from YouTube chord progression videos to a professional guitar teacher. Your in-house gaming addict probably doesn't need another game, but he might enjoy a coding class that will help him create his own and flex those STEM muscles.

**2. Gift cards for a day out**

Once upon a time, buying gift cards to restaurants and theatres might have said, "I didn't know what else to get you." Post-COVID, those gift cards will be a welcome passport to a night outside the house. If you're still worried about making a "last-minute" impression, try to personalize the gift as much as possible. Think favorite restaurants, favorite cuisines, favorite plays or musical artists, or an experience you think someone might enjoy but wouldn't spend money on themselves. Your gift card could spark a new passion for indoor rock climbing or the local opera company in a loved one.

**3. Charitable giving**

It's never too early to involve your children in good works around the holidays. But as they approach adulthood and their consciousness of the world around them begins to grow, kids might value making a positive impact more than a fancy tablet or new clothes. Have a family conversation about the problems facing your community and the issues that your kids are passionate about.

If your family has a personal connection to a cause, talk about how you can honor that connection by donating your time and money. And once your kids are out of school and earning their own paychecks, you might consider working with your advisor to form a family Donor Advised Fund or charitable

trust that will sustain your mission in perpetuity.

**4. An extended family vacation**

If you really want to go all-out for the holidays, schedule what could be a true once-in-a-lifetime experience. Get together as many of your loved ones as you can for that trip you've all been talking about taking for years. Coordinating the logistics will be a lot harder than buying your grandson a new cell phone. But that effort will only make the payoff that much more rewarding.

Before you get too excited about cruise lines or luxury resorts, how about we schedule a meeting to review your holiday gifting and vacation budgets for the next couple of years? We can also revisit your life transitions to talk about any major upcoming expenses and new goals that you want to plot for the year ahead.

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