

Sabbath Rest

Something Personal

When we stand on the deck of the Lodge, with a cup of coffee or tea in our hands, we could be enjoying the same beautiful view our guests enjoy so much. They take in the breath taking view of Columbia Mountain and its associated range, rising to 3100 feet about two miles away. They imagine all the wild life roaming the Chattahoochee National Forest between us and the horizon. In Fall the turning leafs of the cedar, oak, maple and poplar trees create a colorful tapestry, offering a glimpse into God's wonderful creation. A little further to the east, they see Wauka Mountain in the distance, and the faint noise of traffic reminds them of the busyness they left behind when they came to Shepherd's Refuge.

During our first year of ministry in such a beautiful location, we marveled at the sights, together with the guests. For the past six years it has not been that easy to do the same. Why not? The mountains have not moved, the colors and the sunsets are still spectacular. What has changed? Nothing, but we see the work that has to be done, the landscaping, the cleaning and maintenance.

It is so easy to get distracted by the issues of life, not that we can or should ignore them, but why do we keep our sole focus on the difficulties, and forget or ignore the brighter sides? As with many things we face every day, we need to make a decision what to spend our time and effort on. Like a wise man once wrote: "*I have learned to be content in whatever circumstance I am. I know how to get along with humble means, and I also know how to live in prosperity, in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.*"

There is much on our plate to deal with, technology makes it worse, not easier! Fifteen minutes on Facebook turn into thirty or even sixty. Catching up on the news gets us distracted so that events around the globe become the focus, yet we forget how to make a difference in our own sphere of influence.



Decisions, decisions, decisions!

From visiting pastors we often hear how difficult it can be in ministry to decide to take some time off. They feel the burden to minister 24 hours, 7 days a week, 365 days a year. They want to be available to their congregation, the widows, the ones in the hospital, those locked up in prison, and well, yes, don't forget their own family, too. A few find satisfaction and importance by being in such high demand. But most simply have the calling to be there for others. Consequently, it is not easy for them to decide to get away for their own time of rest. They even feel guilty when they do take time off!

By the way, the two of us still enjoy SITTING ON THE DECK to marvel at God's creation!

May we offer a few words of challenge:

Take Away:

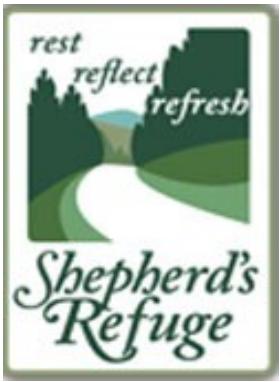
- ⇒ Encourage and support your pastor to decide to take time off.
- ⇒ Help him/her to remove the feeling of guilt when they do decide to get away.
- ⇒ Think about the health of their own family relationship.
- ⇒ Consider the benefits to the congregation from a well rested pastor.
- ⇒ Understand the consequences of a burnt-out pastor!
- ⇒ [You can decide to make a difference](#)

Inside this issue:

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- ◆ Take away
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Keep this in mind:

Check out our web-site and our Face Book page for the latest news and updates. Progress reports are available online, or by sending us an email, or even better, by giving us a call!



The purpose of Shepherd's Refuge is:
To strengthen His church in fulfilling its Great Commission
by caring for its leadership!

"For do I now persuade men, or God? Or do I seek to please men?
For if I still pleased men, I would not be a bondservant of Christ."
Galatians 1:10

**A few comments from those who decided to make time
to get away:**

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A non-profit ministry
recognized as a 501 (c) 3
organization.

"Our Spiritual needs and expectations were absolutely met. It was a great time of refreshment. We enjoyed the outings as we admired God's creation together and reflected on our creator. We enjoyed the scenery and serenity at the Lodge, especially for the spiritual reading we did." May, 2012



"Thanks for the warm welcome and exceptional service. Though we are unaccustomed to being served, we so appreciated the "pampering" that inspires us to return to serve others where we work and live. May God continue to bless you and use you to be a blessing as you have been to us." May, 2012

"Our spiritual needs were met beyond our expectations. The first night the Spirit of the Lord moved upon me mightily, ministering to my inner man. He imparted peace, and strength needed for an effective ministry." May, 2012

"Shepherd's Refuge is a wonderful place to rest. God is free to say what He needs to say, because there is no human agenda. Sometimes our greatest need is quiet. A time where we anticipate meeting with God without our own set of expectations." June, 2012



"Our Stay here at Shepherd's Refuge was amazing, peaceful and very spirit filled, as well as the hospitality that we received from Ruedi and Sandy, we will never be the same. Thanks so much and may the Lord continue to bless your ministry." June, 2012

"We thank God for your love for Christ and for His servants. What a gift you give His church! May God continue bless you with joy and satisfaction in your work." July, 2012

Words of Wisdom
"If you want to be successful, it's just this simple. Know what you are doing, love what you are doing, and believe in what you are doing."
(Will Rogers)

*"We had time to pray more, study more, also spend time with each other, played games etc.. I am so glad to know that God has birthed a ministry such as this. My prayer is for God to meet all your needs/wants to help build the Kingdom of God. We love and thank you!"
July, 2012*



"Please pray for us to have God's wisdom, love, compassion, and to have God's provision to complete what He has started in us." July, 2012

"A heartfelt thanks! We so needed this getaway to reconnect with one another, and disconnect from daily distractions and demands. We are grateful to you guys and to God for a peaceful retreat." July, 2012