

Sabbath Rest

A Story and Note from Pastor R. J.

Some years ago, I read a short story about a ranger, in a large national park. This particular ranger developed some type of cancer. After numerous treatments, the cancer was arrested and brought into a place of dormancy. While he was not given a clean bill of health, this ranger did regain his strength and was able to return to his duties, with the provision that he take time off "as needed" whenever he felt overwhelmed or fatigued. His supervisor was a kind man who was willing to give him the opportunity to get away whenever the need arose.

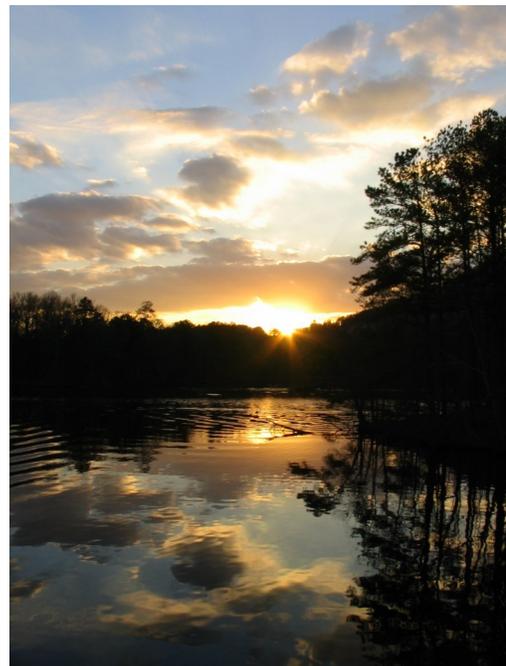
So, from time to time, the ranger would steal away. He would follow the river up into the mountains. There he would camp on the banks and watch the salmon battle their way upstream. After these journeys, the ranger would always return home completely refreshed. When asked by his supervisor where it was that he went and what it was that he did that caused such a change in him, the ranger invited his supervisor to accompany him on his next trip.

The supervisor took the ranger up on his offer and the next time the ranger needed to get away, he followed him up the river and into the mountains. Upon arriving at their destination, they set up camp and then settled back in their chairs to watch the salmon. The fish fought and worked their way up through the fast moving rapids. It was a life and death struggle for them, just to make it up the river to lay their eggs. After watching for quite a while, the supervisor asked the ranger how observing this could possibly bring him any peace and relaxation.

The ranger then took the man a few yards further upstream. There was a small inlet coming off of the

raging river. It lead to a large, quiet pool of water. Upon looking closely, the supervisor could see the salmon coming in and slowly swimming around and around in the calm waters. Then, one by one, they would make their way back into the river, refreshed and able to continue their battle.

We cannot always escape the battles of life. However, the Word says that along the way, God will provide us with the quiet waters and green pastures (Psalm 23) that we need to refresh us. Shepherd's Refuge is an oasis for the two of us... a place of quiet waters and green pastures. I wanted to share this story with you (it turned out to be longer than I thought it would be) to let you know how grateful we are to have such good friends. Thank you both for standing with us over the years. (Pastor R.J.)

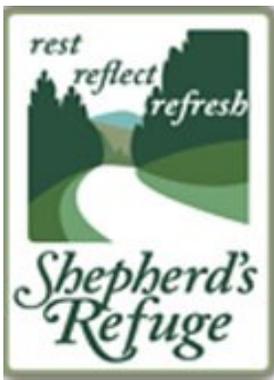


Inside this issue:

- ◆ A Story
- ◆ Administrative Costs
- ◆ Getting Close!



The basis for establishing ECFA and developing *Seven Standards of Responsible Stewardship™* is stated clearly by the Apostle Paul in 2 Corinthians 8:21 (NIV):
"For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men."



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

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

Psalm 23:2 He makes me to lie down in green pastures,
he leads me beside the still waters.



Praise the Lord with us as we start 2015 with the projected overhead, the administrative costs, already covered by some very generous partners!

ALL donations coming in now are going towards hosting our guests and the next cabin project.

The Next Cabin

We are getting so close!

\$	35,000.00	
\$	30,000.00	
\$	25,000.00	
\$	20,000.00	
\$	15,000.00	
\$	10,000.00	
\$	5,000.00	

Want to make a difference? Then:

- ⇒ Encourage and support your pastor to decide to take time off.
- ⇒ Help him/her 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, become a Ministry Partner

Become an Encourager!

As a monthly donor you partner with us as we serve those tired and weary pastors and missionaries the Lord sends our way!

Consider using the [Razoo](#) or [PayPal](#) button on our website: www.shepherdsrefuge.org

or

Use your bank's automatic online bill payment system

or

Send your checks to:

***Shepherd's Refuge—Selah Ministries
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