

# Sabbath Rest

## Are you plugged in?

Why is it not working? How often do we get frustrated over the apparent breakdown of a piece of equipment we just absolutely need right at this moment?

The first thing the technician will ask over the phone is: "Is it plugged in?" How dare they even ask such a stupid question? But...!

Some other machinery is a little bit more complicated to trouble shoot. Since we live out in the country, it makes sense to try and help the service person before they make the trip out here, so that they can bring the right tools or replacement parts along. So, we track down step by step how far, and to which component, the electric current makes it.

That is what happened very recently to one of our air-conditioning units. Eventually we located the circuit board that received "juice" but did not pass it on! A trip out into the beautiful North Georgia Mountains, with the right replacement part, brought much welcomed relief to the guests. Thank you, John Morgan, for what you have done, we are forever grateful for how you did this!

As I reflected on this situation, I realized how often I have been looking to the Lord for answers, and when He seems to be so far away or maybe not even interested in me, it is not He but I that is not plugged in! He is ready to give, but I am not ready to receive! There is a breakdown in a vital component. Or, am I considering the Lord as a source that I simply need to plug into? And even worse, leave unplugged when not needed?

Our lives are in constant need of cooling, someone once said it is too hot to handle without the Lord! So, how do we stay "plugged" in?

One way of course is prayers. But, is it a one way conversation? Are we simply uploading our shopping list? Are we willing to receive, with the intent to implement, not only hear, His answers? Is it a one time event in the morning, or evening before we go to bed?

Are we spending a time of fellowship with the Lord, or do we think all this is accomplished by attending church on Sunday? Or, are we really interested in a continuous walk with Him, even when we trudge along doing mundane jobs?

How about our daily devotions? Are they just a quick "make me feel good" moment before we go on to more important things in our day?

Are we aware of His desire to walk with us and talk with us, not just when we sing a song?

It is my decision and yours, how our relationship with the Lord develops. It does not happen one time, and is accomplished. It takes a life long cultivation that deepens this bond. He is willing to give, am I willing to receive, not only for me to keep what He imparts, but also pass it on?

This walk of life should become more and more intimate as we go along. If it does not, we need to trouble shoot the situation, and see which of the components failed. Sometimes that requires a period of quiet reflection, away from circumstances that try to keep us busy. Again, a decision we have to make. This can be accomplished in a quiet time at home, or sometimes during a vacation that is not spent rushing around, or then going on a retreat. Shepherd's Refuge is a place where eligible guests can come and empty themselves in a quiet, secure setting, making room for the Lord to impart and to strengthen.

When the storms of life give you a hard time, where do you go?



## Inside this issue:

- ◆ Are you plugged in?
- ◆ Doing Good
- ◆ Smoke Rise

## Headlines

*What is it You  
want me to do,  
Lord?*

45 percent of pastors' wives say the greatest danger to them and their family is physical, emotional, mental, and spiritual burnout.  
(H.B. London, 'Pastors at Greater Risk')

"To keep a lamp burning we have to keep putting oil in it."  
(Mother Teresa)

Merely identifying something is not the same as getting it addressed and resolved.  
(Wayne Cordeiro, 'Leading on Empty')



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

Let us not love with words or tongue but with actions and in truth.  
1 John 3:18

**SHEPHERD'S REFUGE -  
SELAH MINISTRIES**

P.O. Box 1907  
Cleveland, GA 30528

Phone: 404-474-0686  
Fax: 706-865-6801  
Email:

info@shepherdsrefuge.org

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

*Caring for those who care.*

**Words of  
Wisdom**

"When one door  
closes, another  
opens; but we of-  
ten look so long  
and so regretfully  
upon the closed  
door that we do  
not see the one  
which has opened  
for us."

Alexander  
Graham Bell

**Doing Good one Search or one Purchase  
at a Time!**

**Supporters of Shepherd's Refuge are using GoodSearch and GoodShop, raising money with every search of the Internet and every on-line purchase!**

What if even a fraction of the billions of dollars generated by search engine advertisers and online shopping was directed towards this ministry?

That is the concept behind GoodSearch.com a search engine powered by Yahoo! GoodSearch donates 50% of its revenue, approximately a penny per search, to the charities designated by its users. You use it exactly as you would any other search engine and the pennies add up quickly - just 500 people searching four times a day will earn around \$7,300 in a year. It doesn't cost the users a thing!

Similarly with GoodShop.com, consumers are helping their favorite causes by shopping at hundreds of well known retailers including Amazon, Target, Apple, Macy's, Best Buy, Orbitz, Staples and others. The shopping experience and the prices are exactly the same as going to the retailer directly, but by going through GoodShop, up to 30% of the purchase price is donated the user's favorite cause!

Shepherd's Refuge is registered with the sites, giving its supporters a chance to raise money for the cause every time they search the Internet or shop online.

More than 88,000 nonprofits and schools are now registered with GoodSearch and GoodShop and more than 100 organizations are registering daily. GoodSearch has quickly spread via word-of-mouth and the blogger community. Examples of other organizations listed on the site include: The Cystic Fibrosis Foundation which has earned more than \$13,000; the ASPCA which has raised more than \$32,000; and The Bubel/Aiken Foundation which supports children with disabilities has earned more than \$14,000.

Using GoodSearch is simple. Because the site is powered by Yahoo, users are assured of high quality results - but each time you search, money is generated by the advertisers for your favorite charity or school.

Every penny counts! While doing a search or shopping online why not raise money for our cause? There is absolutely no reason not to use GoodSearch and GoodShop - it's so easy.

"We know there are a lot of people who want to do good but may not have the time or the money to help out." said Ken Ramberg, Co-Founder of GoodSearch and former President of MonsterTRAK, the largest online career site for college students (now a division of Monster.com). "GoodSearch and GoodShop make it as easy as possible. We've taken something people do every day -- searching the Internet and shopping online -- and have turned it into doing good."

You can track the progress of GoodSearch and GoodShop numbers for Shepherd's Refuge on their web site! Look at July's, and you see we are headed in the right direction, once again.  
Thank you, to all who are participating!



"It is nice to go to a place called a retreat and NOT have any meetings - even if they are well intended!"  
(Airport chaplain and Ministry Coordinator)

**Smoke Rise Missions Team**

Let us not love with words or tongue but with actions and in truth.  
1 John 3:18

The ministry of SRM is based on this scripture. End of June, Shepherd's Refuge and its guests became the beneficiary of this action. Curt Howard and Fred Noblett had put together a team to head out on a Saturday. It was a truly wonderful experience to see the Father/Son teams work for an entire day in the heat, in a cloud burst, coping with critters, but also fellowshiping together at the table with great food they had brought along from their fundraisers. This team of craftsmen and "water-carriers" have made a difference in communities from Haiti to Virginia, with many trips to New Orleans in between. Now they included Shepherd's Refuge on their itinerary.

Several benches were built (others are almost done!), and installed along the trails, which were also cleared from encroaching trees and branches. Then the 900 foot drive way up to the Lodge was improved using weed whackers, machetes, and saws. All were so busy we forgot to take pictures!

Those we serve here at Shepherd's Refuge are the beneficiaries, and we are grateful for all you have done, THANK YOU.

Check out their web site and if you are in the Roswell, GA, area help them by buying some of their great BBQ as they raise funds for other missions trips!



**Call: 770.992.4956**

<http://www.fbcmissions.org/missions.asp?pid=62>