

Sabbath Rest

Phase I: Secure the Land

On October 21st, 2003 the mailman delivered a letter from the IRS which granted Shepherd's Refuge - Selah Ministries, Inc. its long-awaited **non-profit, 501 (c) 3 status**.

Praise the Lord, this hurdle has been overcome! The congratulatory one-line email from our friends Bob and Jan Hartenstein, founders of Innkeeper Ministries in Lewisburg Ohio, read: *'Congratulations, fasten your seatbelt'*. They truly spoke from their own experience! Ever since then the ride has been exciting, though bumpy at times.

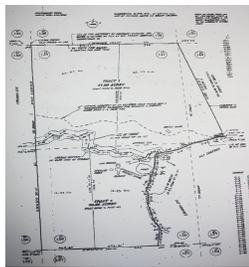
Working in the office quickly changed to field work, seriously looking at land with a real estate agent in the areas which we had preliminarily scouted out. The Lord directed our steps, closed some doors and opened others until He had us looking at the property He had set aside.

On March 11, 2004 the Mettlers accepted the responsibility of stewardship over 80 acres!

Not having previously considered such a

large piece of land, they had long talks with the Lord, asking Him to make it very clear what direction should be taken.

His answer was accompanied by His sweet peace: 'SECURE THE LAND'.



Join the Mettlers in prayer as they seek the resources necessary to purchase a portion of the property for Shepherd's Refuge.

Location, Location, Location!

The land is not only LOCATED where the Lord had shown Ruedi in a vision (between Dahlonega and Helen), but with so much more potential than we could have ever dreamed of.

The physical entry onto the property, which is LOCATED at the end of a valley, is over a 'Threshold', a physical symbol of leaving the cares of



the world behind!

And where is the mountain top LOCATED? The Lord not only provided one, but two! The South Ridge is heavily wooded, whereas the North Ridge is half wooded and the rest is cleared. On two sides the land is bordered by the U.S. Forest Service and through the valley flows Mill Creek, a

designated trout stream. A stocked pond enhances the peaceful atmosphere.

Over 90 fruit trees are currently in full bloom and will bring in a harvest of apples, peaches, pears and other yet to be discovered fruit. The place had previously been used as small farm, however the Mettlers have decided to give the land a year of Sabbath Rest. Only whatever had been planted before will be allowed to grow and then be harvested!

Phase II: Occupy

Although there is already a 3-bedroom cabin on the property, the plans call for it to be primarily used as a staging area for the construction of the new Mettler home. Shepherd's Refuge will continue to operate through their home in Marietta until Fall 2004 .

Even though building a new residence and moving there will occupy a lot of time, the ministry will continue to function and at the same time focus on fundraising.

Resources will have to be available in order to take ownership of a portion of the land and start building the much needed cabins. Construction of these cabins will only start once sufficient funds are available.

An encouraging number of partners have already come alongside the ministry with their financial and prayer support. Now that the land has been secured it needs to BE OCCUPIED!

Your involvement is much appreciated!

Please call or send an email to Ruedi or Sandy to find out how you can join as partners of SHEPHERD'S REFUGE - SELAH MINISTRIES, INC..



Prayer - Tree located on the North Ridge

The email read:
"Congratulations,
fasten your
seatbelt!"

Location:

- 13 Miles north of Dahlonega, sight of America's first major Gold Rush .
- 11 Miles north-west of Cleveland, gateway to the North Georgia mountains
- 18 Miles West- northwest of Helen, an Alpine style village
- 1 1/2 hrs North of Atlanta



**SHEPHERD'S REFUGE - SELAH
MINISTRIES, INC.**

4439 Ormond Trace
Marietta, GA 30066-1611

Phone: 770-316-9665
Fax: 770-924-3699
Email: info@shepherdsrefuge.org

*Caring for those who
care.*



A Duty to Rest

How many of us would willingly board a flight knowing that the pilot has been overworked and is having trouble focusing on his duties? Uhhh...next flight please! Many pastors handle themselves in much the same way. They pilot their ministry at an alarming velocity and pray that everything holds together.

It is essential for pastors to be refreshed in order to maintain an effective ministry and avoid burnout. Without it, a pastor can become discouraged, vulnerable to sin and lose critical focus and direction in their ministry. Pastors must be encouraged to step back from the pressing matters of ministry and find

solitude, gain fresh perspective and refresh themselves.

A pastor who follows the example set by Jesus and seeks places of solitude, rest and prayer will be able to effectively deliver his passengers to the proper destination and provide a smooth landing, even if the ride gets bumpy along the way.

(By Rob Jones, Member of the Board)



**Part of the almost 360° -
View from the North Ridge**

Mark 6:30-32

And the apostles gathered together with Jesus; and they reported to Him all that they had done and taught.

And He said to them, "Come away by yourselves to a lonely place and rest a while." (For there were many people coming and going and they did not even have time to eat.)

And they went away in the boat to a lonely place by themselves.

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Did you know?

- 90% of pastors work more than 46 hours a week.
- 70% pastors say that they have lower self esteem now than when they started out.
- 80% believe that pastoral ministry affects their families negatively.
- 70% do not have someone they consider a close friend.
- 94% of pastors feel pressured to have an ideal family.