

# Sabbath Rest

## And the flock will benefit...

An article by Verne Hamish in 'The Catalyst' magazine for entrepreneurs titled: 'Every Seven Years: A Must for Entrepreneurs' touches on exactly what Shepherd's Refuge is encouraging Church Leadership to do: Get Away from the business/busyness! A CEO explains through his own example how his company benefited from his absence. Feeling completely disconnected for the first time in 16 years his head started clearing up, and clarity about the business and what it needed literally popped into his head. The fresh vision brought his business to a new level. The excerpt from Chuck Swindoll's book (see accompanying article) bears witness to this effect as well. These two examples and the reports from

the guests using Shepherd's Refuge confirm that there is more to a time of rest than what we first see as 'vacation'. The one getting the rest and restoration will be able to take his/her intimacy with the Lord, relationship within the marriage as well as the effectiveness of the business/church to a higher level. If the corporate world is learning this, why should we hold it back from the Christian community? In other words, if the CEO does not heed this call to rest, his business will likely suffer, to the detriment of his employees and customers, but if we fail to provide such time of restoration and healing to those in the ministry we render their call ineffective. The Good News will be compromised and the harvest will

rot away for lack of equipped workers! Exhausted Leadership is vulnerable to temptations and will fall prey to the enticements and lies of the expert tempter and liar.

Help us protect them by joining us in providing a Refuge for them!

### Inside this issue:

- ◆ And the Flock....
- ◆ Prayer + Intercession
- ◆ Wisdom
- ◆ Networking
- ◆ Progress Report

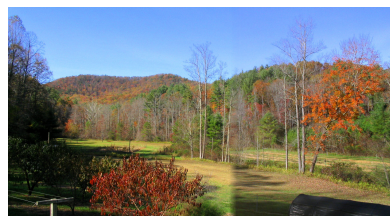
## Prayer and Intercession

Just as there is a need for prayer, we find that intercession has become an important part of the ministry. Peter Wagner in his book 'Prayer Shield' explains how to intercede for pastors, Christian lead-

ers and others on the spiritual frontlines. This group of people is experiencing a continual battle in which they are beat up spiritually, emotionally, and sometimes even physically! Left unprotected this can lead to an epidemic of failures, burnouts and falling into various temptations for which examples unfortunately abound. Whereas Shepherd's Refuge makes available the physical place to be refreshed and restored, we have a prayer and

intercession team that provides the spiritual covering for our guests and ourselves. Their efforts become an important ingredient in releasing God's plan for the church's fullest implementation!

(By Sandy Mettler, Co-founder)



## A word of wisdom for those in ministry

Here is some good advice from one who knows:

"You can be so busy in church activities you can't figure out what the Lord's saying. Howard Hendricks, one of my mentors and longtime friends, has said, 'The greatest threat to your ministry may be your ministry.' I think he's right (He usually is!). Be sure you're carving out regular time with the Lord, keeping an open mind, meditating on His Word, remaining devoted to prayer, and taking sufficient time to relax. Only then can you hear and discern His still, small voice amid the din of church activity. When you begin to sense He is speaking, stay sensitive, and open and ready."

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## Headlines

**1828** *There is gold in 'them' hills...*

**2005** *There is REST in these hills!*



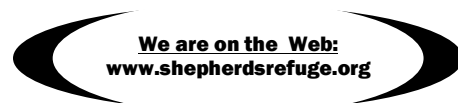
A recent donation offering pensive times at the pond.

Thank you , Marilyn!



Jeremiah 29:12

Then you will call upon Me and come and pray to Me, and I will listen to you.



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

*Caring for those who care.*



**Networking**

Today's technology can sometimes overwhelm us with information and most of us have learned to quickly sort through information to determine if it is applicable to our lives and if not it is quickly discarded. This is often the case with advertisements, brochures and even newsletters. One of our objectives at Shepherd's Refuge is to utilize networking as an effective tool for developing relationships and opportunities that stretch beyond our newsletter, website and brochures.

While we endeavor to provide the latest updates on Shepherd's Refuge, we depend on each of you to spread the news about this ministry and help us develop a solid network of partners that are called to stand with us and minister to the

needs of pastors and church leaders. Each of us is called to serve the Lord in some capacity and we are specially gifted by the Holy Spirit to fit within our calling. Everyone has a special place in our ministry. We believe that each of you is uniquely equipped to supply a specific need that is essential for the success of this ministry. May we encourage you to give 'networking' a shot and offer others the opportunity to partner with Shepherd's Refuge?

We are available to give short presentations explaining the vision and purpose of Shepherd's Refuge. We can also provide additional newsletters and brochures if needed so please let us know. We'll be glad to send you the material!

**Did you know?**

- You can visit our web site for more pictures?
- You can subscribe to have this newsletter sent by email (info@shepherdsrefuge.org)
- In a recent Lilly survey, one of the most common frustrations for pastors was lack of time for their spiritual life!
- Pastors can grow so busy that they don't make time to draw the sustenance they need from God's well of love.
- Reports from mainline denominations show that pastors under age 30 are less than 10 percent of America's pastor pool.

**Progress Report**

- ◆ Here is the follow up story on the well: the first well reached 700 feet and had sufficient water for the main house and at least for the first two cabins. However when the pump was installed they found out that the bottom 300 feet had collapsed. The drilling company was very generous and offered to try at another site only to find out that the 900-foot well produced less than a gallon per minute, not enough to even supply the main house. The decision was made to use the original well, which was now 400 feet and still produced enough water for both the main house and the cabins as long as we install some holding tanks. Praise the Lord for providing not only the Living Water but also the physical water!
- ◆ The first building, which is part of Shepherd's Refuge, has been constructed! The well house serves both the main house (ground breaking for it should happen in December!) and the cabins (ground breaking as soon as funds are available!).
- ◆ A Bible Study Group came to help with cleaning up the orchard and cutting firewood. What a blessing this time of hard work was and what sweet fellowship we all enjoyed! A

big THANK YOU to all who participated!

- ◆ Many visitors have come to see the land and can better understand our vision for Shepherd's Refuge. All agree that the beauty of the land needs to be preserved and how the ministry will accomplish this.
- ◆ More pastors have spent time at the cabin and found much needed rest. Based on their comments, we are looking forward to serving many more in the very near future!
- ◆ We can also report some progress regarding new contacts with foundations. Please continue to pray that the right partners can be brought on board. We realize that the initial investment to get the land and first cabin funded will establish the foundation for further growth. This achievement will also encourage others to come on board with their support. Please join us in prayer for this to happen. The need is there and God is ready to use willing servants to supply what is required.
- ◆ Talking about the need for such a ministry! We have learned of other ministries that are providing a very structured curriculum for pastors. Their guests are quite often close to

a breaking point that must be overcome by the security of discipline and counseling. Shepherd's Refuge addresses this need in a different manner. We believe it is important to catch them before they reach a point of desperation, before the pastor's ministry, family and church are impacted. We want to keep pastors healthy and provide opportunities for "preventative maintenance" by immersing them with love, serving their needs and providing an atmosphere filled with God's presence and the beauty of His creation!

A new year is just around the corner. Using pencil (so that the Lord can use the eraser to make changes!) we plan to:

- ◆ Proceed with the construction of the main house. (And move into it)
- ◆ Pursue partnerships with individuals, corporations and foundations.
- ◆ Start construction of the cabins.
- ◆ Serve those who serve and minister in leadership of the church community.

