

# Sabbath Rest

## It's all about Partnerships!

The original idea was to write a detailed article in this newsletter about the opportunities for you as partners in the ministry of Shepherd's Refuge. It might well be written at a later point, but the Lord has laid it on our hearts to simply let you know that:

- ◇ Shepherd's Refuge - Selah Ministries is a non-profit, 501 (c) 3 organization.
- ◇ Financial support is greatly appreciated through either a one-time gift or possibly monthly donations.
- ◇ Consider a monetary gift to the ministry in-lieu of a material gift for a loved one and we will be happy to send them a hand written note of recognition.
- ◇ Talk to your accountant about maximizing your tax deductions for the end of 2005.

Money received in the General Fund is put to the following use:

- ⇒ Accommodation of guests, food, housing, laundry, clean-up
- ⇒ Maintenance of facility
- ⇒ Administration (less than 3% of donations)
- ⇒ Land purchase account
- ⇒ Construction account

During the last 3 months, for example, your donations have enabled several pastors and church leaders to come seek solitude and

restoration, staying anywhere from one to ten days. A group of church leaders from various denominations in the Atlanta area met for a day at Shepherd's Refuge and prayed for guidance in working together next year, and yet another inter-denominational prayer group spent a day planning their upcoming year events. Most of the funds received however have been set aside for the land purchase and construction of the cabins since these projects will only be started once sufficient funds are available in order to avoid debt.

Some of you have partnered with us in prayer, some in physical work on the land and many have joined with a financial gift.

Ask the Lord how He wants you to get involved!

## Inside this issue:

- ◆ It's all about Partnerships!
- ◆ What to do about stress
- ◆ "I was burned out in the ministry"
- ◆ Progress report
- ◆ Pictorial

## Headlines

October 22, 05

First Guests arrive at  
the new facility!



## What to do about Stress

The Lecturer, when explaining stress management to an audience, raised a glass of water and asked "How heavy is this glass of water? "

Answers called out ranged from 20g to 500g.

The lecturer replied,

"The absolute weight doesn't matter. It depends on how long you try to hold it.

"If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management.

If we carry our burdens all the time, sooner or later,

as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. "

(Author unknown)



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

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

*Caring for those who care.*

Matthew 9:36

When He looked out over the crowds, his heart  
broke. So confused and aimless they were, like sheep  
with no shepherd.

**"I was burned out in the ministry."**

"Because I'd been operating in my own strength for months, I was physically, emotionally and spiritually exhausted. My spiritual eyesight had grown dim and my hearing dull. Pride had sprung up in my heart like a choking weed. Instead of obeying God's voice, I reasoned with human logic and based my decisions on my own wisdom." "Ministry had become an idol. Working for God had taken the place of loving God."

"Because of disobedience and disrespect for the Lord, my wife and my co-workers, I went to prison for a second time. The Lord saw I was exhausted in the ministry, so He graciously allowed me to rest in Him behind bars for a while and learn about inner spiritual life. If you are a servant of the Lord, let me encourage you to please, please, humbly watch that you don't slip into the same error I did. The Lord God jealously desires us for Himself. He is the lover of our souls. If we ever put anything before our relationship with Jesus - even our work for Jesus - then we will be ensnared. If you are burned out, stop! Rest! Your lamp needs a constant infilling of the Lord's oil or your light will be snuffed out."

(Quoted by permission from "The Heavenly Man", The Remarkable True Story of Chinese Christian Brother Yun, pages 198-199.)

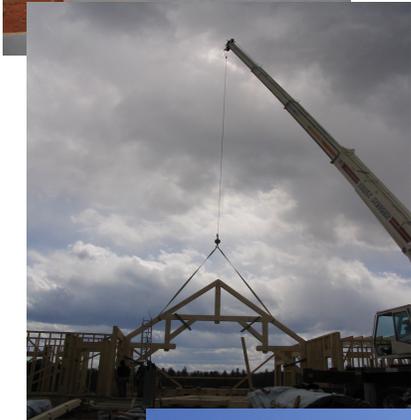


**Did you know?**

- That every fifth person in a leadership position is headed for burn-out?
- That the number of burn-out victims is on the increase.

**Reasons for stress (resulting in possible burn-out):**

- Discrepancy between job expectations and reality of work place environment.
- Excessive work load (not always recognized as such!)
- Tasks that are beyond control.
- Achievements are not recognized.
- Team spirit is missing, each one looks out for themselves.
- Fear of failure.
- Individual values and visions are neglected.



**Progress Report**

- ◇ Several day long meetings by church leadership were held during the month of August.
- ◇ Guests were accommodated even with the tight space situation during the Mettler's transition into the new residence.
- ◇ Strategy discussions were held how Shepherd's Refuge fits into the move of transformation throughout the Atlanta area churches.
- ◇ Ministry was represented at the FBC, Roswell, Men's Retreat at Callaway Gardens. (Thanks, Curt, et al)
- ◇ The Mettlers have moved into the Gatekeepers Home.

