

Sabbath Rest

What's on your calendar?

By H.B. London Jr.

There is a commercial now running on television that concludes with the words, "What's in your wallet?" This past month and early into January, I have received any number of calendars. Today, as I was looking at a new one just opened, I thought, "**What's on your calendar?**" The more I pondered that statement, the more profound the thought became — "**What's on your calendar?**"

The Psalmist wrote in the beautiful 139th Psalm, "**All the days ordained for me were written in your book before one of them came to be**" (v.16). A divine calendar whose entries were penned by God Himself. He had things in mind for us. I often wonder how my calendar compares with His.

As most of you know, my assignment at Focus on the Family requires that I travel a lot. Some of those trips are "calendared" several years in advance. There are times when I forget them until they are upon me. I live my days by a calendar — some days hour-by-hour. But the question remains: "**What's on your calendar?**"

For instance, does each day note adequate time for you to spend with your Lord? Hopefully, those times are early in the morning. I trust your calendar provides you with sufficient time to show honor and concern for your family members. Does each month have a notation that reads "date with spouse" and/or "quality time with my daughter"? Perhaps, "basketball game Friday at 7:00 pm." What we hear so often from your colleagues is a cry from their families just to be included.

What is a mountain top experience?

Have you ever been on a rollercoaster? Do you feel you are on one right now? Well, join the club, we all go through life making that experience again and again, whether by choice or by default! Would you instead like to be on a mountain top, where overwhelming circumstances seem to be far below, out of reach, and where there is no fog that obscures the visibility causing you to lose any sense of direction? We often start out at a lower elevation, a

Another entry in your calendar should be the yearly medical check-up. I must admit someone usually places that one on for me — but honest, my friends, "the temple" deserves some special attention. If you do not make time, you place your effectiveness in jeopardy.

How about clearing an afternoon or two each week to "walk in the village," to rub shoulders with those in your community who need to see you from a perspective outside the pulpit? You shepherd best one-on-one. Oh, and what about your day off? Do you guard it or do you allow other things to take away your Sabbath? Is your vacation scheduled for 2006? If you don't do it, soon the pages will be filled with other things.

I don't mean to belabor the fact, but your calendar tells more about you than anything. It speaks of spiritual discipline, priorities and, most of all, your intimacy with the God who called you and your special gift called family.

What's on your calendar? —HBL

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valley, before we reach the mountain top. We must recognize where we are and have a desire for change. We have to make an effort to strategize, put a plan in place, and set it into action in order to climb that mountain and arrive at a point where the valley is behind us. There, circumstances are smaller and we can regroup, get restored and say with confidence:

I Recognize Who I am in Christ!

We will gain a refreshed hope and renewed strength, and be better equipped to return to the valley to face new circumstances.

"Come and let us go up to the mountain of Jehovah, and to the house of the God of Jacob. And He will teach us of His ways, and we will walk in His paths." Micah 4:2

Inside this issue:

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- ◆ A personal message.
- ◆ Progress report

Headlines

Let Construction Begin!





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.

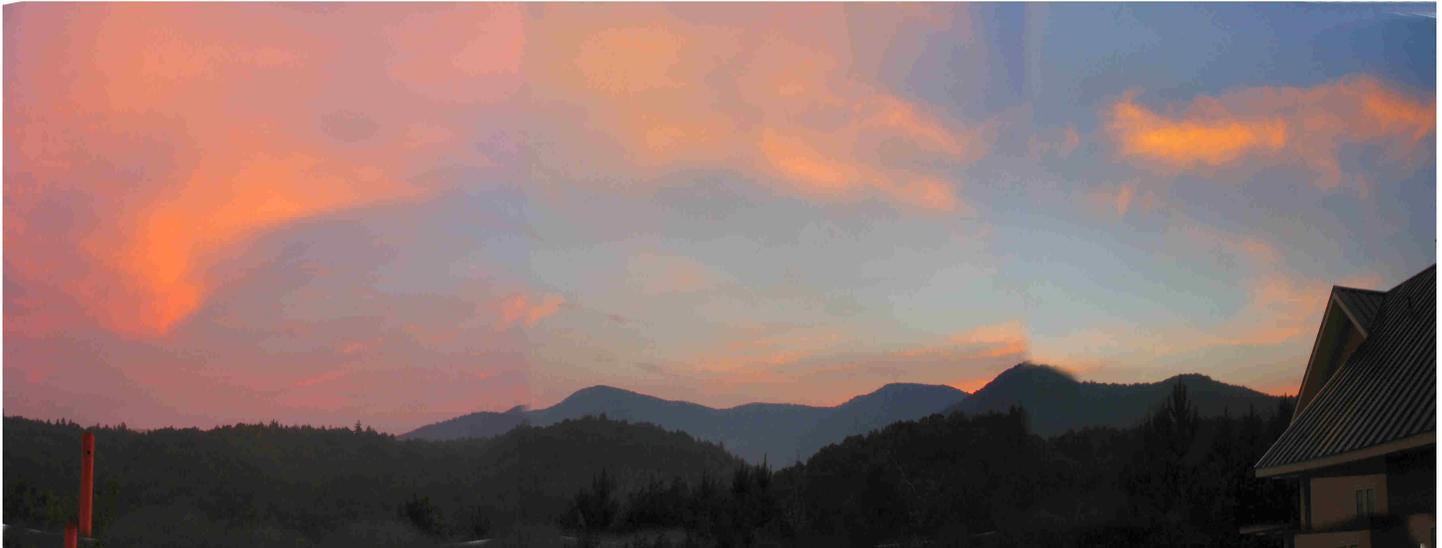
Ps 5:11-12

But let all who take refuge in You be glad, Let them ever sing for joy;
And may You shelter them, That those who love Your name may exult
in You.
For it is You who blesses the righteous man, O LORD, You surround
him with favor as with a shield.



Progress Report

- ◇ The Mettlers have transitioned into their new home, Shepherd's Lodge.
- ◇ Guests have already arrived, have been served and found restoration in the new place.
- ◇ At the Board of Director's meeting the green light was given to move ahead starting the construction of the first cabin with the money at hand, believing the Lord will supply as we take these next steps.
- ◇ As stipulated in our by-laws, we will apply for ECFA membership as soon as we reach the required level of donations.



A Personal Message

We are privileged to be serving the Lord and those He sends to Shepherd's Refuge for a time of restoration and refreshment. At the same time we are accountable to Him and to all of you who are supporting this ministry with your donations, volunteer work and prayers. As we move forward, having taken the many small steps of faith that brought us this far, we continue to trust in Him to lay it upon your hearts to walk this journey with us as your laborers in the field. The Lord has called us into this work and has equipped us to minister to those He sends our way. The new year that has just begun will bring challenging opportunities; constructing the first cabin, coordinating volunteer work, and at the same time serving those who serve. We sincerely seek your support in whatever the Lord leads you to do, and express our sincere appreciation for all of you who have already come alongside us with what He has put on your heart.

Continuing to enjoy serving Him and those He sends to us,
Ruedi and Sandy Mettler

"Unless the LORD builds the house, they labor in vain who build it." Ps 127:1a

Did you know?

ECFA membership requirements are:

- 1) Functioned for at least twelve months after receiving its 501 (c)(3) ruling letter from the IRS.
- 2) Received revenues over \$100,000 during its last fiscal year.
- 3) Obtained an audit from an independent CPA.

Shepherd's Refuge—Selah Ministries is only waiting to fulfill the second requirement before application is made!