

Sabbath Rest

It DOES NOT fit!

I don't know what your calendar looks like. But listening to our guests, most of theirs look similar to our own: busy, busy, cannot fit anything else in there, no time for this, nor for that. So, when we were asked by our guests: "What do YOU do to heed your own message? You encourage us to set aside time to rest, be refreshed, and get renewed, strengthened to charge ahead! But do you apply this to your own life?" At first this question threw us for a loop. And, we had to re-evaluate our own priorities as we looked at the way we operated Shepherd's Refuge. The same question comes up again and again. By now, we can confidently give the answer, yes, we do take our message seriously. Built into our calendar are periods where the two of us "chill out", rest, read, do something fun together, quietly come before the Lord, enjoy God's creation and especially, relish each other's companionship.

If this note sounds like a "repeat", it's supposed to be. We have to remind ourselves to put rest-time on our calendar. Too often we fall into lock-step with today's culture and say it-does-not-fit into my busy schedule. Why? Is it because we need to give the impression that we are needed, that what we do cannot be done by anyone else, that we are too important to allow "doing-nothing-time"? Of course there are times when we work and run out of daylight, but that should be the exception, not the rule.

Isn't this the same way we tend to look at establishing a financial budget? We dread it because the thought of having one conjures up the restrictions, the CANNOT DOs? On the other hand, a budget gives us the freedom to make a purchase with the peace of mind that the credit card bill will not haunt us for years to come! Why not do the same with our calendars? Budget some time off, write it in there, and look forward to it, because you have made provision and have the peace to enjoy it, without feeling guilty.

In a recent article in the Pastor's Weekly Briefing (Focus on the Family, The Parsonage), Pastor **Dr. Stephen A. Macchia**, Founder and President of Leadership Transformations, Inc., <http://www.leadershiptransformations.org/> wrote:

"We live in a rest-less society, dominated by the demands of technology, possessions, relationships, and responsibilities. Bottom line — we are obsessed by our busyness and dulled to the significance of rest. For most ministers today, the concept of rest is one that is freely discussed but rarely practiced. When given the choice of how to use one's time, the default is often activity over rest."

Read more at:

<http://www.parsonage.org/pwb/index.cfm> select the publication dated September 9, 2011.

Pump House under construction (Home for the 1550 gallon water reservoir)



Inside this issue:

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

"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty." (Psalm 91:1 NIV)



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

While we are on the subject

- Good stewardship is very important to us. We still have many who receive our newsletters by snail mail. Some with very good reasons. May we encourage the others to let us have an email address to reduce our printing and mailing expenses? If you want to stop receiving our quarterly updates, please let us know that, too. Here is a big "Thank You Shout" to all who are supporting Shepherd's Refuge by using www.goodsearch.com and www.goodshop.com. Currently we have Peyton as the front runner using these services to be partner with this ministry. Way to go, Brother! We see an encouraging increase in clicks and purchases through these sites, not costing you anything! Once again, THANK YOU! www.goodsearch.com/nonprofit/shepherds-refuge-Selah-ministries.aspx

Moving Forward!

In the last two newsletters we showed you the progress towards the cabin construction. And, we continue to move forward! The Pump House is in the finishing stages, so that the electric system can be installed, and the water lines connected and tested. While this is happening, we are working on the materials list for the Selah Cabin, getting this finalized and submitted to the companies that specialize in distributing surplus building materials to non-profit organization. Once the necessary items are here, we have skilled volunteers lined up to move forward with the construction!

In our monthly newsletters to our ministry partners we have outlined some items we need to furnish the Selah Cabin. We don't want to withhold this list from you and give you an opportunity to become a partner, too. There are several ways to do that.

- PayPal and Razoo, buttons for on-line donations at www.shepherdsrefuge.org, indicating the item (s) in the remark field. By check, writing the item in the comment field. And, if you are in our area, we do accept new, or slightly use items as well. Remember, we do want to do all things in a spirit of excellence.

Just as we strive to provide top notch service to our guests (exceeding their expectations), we also want to provide them with furnishings that reflect the same.

Dining Room Table...\$300 4 chairs...\$400 Living Room Couch...\$500 2 Easy Chairs...\$200 each Lamps...\$100 Coffee Table...\$150 Bookshelf...\$100 Window treatment...\$200 Coffee Maker...\$30 Toaster...\$30 Pots + Pans...\$100 Glasses...\$20 Hot Water Kettle...\$30 Microwave...\$100 Dishes + Cutlery (in addition to already donated items)...\$200 Electric Range Oven...\$400 Refrigerator...\$500 Bathroom furnishings, except for: 3 sets of towels...\$55 each Hair dryer...\$30 Shower rod, curved...\$40 Shower curtain/liner...\$40 Window treatment...\$50 Queen bed + mattress...\$900 2 night stands...\$150 each Dresser drawer, mirror...\$300 2 Sets Bed linen...\$55 each 2 Pillows...\$25 each Ceiling fan...\$130 Window treatment...\$150 Lamps...\$100 Duvet...\$140

Words of Wisdom

"Some people are making such thorough preparations for rainy days that they aren't able to enjoy today's sunshine.

(Author unknown)

Recent guest comments:

"It is so good to be where people still care for us. Where we can just relax and be ourselves."

"I needed some time alone to pray and rest, and this setting was perfect for that purpose. The beauty and the quiet were very refreshing and the Mettlers were very sensitive to fellowship, but also allow me to isolate myself with the Lord. Being here has been such a blessing and I hope to return. Mettlers, you have ministered to me in a great way with your pampering, peaceful atmosphere. I can't believe someone would do this for me. Thank you so much!"

"Yes, my spiritual needs were met. I had time and freedom to "BE"... Time with God; time with nature; time with people, time with books ... It was a joy to get away and have such a great place to experience a spiritual "RECHARGE"! Thanks for your investment in my spiritual life and the spiritual life of our church! A great setting to hear from God!"

Progress report:

- The Water Line from the Well House to the Pump House onward to the Selah Cabin is in the ground, and paid for. Honey Harvest yielded plenty to sweeten the home made breads. Landscaping added a colorful display of roses and perennials, using the wood chips, one of the results of the Smoke Rise Team workdays, to mulch and preserve water in the flower and herb beds.