

**Sabbath Rest Retreat  
Timber Bay Retreat Center  
Sunday to Tuesday  
January 4-6, 2009**

**What participants have said about past retreats:**

*"It was more eye-opening and valuable than I expected that it would be. I believe that the experience was worthwhile and I will be encouraging others to take part in a future seminar."*

*"This is an idea whose time has come. Everyone needs to learn this concept. It is something you will use again and again."*

*"This will be a welcome rest and time of renewal. You will come away with a refreshed spirit and greater hope for experiencing God's best."*

*"Every pastor, leader, and congregation needs to stop and consider what place Sabbath Rest takes practically and consistently in your life and church."*

*"Here is a way to put life, hope, and ministry in tune with Christ. It's different from others in that it's not more on a "to do" list. It's taking things off the plate to ensure only the best is rest "*

*"Thanks for taking the time to help us learn to spend time with God rather than just talk about it."*

**When:** From 10 AM on Monday, January 5<sup>th</sup> to 3 PM. Tuesday, January 6<sup>th</sup>.

**Optional Early Arrival:** Sunday, January 4<sup>th</sup>, after 5:00 PM (An additional \$15 per person and includes lodging and a light breakfast on Monday)

**Where:** At Timber Bay Camp and Retreat Center near Mille Lacs Lake, the heart of Minnesota. Check out their website [www.timberbay.org](http://www.timberbay.org).

**Cost:** \$100.00 per person which includes sleeping accommodations, four meals and use of the beautiful log lodge meeting room. Not bad! Better yet, a \$40 scholarship will be applied to your retreat costs, if you prepay by December 15<sup>th</sup>. Make checks to Timber Bay and send them to Jim Anderson  
P.O. Box 2841  
Baxter, MN 56425

**Payment:** Timber Bay Camp and Retreat Center will take Checks or Credit Cards when you arrive.

**Camp Phone:** (320) 532-3200

**What to bring:** Sleeping Bag or Bedding, Pillow, Towels, Personal, Toiletries, Bible, Note Pad, Walking shoes, Outdoor clothing to fit the season.

Contact us if you are interested or have questions. Space is limited. Don't delay!

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## Sabbath Rest Retreat Schedule

Sunday, January 4<sup>th</sup>, 2009  
(Early Arrival Option)

5:00 PM Arrival and Registration at the Main Lodge  
Free evening to explore Timber Bay, visiting by the fire, etc...

Monday, January 5<sup>th</sup>, 2009

8-8:30 AM Light Breakfast for those who arrived on Sunday  
10-10:30 AM Arrival and Registration at the Main Lodge  
10:30 AM Welcome and Introduction by Camp Director Mark Richie  
10:45-11:45 AM Introduction:  
Rest, a Core Value with God  
Noon Lunch  
1PM Teaching/ Discussion Session  
"Sabbath-Rest, a Time to Release"  
2 PM Free Time  
4 PM Teaching/ Discussion Session  
"Sabbath-Rest, a Time to Review"  
5:30PM Supper  
7PM Teaching/ Discussion Session  
"Sabbath-Rest, a Time to Remember"  
8PM Free Time

Tuesday, January 6<sup>th</sup>, 2009

8 AM Breakfast  
8:30 AM Briefing  
9AM to Noon The Sabbath Experience  
Noon Lunch  
1 PM Debriefing  
1:30 PM Teaching/ Discussion Session  
"Taking a Load Off as God Intends"  
3 PM Retreat Ends