

Sabbath Rest Retreat
Sunday to Tuesday
May 3rd -5th, 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 May 4th to 3 PM. Tuesday, May 5th. 1 night, 4 meals.

Optional Early Arrival: Sunday, May 3rd after 5:00 PM (An additional \$16 per person and includes lodging and breakfast on Monday). 2 nights, 5 meals.

Where: At Timber Bay Camp and Retreat Center near Mille Lacs Lake, the heart of Minnesota. Check out their website www.timberbay.org.

Cost: \$108.00 per person which includes one night 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 April 15th. 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, May 3rd, 2009
(Early Arrival Option)

5:00 PM Arrival and Registration
Free to explore, visit by the fire, etc...

Monday, May 4th, 2009

8-8:30 AM Light Breakfast for those who arrived on Sunday
10-10:30 AM Arrival and Registration
10:30 AM Welcome and Introduction by Camp Director
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, May 5th, 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