

*Sabbath Rest Retreat  
Timber Bay Retreat Center  
Monday and Tuesday  
August 25-26, 2008*

*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.”*

*A Sabbath-Rest Retreat*

- When:** From 10 AM on Monday, August 25th to 3 PM. Tuesday, August 26th.  
**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 **August 15**. 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 Information*

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

Jim Anderson, NCD Director of Pastoral Care  
Office Phone: (218) 824-7449  
[productiverest@brainerd.net](mailto:productiverest@brainerd.net)

## *Schedule*

### *Monday, August 25*

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, August 26th*

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