

***A Sabbath Retreat
At Timber Bay Retreat Center
December 4-5, 2006***

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 with God rather than just talk about it.”

A Sabbath-Rest Retreat

- When:** From 10 AM on Monday, December 4 to Tuesday, 3 PM.
- Where:** At Timber Bay Camp and Retreat Center near Mille Lacs Lake, the heart of Minnesota. Check out their website www.timberbay.org.
- Cost:** \$90.00 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, so the actual amount you will need to pay is \$50 per person.
- Payment:** Timber Bay Camp and Retreat Center will take Checks or Credit Cards when you arrive.
- Couples:** Couples are encouraged to attend together. However, couples sleeping accommodations are limited. Be prepared to room separated from your spouse unless I indicate that you and your spouse will have a room to yourselves because you were among the first to respond.

Camp Information

Camp Phone: (320) 532-3200

What to bring: Sleeping Bag or Bedding, Pillow
Towels
Personal Toiletries
Bible
Note Pad

If you plan to be outdoors:

Walking shoes
Outdoor clothing to fit the season

Lois and I are looking forward to sharing this experience in the Lord with you.
Please call or email me if you have any questions or concerns.

[Jim Anderson, NCD Associate Director of Pastoral Care](#)

Office Phone: (218) 824-7449

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Schedule

We have expanded the schedule by a few hours

Monday

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

8 AM Breakfast

8:30 AM Briefing

9AM to Noon *The Sabbath Experience*

Noon Lunch

1 PM Debriefing

1:30 PM Teaching/ Discussion Session
“Take a Load off!”

3 PM Retreat Ends