

# Sabbath Time Retreats - 2009

**NEW**

## Individually Directed



Sustaining Pastoral Excellence Program  
At St. Francis Retreat Center  
703 E. Main St., DeWitt, MI 48820  
866-669-8321 (toll free) or [www.spe-stfrancis.org](http://www.spe-stfrancis.org)

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We are now offering Individually Directed Retreats in addition to our facilitated 2-night Retreats.

*Come when your schedule allows.*

Sunday is clearly not a Sabbath Day for everyone...

Busy with preparations to serve their flock and minister to others, many pastors, pastoral leaders and ministers find the many demands of ministry prevent them from taking time for themselves.

The Sustaining Pastoral Excellence Program invites pastoral leaders—lay and ordained of all Christian denominations—to attend one or more "Sabbath Time Retreats" during the year. You choose whether you would like to attend a traditional Sabbath Time Retreat (a facilitated 2-night retreat) *or* an Individually Directed Sabbath Time Retreat (which could be just one day or several nights) - you decide.

These retreats offer pastoral leaders an environment of prayer, worship and rest for their pursuit of excellent pastoral ministry.

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Day Retreats start at **\$15**  
Overnight Retreats start at **\$35**

- ❖ You may make arrangements, in advance, to have a spiritual director made available to you.
- ❖ Meals, when available, may be purchased at the current rates.

*Call for details . . .*

- Lodging in comfortable private rooms
- 95 acres of grassy knolls, pine groves, prayer gardens and panoramic views
- Tastefully prepared meals in the attractive dining hall (when available)
- Welcome bag & binder which include meditation guides and prayers
- Time for meditation and reflection
- Spiritual direction (scheduled in advance)
- Access to a cart of Sabbath Time materials in the Resource Center

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## **Sample Overnight Retreat**

### **First Evening**

Arrival and settling in  
Evening prayer



### **Full Day(s)**

Morning Prayer  
Spiritual direction (scheduled in advance)  
Free time for prayer, rest, renewal  
Evening Prayer

## **Sample Day Retreat**

Morning arrival and check-in  
Morning Prayer  
Free time for prayer, rest, renewal  
Spiritual direction (scheduled in advance)

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*The Sustaining Pastoral Excellence Program is designed to serve professional Christian ministers in South Central Michigan through personal, intellectual, and spiritual life development. The program offers a resource center, retreats, peer group formation, and spiritual director training. This program is being partially supported for a limited time through a grant from Lilly Endowment, Inc.*

**So, when is your "Sabbath Time"?**

**Call to register: 866-669-8321 (toll free)**

**When registering, please let us know:**

- Dates you would like to stay**
- Ask if there will be meals available and the cost**
- Would you like to see a spiritual director?**