

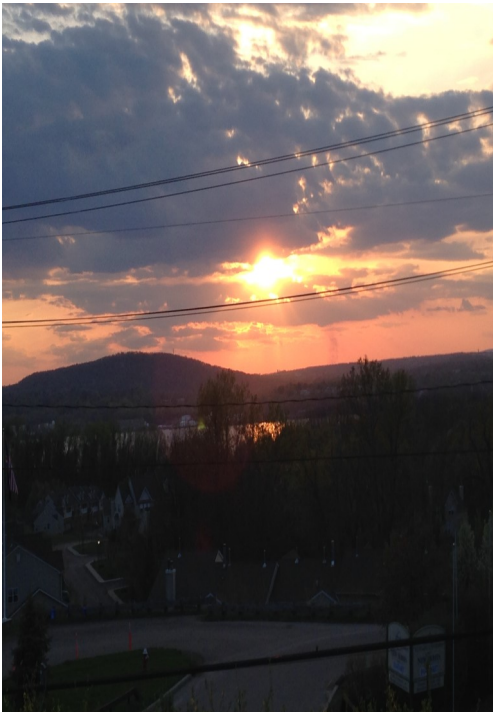
## Costs and Details

Place : Stony Point Conference Center

Cost: 150.00 per person includes program,  
lodging, and all meals.

Cost to congregations for Spring 2017: \$0.

The Legacy Grant will cover costs from March  
2017 through February 2018.



“24 hours to rest,  
read, write,  
contemplate,  
walk,  
dream, pray.”

### A Sample Sabbath:

Self-directed, with opportunities for fellowship and worship.

Arrival at noon with lunch; the afternoon free. At 4:30 a gentle yoga stretch followed by a guided meditation.

Dinner and fellowship, followed by Spiritual Direction, individually or in a group.

Evening rest.

Morning Prayer (optional), break, lunch and departure.

## The Pastoral Sabbath Begins 2017



*Information for Sessions  
and Communities of Faith*

*The vision* : “Leadership that is physically mindful, emotionally aware, mentally attentive and spiritually healthy.”

The Pastoral Sabbath involves both practice and education: for Teaching Elders and Commissioned Ruling Elders to understand their own vital need for nurture and perspective, and for communities of faith to learn (again) that Sabbath keeping is not merely a “day off,” but a time to be in, and return to, right relationship with God.

It is fundamental that those in ministry participate in the justice of time for renewal of that relationship. In a world where the pace of life is hectic and often stressful, it is essential that those in ministry model this practice to those whom they serve.

Always there is a beginning —  
a new day,  
a new month,  
a new season,  
a new year.

Forever the old passes away  
and newness emerges  
from the richness that was.  
Nothing is ever lost  
in the many changes  
time brings.

What was, in some way,  
will be,  
though changed in form.

Know this:  
This moment is a beginning  
and your lives,  
individually and together,  
are full of richness, of freshness,  
of hope and of promise.

Edward Searl

## *Transformational Leadership*

Leadership in the church is often on the giving end of the spectrum; therefore a community of simply receiving God’s grace is necessary.

Passion must be renewed; energy and power come through times of communion with the prophetic power of the Holy Spirit.

The Pastoral Sabbath gives this time, and creates space in which curiosity and discernment of God’s wondrous activity has time to be reflected upon. The perspective offered by time away lends itself to growing honesty about ourselves and our vocation, allowing increased authenticity and acceptance.