

Are you tired?

Worn down?

Burnt out?

You are not alone!

Last year, the Barna Group reports that almost 40% of pastors are burnt out. Half find it difficult to find time for your own spiritual growth. And over 40% of you have considered quitting ministry altogether in the last year. Truthfully, this is alarming.

Because care for our clergy and congregations is central to who we are in this season, the Southern Conference staff is **hosting this gathering** as an extension of our shared call to support and walk alongside one another.

All SOC clergy—actively serving, retired servants, ministers in specialized settings, MIDS—are all invited to register for our 2026 Clergy Retreat, ***Rested in Christ...Renewed for Ministry*** coming up February 24-26, at the Saint Francis Springs Prayer Center in Stoneville, NC.

The retreat speaker will be **Rev. Carlos Dawson**, a passionate educator and spiritual mentor dedicated to nurturing individuals through holistic learning and personal growth.

Cost for the retreat is \$100 per person (includes meals and double-occupancy room). Single-occupancy rooms will be available off-site, and the cost will be \$100 plus half the cost of the room at a nearby hotel.

Space is limited, so register today! **Registration is limited to 50 persons.**

The Retreat begins at 3:00 p.m. on Tuesday and concludes at 3:00 p.m. on Thursday. Featured presenter for the retreat will be the Rev. Carlos Dawson from Los Angeles, California.

This will be a time for a change of scenery and a change of pace to refresh your soul. The late Dr. Dallas Willard reminds us, *"If we don't come apart for a while, we will come apart after a while."* If we don't take time for spiritual restoration, we will experience spiritual disintegration.

This transformative retreat will provide an opportunity for community and connection with clergy colleagues from across the Conference through shared experiences that foster strong relationships through reflective prayer, meditative practices, and sacred reading of Scripture.

The link to register will be posted on the soc-ucc.org website by Friday and there will also be a text message sent out to let you know registration is open. The website will contain our other presenters and all the information needed. Dress is *casual* and *comfortable*. Bring comfortable walking shoes and outerwear appropriate to the weather.