

# Sabbath Time Retreats - 2010

## Sustaining Pastoral Excellence Program

At St. Francis Retreat Center

703 E. Main St., DeWitt, MI 48820

866-669-8321 or [www.spe-stfrancis.org](http://www.spe-stfrancis.org)



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.

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

### An Invitation

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.

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

### The Retreat

Cost: **\$121** (partial scholarships are available - please see registration form):

- \_ Morning and evening prayer
- \_ 2 nights' lodging in comfortable private rooms
- \_ 95 acres of grassy knolls, pine groves, prayer gardens, panoramic views
- \_ Tastefully prepared meals in the attractive dining hall
- \_ Welcome bag & packet, meditation guides and prayers
- \_ Structured time for scripture reading, collegial discussion, group prayer
- \_ Private time for meditation and reflection

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### 2010 Calendar of Dates

**April 26-28**  
**Mon. - Wed.**

**Sept. 8-10**  
**Wed. - Fri.**

**Nov. 29-Dec. 1**  
**Mon. - Wed.**

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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.*

## General Plan for a Sabbath Time Retreat

<p><b>First Evening</b></p> <p><b>7:00 pm</b> Registration/Welcome packet pick-up</p> <p><b>7:30</b> Beginning Session, Orientation (please note that Dinner is not included) Time for Prayer &amp; Reflection</p> <p><b>9:00</b> Service of evening prayer</p> <p><b>First Day</b></p> <p><b>8:00 am</b> Breakfast</p> <p><b>9:00</b> Service of morning prayer</p> <p><b>9:30</b> Time for Prayer &amp; Reflection</p> <p><b>12:00pm</b> Lunch Time for Prayer &amp; Reflection Optional: Opportunity to meet with a Spiritual Director</p> <p><b>4:00</b> Optional: collegial group gathering</p>	<p><b>Concluding Morning</b></p> <p><b>7:30 am</b> Silent Meditation</p> <p><b>8:00</b> Breakfast Wrap-up time, prayer and reflection on integrating Sabbath time into our lives</p> <p><b>10:30</b> Closing prayer and blessing (Chapel)</p> <p><b>11:00</b> Check-out time</p> <p>*May include a guest speaker, ministry reflection, or informal facilitated group discussion.</p> <p><i>Please note that this is a <b>general plan</b>. Times may vary slightly according to the facilitator.</i></p>
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### Registration for SABBATH TIME RETREAT

Circle preferred dates at left, then complete the form and return with deposit to:

SPE Program, St. Francis Retreat Center  
703 E. Main St., DeWitt, MI 48820  
Phone: 1-866-669-8321 or fax 517-669-2708

\* \* We request that registrations be made no later than one week before the Retreat \* \* \*  
A \$25 non-refundable deposit is required with registration

**2010 (\$121)**

**Apr. 26-28**

**Sept. 8-10**

**Nov.29-Dec.1**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Day Phone #: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_ Eve. Phone#: \_\_\_\_\_

Religious Affiliation: \_\_\_\_\_

Special dietary/medical/mobility needs: \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

**Would you like to speak with a Spiritual Director while you are here on Retreat?**  yes  no  
**Is this your first Sabbath Time Retreat?**  yes  no

Payment can be made by credit card, check, or with online registration.  
 Make checks payable to **Sustaining Pastoral Excellence**. To pay by credit card, please fill out the information below:

**MC/VISA/Amex/Discover** credit card number: \_\_\_\_\_ 3-digit code \_\_\_\_\_  
 Name on card: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
*Limited partial scholarships are available for those in need, up to \$25. Call Terry Feuka at 517-669-8321 ex.22 to check availability and to make a request. Preference will be given to first time attendees and early registrants.*

**To register online, go to [www.spe-stfrancis.org](http://www.spe-stfrancis.org)  
 Click on Reservations and follow the instructions.**