



Picture yourself here...

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place." Mark 6:31-32

Jesus knew both he and the disciples needed time away together from the demands of ministry. So he extended the invitation to them, and they went – to a secluded place by themselves.

- When is the last time you spent significant time in a secluded, quiet place with Jesus and fellow servants, and just...relaxed?
- It has been too long since we last gathered as sisters and brothers in service to Christ, to simply enjoy some fellowship, devotional time, recreation and reflection together.
- Now is the time, Collinswood is the place.
- The invitation still stands today. The choice is yours

District Clergy Retreat
Spiritual Strength For An Anxious Age
C/O Southeast District, UMC
P.O. Box 204600
Augusta, GA 30917



Spiritual Strength For An Anxious Age

*A retreat for all pastors and
clergy serving the Southeast
District. May 9-11, 2022
\$40 per person total cost*



Worn out? Anxious? Need a breather?

**Join us for a spiritual renewal
retreat designed specifically for
pastors/clergy.**

Collinswood Retreat and Recreational Center will be the location for our first ever retreat for those serving congregations in our district. Your total cost is only \$40, and includes lodging, meals and materials. The retreat is being underwritten by a donation from the district and the Supportive Clergy Association. Check out the schedule and available activities. Come out and let the Lord refresh and restore your soul.



Goodness knows we all could use it! But be sure to register no later than **Friday April 29th** You can register by calling the district office, or return this form with your information along with your \$40 fee anytime before then. Don't miss out on this wonderful opportunity for some much needed fellowship together in a beautiful setting.

Spiritual Strength For An Anxious Age

Statistics continue to reveal that pastors can be some of the most worn out or stressed people you will ever meet, without them ever showing it. We give our all, but rarely do we make time for ourselves, or special extended time with God. We put ourselves last on the list of pastoral care priorities. So we can easily end up tired and weary even in the best of situations.

The retreat we have designed is intended to give you a break, some special time with God, time with one another, and some workshops geared specifically for the challenges pastors face in an age and culture overwhelmed with anxiety. Woven in-between devotional and free time, the workshops offered include:

- **Spiritual Strength Training**
- **The Importance of Sabbath Practice**
- **How Anxiety Functions In A System**
- **The Inner Life Of The Pastor**

Workshops are led by
The Rev. Dr. Jerry Meredith and
Th Rev. Dr. Randy Kanipe

Jerry is retired after a 50+year journey in ministry in North Georgia, which included pastoral counseling as well as preaching, teaching and leading congregations.

Randy has been in ministry for 32 years and is currently serving as Pastor of Lincolnton UMC in Lincolnton. He has done extensive research in the areas of complex trauma, sabbath practice and wellness for clergy

They both teach regularly in Tipitapa Nicaragua at the Ministrv Training Academy



In addition to the beautiful surroundings...

There will be Kayaks and Canoes available for your use. You can bring your fishing gear or use some of the gear at the dock. There are also hiking trails, and outdoor gathering spaces.

Things To Bring List

We will have two cottages available, one men's and one women's cottage. You will need:

- *Sleeping bag or twin sized bedding, pillow*
- *Towels and shower needs, toiletries*
- *Prescribed meds*
- *Comfortable clothing and shoes*
- *Sunscreen and bug repellent*
- *Emergency contact information.*

To Register - mail this form with \$40 to:

Southeast District Office
P.O. Box 204600
Augusta, GA 30917

Name _____

Address _____

City _____ State _____ Zip _____

Email _____@_____

Cell phone _____

Special dietary needs/considerations:
