

## Registration Information:

Registrations can be made by calling the Big Spring District Office at (432) 263-1259 (you can leave a message) or by emailing Karen at:  
bspdistumc@sbcglobal.net

### Price per person

#### Garrison / Laity

2 nights 6 meals / 3 nights 8 meals

Single Occupancy	\$206	\$294
2 to 4 in a room	\$166	\$234
5 to 8 in a room	\$144	\$201

#### Ceta

Single Occupancy	\$200	\$286
2 to a room	\$166	\$234
3 to a room	\$144	\$201

Plus a \$10 Activity fee per person

Total fee for retreat \_\_\_\_\_

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

Who would you like to lodge with:

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### Our Worship Leaders

David and Virginia  
Gerhardt

The rest of the time is yours to relax, visit, make new friends, use the camp for recreation, and play.

Bring snacks to share, games to play, a book to read.

You're Invited and so is your spouse to a

Mid-winter Retreat

Hosted by the Big Spring District at

Ceta Canyon

February 19 – 22, 2017

The Inside Story: How Healthy is the American Pastor?

Presented by

Mike & Sandy Schafer

“Come off by yourselves; let’s take a break and get a little rest.” Mark 6:30

The Message

# Schedule of Events

## Sunday Feb. 19

is available for those who have to travel any distance. Supper is at 6pm. Fellowship and games to follow

## Monday Feb 20

Breakfast 8am  
10am Worship & Ministry  
Lunch 12:30pm  
Supper 6pm  
7pm Worship & Ministry

## Tuesday Feb. 21

Breakfast 8am  
10am Worship & Ministry  
Lunch 12:30pm  
Supper 6pm  
7pm Worship & Ministry

## Wednesday

Breakfast 8am  
9am Worship & Ministry  
11am back home

The Inside Story: How Healthy is the American Pastor?

Most of us in ministry faithfully schedule an annual physical with our family doctor. After a thorough exam and a few tests, we receive a detailed assessment of our physical health. What if we invested the same energy in assessing our emotional and spiritual health? What would we find? Are there things lurking below the surface we don't know about?

Mike and Sandy Schafer spent the last 8 years working for SonScape Retreats, a ministry focused on strengthening the emotional and spiritual health of people in full-time ministry. After working with almost 500 ministry leaders and their spouses, the Schafer's learned a lot about these leaders' inner lives. Mike and Sandy will share the inside scoop on what emotional and spiritual "diseases" are common among pastors. They will explore how God brings healing and how pastors can

stay healthy in the midst of ministry stress. Come join us for some great discussions, a time of personal retreat, and some much-needed rest.

"Above all else, guard your heart, for everything you do flows from it."  
Proverbs 4:23 (NIV)

Session Topics:

- It's Time for a Check Up!
- The 3 Most Common Diseases Weakening the Hearts of Pastors
- The Not-So-Silent, Deadly Voice Killing Pastors
- What Do Healthy Pastors Have in Common?

