

**Sabbath Rest Retreat
Ironwood Springs Christian Camp
Sunday to Tuesday
August 23-25, 2009**

What participants have said about past retreats:

"It was more eye-opening and valuable than I expected that it would be. I believe that the experience was worthwhile and I will be encouraging others to take part in a future seminar."

"This is an idea whose time has come. Everyone needs to learn this concept. It is something you will use again and again."

"This will be a welcome rest and time of renewal. You will come away with a refreshed spirit and greater hope for experiencing God's best."

"Every pastor, leader, and congregation needs to stop and consider what place Sabbath Rest takes practically and consistently in your life and church."

"Here is a way to put life, hope, and ministry in tune with Christ. It's different from others in that it's not more on a "to do" list. It's taking things off the plate to ensure only the best is rest "

"Thanks for taking the time to help us learn to spend time with God rather than just talk about it."

When: From 10 AM on Monday August 24 to 3 PM. Tuesday, August 25.

Optional Early Arrival: Sunday, August 23, after 5:00 PM (There will be an additional cost per person that will include Sunday lodging and a light breakfast on Monday)

Where: Ironwood Springs Christian Ranch (www.ironwoodsprings.com)
7291 County Road 6 SW
Stewartville, MN 55976
507-533-6007

Cost: Monday to Tuesday: 1 night/4 meals - \$95

Early Arrival Option: Sunday evening to Tuesday: 2 nights/5 meals - \$115

Scholarship: A \$40 scholarship will be applied to your retreat costs, if you prepay by August 15th. Make checks to Ironwood Spring Christian Camp and send them to Jim Anderson
P.O. Box 2841
Baxter, MN 56425

What to bring: Sleeping Bag or Bedding, Pillow, Towels, Personal Toiletries, Bible, Note Pad, Walking shoes, Outdoor clothing to fit the season.

Contact us if you are interested or have questions. Space is limited. Don't delay!

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Sabbath Rest Retreat Schedule

Sunday, August 23rd, 2009
(Early Arrival Option)

5:00 PM Arrival and Registration at the Main Lodge
Free to explore Ironwood Springs, visit by the fire, etc...

Monday, August 24th, 2009

8-8:30 AM Light Breakfast for those who arrived on Sunday
10-10:30 AM Arrival and Registration at the Miracle Lodge
10:30 AM Welcome
10:45-11:45 AM Introduction:
Rest, a Core Value with God
Noon Lunch
1PM Teaching/ Discussion Session
"Sabbath-Rest, a Time to Release"
2 PM Free Time
4 PM Teaching/ Discussion Session
"Sabbath-Rest, a Time to Review"
5:30PM Supper
7PM Teaching/ Discussion Session
"Sabbath-Rest, a Time to Remember"
8PM Free Time

Tuesday, August 25th, 2009

8 AM Breakfast
8:30 AM Briefing
9AM to Noon The Sabbath Experience
Noon Lunch
1 PM Debriefing
1:30 PM Teaching/ Discussion Session
"Taking a Load Off as God Intends"
3 PM Retreat Ends