



## Come...Catch Your Breath

Never in the history of the world has this invitation been more important to the vibrancy of God's work on earth. Why? We live in an age plagued with toxic levels of stress and exhaustion. The effects of this overload are visible and daunting. Fatigue, frustration and frazzled relationships top this list. Although we rarely admit it, many would agree that our souls are malnourished, our joy is fleeting, our discontent—unsettling.

Learning to embrace the Rhythms of Rest is a life-giving adventure into the Presence of God. These rhythms can be viewed from the vantage point of daily, weekly and yearly rhythms.

Daily	Soul-Tending (stillness, simplicity, sleep)
Weekly	Sabbath Rest
Yearly	Silence & Solitude (personal retreat)

WBCL (90.3 FM) and Camp Lutherhaven have initiated a year-long campaign for the WBCL listening area called *Catch Your Breath*. *Mid-Morning* shows with Lynne Ford and Brenda Jank will provide interviews with authors and speakers who are well acquainted with the Rhythms of Rest. One-day and weekend retreats throughout the year (listed below) for leaders, women, college students, couples and small groups will open our heart to the power of God's presence found in rest. Finally, *Catch Your Breath* offers easy access to area retreat centers offering Personal Retreat Ministries.

We know how to run hard. Do we know how to rest well?

### **2010-2011 *Catch Your Breath* Retreats** (at Camp Lutherhaven unless noted)

#### **Leaders 2010**

September 11 (Sat.)	<b>Rest Redefined—Rediscovered</b>
October 12-13	<b>Great Lakes Leaders Rest Initiative</b>
May 20	<b>Breathe Day Retreat</b> (at <i>REST Ministries</i> )

#### **Couples 2010**

October 2-3	<b>Rediscovering the Rhythms of Rest—Together</b>
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#### **Half-Day Retreats 2010**

These quiet getaways take place on Sunday afternoons from 2:00 to 6:00. They are perfect for individuals, small group Bible studies and couples. Come catch your breath with these **Vantage Point Retreats**.

May 2	Sept. 26	Oct. 17	Nov. 14
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#### **Woman 2011**

January 21-23	<b>Rest Redefined—Rediscovered</b> (Delightful one-day & overnight options are available to meet the unique needs of your life.)
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#### **College Students 2011**

Spring Break (tba)	<b>Be Still 2011</b>
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# Personal Retreat Ministry Centers

Here's a list of area retreat centers that have Personal Retreat Ministries. Please contact them about what they have to offer.

**Bear Lake Camp**...located in Wolf Lake, Indiana  
[www.bearlakecamp.com](http://www.bearlakecamp.com) 260-799-5988

**Brethren Retreat Center**...located in Shippshewana , Indiana  
[www.brethrenretreat.org](http://www.brethrenretreat.org) 260-768-4519

**Camp Lutherhaven**...located in Albion, Indiana  
[www.lutherhaven.org](http://www.lutherhaven.org) 260-636-7101

\* **REST Ministries**...located in Converse, Indiana  
[www.rest-ministries.org](http://www.rest-ministries.org) 765-434-8998

*\* Spiritual Direction & Coaching are available at this retreat center*

## Have you ever gone on a personal retreat?

Are you asking...

“How do I begin?”

“Where do I start?”

“What in the world would I do all day?”

For *free* personal retreat resources and/or retreat brochures please contact Run Hard Rest Well:

Brenda Jank  
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