

Sabbath Rest

Burnout – when job dedication leads to exhaustion

A recent article in one of the Swiss newspapers addresses an issue that we at Shepherd's Refuge are very much concerned about ... "burnout". It approaches this subject from the medical perspective, drawing its conclusion from publications authored by professors from several European universities.

They explain that "Burnout" is not found as a standalone illness in medical catalogues, and little is known about this neuron-physiological phenomenon. Standard methods of examination cannot be applied in its evaluation, so doctors exclusively depend on the patient's verbal explanation of the symptoms.

The article reports that researchers all over the world are trying to pinpoint and define tangible evidence of this illness in the body. They follow the established fact that stress stimulates the nervous system to produce Cortisol, Adrenalin and Noradrenalin. Normally these stimulants lead to 'flight' or 'fight' responses and do not have any short-term health consequences. However, if these stress situations are not properly addressed, they will have negative results. For example, it has been determined that stress causes blood vessels to weaken leading to potential cardiac problems.

Researchers are also looking into the long-term effects of stress on the nervous system. Although many studies are ongoing, no definite conclusions have been found as yet.

In contrast, it is quite clear what can lead to burnout.

Burnout begins with the 'misunderstood relationship' between dedicated hard work and the lack of anticipated reward and recognition. This imbalance then leads to a growing frustration, unhealthy sensitivity and exasperation. This process does not happen overnight and will eventually bring on exhausted, psychological and emotional resistance. This is followed by a complete physical, emotional and spiritual collapse, which brings on the inability to perform on the job. The results are depression, despondency, internal withdrawal, hopelessness,

and cynicism, as well as physical ailments. Known treatments can include medicine to address the physical symptoms as well as extensive counseling. One of the main 'ingredients' in this healing process is to gain distance from the problems at hand and to realistically evaluate the expectations placed on oneself. The article concludes by stating that the prospect of successful healing is greatly increased by an early detection and recognition of this illness.

Shepherd's Refuge provides a safe place for those who are experiencing the onset or results of burnout. However, our preference is to have them come here for preventative maintenance, too!

Inside this issue:

- **Burnout**
- **Progress Report**
- **Quote of the month**
- **What about the congregation?**
- **Did you know?**

Headlines

**Construction
has
started!**



Above: Selah Cabin site

Left: Ground Breaking with guests, board members and intercessory team members



www.parsonage.org

Check it out and let your pastor know about this valuable resource hosted by H.B. London Jr., a former pastor, now in charge of a team that is there to help church leadership and its families under the auspices of Focus on the Family.



The purpose of Shepherd's Refuge is:
To strengthen His church in fulfilling its Great Commission
by caring for its leadership!

1. Cor. 16:18

"For they have refreshed my spirit and yours. Therefore acknowledge such men."

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A non-profit ministry recognized
as a 501 (c) 3 organization.

Caring for those who care.



Above: Rex, our companion for the past 16 years has passed away.

Right: Beauregard, the black bear,
has come for a visit, but was not
invited to stay.

Progress Report

- Ground breaking for the Selah Cabin took place on July 2.
- Road improvement including drainage pipes to the cabin site was completed.
- Cabin site clearing and leveling for the foundation has been done.
- Septic system has been installed and inspected.
- The guest/night numbers from January through September increased **from 58** in 2006 **to 123** in 2007!
- Phase I construction has depleted the bank account, except for operational expenses. Now we start setting aside funds for **Phase II**, which will require **\$50,000**. This will bring the cabin under roof, dried in.
- Windows and doors for the Selah cabin have been donated by a generous supporter of the ministry! Praise the Lord!



Quote of the month:

"The trials which blocked George Muller's spiritual advancement were those common to every Christian. The human tempers, the frailties of his body, mind and spirit were those which mark true members of God's kingdom. His victories came through prayer, trust in the Lord's unfailing promises and faith that God's truth could not fail; and if he thus achieved, he would have us also see that similar faith victories are within our reach."
George Muller, Man of Faith and Miracles, 1805-1898

Did you know ?

From Focus on the Family Points of Interest July 2007

TV Nation

Time per day that TV is on in an average U.S. home: 7 hours 40 minutes

Amount of TV that the average American watches per day: over 4 hours

Percentage of U.S. households with three or more TVs: 50

Percentage of Americans who say they watch too much TV: 49

More time is spent watching TV than during the last survey, but also more Americans believe TV is getting worse!

What's wrong with this picture?

What about the congregation?

We have been focusing on the results we see in pastors and leaders that have benefited from time here at Shepherd's Refuge. But just imagine the impact they have upon their return when they release on their congregation what they received. Here are some comments they gave us:

- "It is just what the Dr. ordered for me. Every time I come I leave so refreshed and with a clearer vision."
- "This has been such a wonderful time and we know much fruit will be borne out of our time here!"
- "There is truly an anointing for "rest" and "refreshing" upon this place. The ability to hear from God away from the "hustle and bustle" is priceless!"
- "This was exactly what we needed. Thanks for your warm hospitality and shared meals and conversations."
- "Please express to your board and prayer warriors how much we appreciate your ministry. God has gifted you with listening ears and a servant's heart and you are amazing in your obedience to Him. Thank you for expressing your faith in this way."
- "Your place is filled with God's peace as few places we have been. God showed up this morning while we were seeking Him on the deck. He confirmed to each of us individually the same word and direction. THANK YOU, FATHER!"
- "The most relaxing and refreshing time we've had in months. We are leaving being filled up again."
- "We feel refreshed in body and encouraged in the Lord. Please thank the prayer warriors, your board, and your supporters for us. We have experienced the Lord here. This is a piece of heaven to us."

Please consider becoming a partner of Shepherd's Refuge so that, by extension, you can have your impact on the Kingdom of God!

Shepherd's Refuge - Selah Ministries, Inc., is a non-profit ministry recognized as a 501 (c) 3 organization.

We are on the Web:
www.shepherdsrefuge.org

Pass it on to those who can benefit or support!