

Sabbath Rest

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The Pump House and the Selah Cabin

We are making progress towards the completion of the Selah Cabin. No, that's not it on the right, but it's the Pump House, an important step in the right direction. In January, we have a contractor and some volunteers lined up to dry-in the Cabin.

Look on the next page, where you find a few comments we received from recent guests. In [2011](#) we were once again at capacity, and could not handle any more guests with the facility we currently have.

We are obviously looking forward to getting the Selah Cabin up and running.

May we suggest you join the current partners in support of this effort?

Lives are changed, visions refreshed, wisdom imparted, strengths renewed, and congregations blessed by their pastors who return from a visit at Shepherd's Refuge!



We have many that "click", some that "shop", nobody that "dines".

A BIG THANK YOU to the ones that are on board, why don't you join them?

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We registered Shepherds Refuge - Selah Ministries with www.goodsearch.com, a company that helps non-profits like ours raise funds through the everyday actions of our supporters.

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Battle Fatigue

"Signs of the prolonged strain had begun to appear," one regimental historian explained. "Slower reactions in the individual, a marked increase in cases of battle fatigue, and a lower standard of battle efficiencies—all showed quite clearly that the limit was fast approaching." Stephen E. Ambrose 'Citizen Soldier' p.423

A few generals in the European Theater of War in 1944 realized, that soldiers regained their effectiveness if they were removed from the front line for a period of time. This allowed them to rest and refocus, away from the dangers of the battle front.

In today's culture filled with stress, demands, and expectations, corporations have found providing a time of retreat does wonders for their executives.

The same principles apply to those ministering to their congregations and on the mission field. A time of rest and quiet reflection, away from the demands placed on them every hour of the day, will restore them to be much more effective and raise their "battle efficiencies"!

Recent guest comments:

☀ "Thank you for another wonderful, relaxing week of spiritual renewal and rest in the Lord. We are recharged for another year! The fellowship is always great. Thank you for your labor of love and may the Lord continue to meet your needs and grow the ministry."

☀ "We were able to rest, connect as a couple, and regain spiritual perspective. We wish we had planned to spend more time! Thank you for the wonderful tour. We felt so at home here. We appreciated the freedom to come and go as we pleased, as well as your intentional effort to reach out to us."

☀ "We were so blessed to receive all the Lord had for us here in this lovely, peaceful dwelling. We were made to feel like family. It was so easy to fit right in. God promises from Matt. 6.33 that if we seek Him first, all His righteousness, our desires of the heart will be met. Thank you Jesus! Thank you, Ruedi and Sandy."

Here is the updated list of items needed to furnish the Selah Cabin.

Dining Room Table....\$300 4 chairs....\$400 Living Room Couch....\$500 1 Easy Chair....\$100 Lamps....\$100 Coffee Table....\$150 Bookshelf....\$100 Window treatment....\$200 Coffee Maker....\$30 Toaster....\$30 Pots + Pans....\$100 Glasses....\$20 Hot Water Kettle....\$30 Microwave....\$100 Dishes + Cutlery (in addition to already donated items)....\$200 Electric Range Oven....\$400 Refrigerator....\$500 Bathroom furnishings already donated, except for: 3 sets of towels....\$55 each Hair dryer....\$30 Shower rod, curved....\$40 Shower curtain/liner....\$40 Window treatment....\$50 Queen bed + mattress....\$900 2 night stands....\$150 each Dresser drawer, mirror....\$300 2 Sets Bed linen....\$150 2 Pillows....\$25 each Ceiling fan....\$130 Window treatment....\$150 Lamps....\$100 Duvet....\$140

Words of Wisdom

"He is no fool who parts with that he cannot keep, to get that which he shall not lose."

(Author unknown)

