

**"There is no way to put a value on the ministry of this place!  
It is priceless and valuable beyond measure!"**

**- Pastors Craig and SuAnne Toney  
Texas**

## **JULY 2022 NEWS**

### **NINE REASONS FOR YOUR BURNOUT**

***Dear Friends and Partners of Shepherd's Refuge,***

Pause and reflect as you consider your own answers to these 9 reasons, as compiled by Rick Warren in his article published May 18, 2022:

- 1) *We don't start out with a full tank ...*
- 2) *We're too busy to pause and refuel ...*
- 3) *We aren't aware of the hidden leaks that are draining us ..*
- 4) *We ignore the owner's manual and push ourselves further than we were created to go ...*
- 5) *We're in a hurry ...*
- 6) *We're distracted and not watching our gauges ...*
- 7) *The more we carry, the sooner we'll run out of gas ...*
- 8) *We feel pressure to do it now ...*
- 9) *We think the limits of our tank don't apply to us ...*

Again, pause and reflect, Selah, and see which of these points apply to you!

Thank you for your continued prayer and financial support of Shepherd's Refuge, where so many apply the Selah principles!

**We are grateful.**

**Ruedi & Sandy, Hosts**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

**- Matthew 11:28-29**



**Shepherd's Refuge is a non-profit organization that enables front line servants of the Lord to get refreshed and restored in their relationship with the Heavenly Father in order to return as leaders to their flock. Your support allows us to offer retreats at no cost to pastors and front line ministry workers. Thank you for praying and giving generously.**

## CARE-TAKERS CABIN UPDATE

The pine trees where the Care-Takers Cabin will be built had been planted about 30 years ago to replace hard woods that were harvested. Some 60+ of them were cut down, chipped, recycled, and stumps removed, to make room for the new building!



Step by step towards this:

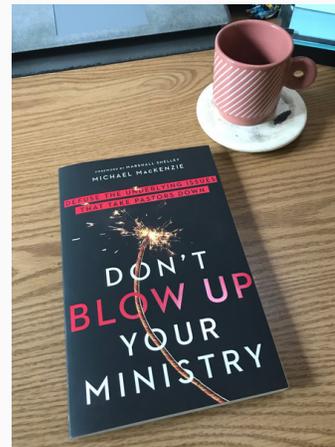


## WHILE WE ARE AT IT

Not all guests arrive by car, and not all guests have just two legs!



We don't normally do this, but here is a book recommendation we have for all who are in ministry:



Mike MacKenzie brings decades of experience to the table, ministering to pastors and ministry leaders in crisis.

His observations provide opportunities for prevention!



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Give online: [www.shepherdsrefuge.org](http://www.shepherdsrefuge.org)

*"We appreciated the way you both flowed in and out of our lives during our time here. You interacted with us and gave us space at the same time. 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! - Pastor Greg and Pam Rogers, Tuscaloosa Life Church, Tuscaloosa, AL*