

SHORline

a newsletter of Shepherds' Haven of Rest Ministries

Volume 16 Issue 4

September - November, 2017

On a personal note . . .

Dear friends,

We have just completed our **16th year of retreats** for SHOR ministries. WOW. Over these years, we have held retreats in the following states: New York, W. Virginia, N. Carolina, S. Carolina, Florida, Georgia, Alabama, Mississippi, Tennessee, Louisiana, Texas, Arkansas, Missouri, Ohio, Arizona, Colorado, Wyoming, Montana, and Idaho. In 2018, we will hold our first retreat in Kentucky! We are praising the Lord for the **many places** He has made available to us through the years. We hope to report on the number of couples He has sent our way in the next letter.

Over **Labor Day weekend** (Sept. 1 – 4), we hosted 3 couples in our home (a **KY couple** currently out of ministry cancelled too close to retreat time to book someone else): an **Illinois pastor and wife** in the process of closing their church after 18 years (they are facing many decisions and needing much prayer); a **Wisconsin pastor and wife** serving faithfully but needing time away (he also serves as a police chaplain); and a **S. Louisiana church planter and wife** who work hard and needed a break. It was a time rich with good fellowship, and we are thankful. We held our **3rd board meeting** of 2017 on Friday, September 8th. We traveled to **Blue Ridge GA** to hold a retreat **Tuesday, Sept. 19 though Friday, Sept. 22**. We hosted these 4 couples: a **S. Carolina youth pastor and wife** who just finished seminary and are beginning a new church ministry (they had their first baby in November!); a **Mississippi assoc. pastor and wife** who are serving faithfully and being a great encouragement to their pastor; a **Tennessee mission's pastor and wife** who are seeking the Lord's will for their future (they served with the IMB overseas for a number of years); and a **MS bi-vocational pastor and wife** needing time away (he was exhausted). We spent an afternoon with a **Georgia ministry wife** (she and her husband are going through a rough time – PLEASE PRAY). We also spent time with a **recently widowed** music minister's wife. The Lord has been faithful to her. The setting in N. GA is gorgeous – God's hand is so evident. It was a tremendous retreat, and we are very grateful.

A highlight of our fall was Charlie preaching a **revival meeting** at **Cedar Hill Baptist Church** in LaFollette, TN, **October 1 – 4**. We believe the Lord ordained this time for us to encourage our hearts. We are grateful for the work He did in these days, but appreciated the church's love extended to us while we were there. We saw several close friends from E. TN who came to hear Charlie preach, too. What a blessing! Charlie also had the opportunity to preach at **Evangel Baptist Church** on **Oct. 8** and at our **home church** (Kirby Woods Baptist) on **October 15th**. We are so appreciative to when he has opportunities to preach the Word! We hosted a retreat at

home October 19 – 22 with these 4 couples: an **AR pastor and wife** faced with decisions about their ministry as they deal with health issues; a **TN pastor and wife** with 6 children working to balance family and ministry demands; a **Kentucky pastor and wife** newly married and adjusting to life in the pastorate in a demanding church situation; and a **TN youth pastor and wife** who were recently terminated (they are seeking God's will for future ministry and covet your prayers). It was a wonderful retreat, and we are praising the Lord. After this retreat, we met with an **IMB missionary couple** home on furlough and a **MS pastor and wife** going through a church split. We also spoke with an **Ohio pastor and wife** whose church is declining significantly. They have major decisions to make in the days ahead and need to know the Lord's will.

We traveled to **New York** on Wed., **November 1st** to prepare for the upcoming retreats. We hosted these **4 couples Nov. 3 – 7**: a **NY youth minister and wife** serving faithfully but needing time away together; an **Illinois bi-vocational pastor and wife** whose church is declining (he is experiencing burnout and discouragement); a **NY pastor and wife** facing some health issues; and a **bi-vocational Michigan pastor and wife** working to cast a new vision for their church. It was a great group, and we were blessed by all of them. Between retreats, we met with a couple of other **NY pastors and wives**. It was good to get a glimpse into their ministries. We hosted **3 NY couples Nov. 10 – 12**: a **pastor and wife** not only ministering through their church but also on college campuses; a **pastor and wife** serving faithfully in a poor, rural area who rarely have time away together; and a **tri-vocational pastor and wife** who are both going through a tough time (they are terribly discouraged). We also met with another **local pastor and wife** before we left who are juggling two ministries and a large family. They need wisdom for the days ahead. We met with several needing help right after we got home from New York. We plan to have about 25 of our family home for Thanksgiving. We will report more on December in the next newsletter.

In this joyous Christmas time we join with Mary in Luke 1:46 – 47 when she said: "My soul exalts the Lord, and my spirit has rejoiced in God my Savior." We are so grateful to our Lord and Savior Jesus Christ who humbled Himself so that we could be His forever. *We love you all and wish you a very MERRY CHRISTMAS!*

Suzanne and Charlie



Retreat Testimonies

We came to this retreat weary from a very hard year of ministry. The context in which we serve is very difficult. We needed a place to get away, clear our heads, and just rest. SHOR was that for us. We were blessed to be able to rest, spend time together, and be encouraged by Charlie and Suzanne. Now we feel renewed and ready to tackle the journey that lies ahead.

We felt we had to get away. We needed spiritual renewal and refreshing. Both of us sacrificed and took days off work to be here. We just had to. We were encouraged, blessed, prayed for, and loved on. This was a positive experience in a negative world. It was very restful. Suzanne, Charlie, and Judy have served us. We did not have to do anything! We are asking the Lord to bless and prosper this ministry.

As a pastor and wife you live a lonely, isolated life, especially in the north. Our churches are spread out, and we don't get much fellowship time. Spending time with other pastors and their wives who understand is simply priceless. SHOR retreats are amazing!

We chose to come to this retreat because we needed rest. I don't believe either of us realized how tired we were. Once here, we slept – better than we have in years. If we are to give the best of ourselves to others, we must get proper rest ourselves. This ministry has truly helped our church and our family.

My wife and I are so incredibly thankful for this retreat! We feel like we have been extremely busy the past few months – graduating from seminary, expecting our first baby!, moving to S. Carolina, and beginning full-time ministry as well as pursuing ordination. This retreat has been such a restful, relaxing, and rejuvenating time. The food was delicious, and our time with Charlie and Suzanne (especially the prayer time) was so enjoyable and encouraging. We will always remember this sweet time together!

At a transition point in our life trying to know how God will lead as we enter these latter years of life, this time was so encouraging. Seeing what the Lord is doing in and through the Grigsbys' lives, we are encouraged to know that we can still do more in the service for the Lord even as we are growing older.

With all the pressure from ministry and family, we really needed the time to get away and reconnect. We felt like we had permission to truly relax! It is always a challenge to find people we can “unload” on about the difficulties and frustrations of ministry. Charlie and Suzanne are so down to earth and easy to speak with. Their years of ministry experience make them a valuable resource and sounding board. We were so blessed by this time of retreat. Thank you to everyone who makes this time possible for people like us. We are so grateful!

The day this retreat started was one of the busiest days of ministry for my wife and for me. As we drove to the retreat, we were so thankful for this designated time. With each day of the retreat, we relaxed increasingly. And after receiving encouragement, insight and prayer from Charlie and Suzanne, we are better prepared to lead our local congregation. We needed this retreat because our church is a revitalizing work. For 5 years we have been working at a very fast pace. Being able to leave town and be supported so that we could simply rest has been a huge blessing.

My husband was forced to resign from his ministry this summer. We were completely taken off guard and extremely hurt and angry. When friends in ministry suggested we go to a SHOR retreat, we immediately made plans to come. Having no daily agenda and being surrounded by other couples in ministry has been so refreshing. My husband and I have been able to reconnect, laugh, read for hours, and be encouraged. The burden on pastors is heavy, and we found SHOR to be an oasis in the middle of our desert. Thank you for caring for us and allowing us to continue our healing with you!

Getting away through a SHOR retreat is so refreshing and renewing! This ministry is a significant blessing to those who serve in churches across the country especially for those who sometimes “grow weary in well doing.” We will be praying for the Lord to continue to prosper this needed work.

Fellowship with the other pastors and wives has been so encouraging because we see more clearly that all ministry couples need time away that is unstructured. The prayer time helped us process our current situation and gave us hope.

Blessings!

Special thanks to GAIL JOHNSON and her family at Willow Falls in Blue Ridge GA. Your hospitality and love for the Lord is an encouragement to us when we are with you for retreats. If you are looking for a great place to spend a few days, let us know, and we will put you in touch with Gail.

Heartfelt gratitude to our dear friends, RONNIE and KATHY ARNOLD, and their wonderful church, CEDAR HILL BAPTIST, for allowing us to come for revival with you. We love you all very much and thank the Lord for your faithful support for SHOR.

Our genuine appreciation to MIKE DELISLE and to KIRBY WOODS BAPTIST for having Charlie preach in October. It was a true blessing for us!

A BIG thanks to DOUG and LOUISE GOETTSCHE at beautiful Cornerstone Victorian Bed & Breakfast in Warrensburg NY. Your servants' hearts and friendship mean more than we could ever say.

Our sincere gratitude to each of you who give and pray to make SHOR a reality!

Prayer Needs

- ◆ For the new 2018 retreats in Toledo Bend, LA; Branson, MO, and 3 at home. We are receiving applications for these retreats now (see online applications)
PLEASE NOTE: Our oldest grandchild, Sydney, is a senior in high school and will be graduating in May of 2018. We are seeking to be careful about our schedule to allow ourselves to travel to Columbus OH for her important events. (It's a 10 hour drive for us – so 2 travel days each time we go.) The demands outside of retreats continue to take more and more of our time as new couples contact us each week.
- ◆ For the couples we are seeking to help and encourage outside of retreats. The needs are often urgent and many are ongoing for differing periods of time. We continually ask the Lord for His wisdom in every situation.
- ◆ We are heavily burdened FOR REVIVAL for our churches and for our country. Would you join us asking the Lord to bring a movement across America?
- ◆ Suzanne's parents, Dr. Gray Allison and Mrs. Voncille (Papa and Mimi), are now 93 and 91 respectively. They are needing more care during these days. We ask that you pray that we will honor them by being available as needed.

Thank you: We have seen a number of prayers answered this fall: a **NY couple** received a good report on his cancer; a **TN couple** got a great report on their new-born baby (no brain disorder!!); and a young **AL pastor** did not have to undergo treatments when his cancer was determined to not be aggressive. These are just a few we are able to share. God is at work and our *God is SO good!*

Schedule

NEW FOR 2018

<u>Dates</u>	<u>Event</u>	<u>Location</u>
January 25 – 28	SHOR retreat	Memphis TN
February 15 – 18	SHOR retreat	Memphis TN
March 20 – 23	SHOR retreat	Toledo Bend Lake, LA
April 12 – 15	SHOR retreat	Memphis TN
May 7 - 10	SHOR retreat	Branson MO

To Think About . . .

We continue to work with couples outside of retreats. Here is an overview of those contacts from Sept 1 – Nov 15:

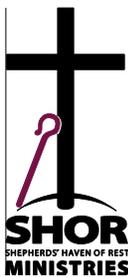
Burnout: 6
Biblical guidance helps: 26
Church needs / conflict: 20
Currently out of ministry: 8
Depression: 5
Encouragement: 80
Family needs / issues: 29
Financial needs: 20
Grief support: 10
Health issues: 29
Marriage: 22
Ministry needs / opportunities / transitions: 35
Prayer needs: 46

Other **needs include** Addiction, Anger, Deaths, God's will, Legal issues, New Ministry opportunities, Resignation, Retreat needs (other than what we provide), Retirement needs, Staff issues, Suicide, and Termination. These couples serve in 30 different states and 12 foreign countries.

This is where most of our time and effort is invested as we serve through SHOR. God continues to answer prayer – *Praise Him!*

What makes SHOR different?

- Ministry couples attend SHOR retreats at no charge
 - Charlie & Suzanne are available to talk with and to pray with each couple
 - Ministry couples are served and allowed to rest with no agenda
 - Couples can reach out to us at any time for prayer, support and help (outside of retreats) at no charge
- Would you please consider helping us to help them?***



Charlie & Suzanne Grigsby
5525 Chester Street
Arlington, TN 38002

Ministry couples attend SHOR retreats at no charge.
Please pray about supporting this ministry.

To better assist you, we now have several contribution options:

- * **Paypal** available at www.shorministries.com
- Check or Money order (use the supplied envelope) **NO CASH PLEASE**
- Credit Card: Visa, MasterCard or American Express
- Bank Draft: call 901-867-3843, or email us at info@shorministries.com to get set up

All gifts to Shepherds' Haven of Rest Ministries are tax deductible

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Did you know . . .

We know what the Scripture says: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9). We know this in our heads; if only it would sink into our hearts. Truth is, everyone gets discouraged, even depressed at times. This is especially true of those who are involved in professional ministry. Make no mistake about it, depression hurts. It hurts deeply. But depression is not a *sin*. On the contrary, it's just confirmation that we are all frail, fallen and fallible humans.

As ministry leaders, we are particularly susceptible to the pain and pathos of depression. Characters drawn from Scripture present us with examples of leaders chosen by God who grappled with serious depression and who knew what it was like to feel emotionally downcast, despondent and discouraged. Abraham, Moses, Elijah, Jonah, David, Jeremiah, Hannah, Job, Saul and Ezekiel all manifested key diagnostic indicators of depression.

Renowned British preacher Charles Spurgeon remarked, "As it is recorded that David, in the heat of battle, waxed faint, so may it be written of all the servants of the Lord. Fits of depression come over the most of us." Spurgeon disclosed that he personally knew "by most painful experience what deep depression of spirit means." Having made this personal confession, he went on to normalize this "occupational hazard" of ministry even further by citing struggles from Martin Luther and John Wesley, both of whom documented their experiences with depression at great length.

The point? If you are battling depression in your ministry, you're in pretty good company. That in itself should be some comfort. But is there anything you can *do* about it? Fuller Seminary professor Dr. Archibald Hart has made a positive contribution toward filling this gap. In his classic book *Coping with Depression in the Ministry and Other Helping Professions*, he points out key contributors to depression for those in ministry and suggests helpful solutions:

- Many ministers fail to take proper care of their body. We must prioritize our own self-care by means of the essential three-legged stool of proper diet, adequate rest, and meaningful exercise. Bio-physiological problems can create chemical depression.
- The nature of the work naturally produces depression. Serving others, preaching funerals, low remuneration, bearing the heartaches of others, loneliness, isolation, being put on a pedestal, criticism, betrayal by trusted friends—all of these take a serious toll on one's psyche. One solution is to reach out for understanding and support.
- There are no clear boundaries to ministry work. Vague criteria for measuring success, working evenings and weekends, unclear lines of accountability, living in a "glass house," and dealing with others' unreasonable demands and role expectations all lead to burnout, marital conflict, family stress, and low self-esteem. The answer? Learn how to say no, to delegate, and to prioritize. Find healthy ways to recharge our own batteries.

When you become weary in doing good in your ministry, remember, you are not alone.

Excerpted from *Focus on the Family / Thriving Pastor* by Pastor Jared
November 20, 2017

This article represents part of the reason for SHOR Ministries: to come alongside, walk with, and encourage those who serve through our local churches and on the mission field.