

SHORline

a newsletter of Shepherds' Haven of Rest Ministries

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On a personal note . . .

Dear friends,

Well, the best laid plans . . . We had a **great June** doing the **W. VA retreat** and going on to Columbus OH to host our booth at the **So. Baptist Convention**. The Lord gave us over 1000 contacts with ministry couples – it was great! After several days at home, we traveled to Arkansas to take some **time away** together ourselves. A dear friend and his wife offered their time-share to us! We were so blessed. After meeting with an **Arkansas pastor and wife** on our way home who are in the middle of a huge church conflict, we began to prepare for the 2nd half of the year. Suzanne has been working to help her dad get his affairs in order since he had so much sickness this past year. He is doing well and is teaching evangelism at Mid-America again this fall (he's only 91!).

As we were preparing to travel to **Colorado** for the July retreat, **Charlie** was out doing yard work. Mid-summer was very hot, and that evening the temperatures were around 100 degrees. He became very ill and thought he was experiencing a heat stroke. We felt we needed to get him checked out at the emergency room because we were to fly out the next day. The ER Doctor felt like his symptoms were suspicious so he admitted Charlie to the hospital. That night his enzymes did go up indicating that he had a **heart attack** on Friday evening. The Doctors were able to do two stents on Monday, July 20. We were so very grateful that he did not have to have open-heart surgery. We are working hard now to watch our diet and to exercise as often as possible. We are thanking the Lord that he did not get on that plane to travel out West. God protected him!

We are happy to share with you that the retreat in **Colorado July 19 – 22** went on without us. We had contracted with a bed and breakfast for our rooms and the morning meal. We had also booked a caterer to provide our lunches and dinners (this is something we are trying to do more often so that we do not have to travel with food, purchase produce and dairy at the retreat location, and spend hours preparing food). Suzanne called both the B & B owners and the caterers to confirm the arrangements as well as the couples who were booked to come. We have dear friends, **Mike and Cathy Routt**, who pastor in Colorado Springs (we had planned to worship there Sunday morning). We called the Routt's and asked them if they would be willing to go to Pueblo and spend some time at the retreat with the couples. Mike and Cathy have attended SHOR retreats and have known us for many years. They were so gracious to meet with the group and hear their prayer requests. We will be forever grateful to them. These three couples attended the retreat: an **AZ pastor and wife** who desire for the Lord to give them a new vision for the church where they have served for 25 years;

a **bi-vocational KS pastor and wife** dealing with church conflict and a church split (they have a young son with rheumatoid arthritis and her father is in a nursing home – they are in overload!); and a **CO youth pastor and wife** who are asking the Lord to help them inspire passion for God in the hearts of their youth. We are amazed at all the Lord had in place for this retreat to go forward!

After Charlie was released from the hospital **our children and grandchildren** (except Chad who was in Uganda) came home for a week. After a big event like a heart attack, you appreciate these times even more! After much prayer, we decided the **Destin retreats** were going to be too soon to allow Charlie time to regain his strength. The drive down is nine hours, and we use a private home where we do all of the cooking. Suzanne contacted all of the couples who were scheduled to come to the two retreats in August. The SHOR board was gracious to allow us to provide funds for each of these so that they could still have some time away together. We also asked the couples how we could pray for them since that is a major part of each retreat. Here are their requests: a **Georgia chaplain and wife**: asking for wisdom as they start a new church planting ministry for Internationals and for specific needs for their children; a **young Missouri pastor and wife**: seeking prayer for their kids starting school and their church which is beginning new discipleship classes; a **Missouri youth pastor and wife**: asking the Lord to guard their home and ministry, requesting prayer for their 3 children and their youth group; an **Alabama pastor and wife**: dealing with family illness which has been challenging– they needed a break; and a **Mississippi pastor and wife**: asking prayer for their church which is struggling financially, for an upcoming mission trip, and for their family. We resumed our schedule **August 27th** in a **Branson** retreat for an **Arkansas church staff** desiring to strengthen their marriages and homes. We led 4 couples in sessions designed to deepen their marriages and encourage their hearts. Please do be in prayer for us during this travel intense time of year.

We read today in Psalm 103:1: "Bless the Lord, O my soul and all that is within me." We have never been more grateful to the Lord for the ministry He has given to us, His perfect provision, and for your love and support!

Suzanne and Charlie



Retreat Testimonies

Four years after a major crisis that led to our being forced off the mission field, this SHOR retreat was just what we needed. We had time to relax, pray together, and seek advice and Biblical guidance from our experienced leaders. During our prayer time, we shared our vision for the ministry that God has given us. This retreat cemented and affirmed that calling. We thank God that through our discussions, God gave us His direction to go forward.

Most days we are ministering from the time we wake up until we go to sleep. We rarely have a chance to spend time alone with each other. This retreat has been such an amazing blessing to us. It has given us time with each other and with the Lord and also has given us the chance to meet some amazing brothers and sisters in Christ. We could never express how much we needed this and how thankful we are to God and to SHOR. This was an amazing, God-ordained time of refreshing!

After a prolonged battle with Alzheimer's, my wife's mother died about six months ago. Since her death, this was our first opportunity to get away. It was far greater than we had anticipated. We have never been in a retreat like this and were somewhat reluctant to come as the time approached. But Charlie and Suzanne immediately put us at ease with their gracious hospitality. This has truly been a gift from the Lord. Words cannot express the gratitude we have for those whose generosity made this retreat possible.

We had no idea what was ahead for us at this retreat. My husband received the email invitation and thought it would be fun to get away together have a "free adventure." We have been so blessed to be in such a beautiful environment and to have the fellowship with other couples in the ministry. It has been fun to be with younger couples and then couples a little older. We have laughed, played games, and enjoyed new friendships. We have been treated like royalty having all of our meals provided for and cleaned up after – what a treat! My husband and I needed the time away from our "life", a time to reconnect with each other. But we also needed the time to connect with Charlie and Suzanne who have walked in our shoes. We loved their listening ears, words of encouragement, and prayers for us and our children. We feel loved and appreciated – and that feels amazing! Thank you to all who are involved in helping to sponsor these retreats.

We do not have the money to get away so we were so thankful for this retreat. If it were not for the ministry of SHOR, we would not have had the opportunity to rest. The day-in, day-out activities of life have stretched our limits physically, mentally, and spiritually. We were able to just get away from life for a while, recollect, and refocus. We feel equipped to get back in the trenches and press on! We knew that Satan did not want us here, BUT GOD DID! And it is God who got us here. For all that SHOR does, we are so grateful.

When we think of SHOR, we think of Aaron & Hur who held up the arms of Moses when he grew weary. What has been done at this retreat has great similarity for us. To be encouraged and prayed for regarding concerns in our life has ministered to us and refreshed us. Spending time with Charlie and Suzanne as well as the other couples was a great change of pace – kind of reminds us of the military R & Rs. We head back to the front lines more rested and more encouraged to "fight the good fight."

We both are extremely busy, and my wife homeschools our six children. Although three have now graduated, she is continually busy with all of their events as well. She just needed a break. As for me, I just finished my master's degree and have been running full speed for quite a while. The rest with no responsibilities has been greatly appreciated and much needed. The personal prayer time meant so much to us!

With a family of seven children and all of their activities plus two churches to pastor, we have very little time to spend that is truly relaxing. This ministry allowing us time to rest and actually do nothing is just wonderful. Pastors spend so much time taking care of others that sometimes they forget to take care of themselves (I had to step away to realize this!).

As a bi-vocational minister who is married to a homeschool mom, this retreat afforded us the opportunity to place proper focus on one another and to catch our breath. God drew near to us to remind us of two things: 1) The Lord will finish in us what He began on the day we tasted His saving mercies, and 2) As our days, so our strength will be. Multiple days away mixed with focused intentionality have borne the fruits of joy, clarity, and renewed affection for one another. We glory in God for our time away at SHOR!

Blessings!

Our special thanks to Mike and Cathy Routt for literally going the extra mile to invest in the couples at the Pueblo CO retreat.

Our sincere appreciation to Steve and Kelly at Edgar Olin House in Pueblo for allowing our group to come without us!

Heartfelt thanks to John and Linda Calcote who have shared both their gorgeous Branson home and their wonderful Destin home with us over the years for SHOR retreats. You two are the best, and we love you dearly.

A BIG thanks to Cliff and Kristi Johnson and their church staff for the privilege of walking beside them in ministry.

***Many thanks to all of you who support SHOR with prayer and giving.
You have invested in each couple the Lord sends our way,
and we are grateful!***

Prayer Needs

- ◆ *For our upcoming retreats in Memphis TN (2), Coeur d'Alene Idaho, Townsend TN, and Warrensburg NY*
- ◆ *For the couples who are booked for these retreats that the Lord will protect this special time away for them*
- ◆ *For the couples with whom we meet between retreats dealing with various issues. Between June 1 and August 15, we were in contact with over 250 couples needing help*
- ◆ *For us to have wisdom in pacing ourselves, eating right, and making sure we get the exercise we must have*
- ◆ ***PRAISE:*** *When we held our August 17th board meeting, we shared SEVEN ministries that have been spawned from SHOR (people who have come to retreats or talked with us about helping pastors). Already underway are Shade Tree Ministries (SC), Shepherds Help (FL), Grace and Restoration (middle TN), retreats hosted by a TX pastor and wife (no specific name), and one-day retreats for pastoral couples (LA -- sponsored by The Shepherds Connection). "In the works" are these 2 ministries: a pastor and wife in the Maryland/Pennsylvania area and 2 pastors in the Utah/Idaho convention. WE ARE REJOICING OVER THESE WITH A VISION TO HELP MINISTRY COUPLES!*

Schedule

DATES	EVENT	LOCATION
August 27 – 30	Marriage retreat	Branson MO
September 4 – 7	SHOR retreat	Memphis TN
September 14 – 18	SHOR retreat	Coeur d'Alene ID
October 5 – 9	SHOR retreat	Townsend TN
October 18	Charlie preaching	Savannah TN
October 22 – 25	SHOR retreat	Memphis TN
November 9 - 13	SHOR retreat	Warrensburg NY
<i>NEW FOR 2016</i>		
January 20 – 24	SHOR retreat	Nordheim TX
February 4 – 7	SHOR retreat	Memphis TN
February 15 & 22	Suzanne teaching	MABTS, Memphis TN
February 25 - 28	SHOR retreat	Gulf Shores AL

To Think About . . .

The following are excerpts from retreat applications of folks scheduled for upcoming retreats: (please pray for them as they prepare to attend a retreat – this is a critical need)

What do you believe to be the greatest problem you face in your ministry?

- ✦ Evaluate past ministry hurts and get a fresh vision and perspective
- ✦ Balancing my life: job, family, and ministry
- ✦ To grow volunteer lay leadership to keep pace with the growth of the ministry
- ✦ Struggle with a new church plant; financial stress; and growing leadership
- ✦ Isolation (to give you an idea, we drive 4 hours to Wal-Mart!)

What are your wife's greatest needs?

- ♥ She had a miscarriage earlier this year which has been emotional for both of us
- ♥ Time for us to reconnect and to draw closer to the Lord
- ♥ Affirmation and personal direction
- ♥ Encouragement and significant health issues that hinder ministry effectiveness
- ♥ Spiritual, emotional, and physical rest; not always "on call"

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
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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Why SHOR exists . . .

From Facts and Trends Jan - Feb 2015

"Pastors experience depression, too" by Thom Rainer

A recent study by LifeWay Resources found nearly 1 in 4 pastors (23 percent) acknowledge they have personally struggled with a mental illness such as depression, and half of those pastors said the illness had been diagnosed. Sadly many of them are reticent to say anything about their depression or other mental illness lest they be viewed as unfaithful to God and unable to help others.

A number of factors can lead to depression, and while all of them are not unique to pastors, they are pervasive among them. Possible triggers (or pressure points) that lead to depression can include the following (this is certainly not an exhaustive list): spiritual warfare, unrealistic expectations, greater platforms for critics, failure to take time away from the church or place of ministry, marriage and family problems, and the comparison game.

The demands of ministry can create a pressure-cooker situation for pastors. Mental health must be guarded in addition to physical health.

The following is an excerpt from an article sent to us by a dear friend of SHOR . . .

A survey by Vanderbloemen Search Group, a church staffing service, reveals that church growth is greatly dependent on effective leadership, but many church staff persons are unhappy with their jobs.

Looking at over 600 participating churches, one out of two staff members say they do not believe their church's staff is effective. Additionally, 51% of staff and 26% of lead pastors are open to new employment.

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