



# THE SABBATH CENTER



## AN INVITATION TO REST AND RENEWAL

*led by the Rev. Jeff Eddings*

*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.*

*~ Matthew 11:28-30*

*The Message*

*I want to know God more deeply. I want to love God more intimately. I want to serve God more closely.*

*~ Saint Ignatius*

Join us for a retreat that will center us on our becoming in Christ so that in keeping company with Jesus we learn to live 'freely and lightly' in our service to him.

In our desire to be faithful followers of Jesus, we quickly move from our experience of knowing and loving God to our need to do for God. Too often this emphasis on doing leads us to weary spaces of feeling undone and not enough.

Rest and renewal is about focusing on our becoming in Christ over our doing for Christ. It is learning the 'unforced rhythms of grace' that Jesus models for us in contemplation and sabbath.



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**WHERE** | HIGHLANDS  
PRESBYTERIAN  
CAMP & RETREAT  
CENTER -  
ALLENSPARK, CO

**SCHEDULE** | PLEASE ARRIVE BY 4:00  
P.M. (MT) ON MONDAY,  
NOVEMBER 29TH. THE  
RETREAT WILL END  
FOLLOWING LUNCH ON  
WEDNESDAY, DECEMBER  
1ST (1:30PM, MT).

**COST** | \$195 FOR A SHARED ROOM /  
\$295 FOR A PRIVATE ROOM.  
MEALS INCLUDED.

**REGISTER** | [HTTPS://BIT.LY/RESTRENEWAL](https://bit.ly/RestRenewal)  
**AT**

**PLEASE**  
**REGISTER BY** | SUNDAY, NOVEMBER 14TH.

