

WNCC-CEF and Pfeiffer Responds

invites you to join us for

A Day Apart.

GRACE BREAK

May 17, 2018

Grace Break

Are you seeking ways to thrive in ministry for the long-haul? Maybe you are tired, feeling the pressures of a 24/7 on-call ministry, or stressed at leading your church to make disciples for Jesus Christ in today's world?

Led by Big Sigh Ministries Inc. co-founders Jacqueline and Jack Tookey, this workshop will help you focus on self-care, rest and renewal.



Based on Mark 6, The Jesus' Way for rest and renewal (Get Away, Get with People who Love You, Serve Where You're not in charge).

We invite you to join us for a Day Apart. A day for self-discovery, to re-connect with others in ministry. A Day Apart to focus on self-care, rest and renewal.

MAY 17, 2018

St. Luke's United Methodist Church, Hickory

Bring a Bag Lunch! We will Re-Connect with each other over lunch.

Important Details:

- May 17, 2018
- St. Luke's UMC, 52 16th Avenue NW, Hickory
- Arrive by 9:40am, Ends at 4:00pm
- Bring Lunch for Re-Connect Time
- Cost \$20.00 per person, payable to WNCC-CEF
 - Mail Checks to: WNCC-CEF/Debbie Foust
Wesley Memorial UMC, 1225 Chestnut Dr,
High Point, NC 27262
- CEU's available, please indicate on your registration form
- You MUST register by April 22nd (received by WNCC-CEF).
- You will be asked to complete a Stress Indicators Survey and must return 10 days before Retreat.
- **Please invite a friend in ministry to attend too!**

Registration Form

Name: _____

Church Serving: _____

Address: _____ City _____ Zip _____

Best email contact: _____

Please provide an email you will check daily. We will send you the Surveys to complete and email back no later than 10 days before the retreat.

Best Phone (texts may be sent) _____

I need CEU's: no thank you _____ Yes Please _____

Please take a moment to complete the following:

Suggestions for other WNCC-CEF events: _____

Would you be willing to serve on the WNCC-CEF Board? We meet three times a year to plan events. No, thank you _____ Yes, tell me more _____

I can't be on the board, however I am willing to assist in:

Planning events _____ Set-up at events _____ Clean-up _____

Registration: _____ Communications (Web and email) _____

Other: Please indicate _____



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