

SHORline

a newsletter of Shepherds' Haven of Rest Ministries

Volume 9 Issue 4

September - December, 2010

On a Personal Note...

Dear friends,

Our 9th year of SHOR Ministries is winding down; how quickly the time passes! We have hosted almost 550 pastors & wives in 143 retreats (64 in the 1st 5 yrs. and 79 in the last 4) as well as ministering personally to more than 500 pastors, missionaries, and staff couples through Biblical guidance. We have been reading articles about ministry in the local church. We pray the ones that we share in this newsletter will illustrate the issues pastors are facing and the importance of SHOR.

We traveled to Wyoming on Saturday, Sept. 18th for Charlie to preach at Centennial Valley Community Church on the 19th. This wonderful congregation has allowed us to cook and serve meals in their church building since 2003. (They also support the ministry monthly.) We hosted 6 couples Sept. 20 – 24: a MS interim pastor & his wife considering service in the West; a WY couple who had just closed their church on the 19th; a Wy couple suffering from burn-out; an Indiana pastor & wife overloaded with ministry, work, & family needs, as well as concerns for elderly parents living in Kentucky; a Utah pastor & wife whose church is changing directions (causing conflict); a Utah pastor & wife being forced to resign (with over 20 yrs. of service in this church). As you can see, the needs of these couples were varied and heart wrenching. Bob Matthews (the pastor at Centennial) & Karen are such an encouragement to us. We traveled home on Sat., the 25th, and then went to Arkansas on the 26th. We worshipped with Chad and Jessica on Sunday morning – our first time in the new church plant in Batesville. What a blessing to hear Chad preach and meet his wonderful congregation! Later that day, we met with the young AR pastor who completed his jail sentence on Sept. 16th. We are happy to report to you that we have found a wonderful counselor in the Little Rock area to help this couple on a weekly basis. After several disappointing job interviews, he began selling cars the first week of November. We covet your prayers for them. During the last week of September, we worked with couples dealing with depression, burnout, health issues, and church conflict. While packing for Idaho, Suzanne injured her back. We are so grateful for our son David, a physical therapist, who helped keep her going! We traveled to Idaho on Saturday, Oct. 2nd. We worshipped at Central Valley Bapt. Church in Boise on the 3rd. Charlie and Amy & Ricky Barron took the pastor and his wife to lunch after church. They were able to share about the situation with the orphans in Haiti in which a lady from their church was involved. The media misrepresented the facts, and they as well as their church have suffered. They need our prayers. On Monday, we purchased groceries and traveled 4 hours to Challis ID to prepare for the 5 couples who came (one couple canceled because of family issues): an ID pastor and wife with 7

children who are exhausted (their 4th child is severely retarded); an ID pastor & wife with a devastating family situation; a UT pastor & wife serving faithfully but needing a break; an ID pastor & wife discouraged in ministry; and an ID pastor & wife struggling with both their ministry and marriage. It was a tremendous week with great fellowship. After traveling home on the 9th, Charlie went to Savannah TN on the 10th to preach and share SHOR with Riverview Bapt. Church, a new church plant. (Suzanne had to take some time to let her back get well.) During the next week, we met with and helped couples dealing with depression, termination, marriage issues, loss of a baby, church conflict, and health issues. We hosted a retreat in our home the weekend of Oct. 22nd. The young LA pastor's wife recovering from cancer & her husband as well as the AR pastor who had served time & his wife were with us. (A MS couple was unable to attend after the loss of their baby.) Chad and Jessica spent time at the retreat on Saturday. The LA couple is making decisions about experimental treatment programs and needs your prayers. The last week of October, we worked with couples dealing with transition in ministry, death in the family, counseling helps, depression, church conflict, moral failure, and discouragement.

We traveled to New York on November 2nd. We hosted 4 couples the first week: a NY pastor & wife burned out (working a full time job while serving in a church plant); a TN pastor & wife (working with Hispanics) needing time away; a NY pastor & wife tired after a church building program and having some health issues; a NY pastor & wife facing many decisions as their church outgrows its current facility. Between the retreats, we spent time with 2 ministry couples: on Tues., we met with a pastor & wife currently in school to prepare for the next call in ministry; and on Wed., we spent time with a seminary professor and his wife. We hosted 4 NY couples the 2nd week: a seminary couple seeking God's will for their lives; a pastor & wife whose ministry is growing after a church merger; and 2 pastors & wives who needed time away together. Fellowship for these couples is a tremendous need.

We ask your prayers for 2011 as we plan 20 retreats. God is good, and we continue to praise Him. We read today in Isaiah 6: "The people who walked in darkness have seen a great light; Those who dwelt in the land of the shadow of death, Upon them a light has shined. . . For unto us a Child is born, Unto us a Son is given." Thanking the Lord for the gift of Jesus and for you!

In His service,

Suzanne and Charlie



Retreat Testimonies

Nineteen months ago we were forced to leave our church when an interim pastor was given authority to “clean house.” It was devastating for the church and us. We went through many emotions of anger, hurt, emptiness, loneliness, and abandonment. We have interviewed at churches, but still are without a pastorate. Every door we’ve tried to enter has been shut. We feel we are in a Job experience and are in the land between—that transition place of wandering. We’ve used all our savings, closed retirement accounts, and are near losing all we have. We needed a place of rest, peace, tranquility, understanding, and Christian love. Charlie & Suzanne gave us that and so much more. Their sweet spirits, loving hearts, and servant attitudes were such a blessing to us. We have found our haven of rest this week, and we have found new friends in Christ. Words cannot express our heartfelt gratitude and appreciation for having been given this time to renew and refresh our spirits, our calling, and our commitment. We pray God’s richest blessings on SHOR Ministries and their donors. Thank you!!

When I scheduled the SHOR retreat way in advance, I had no idea we would be leaving our church as pastor and wife and moving on the Monday before the retreat weekend. How timely is God’s timing! Thank you for making this retreat available for us. We needed it to transition from a difficult pastorate to what now looks like retirement—at least until God’s next step is revealed to us.

Thanks for taking time to pray with us. To know someone is praying for specific needs in our lives makes our load a little lighter. This retreat was such a restful and quiet time for us.

We have had a very hard year. Family problems and church pressures were draining us. This retreat gave us love and encouragement. We have been so blessed by having a week to reconnect with each other and to spend time with other pastors and wives to be strengthened. We thank the Lord for SHOR!

Being a pastor and wife of a medium-sized church and having two small kids (8 & 5), we are constantly on the go. If it isn’t church and ministry, then it is kid’s activities. Rarely is there such a thing as a night at home. By the time most days are done, the two of us are dead tired and never spend quality time together. We may watch an hour of TV to numb our minds then go to bed. We have not been able to build into our marriage as we should. This retreat allowed us to focus on us again -- what God wants from us as husband & wife. Most people don’t realize how much pastors & wives are constantly pouring out to others (whether it be church members or family members). It was great to have time to be “poured into” and be refreshed. Our marriage and ministry will be so much better because of this retreat. Thank you so very, very much!!

This SHOR retreat was God’s perfect timing for a getaway from the turmoil in our church -- especially after a rough meeting with the church the night before we came. It was such a pleasant contrast from the challenging situations in ministry to come to a retreat where we were constantly honored with kindness. We felt appreciated, and it was refreshing. God’s hand is clearly on SHOR.

Learning that the SHOR retreat was free made it a reality for us to come. We believe that God has used this ministry to give us rest and much needed prayer so He can use us in amazing ways in the future. SHOR has made it possible for us to minister more effectively after spending time together, enjoying good fellowship, and being cared for and prayed with.

We have been praying and struggling with the issue of balance in our ministry and family life. We came to the point of growing weary in well doing. The weariness was causing stress in our marriage and family. We needed a break with no obligations; we needed someone to come alongside and lovingly speak into our lives and encourage us to simplify our view and practice of marriage, family, ministry, and ourselves. It has given us hope and courage to “fight another day”. Thank you and please keep doing these!

Blessings!

A BIG thanks to Richard and Gina Headrick for providing The Old Corral and Steakhouse for our 9th year in Centennial WY. You are such dear friends to SHOR and to pastors and wives!

Our sincere gratitude to Pastor Bob Matthews and Karen and the Centennial Valley Community Church family for sharing your wonderful facilities and offering your love and support to SHOR. Many thanks to Jim and Debby Davenport for serving with us (especially for helping with all those groceries!). Thank you to Margaret and Billy Balthrop for the great meal at your home for our entire group. We love you all!

Special thanks to Debbie and Christopher James for allowing us to use the mini-lodge at Living Waters Ranch in Challis. It was great! Thank you to Amy and Ricky Barron for helping us cook and minister in Challis. We couldn’t have done it without you!

Our warmest appreciation to the Pathfinders’ class at Bartlett Baptist for providing food for the October retreat in our home. What a blessing you are!

Many thanks to Pastor Mark LaRue for having Charlie preach and share SHOR with Riverview Baptist. What an encouragement!

Heartfelt gratitude to Louise and Doug Goettsche for allowing us to host 2 retreats at the gorgeous Cornerstone Victorian Bed & Breakfast in Warrensburg NY. Serving with you and laughing continuously cheers our hearts!

THANK YOU FOR MAKING SHOR POSSIBLE THROUGH YOUR PRAYERS AND GIFTS!

Prayer Needs

- ◆ *For us to find effective and cost efficient ways of contacting pastors about SHOR retreats in their area*
- ◆ *For couples who are hurting after terminations, from depression and burnout, and other significant issues*
- ◆ *For the a place in the Southwest near Phoenix AZ for the June 2011 retreat*
- ◆ *For the Lord's provision for retreats and continued ministry to couples unable to attend a retreat*
- ◆ *For us to have the Lord's wisdom in managing retreats, Biblical guidance, and our personal walk*
- ◆ *For a computer program that would enable Suzanne to choose a menu and have the ingredients merge into a shopping list spread sheet. That would help save so much time. Do you know someone who would help with this?*

Schedule

Dates	Event	Location
January 19 – 23	SHOR retreat	Yorktown TX
February 2 – 5	SHOR retreat	Memphis TN
February 18 – 21	SHOR retreat	Memphis TN
March 4 – 7	SHOR retreat	Jacksonville FL
March 16 – 20	SHOR retreat	Orange Beach AL
April 5 – 8	SHOR retreat	Branson MO
April 11 - 15	SHOR retreat	Branson MO
May 9 – 13	SHOR retreat	Pigeon Forge TN
May 27 – 30	SHOR retreat	Memphis TN
June 8 – 11	SHOR retreat	SW USA (TBA)
July 14 – 18	SHOR retreat	Memphis TN
July 21 – 24	SHOR retreat	Memphis TN
August 9 – 12	SHOR retreat	Branson MO
August 15 – 19	SHOR retreat	Branson MO
September 2 – 5	SHOR retreat	Memphis TN
September 19 – 23	SHOR retreat	Centennial WY
October 4 – 7	SHOR retreat	Challis ID
October 17 – 21	SHOR retreat	Townsend TN
November 3 – 7	SHOR retreat	Warrensburg NY
November 10 – 13	SHOR retreat	Warrensburg NY

To Think About...

“When Pastors’ Silent Suffering Turns Tragic” By Greg Warner (Published January 4, 2010)

What kind of personal pain would cause a 42-year-old pastor to abandon his family, his calling and even life itself? Members of a Baptist church in Hickory, N.C., are asking that question after their pastor committed suicide in his parked car in September. Those who counsel pastors say Christian culture, especially Southern evangelicalism, creates the perfect environment for depression. Pastors suffer in silence, unwilling or unable to seek help or even talk about it. Sometimes they leave the ministry. Occasionally the result is the unthinkable. Experts say clergy suicide is a rare outcome to a common problem. But Baptists in the Carolinas are soul searching after a spate of suicides and suicide attempts by pastors. . . .

Being a pastor — a high profile, high-stress job with nearly impossible expectations for success — can send one down the road to depression, according to pastoral counselors. “We set the bar so high that most pastors can’t achieve that,” said H.B. London, v.p. for pastoral ministries at Focus on the Family in Colorado Springs. “And because most pastors are people-pleasers, they get frustrated and feel they can’t live up to that.” When pastors fail to live up to demands imposed by themselves or others, they often “turn their frustration back on themselves,” leading to self-doubt and to feelings of failure and hopelessness, said Fred Smoot, executive director of Emory Clergy Care in Duluth, Ga. A pastor is like “a 24-hour ER” who is supposed to be available to any congregant at any time, said Steve Scoggin, president of CareNet, a network of 21 pastoral counseling centers in N. Carolina. “We create an environment that makes it hard to admit our humanity.” It’s a job that breeds isolation and loneliness — the pastorate’s “greatest occupational hazards,” said Scoggin. But anxiety and depression in the pulpit are “markedly higher” in the last five years, said Smoot. “The current economic crisis has caused many of our pastors to go into depression.” Besides the recession’s strain on church budgets, depressed pastors increasingly report frustration over their congregations’ resistance to cultural change. No one knows for sure how many ministers suffer depression or attempt suicide. “It’s like nailing Jell-O to the wall,” said London. But he estimated 18 to 25 percent of all ministers are depressed at any one time.

Would you please consider helping us help them?



Charlie & Suzanne Grigsby
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Ministry couples attend SHOR retreats at no charge.
We at SHOR Ministries rely on gifts from our dear friends
to make that happen.

Please pray about supporting this ministry.

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

- 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

MERRY CHRISTMAS AND A BLESSED 2011!

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Did You Know...

While we read in Genesis that God rested on the 7th day, a growing number of ministers are finding out that there is more work – and stress – than ever before, and fewer opportunities to unwind. The result has been a myriad of health problems among clergy -- from a lack of exercise, poor eating habits, more hypertension, a rise in obesity, problems of depression and substance abuse, higher rates of arthritis and asthma, and all of the ills of modern life that pastors spend so much time trying to help their congregants tackle.

What are some of the reasons for this decrease in health?

- Some experts say the situation may be aggravated by the recession, with donations down and more financial challenges for pastors on the job.
- Clergy routinely work 60-hour weeks and often have just one day off – and not the day everyone else is off. That makes it hard to develop friendships & creates a lot of loneliness.
- Pastors are expected to be available at all times. They are too easily overtaken by the urgency of other people's needs.
- The root of the stress is that, for a minister, work centers around so many different relationships and the demand that he or she be all things to all people.
- Pastors start thinking that things like their church will be their legacy instead of their families, which knocks them out of balance and "whacks" their own relationships with Christ.

As cell phones and social media expose ministers to new dimensions of stress, and as health care costs soar, some of the country's largest denominations have begun wellness campaigns for their spiritual leaders. At the center of nearly all of these programs is **rest**. *From August 6, 2010 Pastor's Weekly Briefing (Focus on the Family)*

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