

continued from front

In the post-retreat feedback form, we learned what stood out most for the retreat participants. The primary comment was that there was a noticeable lack of pressure placed on those who came. Someone said, “We have never been to a retreat like this before. We are accustomed to being told we aren’t baptizing enough or working hard enough, but your message was almost the opposite of that.” Indeed, we insisted on a few basics: no phones, no “work,” and no side meetings or planning were allowed. These gentle admonishments gave everyone a sense of permission to simply rest and connect with the Father.

One minister wrote, “Inspirational and thoughtful lessons, balanced with lots of time for reflection and connection with God. A paradigm shift in ‘being still and letting God’”. There was a great spirit of bonding and unity amongst all in attendance.” Another wrote, “I could turn off notifications and not engage in conversations outside the retreat. The lessons were insightful, inspiring, and healing and gave a lot of food for thought. The sense of unity and bonding was palpable, making us feel connected and part of a larger community.”

A major highlight of the retreat was a 24-hour period of silence and solitude. We all agreed to refrain from speaking to each other during this time, took grab-and-go bags for our meals, enjoyed long walks through the beautiful countryside, and made the most of the opportunity to commune with God privately. For most, this was regarded as a

great gift, an experience they will never forget. For a few, there were feelings of trepidation. One person told us, “In decades of ministry, I have never before experienced an entire day of silence and solitude.” One or two felt anxiety at the prospect of spending time alone with God. This gave us an opportunity to walk alongside them and help them to shore up their confidence in God’s unconditional love for them. We also offered individual coaching and counseling sessions on-site. Ministers began to open up about some of their pain and struggles and were given a chance to be heard and make plans for their futures.

Finally, it should be said that some people did not initially want to go to the retreat at all because of relational conflict they had experienced in the church. Thankfully, God worked through that time and that space to heal some of those wounded hearts. The retreat served as a beacon of hope, offering healing and reconciliation. And truly, we learned from them just as much as they did from us. We are grateful to have come through this experience together, not just as brothers and sisters in name, but now tightly knit together in our hearts!

If you, your church staff, or the regional family you’re a part of is interested in a similar retreat, please contact the Eremos team ASAP (at joelpeed@gmail.com) as the calendar for 2025 is quickly filling up. Learn more at www.eremosministry.org/.

LATEST STORIES ON www.DisciplesToday.org:

Go to www.DisciplesToday.org to read the latest News articles and to access the archives for all channels.

> **US SCUAD Workshop on September 14** August 21, 2024 • ICOC US SCUAD

Join us for the ICOC US SCUAD workshop on Saturday, September 14 from 12-2pm ET for four TED-Talk style presentations followed by a panel discussion. We aim to equip leaders with the tools to identify and address differing political views within...

> **“Calling” Vocational Discipleship Internship Summer 2025**

August 21, 2024 • Rich Bartoli – Charleston, WV, USA

Do you feel called to serve God through discovering your calling and building a career rather than being in the “full-time” ministry? If so, this four-week internship is for you. The vast majority of campus disciples...

> **Northern Virginia Church of Christ Seeks Interns** August 16, 2024 • Kristyn Vasquez - Vienna, VA, USA

The Northern Virginia Church of Christ is seeking to hire two full-time interns: one male and one female, who are looking for an opportunity to have an exciting spiritual adventure and make a lasting impact in a highly relational and dynamic Youth & Family...

> **West Africa School of Missions Hosts Chord's 4th Annual Global Connect Forum**

August 14, 2024 • Titi George and Bright Chux Onyekaba – Lagos, Nigeria

The West African School of Missions was the proud host of Chord’s fourth annual Global Connect Forum in Lagos, Nigeria from August 4-8, 2024. Approximately...



disciples today

To Inspire, Inform, Unify and Grow
the International Churches of Christ

INTERNATIONAL & LOCAL NEWS BULLETIN

WWW.DISCIPLESTODAY.ORG • ISSUE 972

Radically Restful Retreat: 2024 UK Minister's Wellness Retreat Recap

UPCOMING EVENTS

North American Singles Conference

Anaheim, CA, USA

August 29-September 1, 2024

North American Church-Building

Teacher's Conference

Lancaster, CA, USA

September 6-7, 2024

ACR Conference

Virginia Beach, VA, USA

September 20-22, 2024

DT Hawaii Cruise

September 21-28, 2024

Americas Workshops for Spanish Speakers

Online • October 5, 2024

InsideOut Christian

Counselors Conference

Atlanta, GA, USA

October 18-19, 2024

ICOC Delegates Meeting

Online

October 19, 2024

Pure & Simple XV

Saddle Brook, NJ, USA

November 8-10, 2024

CONNECTING DISCIPLES IN
CHURCHES AROUND THE WORLD



International News reprinted
courtesy of Disciples Today
www.DisciplesToday.org
content@dtoday.net
All rights reserved ©2023

August 19, 2024 • Dr. Sean St. Jean – Vancouver, Canada

When did you last enjoy deep and restorative rest, just you and God? What would it mean for you to truly savor your work as someone employed by the church? Do you ever feel like quitting the ministry? Those were some of the questions we invited the UK ministry staff to consider this spring. What about you?

God’s Spirit moved powerfully this past April at the UK Minister’s Wellness Retreat in Leicestershire, England. It was an honor for the Eremos Ministry staff (Joel and Christy Peed, Dr. Sean and Erin St. Jean) to serve almost 40 of our brothers and sisters in Christ across the pond for five days of rest, teaching, solitude, and – most importantly – a chance to listen for the voice of God in a pastoral setting. It had been some time since they had all met in this way, traveling from all over England, Scotland, Ireland, and Scandinavia to participate.

The theme was “The LORD is my Shepherd,” based on Psalm 23, and we asked the staff in attendance, “What does it mean for God to restore our souls?” In this vein, Joel and Christy’s teaching focused on best practices for healthy churches and their leaders, godly parenting principles for ministry families, and spiritual formation practices that would sustain ministers into the future. They gently challenged the staff to consider not only how they could merely survive the ministry, but truly thrive. Sean’s material was centered on treating professional burnout and helping ministers to address and heal historical hurts in their churches. Erin facilitated a nightly discussion designed to highlight and share what had been learned and experienced that day.



www.DisciplesToday.org hosts thousands of pages of news, articles and images to help connect disciples and churches around the world. All information and content is freely available for everyone.



continued on back