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Subject: **The SoulCare Project - Some words and a few meaningful opportunities**
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August 2010

The SoulCare Project Newsletter

The Virtues of Getting Away: Upcoming Retreats

September 10-11
Soul Custody Retreat

(Breckenridge, CO). A retreat led by Stephen W. Smith, Author of "Soul Custody: Choosing to Care for the One and Only You"

(Registration is now closed. **Sorry, we are at full capacity.**)

October 6-8
Rule of Life Retreat

[Register here](#)

Nashville, TN - A retreat led by Robert Benson, Author of "A Good Life: Benedict's Guide to Everyday Joy" Hosted by Scarritt Bennett Center and The SoulCare Project

October 26-28 - Open to Pastors

Interested Pastors, click [here](#) to register.

Pastor's Retreat at Camp Vesper Point - This private retreat will be hosted by Richmond Graduate University and the SoulCare Project.



Avoiding the Scurry



This am, as I write, there is a measure of unease in my mind as I write some reflections for The SoulCare Project. Frankly, given my scurrying around the last few days/weeks . . . well, I'm not quite sure I feel equipped to address the principals and

objectives that this project seeks to advocate. Our stated mission is as follows:

The SoulCare Project is dedicated to providing leaders intentional space for rest and communion with Christ. Our desire is to give over-worked, exhausted, and burnt-out leaders a safe place to experience the quiet assurance of God's love.

Thanks to Russell's direction and others who assist in furthering this mission, leaders are being served well. It's just that right now I'm feeling like a person most in need to receive of that stated space - and assurance.

As I take a step back and think about my present thoughts, it's a reminder that this is a good thing for me to be sensing. To be able to tell myself that it's OK to feel burned out and in need of rest. And in so doing, it may very well be time to seek rest and communion in Christ - a wonderful direction to go in my fatigue.

It's so easy to tell ourselves when we experience fatigue that . . . well, we just need to do more and work harder! How often we can find ourselves - or the world - telling us that. But, what a wonderful thing it is when we can encounter a voice addressing our fatigue, telling us to do . . . less. And in that less doing, rest in Jesus.

Sign me up!

The good news, my friend, is that we do have just that opportunity in the next few months. In fact there, there are several where we've arranged for well equipped, respected voices who will be leading times of retreat & sharing a message and encouragement in the next few months.

We invite you to join us for a gathering - or two - in September and October. If you are in need of rest and reflection and some focused time rest & prayer in Christ while in community, we invite you to join us. We invite you to consider the Rule of Life Retreat in October ([Register here](#)) and see the left hand column regarding registration. As well, if you are a pastor, there are a limited number of spots left for our pastor's retreat, led by Dr. Larry Crabb. We are sorry to tell you that our September Soul Custody Retreat is full.

DMac

Fight Back The Hurry

The 1

Do you ever find yourself in a hurry? There are

Dr. Larry Crabb will facilitate a 48 hour retreat for local pastors

NYT Article - 8.1.2010

Check out the recent article from the New York Times about the implications of burn-out among pastors. A great read and why we do what we do.

Click [here](#) to read this article.

If this article resonates or strikes a deep chord within, consider our consulting services where we can connect you with one of our many trained spiritual directors.

Click [here](#) to review what we have to offer and how you can participate in some one-on-one spiritual direction and soul care.

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plenty of instances where I find myself frantic, and after I accomplish whatever it is I was frantic about I always end up asking myself why I was in such a hurry. I'm always on time; in fact I'm usually early

everywhere I go. I definitely drive over the speed limit. I usually get impatient when others show up a few minutes late. If I had TiVo I'd probably fast-forward commercials.

Until recently, getting into my car was synonymous with turning on the radio. Whenever there is an awkward pause in conversation I always have to fill the silence by saying something. When I go hiking, I'm always wondering where the destination will be. I could keep going until you got bored enough to quit reading this, but I'll spare you. Clearly, the statements above may seem silly or even absurd, but whether or not I like to admit it, those statements are true about me. And nothing but the gentle hands of God and God's revelation to me through great people in my life, I have slowly been able to recognize these things.

All of these things could be summed-up in one word; hurry. Now I won't go into all of the spiritual, psychological, emotional, or even cognitive reasons why I always find myself in a hurry, but I will say that somehow it must stop. And over the past few years God is beginning to allow the hurry to subside. I have found God in slowing down. I have found Him by experiencing silence.

Praise God I have the privilege of working for The SoulCare Project because if I wasn't it may be too easy for me to slide back into my hurried existence. I simply write this because I know how much my heart has suffered from moving too quickly through life. We must have time to reflect, ponder, and savor the goodness of silence. We must somehow learn to practice the discipline of slowing down.

Ask yourself a few questions: Why am I always in a hurry? How might I be able to practice slowing down? What do I need to slow down from? Why do I avoid silence?

Consider the quote below for reflection:

"Some people are incapable of being arrested by things because they are always on the move. A common symptom of modern life is that there is no time for thought, or even for letting impressions of the day sink in. ... The vessel in which soul-making take place is an inner container scooped out by reflection and wonder. There is no doubt that some people could spare the expense and trouble of psychotherapy simply by giving themselves a few minutes each day for quiet reflection."

-Thomas Moore

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