



Alumni Fall Refresher

October 2/3, 2023

Monday 1 - 8 pm/Tuesday 9 - 4 pm

Facilitated by Craig Sefa, Nancy Bellamy,
and Roxanne Morgan



LIVING IN SACRED BALANCE

The Journey Toward an Undivided Life in the Kingdom

This retreat is based on decades of experience by two pastors,
Trevor Hudson and Jerry Haas and others before them.
Now used worldwide with clergy, lay leaders, and churches through
their book *The Cycle of Grace: Living in Sacred Balance*, this retreat
will give you a front-row seat to journey deeper into living an undivided life.

Personally trained under Trevor Hudson, Nancy and Craig will walk us
through what they learned through Trevor's leadership.

It can rejoin your soul and role into sacred balance as it has untold others.

Details

Our deep desire to live in Sacred Balance will serve as our inspiration as we open to God's grace. Jesus faced amazing pressure and overwhelming demands throughout his ministry, but he did not experience the burnout so common among Christians ministers and laity alike. Despite a very demanding lifestyle, he stayed spiritually strong.



Using contemplative and creative practices, we will explore:

- Burnout, Jesus & Grace
- Sustaining Grace
- You Are a Sign
- Fruitfulness & the Cycle of Works
- A Grace-Filled Way to Live
- Congregational Vitality and the Cycle of Grace

Now to him who by the power at work within us
is able to accomplish abundantly far more than all
we can ask or imagine, to him be glory in the
church and in Christ Jesus to all generations,
forever and ever. Amen

~Ephesians 3:20

Where: *(by popular request)*

Starrette Farm Retreat • Statesville NC • 704-488-5825

Retreat Value is \$250 *(give as you are able and called)*

This cost is for leadership, facility, support materials, and food throughout the two days.

~Lodging is on your own~

To Register *(two ways to pay)*

Remit your non-refundable \$50 deposit to hold your space, or send full payment:

- **PAY BY CHECK:** Your check is payable to [Deeper Journey Ministries](#) with “SOS Fall Refresher” on the memo line (your check is your receipt).
Mail TO: SOS Registrar, PO Box 1288 Troutman, NC 28166 — or,
- **PAY ONLINE** by credit card here:
<https://www.schoolofthespirit.com/payments/fall-refresher-2023>

Balance is due by August 1, 2023.

Contact Ann at starrette@mindspring.com if you have any questions.

2023 Alumni Fall Refresher October 2/3

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

EMAIL _____

Best PHONE _____

AMOUNT ENCLOSED: (mark appropriate box below)

NON-REFUNDABLE DEPOSIT ONLY

\$50 holds your space, with balance due by August 1

or

NON-REFUNDABLE DEPOSIT ONLY

\$175

\$200

\$250

**PLEASE MAKE A COPY OF THIS FORM AND YOUR
CHECK AS A CONFIRMATION OF PAYMENT**