

Pause, Reflect, and Renew. We Got it Covered.

Church leaders are busy, busy, and busy doing the important work of the church. Often times for these pastoral leaders there is little time to pause and reflect and find renewal. After spending time at presbytery meetings listening to pastors and church leadership, it became clear that pastors in the SoMA needed an opportunity to have time to reflect and renew. So this year with the help of your mission dollars, pastors in the SoMA will have the opportunity to attend a new synod sponsored pastor's retreat, which we are calling Selah.

**Selah** is a word used seventy-four times in the Hebrew Bible—seventy-one times in the Psalms and three times in Habakkuk. The meaning of the word is not known, though various interpretations exist. Selah is probably either a liturgical or musical mark giving instructions on the reading of the text, something like "stop and listen."

The Selah retreat will be an intentional space designed to offer pastoral leaders time to stop and listen. This time of pausing will also allow for renewal and encourage time to refresh. The retreat will feature a keynote speaker, worship times, and ample open time for fun, fellowship, or quiet personal time.

The first Selah retreat is scheduled April 12-15 at the Great Wolf Lodge in Kansas City. The event will feature author and speaker, Dr. Andrew Root, professor at Luther(n) Seminary. Andy's keynotes will be focusing on exploring what it means to be in pastoral ministry heading into a changing church and culture.

Costs for Selah participants are minimal and covered largely by the generous mission dollars from our presbyteries. We are very grateful for the support that our congregations are willing to give to enhance their pastoral leadership. With your continued support we are excited about future ways we can partner to offer training and encouragement to leaders in your presbytery and the Synod of Mid-America.

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