



**AMERICAN BAPTIST CHURCHES
NEW YORK STATE MINISTERS COUNCIL
MINISTERS RETREAT**

MARCH 15-17, 2020

NOTRE DAME RETREAT CENTER

5151 Foster Road
Canandaigua, NY 14424
ph. 585-394-5700

HEALTHY LIVING FOR HEALTHY PASTORS

*Come, all you that are weary and are carrying heavy burdens,
and I will give you rest. Take my yoke upon you, and learn
from me; for I am gentle and humble in heart
and you will find rest for your souls.
(Matthew 11:28-29)*

Presenter: Dr. Nancy Askins

Executive Director of the Center of Renewal, Inc.
Retreat and Conference Center at Stella Niagara
Independent Consultant, Trainer and Coach
of the Askins Learning Institute



Our Guest Speaker is Dr. Nancy P. Askins, PhD. Executive Director of the Center of Renewal, Inc. Retreat and Conference Center at Stella Niagara and Independent Consultant, Trainer and Coach of the Askins Learning Institute. She is also a John Maxwell Certified Coach, Teacher and Speaker, offering strategies for leadership, values-based coaching, and mentoring.

The duties and responsibilities of ministry professionals can at times be exhausting, emotionally draining, and spiritually depleting. Dr. Askins is designing a workshop to address these pitfalls in ministry and help us to learn ways of leading others to serve the Lord with joy and thanksgiving, while maintaining and even enriching our own spiritual health and vitality.

As a retreat leader, teacher and speaker, Dr. Askins will use her wide range of professional gifts and abilities to lead us through a retreat designed for both pastors and lay ministry professionals alike.

Optional Retreat Break Sessions Include:

- Jim Stone: Life Coaching: What is it, and how can it help to keep us healthy?
- Pat Ludwig: Journaling: How journaling can help keep us spiritually alive
- A meditation spot will be available with music and soft lighting, finger labyrinths and reading and meditative material.
- Possibly a session on Spiritual Direction: Why is it good for the soul?
- Blood Pressure Checks and free neck and shoulder massages!
- Don't forget to bring books you no longer use for our free book exchange!

Retreat Begins Sunday Afternoon

Registration: 4:00 p.m.

Dinner: 6:00 p.m.

Retreat Ends Tuesday After Lunch

Lunch 11:30 a.m.