

Registration Information

Location

Post Oak Lodge & Retreat Center sits on 1,000 acres of scenic and secluded woodland just 10 minutes from downtown Tulsa. Post Oak's main lodge is the hub of activity, centered around the grand Great Room with a two-story flagstone fireplace. Post Oak's mission is to be a restful and revitalizing destination for all guests by providing a first class retreat experience surrounded by the natural beauty of the Osage Hills. Visit postoaklodge.com for more details.

Costs

\$245/person or \$490/couple (double occupancy)
\$400/person priv room (subject to availability)
\$85/child, 4-10 years old (0-3 are free)

Price includes all scheduled programming, meals, lodging and hospitality room.

Scholarships are available to help offset registration costs. Contact the Ministry Center to request assistance: 316-267-0391.

Childcare is available during all general sessions, by request. Please indicate this request in the online registration process.

Free time options at no additional cost include basketball, volleyball, fishing, swimming, hot tub, horseshoes and a wide variety of hiking and walking trails. Other options are available for an additional cost, including the Post Oak Zip Line Canopy Tour.

Registration deadline is March 16, 2018. Payments are non-refundable after this date. Please mail payment to: EFC-MAYM, 2018 W Maple, Wichita, KS 67213.

Retreat Schedule

Friday, April 13

- 4-7 pm Check In (dinner on your own)
- 7:00 pm Welcome Session
- 8:30 pm Fellowship

Saturday, April 14

- 8:00 am Breakfast
- 9:00 am Morning Session
Battle Buddies: Paul & Barnabas (Jon Harkness)
- 10:30 am Silence & Solitude
- 12:00 pm Lunch
- 1-6 pm Free Time: Rest & Renewal
- 6:00 pm Dinner
- 7:00 pm Evening Session
Soul Friends: David & Jonathan (Scott Rose)
- 8:30 pm Fellowship

Sunday, April 15

- 8:00 am Breakfast
- 9:00 am Morning Session
Committed Companions: Ruth & Naomi (Charity Sandstrom)
- 10:30 am Silence & Solitude
- 12:00 pm Lunch
- 1-6 pm Free Time: Rest & Renewal
- 6:00 pm Dinner
- 7:00 pm Evening Session
Prayer Partners: Priscilla & Aquila (Carol Williams)
- 8:30 pm Fellowship

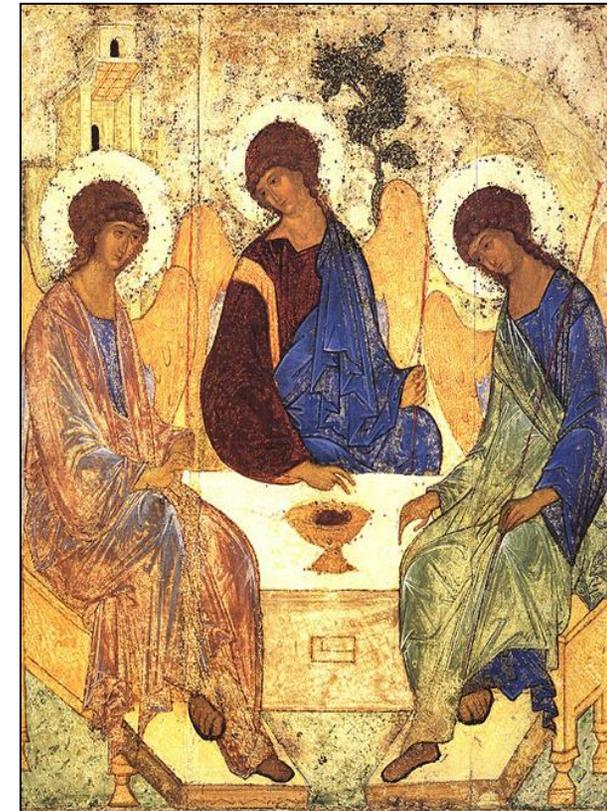
Monday, April 16

- 8-9 am Breakfast
- 9-10 am Closing Session
- 10-11 am Check Out

SACRED CONNECTIONS

"Two are better than one ... and a cord of three stands is not easily broken."

- Ecclesiastes 4:9,12



Pastor's Sabbath Retreat
April 13-16, 2018
Post Oak Lodge & Retreat Center
Tulsa, Oklahoma

Sabbath Retreat Leadership Team



David Frazier, our worship leader for this year's retreat, serves as bi-vocational pastor of Miami Friends Church in Miami, Oklahoma. Partnering with his wife Megan and their 3 children, Cadence (11), Blake (9), and Hadlee (7) they consider it an honor to give their lives to the people and community of Miami, OK. In addition to pastoring the church, David also works as a graphic designer at Northeastern Oklahoma A&M College. He spends much of his time encouraging others to participate with Jesus in bringing the kingdom of God here "on earth as it is in heaven" (Mt 6:10).

Jon Harkness serves as pastor of Northbranch Friends Church in Burr Oak, Kansas. Living and serving in an unusually remote location for the past few years, Jon has learned the importance of spiritual friendships the hard way. He has been married to his wife, Emily, for almost thirteen years, and they have four children together, ranging from age two to age nine. Jon testifies, "Living the crucified life can be difficult, to be sure, but it goes a lot easier when you are surrounded by good friends that will laugh with you, cry with you, call you to account, and lift you up to your Savior."



Scott Rose serves as bi-vocational pastor of Tonganoxie Friends Church in Tonganoxie, Kansas. He also serves as the store manager for O'Reilly Auto Parts in Tonganoxie. Along with his wife, Susan, they share the love of Jesus together with the church and the people of the community. Scott's passion is to see the church wholly united under the headship of Jesus as one body made up of many members working together to live and share the gospel through its variety of gifts. Scott and Susan have two grown children, Nikkie & Brian.

Charity Sandstrom serves as pastor of First Friends Church in Emporia, Kansas. Walking through life with her husband Richard as they parent a teen, a tween and a kindergartener keeps her cup overflowing. Fueled by a love of Jesus, and lots of coffee, Charity lives each day to communicate God's love and grace. Charity recently published her first book, *Quaker Queries for All Seasons*, which offers a year of spiritual questions to help anyone foster Christ-centered spiritual growth in the manner of Friends. Check out Charity's blog (refreshinglifeblog.wordpress.com) to learn more about her recent musings.



Carol Williams is a devoted wife, mother of six and grandmother of eight, and a full-time partner with her husband, David, as they seek to provide spiritual leadership for our extended family of Friends throughout Mid-America. Having served as a church elder, women's ministry leader and public school teacher, Carol brings a broad range of life experiences to her current ministry role. She has been blessed by the Lord with a genuinely contagious love for life and a deeply compassionate heart for people in pain, qualities that make her a faithful friend and prayer partner for our yearly meeting pastors and spouses.

"We are able to do many hard things, tolerate many conflicts, overcome many obstacles, and persevere under many pressures, but when we no longer experience ourselves as part of a caring community, we quickly lose faith. This is because faith in God's compassionate presence can never be separated from experiencing God's presence in the community to which we belong ... apart from a vital relationship with a caring community a vital relationship with Christ is not possible."

- Henri J.M. Nouwen, Donald P. McNeill and Douglas A. Morrison, *Compassion: A Reflection on the Christian Life*