



***“Come to me, all you who are weary and burdened, and I will give you rest.”
Matthew 11:28***

For clergy spouses, this retreat:

- Creates a safe sacred space for healthy expression of common experiences, without being personally revealing
- Explores how to claim and celebrate an elusive Sabbath
- Bridges isolation and builds informal networks of support



“We all wanted to express ourselves authentically and safely, with the intent to create connection. Thanks to the retreat’s design and leadership, we never stayed in a place of venting and lamenting. The Sabbath Game is an ingenious tool to draw forth balanced, useful discussion. I was surprised!”

— Bernie Jacabella, clergy spouse participant

A one-day retreat for 10-24 clergy spouses includes:

- Original interactive small group and music activities
- Private reflection
- Real-life clergy spouse scenarios to solve
- Practice for Sabbath boundary-setting
- The Sabbath Game
- Facilitation by clergy spouse
- Post-retreat coaching and closed Facebook group



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