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Dear Friends,

Do you think it is ever helpful to slow down to go forward? Cru does. After serving with Cru for 7 years they offer a 4-week sabbatical every 4 years. In my 36 years, I've only taken one in 2005. Last spring I began to find myself thinking that it would be a good idea for me to take a sabbatical in the coming year. After seeking God and talking to others including my supervisor, I decided to take four weeks in March, beginning on the 1st.

Overall my desire for this time is rest and input, I am not focused on output/producing something. The overall outline of my plan is:

1 - Physical Rest / Body care

- Sleep
- Exercise
- Good food

2 - Deep connection with God

- Either before or during sabbatical read *The Calvary Road* by Roy Hession
- Unhurried time with God in His Word and prayer, journaling some too
- Listen to lectures from a Gordon Conwell Theological Seminary class

3 - Rich connection with people

4 - Delight and beauty

- Enjoying the natural world - walks, etc.
- Read
- Take advantage of adventures if/as they come up

I would appreciate your prayers for me today and whenever I come to mind next month.

Also, March is a key time for our staff and students as they engage in spring break mission trips and other outreach activities. Please pray for them to love God, love others, and to have appropriate boldness.

Thank you so very much. What a great blessing it is to be able to take this time.

Resting in Jesus,

A handwritten signature in blue ink that reads "Liz".

