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Dear Pastors, Friends, and Partners of Selah International,

For years, SICM has had the privilege of walking alongside pastors, missionaries, and ministry leaders with biblical counseling during the most challenging seasons of their lives. Now we are grateful to offer a new expression of that same vision: **Selah Sabbaticals & Ministry Retreats**.



Not every weary servant needs counseling. Sometimes what's needed most is simply a quiet space — a place to slow down, breathe, and enjoy the presence of the One you serve. Even Jesus modeled this for His disciples: after they returned from ministry, "Come ye yourselves apart...and rest a while" (Mark 6:31). Scripture reminds us there are times we must "Be still and know that I am God" (Psalm 46:10). We know the pace of ministry rarely allows for that stillness — burnout, isolation, and exhaustion are realities so many shepherds quietly carry.

That's why Selah now offers affordable sabbaticals and retreats on our peaceful 45-acre property, customizable for individuals, couples, and families in ministry who simply need to pull away and rest. A guided option is also available, where our team meets with you at the start and end of your stay to help you make the most of this time with the Lord. Our heartfelt prayer is that every guest leaves Selah with a renewed love for Christ, greater clarity, and the encouragement to keep serving faithfully.

We've included a brochure with full details. If you know a pastor, missionary, or ministry leader who needs a "Selah" moment, or if that person is you, we would be honored to host you. For more information, please scan the code or email info@selahinternational.org.



As we look ahead to Pastors Appreciation Month, a time to recognize and encourage those who faithfully serve and care for others, we want to do something special to show our appreciation. Perhaps there is a pastor, missionary, or ministry leader who has personally blessed your life, or someone you know who has poured into others and could use a time of rest. **This January, Selah would love to bless one ministry leader, couple, or family with a free one-week sabbatical—a time to step away from the responsibilities of ministry.** A time to rest, renew, and be refreshed. If someone comes to mind, we would love for you to nominate them through the form on this link.

<https://forms.gle/C8PzTbxFeWQGCQdg> *Nominations must be submitted by October 23, and we will announce the recipient on October 28!*

Counseling and Debriefings

Though we've traveled less this summer, we are grateful to have preached and presented Selah International for prayer and financial support at a **Missions Conference in Sumter, SC**, and a **Missionary Emphasis Sunday in Colorado**. One benefit of traveling less has been the chance to host more families onsite for care. For example, during August and September, we have been honored to conduct **five Personal Counseling Intensives and two Missionary Debriefings**. We are also managing ongoing virtual and in-person counseling cases on a weekly basis, and we've seen the Lord work in amazing ways through all of it.

New Office Administrator



We praise the Lord that **Lisa Bushy** joined the Selah Team in August as our Office Administrator. She is a direct answer to prayer! Her skill set, experience, and positive spirit have been a huge blessing already! More than anything, we appreciate her heart and compassion for those who reach out to Selah during difficult times. Please pray as we continue onboarding her and as she settles into her various roles.

Thank you for your fervent prayers and generous support. We say this often because it's true, many families wouldn't receive the care they need without your faithfulness. God bless you all!

Only by His Grace
Chris Phillips