



22782 Short Road  
Lanark, IL 61046  
815-656-4905

[www.sabbathcenter.com](http://www.sabbathcenter.com)

[Sabbathcenter@gmail.com](mailto:Sabbathcenter@gmail.com)

The Sabbath Center is located  
in Northwest Illinois

2 miles West of the Intersection of IL 72 & IL 73  
2.75 hours Southwest of Milwaukee, WI  
2.5 hours West of Chicago O'Hare Airport  
2.0 hours South of Madison, WI  
1.5 hours Southeast of Dubuque, IA  
1.5 hours Northeast of Moline, IL  
1.0 hour West of Rockford, IL  
.5 hour Southwest of Freeport, IL  
.5 hour East of the Mississippi River

And a World away from Worry

## *Sabbath Center Ministries*

is a non-profit 501(c)(3) corporation associated with the Evangelical Lutheran Church in America as a Social Ministry Organization. We value the Biblical principles of *Sabbath-Keeping*, *Earth-Keeping* and *Peace-Keeping*. We offer retreats and workshops at the Sabbath Center on a variety of topics related to our principles. *The Sabbath Center* is a retreat and conference facility with a capacity of 30. It is available for rent to families and small groups who share our values.

*The Sabbath Center* is a place to rest from your labors; it is also a place to grow. We grow native grasses and wildflowers that provide several "Acres for Wildlife." We grow fruits and vegetables to provide food for our guests and for the needy in our community. Primarily we grow *Fruits of the Spirit* (love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control) in our guests who accept the invitation of Jesus:

*"Come to me, all you who are weary and burdened, and I will give you rest."*



## What, Me Worry?



## RETREAT

*May 13-15, 2011*

"Look at the birds of the air"  
"Consider the lilies of the field"  
Ponder other words of Jesus

at



# What, Me Worry ? Retreat

“Look at the birds of the air ... consider the lilies of the field .... Therefore do not worry saying , ‘What will we eat?’ or ‘What will we drink’ or ‘What will we wear?’ Your Heavenly Father knows that you need all these things. But strive first for the Kingdom of God, and his righteousness, and all these things will be given to you as well.” - Jesus (Matthew 6:25-34)

**Stewards of the Upper Mississippi River Refuge (SUMMR)**, is a non-profit organization dedicated to: environmental education, creating quality wildlife habitat and enhancing the public’s understanding and enjoyment of the Upper Mississippi River National Wildlife and Fish Refuge. For more information visit:  
[www.sumriver.org](http://www.sumriver.org)



**FRIDAY**                      **May 13**  
5-7pm                              Check in  
7-9pm                              Decompression Fellowship

**SATURDAY**    **May 14**    *A Day with Migratory Birds and Stewards of the Upper Mississippi River Refuge (SUMMR)*

6:30-7:00 am              Breakfast  
7:30–9:30am              Guided Bird Walk  
9:30                              Bus tour of Lost Mound  
12:30 pm                      Lunch at SUMMR  
1:00pm                        Why do Birds Migrate?  
3:00ppm                      Rest/Relax/Recreation  
6:00pm                        Dinner  
7:00pm                        Why do We Worry?  
8:30pm                        Fellowship  
10:00pm                      Campfire Devotions

**SUNDAY**                      **May 15**  
7:00-9:00am              Breakfast  
9:00 am                        Bible Study  
10:30 am                      Worship



For more information  
call 815-656-4905  
or visit online

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number	What, Me Worry? Retreat	Price
	Program (member rate)	\$30
	Program (non-member rate)	\$50
	Friday night lodging	\$25
	Saturday night lodging	\$25
	Breakfasts (Sat and Sunday)	\$ 5
	Saturday Dinner	\$15
	Total Amount	
	Amount Enclosed	
	Please bill me	

Name:
Address:
Email:
Phone:

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