



REST & REFRESH

A resource guide for pastors
and ministry leaders

Rest. Refresh. Return renewed.

Prepared by the EFCA East Vitality Team

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Our Purpose & Why

Our purpose

The EFCA East Rest & Refresh Portal exists to provide our district pastors and ministry leaders with access to trusted retreat resources and environments where they can intentionally step away, rest, be refreshed by the Lord, reconnect with family, and return to ministry renewed for greater Gospel impact.

Our why

God designed His servants to minister from a place of dependence upon Him- not continual depletion. Throughout Scripture, God calls His people to rhythms of rest, renewal, solitude, worship, and restoration.

Rest in Scripture

Mark 6:31 - Jesus told His disciples, "Come away by yourselves to a secluded place and rest a little while." Ministry demands were significant, yet Jesus recognized their need to withdraw and rest.

Matthew 11:28-29 - "Come to Me, all who are weary and burdened, and I will give you rest." True renewal begins by coming back to Christ.

Psalms 23:1-3 - The Lord leads His people beside quiet waters and "restores my soul." God is not only concerned about what His servants accomplish; He cares for their souls.

Exodus 33:14 - "My presence shall go with you, and I will give you rest." Biblical rest is deeply connected to experiencing the presence of God.

Luke 5:16 - Jesus Himself "would often slip away to the wilderness and pray." Withdrawal for prayer and renewal was a regular rhythm in Jesus' ministry.

Hebrews 4:9-11 - Scripture reminds us that a Sabbath rest remains for God's people, pointing ultimately to our rest in Christ.

Our Resources & Heart

What we hope to provide

Through the Rest & Refresh Portal, EFCA East desires to connect pastors and ministry leaders with resources such as pastoral retreat centers, personal and family getaways, sabbatical resources, spiritual renewal retreats, marriage retreats, counseling and care resources, and other opportunities for intentional rest. Our desire is not simply to help leaders take time off, but to help cultivate healthy rhythms that allow them to remain spiritually vibrant, relationally healthy, emotionally renewed, and faithfully engaged in their calling.

Our heart

We believe that healthy churches are strengthened by healthy leaders, and healthy leadership requires intentional rhythms of work and rest. As we strengthen churches together for greater Gospel impact, we also want to intentionally care for the men and women whom God has called to lead them.

Rest. Refresh. Return renewed.

Mark 6:31

Retreat Locations

Mountain View Ministry Retreat (Buffalo, WY)

Enjoy a stay at Mountain View Ministry Retreat for up to 7 days once per year, free of charge. This allows others a fair chance to experience this beautiful part of God's Country. Due to overwhelming reservation requests, please allow 3 years between reservation requests to allow other families to enjoy this retreat ministry - NOTE** This applies to returning guests.

<https://mountainviewministry.faith/>

Cost: \$0

Shiloh Pastor Retreat (Monticello, UT)

Provides a fully furnished house in southeast Utah that serves as a getaway for pastors, missionaries and their families

<https://www.servantcare.com/hospitality-homes/monticello-ut-shiloh-pastor-retreat>

Cost: \$0 (Only \$14 booking fee)

Tuscarora Inn (Mt. Bethel, PA)

Offers Christian pastors and their families two nights of free lodging (Sunday-Friday) between Labor Day and Memorial Day, once per year.

<https://www.tuscarora.org/pastor-retreats>

Cost: \$0. Discounted rates: Call for details.

Spruce Lake (Sunrise Lake, PA)

Provides personal pastor retreats for up to 4 weeknights (Monday through Thursday) per calendar year during non-peak dates.

<https://www.sprucelake.org/groups-retreats/pastor-personal-retreat/>

Cost: \$0 - discounted rates must call for details.

Retreat Locations

En Gedi Retreat (Steamboat Springs, CO)

Operates a completely free vacation and retreat home for full-time pastors and missionaries needing time away with God and family. With stays ranging from a min. of 3 nights or up to 6 nights max.

<https://www.engediretreat.org/>

Cost: \$0 (The Ministry does accept monetary donations and asks you to please consider giving if able.)

Shepard's Gate Cottage (Goshen, IN)

Provides a min. 2 nights - 6 night's stay in a place for pastors and ministry leaders to exhale from fast-paced living and breathe deep the breath of God.

<https://rest-ministries.org/>

Cost: Donations are required. Individual: \$80 - \$110 per night; couple: \$100 - \$135.

Shelter Pines (Colorado Springs, CO)

Offers Families who are serving in full-time, cross-cultural ministry: a private and peaceful place to rest, reflect through intentional conversations and space to have fun.

<https://www.shelterpines.org/>

Cost: Suggested contribution of \$85 a night

Abbie Lane Retreat Center (Coushatta, LA)

Provides a free, quiet, comfortable space for ministers and their families to be alone with God. A short stay and or longer sabbatical stay can be arranged.

<https://www.abbielaneretreat.com/content/category/plan-your-stay/ministerial-retreats>

Cost: \$0

Retreat Locations

The Cove (Asheville, NC)

Runs Pastor Renewal Retreats that provide complimentary lodging and meals for actively serving senior and associate pastors, supported by donor funding

<https://thecove.org/blog/what-is-a-cove-pastor-renewal-retreat/>

Cost: \$0

The Shepherd's House (Woburn, MA)

Offers comfortable lodging for up to 2 nights at no cost for weary pastors and their wives to take a short break from ministry demands. There are also multiple locations available

<https://practicalshepherding.com/shepherdshouse>

Cost: \$0

Win Shape Retreat (Rome, GA)

Chick-fil-A founder S. Truett Cathy established the WinShape Foundation, which offers marriage and ministry leader retreats designed to help pastors and their spouses disconnect from daily church demands and reconnect with each other. Cost includes all meals, lodging and programming.

<https://marriage.winshape.org/retreats/>

Cost: Ranges from \$750 - \$1,200 (Depending on retreat and number of days.) Financial Assistance available on a case-by-case basis.

Kerith Springs Lodge (Bend, OR)

Kerith Springs Lodge offers a Pastor (or missionary) and their spouse a place, a time and an opportunity to rebuild hopes, restore vision, recapture enthusiasm, and refresh spirits. Hosting only Monday through Friday and are currently hosting two couples at a time.

<http://kerithspringslodge.org/learn-more>

Cost: \$0

Retreat Locations

Silver Bay YMCA Conference & Family Retreat Center (Silver Bay, NY)

The Brookside/Trinity Ministry provides two private bath facilities dedicated to the spiritual growth of all who go to stay. It is a min. 3 nights to 6 nights max. stay primarily available to pastors and their families and lay people who are involved in ministry.

<https://silverbay.org/wp-content/uploads/2026/09/Pastoral-Respite-Ministry-1.pdf>

Cost: \$0 (The Ministry does accept monetary donations and asks you to please consider giving if able.)

Beulah Land Retreat (Beulah, MI)

Provides a place of rest, relaxation, recreation and restoration for those in Christian Leadership. This is to be a place where the whole family can get away from the pressures of life. This retreat accommodates up to two weeks' stay.

<http://beulahlandretreats.org/retreat-guest-house.html>

Cost: \$0

Shepard's Refuge (Dahlonega, GA)

Provides solace for frontline servants to rest and return restored, to their purpose. They are offering Min. 4 nights to 7 nights max stay for Pastoral, Full time Leadership, & Missionaries and their spouses.

<https://shepherdsrefuge.org/>

Cost: \$250 Refundable Deposit.

Deer Ridge Ministries (Freeport, IL)

Founded in 2023, Deer Ridge Ministries is dedicated to supporting pastors and spouses by providing the gift of 5-day rest and renewal retreats and other services of encouragement.

<https://drmretreats.org/>

Cost: \$100 refundable deposit to hold the reservation.

Retreat Locations

Mission Mountain Ministries (Kalispell, MT)

Provides lodging for full-time missionaries, their families, as well as, employees to Christian organizations at discounted rates.

<https://www.missionmtn.org/policies>

Cost: \$44 - \$88 a night

The Chalet Retreat (Roan Mountain, TN)

Provides a sanctuary where pastors, missionaries and ministry leaders can find rest, renewal and spiritual transformation.

<https://thechaletretreat.com/who-we-are/>

Cost: Monetary donations are accepted

Haven River Inn (Comfort, TX)

Provides a space where pastors, ministry teams and Christian leaders can step away from the noise of everyday responsibilities and find true rest.

<https://www.havenriverinn.com/christian-retreats--reunions.html>

Cost: \$129 per room, per night

Five Stones Ministries (Geneva, OH)

Provides a 6 day / 5 Night stay in a beautiful 1939 Tudor Style home. A place for rest and retreat open to ministers, missionaries, and other workers in Christian ministries, as well as, their spouse.

<https://www.fivestonesmin.org/>

Cost: \$250 (This amount is for \$100 deposit and \$150 cleaning fee)

Retreat Locations

Plains of Peace (Oklahoma City, OK)

Provides a 4 day / 3 Night accommodations including lodging, meals and a meeting with a spiritual director/ pastor or mentor for Pastors and their families.

<https://www.plainsofpeace.org/>

Cost: \$0 (Also accepts monetary donations)

The Broom Tree Refuge (Mountain View, AR)

Provides up to 2-week lodging for pastors, missionaries and staff workers in churches and Christian organizations.

<https://thebroomtreerefuge.org/what-we-offer>

Cost: \$0 (Accepts monetary donations)

Zeraphath Ministries (Simi Valley, CA)

Offers Pastors and their spouses a 5-day spiritual retreat in a glorious mountain setting in Southern California, free of charge.

<https://www.zarmin.org>

Cost: \$0

Cleft Rock Retreat Center (Mount Vernon, KY)

Provides a sanctuary for those needing a time of rest and spiritual renewal. Cleft Rock is committed to strengthening the Body of Christ.

<https://cleftrock.org/lodging/>

Cost: Individual Suite \$100/night, \$500/week. Full Duplex \$175/Night, \$875/ Week for 3-8 people. Bigger group prices are subject to change.

Retreat Locations

Quiet Waters Ministry (Centennial, CO)

This retreat is designed for pastors and other Christian leaders for the purpose of renewing, restoring and strengthening Christian leaders and their families through a variety of programs.

<https://www.qwaters.org/programs/spiritual-formation-retreat/>

Cost: \$0 (Accepting monetary donations)

Shekinah Ranch (Rocky Mountain, CO)

Individuals or couples in full time ministry are welcome to come and enjoy a cabin in the beautiful Rocky Mountains of Colorado.

<https://www.shekinahranch.org/aboutus>

Cost: \$75 a night plus a \$50 housekeeping fee.

Counseling & Care

Plains of Peace (Oklahoma City, OK)

Provides 4 day / 3 Night accommodations, including lodging, meals, and a meeting with a spiritual director/ pastor or mentor for Pastors and their families.

<https://www.plainsofpeace.org/>

Cost: \$0 (Also accepts monetary donations)

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Cost: \$0 (Accepting monetary donations)

Liberated Living Counseling Services (Elizabethtown, PA)

Liberated Living Counseling Services exists to provide a confidential, grace-filled, individualized environment where clients can rediscover hope and live in freedom. They provide biblically-based professional services to individuals, couples, families, pastors, and congregations that are affordable and accessible so that they may live, love, and lead well.

liberatedliving.net

Soul Care (Monument, CO)

They provide opportunities for pastors and other ministry leaders to interact with trusted coaches to help them make progress on both the frontstage and backstage of their lives and cultivate healthy rhythms for life and leadership.

pastorserve.org

Counseling & Care

EFCA Pastoral Care Ministries (Monument, CO)

Providing resources and pastoral care that will enable EFCA pastors to serve with excellence over a sustained period of time.

<https://contacts.efca.org/groups/pastoral-care-ministries>