

For weary family caregivers a 2-hour Guided Respite Retreat at **Rest ■ Stop ■ Ranch**TM

sanctuary and support for all touched by long-term illness



*My two-hour retreat at Rest.Stop.Ranch refreshed and restored my body and spirit. Doable, in the midst of my full life; tailored to my unique needs; utterly life-giving! Thank you!
~ Carmela Coughlan of Westford, MA*

Many, many thanks for the opportunity for healing and respite you created on Monday. It was a profound experience. You are bringing such light into this world, especially for us caregivers. ~ Gale Lyman of Amesbury, MA

Where: 202 Haverhill Road (Rt.97), Topsfield, MA, 01983
at the home of Karl R. Ackerman & Mary E. MacDonald.

Registration Required: For info. or to schedule a retreat, call Mary at 978-887-4202.

We encourage you to book this time for yourself, even if you are unsure about committing to a date, because of a loved one's unpredictable care needs. A morning confirmation call the day-of-the retreat will give you the option of keeping or rescheduling the retreat time.

Cost: No charge. Contributions welcome.

You are not alone...

Learn more at rest-stop-ranch.com
e-mail: programs@rest-stop-ranch.com, or call: 978-887-4202, M-F

Respite, or a short period of rest, is a requirement for long-term family caregivers. From our own experience, we know that attending a day, weekend or week-long retreat for most 24/7 caregivers can be difficult, if not impossible. This is why we have created a *"Respite Retreat,"* which is experienced within a time-frame of two hours, considered doable by many busy caregivers.

For family caregivers

- Share your experience
- Learn wellness skills
- Be still
- Pray alone or together
- Discern Spirit's invitations
- Walk or rest in the gardens

Your use of Respite Retreat time can be as flexible as you wish, however, many people appreciate following this program:

(30 minutes ~ check-in)

Share briefly your respite need or wish.

(60 minutes ~ respite experience)

Indoors or Outdoors...

Continue to experience the respite you choose.

(30 minutes ~ wrap-up)

Process and evaluate your respite experience.

Offered year-round,

by Mary E. MacDonald,
M.A. Pastoral Ministry, member, Mass. Lifespan
Respite Coalition & Spiritual Directors Int'l.
*(We serve an interfaith community and
strive to be inclusive and accessible to all.)*