



# Trinity United Methodist Church

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## Christian School

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To Whom it May Concern,

Pastoral ministry can often be challenging and spiritually draining. Effective ministry can only occur when a Pastor or Minister of the Gospel is spiritually filled and nurtured. If one is constantly depleted and not nourished and recharged, burnout is often the result. I have witnessed within my own denomination that self-care and spiritual nurture is often sacrificed in the daily tasks and duties of the Pastor.

I have been coming monthly to the Center for Renewal for day long Spiritual Direction for many months. I typically meet with a Spiritual Director for reflection and prayer followed by personal independent prayer, meditation and bible study. The Center has become a vital lifeline for me in keeping me grounded in the Lord and in His Word. I prioritize and protect my monthly Spiritual Direction and look forward to each appointment with the Lord. I know that my ministry is strengthened by the time I have invested at the Center. My monthly meetings at the Center for Renewal are part of a larger self-care model of spiritual development that consists of spending focused time with the Lord for one hour a day, one day a month, and one month per year.

I highly recommend the Center for Renewal for anyone involved in ministry. The facility is wonderful. The setting is peaceful. And the Staff is excellent in providing guidance and direction.

Be Blessed,

John R. Gerlach  
Senior Pastor  
Trinity United Methodist Church  
Windsor, CT