

# **New and Renewing Missions Table**

## **Metro D.C. Synod Personal Sabbath mini-grant For Rostered Ministers**

### **A mini-grant to support the synod goal of Sabbath**

*Up to \$500 per leader, to support restful time away.<sup>1</sup>*

Great news! The New and Renewing Missions Table has allotted funding for more sabbath mini grants! Any rostered minister of the Metro D.C. Synod is invited to submit a Sabbath mini-grant application to support personal rest and renewal. Leaders are encouraged to take time off and away, ideally on a Sunday or other primary work-days. The grant supports paying another leader to serve, and going somewhere out of the usual home/church/location. If needed and available, the grant can also pay for childcare, travel or retreat materials (art supplies, fancy snacks, what is Sabbath for you?). This mini-grant, has a mini-application process. Keep it simple. Please submit the basic details and a short paragraph describing what your retreat will be here: <https://forms.gle/5XNhXq3xpmX1je2p9>

### **An example:**

*Dates away: February 5-7, 2021*

*Supply preaching/staff costs: \$150, 1 service*

*Retreat center/location cost: a nearby hotel for \$150*

*Additional costs, please specify (childcare, travel, etc): \$100 childcare*

***Total requested: \$400***

*I plan to take off the whole weekend. I will spend half the time home enjoying my family, and half the time on a solo retreat. The baby will stay home with my husband, but for his wellness, we'll pay a babysitter \$100 to help while I'm away. While I'm on retreat, I hope to read, pray and sleep.*

**Find a list of supply preachers here (pg 24):**

[https://docs.google.com/document/d/1kSIEOhO102YVATx0\\_Jv3SEVdmSDI3Xfu0y8P2MguhJs/edit](https://docs.google.com/document/d/1kSIEOhO102YVATx0_Jv3SEVdmSDI3Xfu0y8P2MguhJs/edit)

**Consider spending a night at one of these retreat centers:**

Individual hermitage at the Franciscan Monastery in DC (\$100/night)

<https://myfranciscan.org/visit/hermitage/>

Mar Lu Ridge summer camp near Frederick Maryland (\$25/night)

<https://www.mar-lu-ridge.org/retreats-facilities/>

Overlook Retreat House in Germantown MD (\$75/night)

<http://www.dayspringchurchmd.org/ministries/21>

Caroline Furnace, Fort Valley VA (about \$200/night)

<https://www.carolinefurnace.org/family-retreats>

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<sup>1</sup>[Maryland](#) :: Initial grant allotment of \$10,000 for 10 or more mini-grants, to be re-evaluated if necessary.

Shrine Mont, Orkney Springs VA (prices vary, call for assistance)

<https://shrinemont.com/>

Not currently accepting individual retreatants, (consider later):

Bon Secours (group retreats only for now)

<https://rccbonsecours.com/>

Day Spring (day-retreats only for now)

<http://www.dayspringretreat.org/retreats>

## Personal Sabbath mini-grants

Thank you for your interest in applying for a Personal Sabbath mini-grant. Our intention is that this entire process is simple and should take you no more than 10 minutes to complete. You may email any questions to [mission@metrodcelca.org](mailto:mission@metrodcelca.org)

Name

Your answer

Email

Your answer

Phone number

Your answer

Your congregation/ministry

Your answer

Location of congregation/ministry

Your answer

Proposed retreat dates

Your answer

Tell us in about a paragraph what you'll do with your Sabbath time.

Your answer

Amount you request for your mini-grant (up to \$500)

Your answer

How will you use this money? (supply preaching, retreat center, travel, childcare, etc.)

Your answer

How should we address the check? (your name and home address, the church, etc.)

Your answer

Date funds are needed