



COME AWAY AND REST

LEARNING TO BE WITH GOD, SELF, AND OTHERS

April 28 – May 1, 2025 · St. Crispin's · Wewoka, OK

Join us for a rejuvenating clergy retreat at St. Crispin's Conference and Retreat Center, set on 500 acres of wooded, rolling hills with three beautiful, spring-fed lakes.

Jesus calls us to rest and simply be: "Come away... and rest a while" (Mark 6:31). Yet in the busyness of ministry and life, abiding in God often feels elusive. We're caught in cultural rhythms of stress, anxiety, and striving for success. But Jesus' invitation to "abide in him" offers the life-changing gift of being fully present—to God, ourselves, and others.

This retreat offers clergy sacred space to explore rest, renewal, and presence. Through a blend of reflective worship, hands-on workshops, and spacious free time, participants will explore both heady and embodied practices to rest, recharge, and find meaningful ways to renew our connection to ministry and life. We'll practice what it means to truly abide, reconnecting with God's call to "be still and know" (Ps. 46:10).

What is offered?

Come Away and Rest is designed for renewal, presence, and connection.

St. Crispin's Conference Center + Camp is a sacred haven of nearly 500 acres of wooded, rolling hills and three spring-fed lakes. Its tranquil beauty creates the perfect setting for reflection, renewal, and connection with God, self, and others. Here, the land itself becomes a companion in our journey, inviting us to co-create a sacred time of rest and discovery together.

Where is the Retreat?

Located in central Oklahoma, just a short drive from Oklahoma City, St. Crispin's Conference Center + Camp has been a welcoming space for hospitality, nourishment, and growth for over 50 years. Operated by the Episcopal Diocese of Oklahoma, it provides a peaceful retreat where participants can step away from the busyness of daily life and embrace a sacred rhythm of rest, renewal, and connection in a truly serene setting.

Retreat Leader

David Pinkston

David currently serves as Program Director for Seeking the Spirit Within (a formational ministry for training Spiritual Directors and Guides) through the ELCA Synod in Omaha, NE.



Raised in the Foursquare movement, David pastored on staff at Pasadena Foursquare Church for over 25 years. For 13 of those years, he and his wife, Brita, were co-lead pastors.

David also served as NextGen Director in the Southern California area (2006–2010). His worship ministry also provided opportunities to travel; ministering domestically and internationally, leading camps, contemplative and leadership retreats, as well as various ministry events.

In 2020, he graduated from Portland Seminary with a Masters (MASF). David also received training as a spiritual director through the School of Sustainable Faith. As a spiritual director he has served clergy all over the world over the last decade. He is currently receiving Supervision certification (for Spiritual Direction) through the Companioning Center in Portland, OR.

His primary calling is to come alongside ministers, partnering with them spiritually, relationally and emotionally. Helping spiritual caregivers thrive in these demanding times, as well as train Spiritual Directors and Guides through Seeking the Spirit Within.



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Is this for me?

Come Away and Rest is designed for pastoral leaders (ministers of word and sacrament and commissioned ruling elders). Participants will dig into the contemplative path alongside others.

How much does it cost?

Event Registration includes: Lodging, meals, workshops, worship, and access to St. Crispin's amenities.

- **Are you registered as a full participant in PLR?** One yearly event is included in your PLR registration cost, double occupancy (you must register for the event), each additional event is \$100
- **Are you a PLR alumni, coach, or spiritual director?** The cost is \$100, double occupancy
- **Are you registering as a regular participant?** The cost is \$200, double occupancy inside the OPSF territory, \$250 outside
- **Add \$150 for single occupancy.** Limited spots available

Is the cost prohibitive for you? OPSF has reserved a few double-occupancy rooms for those requiring financial support. Travel assistance may also be available for participants who live 250+ miles from the event. To receive financial support, participants must serve a congregation in the OPSF region. To request scholarship assistance, complete the registration form.

What does the schedule look like?

The sample schedule below will give you an idea of what to expect. The schedule may change slightly.

Monday, April 28

- 3:00 PM** Check-In Begins
- 5:30 PM** Welcome
- 6:00 PM** Dinner
- 7:00 PM** Session 1: Come Away and Rest - Exploring the "Rest" of God
- 9:00 PM** Optional Reflection Time (music, games, conversations)

Tuesday, April 29 - Wednesday, April 30

- 8:00 AM** Breakfast
- 9-11 AM** Session: Resting in/with/as the Infinite Presence
- 12:00 PM** Lunch
- 1-3 PM** Collective or Solitude Rest
- 3:00 PM** Session/Interactive Reflection Space
- 6:00 PM** Dinner
- 7:00 PM** Centering, Resting, Reflecting / Sustainable Rest
- 9:00 PM** Campfire (music, games, etc.)

Thursday, May 1

- 8:00 AM** Breakfast (Must be out of room before 10)
- 9:00 AM** Optional Open Conversation/Affinity Groups
- 10:00 AM** Closing Worship with Communion



How do I register?

Register at

<https://tinyurl.com/OPSF-OK-CAYA>



Questions?

Contact Omaha Presbyterian Seminary Foundation's Director of Programs, the Rev. Tricia Dillon Thomas, at programs@opsf-omaha.org.