BRENDA JANK is the founder of Run hard. Rest well. It’s a ministry dedicated to helping God’s people rediscover the power and purpose of rest—redefining work, play and biblical rhythm. She began her ministry in a church on the outskirts of Chicago, but since 1993, Brenda and her husband, Tim, have been serving at Camp Lutherhaven in the northeast corner of Indiana. Writing keeps her out of trouble (most of the time). Speaking fuels her passion. To learn more, visit www.runhardrestwell.com.

Rest ReDiscovered
We know how to run hard. Do we know how to rest well? Rest ReDiscovered will reacquaint us with the peace and quiet our souls have tried to live without. Designed by God, there are rhythms of rest that are restorative and life-giving, yet routinely neglected by leaders today. The result? Fleeting joy. Loss of vision. Fractured relationships. Malnourished souls. There’s a better way. It’s biblical, inviting, and revolutionary. Making a commitment to veer off the freeway long enough to explore the road less traveled, a pathway Jesus frequented, repositions us for power, purpose and the presence of God.

Rest ReDefined
Fran McKendree and Brenda Jank have put together what they pray will be a day of rest, worship, conversation about things that matter, and gratitude. Fran will be guiding the musical aspect of our journey (we’ll all be singing!) and leading a contemplative worship experience. The music will consist of chants, hymns and some contemporary pieces. We’ll be weaving a poem or two into our time as well.

Agenda
AM
8:30 Breakfast
9:00 Welcome and Introductions
9:15 Gathering and Morning Prayer
9:45 Rest ReDefined
10:30 Break
10:45 Invitation to Small Group Discussion
11:15 Invitation to Quiet Time and Reflection
12:15 Lunch
PM
1:15 Rest ReDiscovered
2:15 Invitation to Sabbath
Vehicle Time for personal reflection and quiet listening
3:45 Harvesting and Sending

A day of rest, sabbath and meaningful conversation enfolded in song, poetry, and worship—a resounding yes! to the God who loves and inspires us.
**Lodging**

We offer the following suggestions for lodging while attending the conference.

**Quaker Hill Conference Center**
10 Quaker Hill Drive
Richmond, IN 47374
765-962-5741

**Holiday Inn**
6000 National Road East
Richmond, IN 47374
888-465-4329

**Lauramore Guest House and Retreat Center**
504 NW 5th Street
Richmond, IN 47374
For reservations contact Tracy Crowe at ESR
(800) 432-1377
crowetr@earlham.edu

Or visit: www.waynet.org/lodging

**Directions to reach Earlham School of Religion:**

Approach Richmond via Interstate 70, exiting at Williamsburg Pike south (Exit 149A), merging after about a mile into Northwest 5th Street. Follow Northwest 5th Street to U. S. 40 (National Road West). Turn right and prepare to turn left one block later, at College Avenue. Turn left (south) on College Avenue. The ESR Center (stone building) sits on the southwest corner. To reach the parking lot, continue south on College Avenue to the first stop sign, turn right. Turn right again at the next stop sign and take the next right into the large parking lot.