

FRESHSTART SOUL CARE

FOR PASTORS NEW TO SOZO CENTRE

FreshStart Soul Care

- *It is an encouraging spiritual community for pastors.*
- *Offers support to be proactive in one's own soul care.*
- *It offers tools for coping with the stressors of ministry and the instability of our time.*
- *Tools to help stay close to God in the midst of complexity.*
- *It is a community of 6-12 pastors,*
- *A place where pastors can be themselves and experience support and encouragement.*
- *Participants choose from three levels of annual membership.*

FreshStart Soul Care Memberships Include:

- **Weekly online gatherings:** supportive spiritual community, spiritual practices, reflection, and sharing. Fall weekly online gatherings are Tuesdays from 1:00-2:30 pm:
 - October 6, 13, 29, 27, November 17, 24
- **Retreat Options:** November 2-5, 2026 or Spring 2027
- **Choose from three levels of FreshStart Soul Care membership:**
 - **Fresh Basic** – Weekly online gatherings plus 2 sessions of Spiritual Direction
 - **Fresh Choice** – Weekly online gatherings plus 7 sessions of spiritual direction OR one in-person pastors' retreat at Bayside Camp
 - **Fresh Complete** – Weekly online gatherings plus 7 sessions of spiritual direction AND one in-person pastors' retreat at Bayside Camp.

Cost

	FRESH BASIC	FRESH CHOICE	FRESH COMPLETE
General	\$50	\$225*	\$375*
Are you newly ordained or soon to be ordained? (2024, 2025, 2026)**		\$100*	\$150*
Are you under 45?**		\$175*	\$300*

Registration deadline: September 29, 2026

Register: atlanticbaptist.ca/sozo-freshstart

*Save an extra \$25 on your registration with a discount code received from the Sozo team during Oasis 2026.

**Contact Cheryl Ann - cherylann.beals@atlanticbaptist.ca for more information about bursaries.

For more information contact Sandy:

Sandy Sutherland, Sozo Centre Team Member sandy.suth2020@gmail.com



Facilitator: Rev. Sandy Sutherland

Sandy is a retired pastor married to a retired pastor. She and her husband have two adult children and two grandsons. Sandy has her M.R.E. from Gordon-Conwell Theological Seminary and has studied spiritual formation at the Emmaus Formation Centre. She is a trained spiritual director. Sandy has pastored in NB, NS, and NL. She and her husband now live in Halifax, NS. Sandy is passionate about spiritual formation. Besides her work and playing with her grandchildren, Sandy enjoys travelling, mysteries, and a good cup of coffee.



[ATLANTICBAPTIST.CA/SOZO](https://atlanticbaptist.ca/sozo)