

# FRESHSTART

## FOR PASTORS NEW TO SOZO

**FreshStart** is an encouraging spiritual community for pastors, offering support for them to be proactive about their own soul care. It offers tools for coping with the stressors of ministry and our new normal of complexity. It is a community of 6-12 pastors and a place where pastors can be themselves and experience support and encouragement. Participants can choose from three levels of annual membership.

### FreshStart Memberships Include:

- **Three mini (3 hours) online retreats** – All online mini retreats include supportive spiritual community, spiritual practices, reflection, and sharing.
  - Wednesday, October 15, 2025 1:00-4:00 pm
  - Wednesday, January 14, 2026 1:00-4:00 pm
  - Wednesday, March 11, 2026, 1:00-4:00 pm
- **Retreat Options:** November 3-6, 2025 or Spring 2026
- **Choose from three levels of FreshStart membership:**
  - **Fresh Basic \$50** – 3 online mini retreats plus 2 sessions of Spiritual Direction
  - **Fresh Choice \$225** – 3 online mini retreats plus 7 sessions of spiritual direction OR one pastors' in-person retreat at Bayside Camp
  - **Fresh Complete \$375** – 3 online mini retreats plus 7 sessions of spiritual direction AND one pastors' in-person retreat at Bayside Camp.

*\*Bursaries are available for next generation pastors and pastors under 40.*

Contact Cheryl Ann - [cherylann.beals@baptist-atlantic.ca](mailto:cherylann.beals@baptist-atlantic.ca) for more information about bursaries.

**Register:** [atlanticbaptist.ca/sozo-freshstart](http://atlanticbaptist.ca/sozo-freshstart)

**To sign up or for more information contact Sandy:**

Sandy Sutherland, Sozo Centre Team Member  
[sandy.suth2020@gmail.com](mailto: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 pastored in N.B., N.S., and NL. She and her husband now live in Halifax, N.S. Sandy studied spiritual formation at the Emmaus Formation Centre and is a trained spiritual director. Besides her work and playing with her grandchildren, Sandy enjoys travelling, mysteries, and a good cup of coffee.*