**Soul Care Policy**

The goal of the retreat is to provide a space for our pastoral team to intentionally pause and rest from the demands of daily life, to engage in prayer and reading for personal growth, and to plan and review ministry goals and priorities. Soul Care retreats are recommended to be taken once or twice a year, and cost $250 for one day, $350 for two days, and $500 for three days, including travel, accommodation, and food. Any expenses beyond those related to travel, accommodation, and food will need to be covered personally. The retreat is designed to create a space for focused spiritual reflection and growth and is best suited for individuals who attend alone or with another pastor. To maintain an environment conducive to personal and spiritual growth, it's important to note that this time is not intended to be treated as vacation time, and spouses or family members are not permitted to accompany pastors on these retreats.