



**Rev. Dr. Mark Hannemann** serves as the director and counselor for Good Friend Ministries. He is a licensed Mental Health Practitioner and Licensed

Professional Counselor, as

well as a Certified Life Coach. Mark has served congregations in South Dakota, Michigan, and Nebraska. He has also served as a Lutheran high school chaplain and instructor, an adjunct faculty member at Concordia-Nebraska, and director of a Christian counseling ministry in St. Louis. He currently serves as President of GracePoint Institute for Relational Health that he co-founded with his son, Justin, in 2012, based in Omaha, NE, a non-profit Christian counseling and consulting ministry that specializes in care for church workers. He is married to Sandy and they have four children and fourteen grandchildren. He enjoys the outdoors, traveling, writing, and spoiling the grandkids.



## GET IN TOUCH

Retreat facilities are provided by Luke and Faye Pickelman at their Grey Hare Inn on the Old Mission Peninsula, a short drive north of downtown Traverse City on Highway 37. It was their vision to establish Good Friend Ministries, a 501c3 ministry and Recognized Service Organization of the LCMS, to serve the pastors of the Michigan District, their spouses and families. The name, Good Friend Ministries, is inspired by Jesus' words to his disciples in the Upper Room as recorded in John 15:15,

**"I no longer call you servants...I have called you friends, for everything I have learned from my Father I have made known to you."**

To learn more, visit our website at  
**[goodfriendministries.org](http://goodfriendministries.org)**  
or call **231-590-8527**

**COME  
AWAY  
WITH ME...  
- JESUS**



OLD MISSION PENINSULA  
TRAVERSE CITY, MICHIGAN



## WHY GO ON RETREAT?

Have you ever noticed how often Jesus took time to retreat from the crowds and his day-to-day ministry to spend time with his Father, to rest, to refresh his spirit? There are many such examples in the Gospels. **“Come away with me to a quiet place and get some rest,”** Jesus said to his disciples (Mark 6:31-32). He says the same to us. The greatest blessing of going on retreat is time spent with Jesus, who gives us his living water to refresh us for the journey. We know that pastors carry a heavy load. Jesus says:

**“Come to me all you who are weary and burdened and I will give you rest.”** – Matthew 11:28

## ABOUT OUR RETREATS

There can be many purposes for pastoral retreats, designed to meet a variety of needs:

**Relax**—Retreats can help break the cycle of stress.

**Refresh**—Ministry is exhausting work, and everyone needs to take time for rest.

**Renew**—Retreats provide an opportunity to renew body, mind, and spirit.

**Recover**—A retreat provides time to recover from stressful circumstances or a stressful season.

**Rekindle**—The regular grind of ministry can put a strain on a marriage. A retreat can be a great way to rekindle the marriage relationship.

**Refocus**—A retreat can provide time to think about ministry goals and strategy or provide time to refocus spiritually.

**Rebuild**—A retreat can serve the purpose of rebuilding a ministry, sometimes from the ground up.

## TYPES OF RETREATS

No two retreats are the same, but there are three basic types:

### Self-Directed Retreats

These retreats have no agenda. There is no schedule to keep. They simply allow a pastor, or pastor and spouse to get away to a quiet place to accomplish one of the purposes listed in the middle panel.

### “Full-Service” Retreats

A program is developed specifically for the pastor or couple. They may include resources, professional counseling or coaching, or other programmed activities.

### Themed Retreats

These retreats focus typically on one topic. The subject might be marriage, spiritual disciplines, leadership, a theological subject, or another ministry topic. Guidance or program materials could be provided or recommended to retreat participants.

**“The less I pray, the harder it gets; the more I pray, the better it goes.”** – Martin Luther



## MISSION STATEMENT

Good Friend Ministries provides retreat facilities and counseling services enabling pastors to rest, pray, reflect, and return to their ministry setting renewed, refreshed, and re-energized for service.