

February Live It-CrossRoads



CrossRoads is a Christian camp and conference center owned and operated by the Woman's Missionary Union of Virginia and is supported by the Alma Hunt Offering for Virginia Missions.

CrossRoads provides a unique setting for hearing God's call to faith and service, cultivating a missions lifestyle in Christians and equipping missions leaders for a changing world.

CrossRoads is located in Lowesville, Virginia, which is halfway between Charlottesville and Lynchburg off of Highway 29. Regardless of the season, the beauty of Blue Ridge Mountains surrounding CrossRoads encourages you to relax. Whether you love the fall splendor, winter snows, spring rhododendron and mountain laurel or the beauty of summer, it is evident that God has created this special place for all to enjoy.

CrossRoads offers a variety of activities for your retreat or conference enjoyment. Groups that range in size from 1 to over 300 can visit for the day or stay overnight in any one CrossRoads various lodging facilities. From quiet walks by the river to hard playing action in the recreation building, there are activities for everyone. CrossRoads also offers a residential summer camp for boys and girls grades 4-12.

Life of Israel

Exodus 31:14-15

Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord.

Life of Christ

Mark 2:27

The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.

Warm-Up Exercise

1. True or False: CrossRoads is opened year round and accepts retreat groups.
2. True or False: You can book a retreat for a family, couple, or personal retreat.
3. True or False: There is a swimming pool, recreation building, challenge course, indoor rock wall, and hikes available to promote team work for youth and adult groups.

Culture Study

Stress—a feeling of anxiety caused by such things as having too many demands, not enough time, too little money, and too many creditors is all too common in industrialized countries.

A new poll shows that about three-fourths of people in the United States, Canada, some countries of Western Europe, South Korea, and Australia say they feel stress on a daily basis.

Many of those surveyed say they feel their lives are beyond their control. The wealthiest people often cite their jobs as the leading source of their stress. Those with the lowest incomes say it is lack of money.

Psychologist David Shern describes the U.S. as a nation under stress. "The majority of Americans are struggling to find a balance among the multitude of challenges that they have in their busy lives."

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New data from Impulse Research shows that more than 50 percent of parents say they spend fewer than 10 hours a week together as a family and 33 percent of parents say their kids spend between 35-40 hours a week participating in scheduled activities. Meanwhile, 62 percent of parents say they wish they could spend more time with their kids.

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Case Study

The ministry of CrossRoads Camp and Conference Center has impacted women, men, children, and adults from all over Virginia and beyond. New volunteers, retreat leaders, and guest are discovering that CrossRoads is a perfect setting to retreat, relax, and refocus their lives on God. The following tells some of their stories:



Gene and Carol Wade are retirees from Poplar Springs Baptist in Richmond, Virginia. This energetic couple answered the call for volunteers to split wood at CrossRoads. They volunteered a week in the spring and a week in the fall. Their hard work provided CrossRoads with enough firewood for summer camp and the fall retreat

season. Hundreds of guests benefit from the Wades' efforts as they enjoy a chilly night's campfire or a warm cup of coffee by the fire place.

Margie Spruil came to CrossRoads as a leader for a women's retreat hosted by Mt. Ararat Baptist Church. Margie's enthusiasm for CrossRoads and the outdoors prompted her to visit the facility before her group's retreat to help improve the trail marking system. Her enthusiasm was contagious! On the weekend of the retreat, Margie lead many women from her church on a hike to "The Rock." Her encouragement helped them to have the opportunity to see CrossRoads from a whole different perspective—from the top of a mountain.





Paige Green brought his youth group from Louisa Baptist to CrossRoads for a youth retreat in 2006. As an outreach youth group, Louisa arrived with a mix of regular church attendees and seeker students. Paige watched in amazement as a large portion of his students made professions of faith by the end of the weekend. The experience at CrossRoads made a profound impact on Louisa's youth, and they decided to return for

another great weekend in 2007. As Paige recalled his experiences at CrossRoads he shared,

“We have found the facilities to be awesome. We have stayed in both the House of Happiness and the Cabins. I found this to be very positive since we wanted the youth to have a different experience each year. The youth love the Gym and how it provided a time for them to play hard, especially during bad weather. The nature, from the hike to the camp fire, created a lasting memory for our youth.”



The youth love being in a location that provided such great outdoors, great food, and an awesome staff. Each year our youth have grown from their time at Crossroads. It provides that time away that the youth need so they can just focus on and worshiping God. Last year we had 21 youth make some form of change in their life. This year those youth grew even more in their knowledge and had time to reflect and strengthen their faith. All groups need a time together, and I have been very thankful for Crossroads. I look forward to next year.”

Theological Issue

“I'm too busy” or “I just don't have time”. When was the last time you either heard someone say this or you have said it yourself?

Americans juggle numerous responsibilities such as earning a living, caring for family, exercise, cleaning, nurturing relationships, and growing spiritually. In *The*

Overworked American, Juliet Schor reports that work hours and stresses are up and sleep and family time are down for all classes of employed Americans. Wives are working outside the home and coming home to a “second job” while husbands are adding a second job or overtime. Single parents are being stretched in all directions to cover all of their responsibilities.

American culture has grown with our busy pace. Grocery stores stay open all night. Online shopping and bill payments can be completed in your own home.

Sabbath, the practice of observing peace and worship, allows for restoration. Often, Sundays are when we observe Sabbath, but rest and restoration can happen on any day of the week if we are intentional about it. The Bible tells us that even Jesus rested with his disciples when things became too busy:

Mark 6:30-32: The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

CrossRoads has become that “quiet place” for many guests. All Christians should be encouraged to find a special spot to “get some rest”. That restful location could be CrossRoads, another retreat center, a quiet chapel, or even your own living room.

Involvement

1. Call or e-mail CrossRoads to plan a retreat for yourself, your WMU, your family, or your church.
2. Volunteer to assist in this ministry by completing one of our many ministry projects.
3. Assist children and youth in your church by providing scholarships for them to attend CrossRoads during the summer. You can even come and volunteer during the same week.
4. Schedule a tour for your WMU group to explore this beautiful ministry location.
5. Pray for the full time staff, summer staff, retreat guests, and campers at CrossRoads.

Commitment

1. Make a personal commitment to spend time with your family.
2. Make a personal commitment to find time each week to do something you enjoy.
3. Pray for retreat ministries such as CrossRoads Camp and Conference Center.

4. Encourage your Sunday School class and/or church to find ways to enjoy Sabbath.
5. Eat dinner at the table (not in front of the TV) every night as a family.
6. Turn off the TV and go play in the park as a family.
7. Have a weekly family night (play games, complete a craft, make pizza, etc.).

Answers to Warm-Up Questions

1. True-CrossRoads is opened year round (even in the winter) and accepts retreats. Many youth groups come in the winter and take advantage of the close proximity to Wintergreen by going skiing during the day.
2. True-You can book a retreat for just one person, couple, or family.. There are different types of groups that book including: youth groups, men's/women's groups, deacons groups, marriage conferences. Conferences must contain a spiritual element.
3. There are many different components to CrossRoads that you can book during your next retreat. See the website for applicable fees.