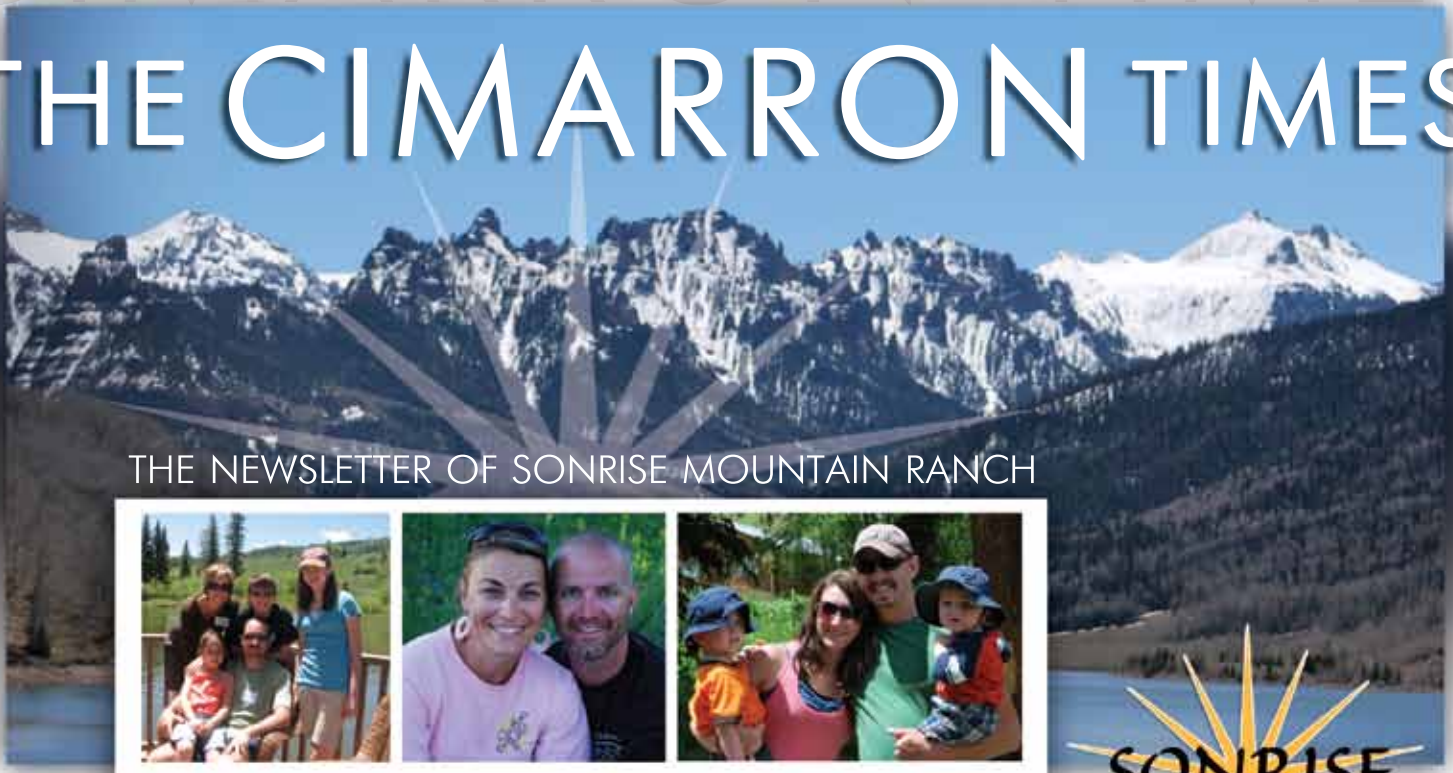


THE CIMARRON TIMES



THE NEWSLETTER OF SONRISE MOUNTAIN RANCH



SONRISE MOUNTAIN RANCH

PO Box 220
Cimarron, CO 81220



An hourglass is one of the most captivating gadgets. It gives us a picture of something that is constant, intangible, and unstoppable. Each grain of sand passes from the upper to lower chamber signifying the passage of time. The hourglass captures the truth that our time left on this earth is continually decreasing.

We all have an unseen hourglass representing our life. On the day our life began, the upper chamber was full of countless grains of sand and the lower chamber was empty. As you read these words, there is some sand left in the upper chamber but much is already resting on the bottom. Only God knows how many grains of sand are left.

In everyday life, most of us have difficulty keeping the hourglass in mind. We feel like there will be an unending supply of sand. There is a sense that we can focus on paying the bills and being successful now and concentrate on growing relationships with loved ones and serving the Lord later. What if the one who comes to “steal, kill, and destroy” is the source of the lie that there will always be a next time? What if this is part of a plan to keep us from ever getting around to the things that matter most?

We have a family friend who works as a nurse in an oncology ward and regularly spends time with those who are terminally ill. While she was on retreat at Sonrise, she remarked, “*This is what people say when they know they don't have much time left. They tell me to spend time with my family, cherish my kids, and love my husband. They know what matters so they tell me how I should live.*” These patients see the upper chamber of their hourglass is almost empty. They have a firm grasp on the fact that each person's time is limited and precious.

Psalm 139:16 declares: “*All the days ordained for me were written in your book before one of them came to be.*” God has given us a set number of days to live. We have one set of opportunities and choices. Some have passed us by and some are still before us. We can invest our time in loving God, cherishing our families, and seeking first His Kingdom...or we can get around to that later. How will you invest the time you have been given? The sand is falling.



Do you not say,
“Four months more and then the harvest?”
I tell you, open your eyes and look at the fields!
They are ripe for harvest.
Even now the reaper draws his wages,
even now he harvests the crop for eternal life.
(John 4:35-36)

www.sonrisemountainranch.org

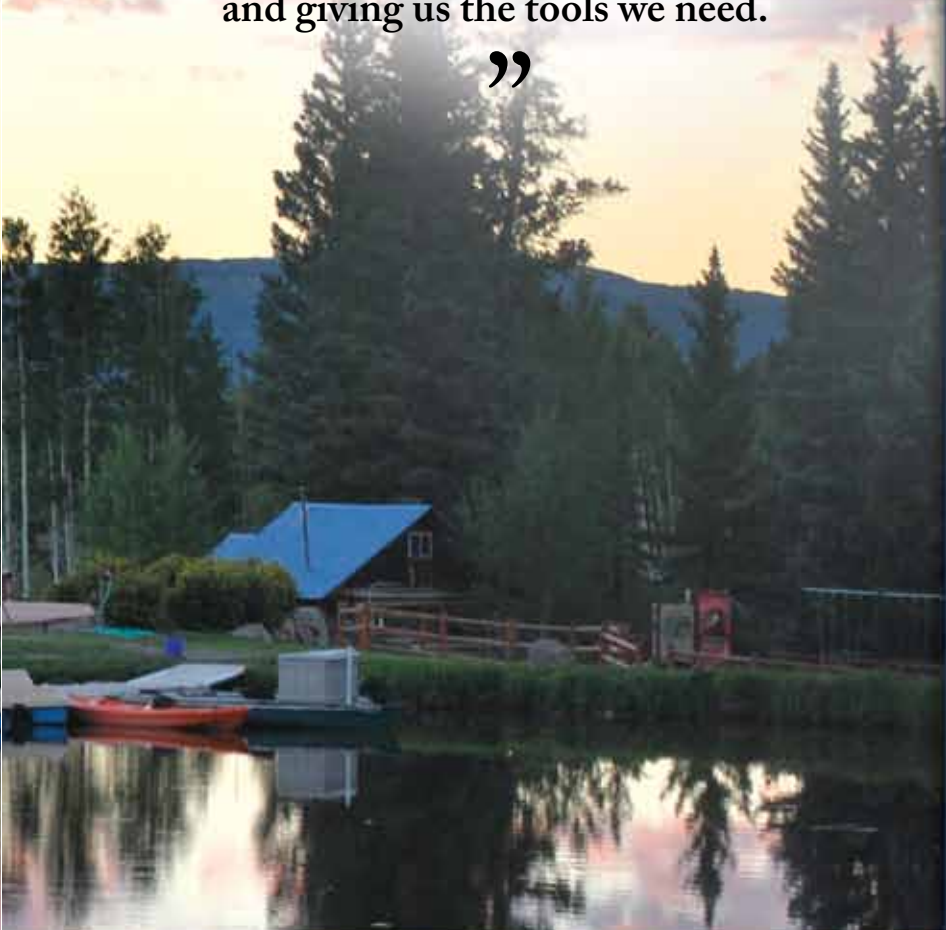




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We will be forever grateful for the time we were able to spend with you. Thank you for pouring into our family such meaningful truths and giving us the tools we need.

”



MR. MIKE SPOTLIGHT

All the SMR retreat guests over the past three years have had a chance to meet Mike Goddard while he served as one of our cooks. Last spring, Mike was diagnosed with an aggressive form of ALS, also known as Lou Gehrig's Disease, a condition that steadily degenerates the entire muscular system and is always fatal. One of the first decisions Mike made after his diagnosis was that he wanted to serve as the cook at Sunrise as long as he could. When people tried to dissuade him, he would reply, "I am not going to curl up in a ball and die. I'm going to serve the Lord." Mike served as a cook at Sunrise for almost half of last summer. When he could no longer cook, he came with his wife Linda during retreats to pray for the guest families. Because of a tracheotomy, Mike could not speak with his voice all last summer. But to all the guests and staff, he spoke louder and clearer than anyone else.

Mike's theme verse is Isaiah 40:30-31, "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

We give thanks to God for teaching us so much about walking in His strength through Mike and Linda. Everyone who served alongside of Mike has a better picture of what Jesus was like.



SMR MISSION TRIP RECAP

Sonrise offers family mission trips as a natural “next step” for those who have attended a family retreat at SMR. These trips are designed to provide an opportunity for your family to grow together and to grow to be more like Christ as you go, love, and serve those in other countries.

Last November, a team of five families and two single adults (12 adults / 20 kids) traveled to Timisoara, Romania on a Sonrise Family Mission Trip. The team spent ten days in Romania and had the privilege to serve in the following ways:

Village Churches - Each family had the chance to help lead a worship service in a different rural village church outside of Timisoara.

Buzias Detention Center – Our team facilitated a Bible program in a correctional facility for boys age 14-18.

Potter’s House – We helped with construction and led an after-school program at a ministry for disadvantaged children and their families.

Recas Orphan School – We led Bible Classes at a school and residence for children ages 3-16 who have been orphaned or whose parents cannot take care of them.

Family Conference at Betel Church - The team put on a 3-day family conference, similar to SMR retreats, for families at a large church in Timisoara.

The trip was a tremendous gift from the Lord to each one on the team. Undoubtedly, we received far more than we gave. As we sought to share God’s love and see His Kingdom expand, He poured out His love on us and took new ground in our hearts and families. **We praise the Lord for His amazing kindness to us.**





FROM THE **KITCHEN** OF SONRISE MOUNTAIN RANCH

Kathy's Oriental Chicken Salad

2 1 lb. bags of slaw mix
1/2 cup chopped cilantro
2-3 chopped green onions
3-4 cooked chicken breasts, chopped
2-3 packages of
ramen noodles, crushed

1 cup slivered almonds, toasted
1 head broccoli chopped fairly small (optional)
1/2 cup sunflower kernels (optional)

Mix together
and toss with dressing.

Dressing:

1 package Good Seasons
Italian dressing mix -
prepared as on the package
Add 1/2 cup sugar &
2 Tablespoons soy sauce
Mix together and shake well

We have searched far and wide for crowd pleasing meals and are happy to share some of the Sonrise Mountain Ranch favorites.

“
The time we spent with you has made
a lasting impact on our lives and we are forever changed.
”



Upcoming Retreat Schedule

2011

Family Retreat (6 Night)	June 5 - June 11
Pastor-Missionary Retreat (4 Night)	June 13 - June 17
Family Retreat (6 Night)	June 19 - June 25
Family Retreat (5 Night)	June 30 - July 5
Family Retreat (6 Night)	July 10 - July 16
Family Retreat (6 Night)	July 20 - July 26
Family Retreat (6 Night)	July 31 - August 6
Family Retreat (5 Night)	August 10 - August 15
Family Retreat (4 Night)	September 1 - September 5
Men's Retreat (2 Night)	September 16 - September 18
Marriage Retreat (2 Night)	September 23 - September 25
Weekend Retreat (Rental)	September 30 - October 2
Weekend Retreat (Rental)	October 7 - October 9
Marriage Retreat (2 Night)	December 2 - December 4

Please check the SMR website for available dates.



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