Sabbatical Plan 2022

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A FOCUS ON PRIMARY RELATIONSHIPS

Overview
An offering of a quantity and quality of time with God and family and recovering a sense of my first loves. This will be guided by spiritual direction throughout the Spring themed around knowing God's love in a renewed way, and intentionally sharing faith, love, and life with these people.

Description
Each of my girls are in important places of transition in their lives. Emma is 21, and will be transitioning from Community College to a University and moving out of the home. Ellie will be starting her Senior year in High School. Emelia begins Junior High this Fall. I'd like to take advantage of some time alone with each of them while exploring the impact growing up in a ministry setting has had on their lives. With the guidance of spiritual direction impacting in a fresh way my own faith, my hope is to give some intentional thought as to the questions I'd like each of them to think about in their own faith and life development. Finding balance between ministry and family has been a challenge throughout my 28 years in a church vocation. I'm sure I am not alone. I would love to hear from my daughters and Wendy, my partner from the beginning, how this has impacted them, and what steps might help restore the importance of knowing God's love in a new way, for each of us, as well as for our character and togetherness as a family *in* ministry together. I'm not sure what the result will be, but I want to create the space to share. My hope is that I will approach times with each of them more as a learner with questions for them more than as one that has new answers.

It would bring me great joy to be able to spend some preparation time considering how I want to share with each of my daughters what Christ has meant to me in my life, and what my prayer would be for each of them. All in all, I expect this to make me a more informed family ministry pastor from a more personal perspective.

Rhythms and Practices
Throughout the course of these 3 months, I will be continuing the Ignatian Prayer exercises in the morning and the Examen in the evenings as a continued practice of weaving that preparation into a regular rhythm of life while I am at home or

away. This have been incredibly life-giving already as I have had the opportunity to dive into some great resources, making a walk with Jesus less compartmentalized and more a part of living and breathing throughout the day. To see the resources that have guided these prayer times given by my Spiritual Director Mark Terrell, here is a file to look through further:

SPIRITUAL DIRECTION FILES

Preparation
Spiritual Direction exercises with Mark Terrell January through May, beginning with the Ignatian prayer exercises 4-5 days weekly, has been an important foundation for building this experience.

Books for Reflection

- ***The Gift of Being Yourself*** - David Benner (as well as *Desiring God's Will* and *Surrender to Love* which are part of this book as a trilogy).

- ***Sabbatical Journey*** - Henri Nouwen

- ***Ignatian Prayer Exercises***
  - Dale Gish (https://www.deeplybeloved.com/ignatian-exercises)
  - Bill Zuelke (https://www.soulformation.org/19th-annotations)

- ***Finding my Father's Faith*** – *Wynne Leon*

TIME AWAY
July 7-Oct 7, 2022

The Journey Outline

Camp Spalding – July 9-10

After driving with my family to Spokane, Washington July 6-8, I will take a night away for personal reflection at my spiritual home, Camp Spalding. This is the place Jesus first became real for me, worked for four summers in college, and returned as a summer camp speaker on many occasions. It was this place that awakened me to Christ, then awakened me to a vocation serving Christ. I can't think of a better place to officially begin this journey.

Adventure with Emma – July 11-18

When Emma was 12 years old, she pointed to Mount Rainier and said, "I turn 21 the year you turn 50. Let's climb that together during that year." That year has come. But the permits were few and even more expensive (with a guided tour) than an adventure to Machu Picchu (believe it or not), especially when your adventurous daughter offers to cover the airfare to Peru. So off we go to cover 46 miles and reach a pass over 15,000 feet in elevation on the Salkantay Trek to the ancient city of the Incas. There will be stories to be told. I hope to record daily posts with one photo and one thought of the day throughout my Sabbatical time. For this first adventure, it will need to be logged upon return most likely.

The Usual Northwest Shoemaker Pilgrimage – July 19-August 7

Among the Shoemaker's favorite spots are Lopez Island in the San Juans of Puget Sound, Grampa's and Gramma's Cabin at Priest Lake in North Idaho, and Black Butte Ranch in Central Oregon. We'll hit all of these spots (which we find most summers away) to get some needed time with the five of us, as well as touch base with some West side and East side Washington friends and family.

Adventure with Ellie – August 9-16

Somehow, Ellie found herself in the world of surfing when we moved to California, and has certainly found her "beach vibe" (her words), truly feeling alive where water meets sand. We'll be exploring the best surfing beaches in Southern California. We're bound to come away with a few surfing scars and sunburns.

<u>Adventure with Emelia</u> – **August 18-26**

Disneyland is her ultimate destination. Just the two of us! But I know there is an outdoor enthusiast that has yet to emerge. So on the way, we'll camp at Calaveras State Park and just outside the entrance to Yosemite National Park for a couple day hikes and exploring the trails. Then we'll head South and let Disney woo us for a couple days before our return. Each of the three girls also have a little something they <u>don't</u> know about their adventure that I don't want to list here. Ask me and I'll let you know what else is in store for each one.

<u>September</u>

I'll have about three weeks in September to just "be". BE present with my girls as they prepare and begin school. BE present with simply catching up on home projects, running, biking, and being a rare presence before and after school for a bit. I hope to catch my breath from the other adventures and do some reading of the materials listed above.

<u>Adventure with Wendy</u> – September 22-29

Kauai was the location that ended up being the most cost-effective, over and above a couple of competing East Coast locations. Surprised, but pleased, to go relive our "second" honeymoon where we spent a week together three years after we were married exactly 25 years ago. It will also be Wendy's 50th birthday while we're there, so I'll be dreaming up some other surprises to celebrate while we're there. It seems fitting to make this the final adventure, as Wendy has supported me and put up with my crazy schedule for so many years and deserves this time away more than me.

<u>Final Solo Adventure</u> – **October 1-6**

The Portland Marathon started in 1972, the year I was born. I ran my first marathon when I was 30…on the 30th anniversary of the race. I ran it when I was 40…on the 40th anniversary. You guessed it, this is the 50th anniversary, so this seems the perfect way to finish this Sabbatical (if in fact I finish that race), with the desire to renew my commitment to run the race and finish what Christ has begun in me. After the race, I'll rest, and take 2-3 days of solitude in the mountains or at Mount Angel Monastery (which is dependent on whether they can squeeze me in with other retreats at the time) to reflect on the three months away, journal, pray, and prepare for re-entry. My spiritual director Mark Terrell hopes to meet me for one of those final days to pray with me and process the time away. Then I return!