

Sabbatical Aspirations

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Saint Mark's Cathedral
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What is a sabbatical?

- Ancient rhythms—sabbath, sabbatical, jubilee (renewal, restoration)
 - Our diocese provides for sabbatical every five years

Three key elements typically included in Ministry Sabbaticals:

- A time for personal relaxation.
- A time to pursue personal interests.
- A time of renewal around things that will directly benefit the congregation.

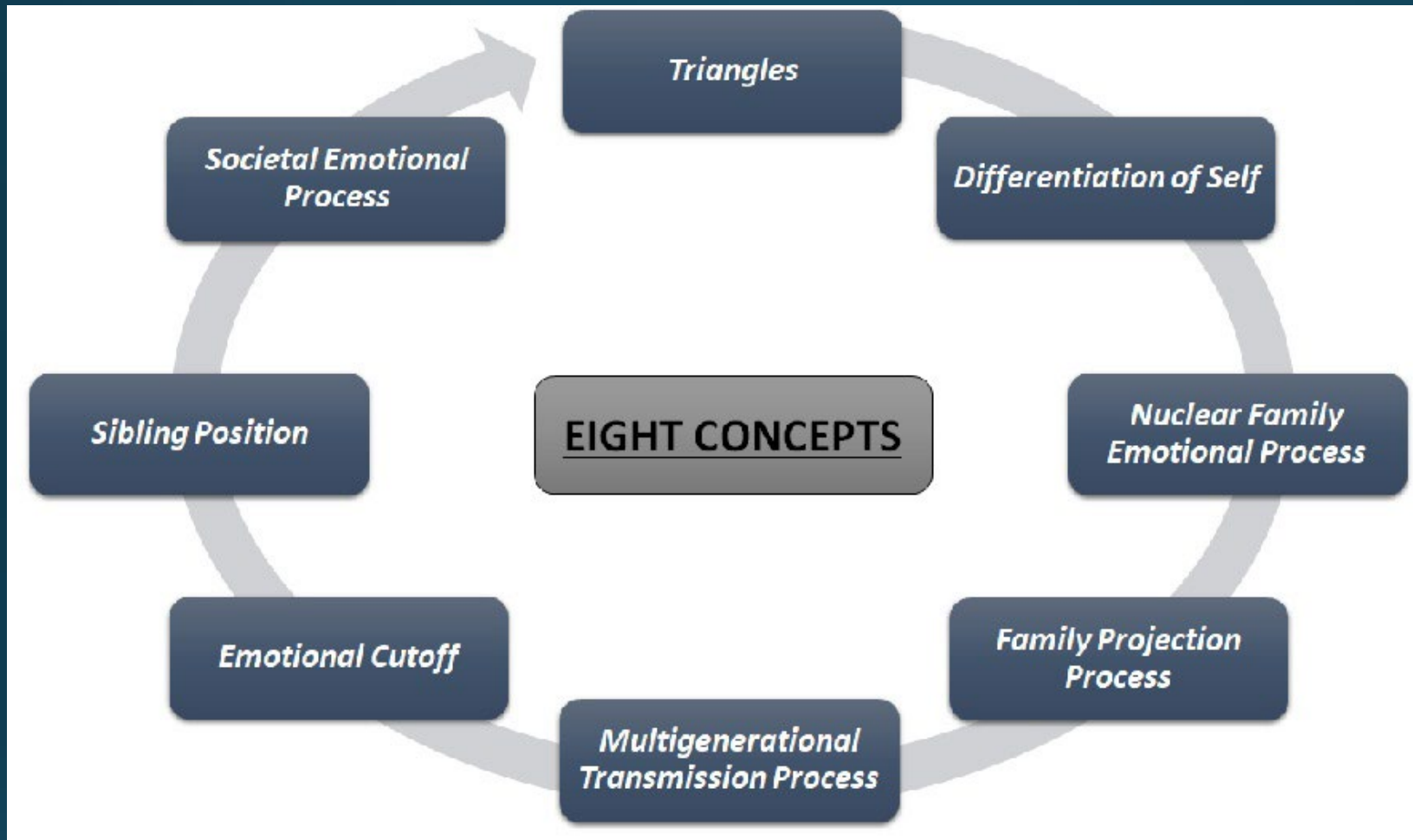
Gratitude for the opportunity!

Overarching vision for this sabbatical

1) time for rest, renewal and striking different contemplative rhythms of daily life,

2) exploring the familial and generational contexts which have shaped my life and my spouse's, and our siblings and children in known and largely unknown ways, and

3) diving more deeply into congregational systems to better understand some of the patterns of growth cycles, conflict, and disruptive leave-taking with an eye toward my own retirement in 4-6 years as an opportunity for life-giving transition and good things for the cathedral parish.



Bowen Systems Family Theory

Congregational Systems Theory

When two or three are gathered together...

Disagreement is unavoidable (and may enrich the system), but conflict is avoidable

How we manage conflict is what matters

Anxiety is held by some who try to offload or share it with others through triangulation.

The goal is to not take on another's anxiety. Redirect them.

Where in the world are Steve & Kathy going?

- Austin (clergy colleague group)
- Japan
- Walking in the Cotswolds
- Ireland with siblings
- Scottish Highlands with Kathy
- California (grandkids)
- Seattle (beginning, middle and end)



Sweet, sweet surprises



Koulourakia

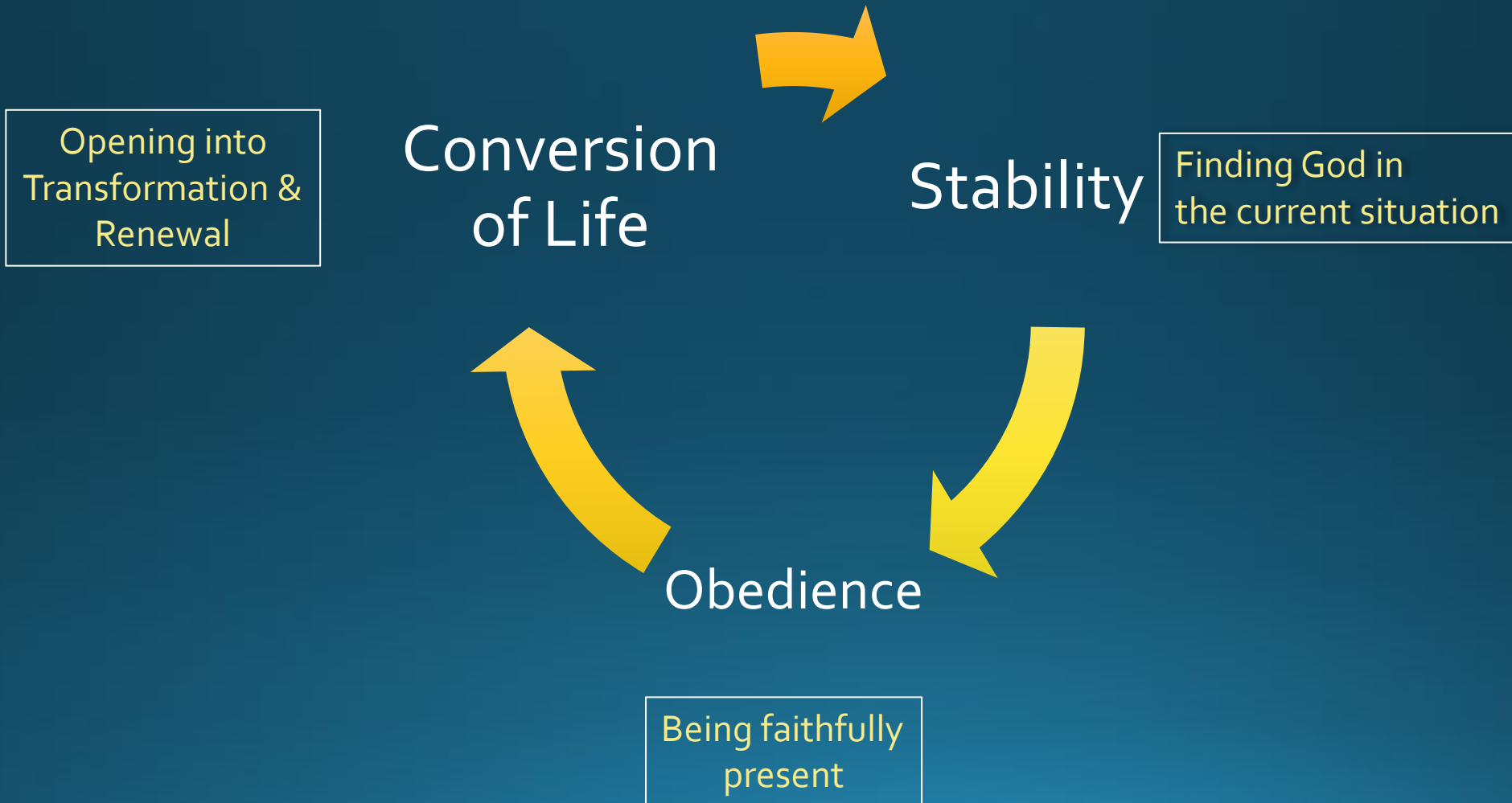


European Bee Eater, on migration

Not so sweet surprises



Benedictine Patterns of Life



The Municipal Government Office in Mu

arty in question had been born at the address: No. 1047, Yoyogi, Oaza,
ata-town, Toyotama-county, Tokyo Metropolitan, Japan. The father shall be
mi Kobayashi, and the mother shall be Fumiyo Kobayashi. The notification
birth had been submitted by the parents to the municipal government office,
e notification of the birth had been accepted by the municipal government
on the 12th of February in Showa 4 Year (Year 1929). Then, the party in
n had been entered in the family register. **Blank Below**

Eldest Daughter

The fa



The

mothe

Atsuk

Koseki for Kathy's Mother





Imperial Palace & Meiji Gardens—Tokyo





Shinkansen Train



Mt. Fuji/Hokane and Ryokan Bath

Kyoto, Nara, and Hiroshima





Family Secrets Arising from the Tomb

Walking in the Cotswolds



Ireland with Siblings



Scottish Highlands



Grandkids...



Summary and Conclusions

- Grateful for the opportunity
- Reflections will take time to unfurl fully
- Reaffirmed ministry in my current context (vocational discernment)
- Benedictine practices: Stability, Obedience, Conversion