



# Sabbatical Revelations

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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!*



# The Original Overarching Vision for this Sabbatical



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

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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

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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.

# The “Lived Into” Overarching Vision for this Sabbathal

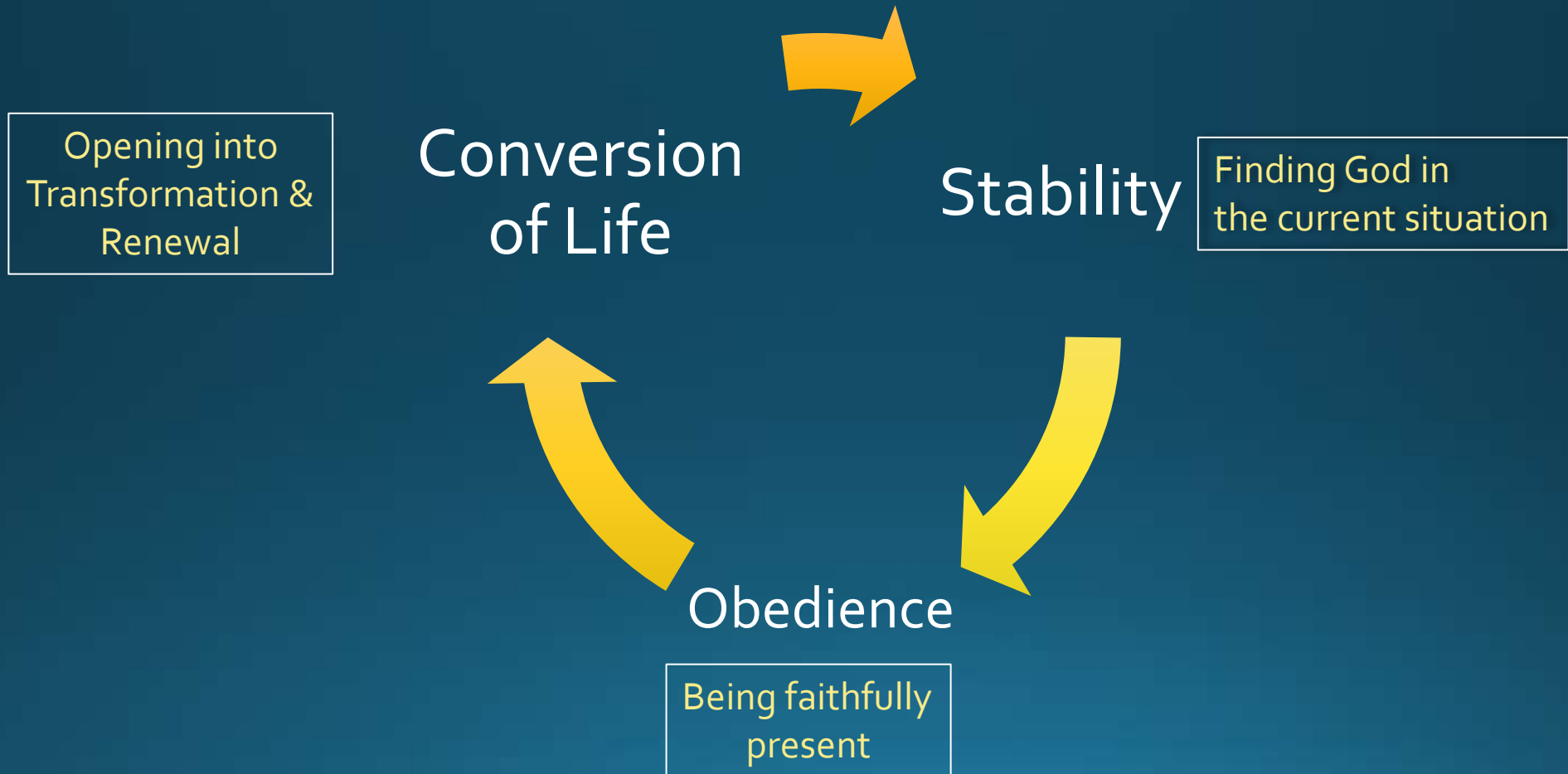
1) time for rest, renewal and striking different contemplative rhythms of daily life,

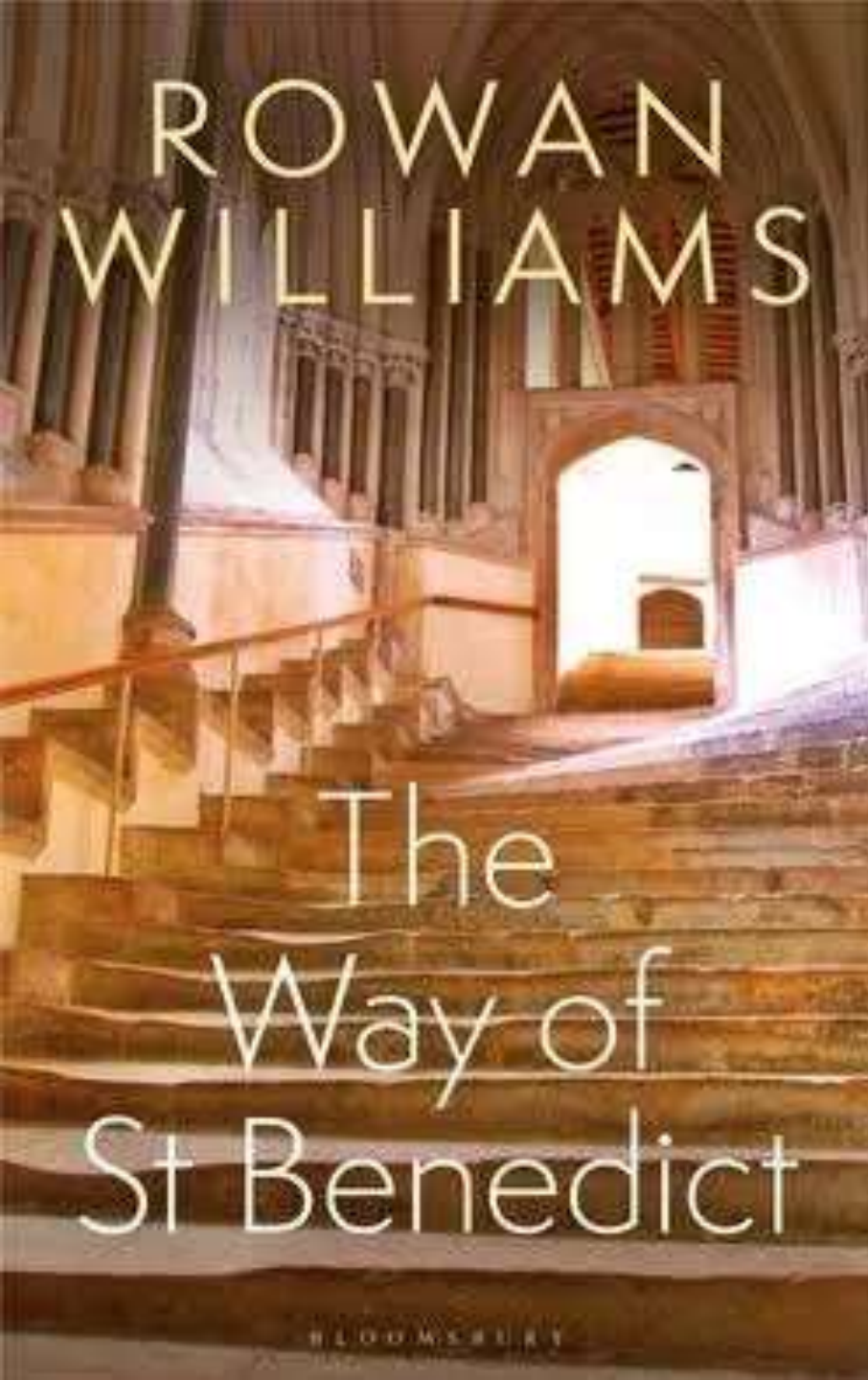
2) exploring the familial and generational contexts which have shaped my life and my spouse's, and our siblings and children in known and largely unknown ways, and

3) (Re)discovering the deeply held human need to “belong” in ways that are vulnerable, life-giving, evocative of gratitude, and transformative.



# Benedictine Patterns of Life





# Rowan Williams: The Way of Benedict

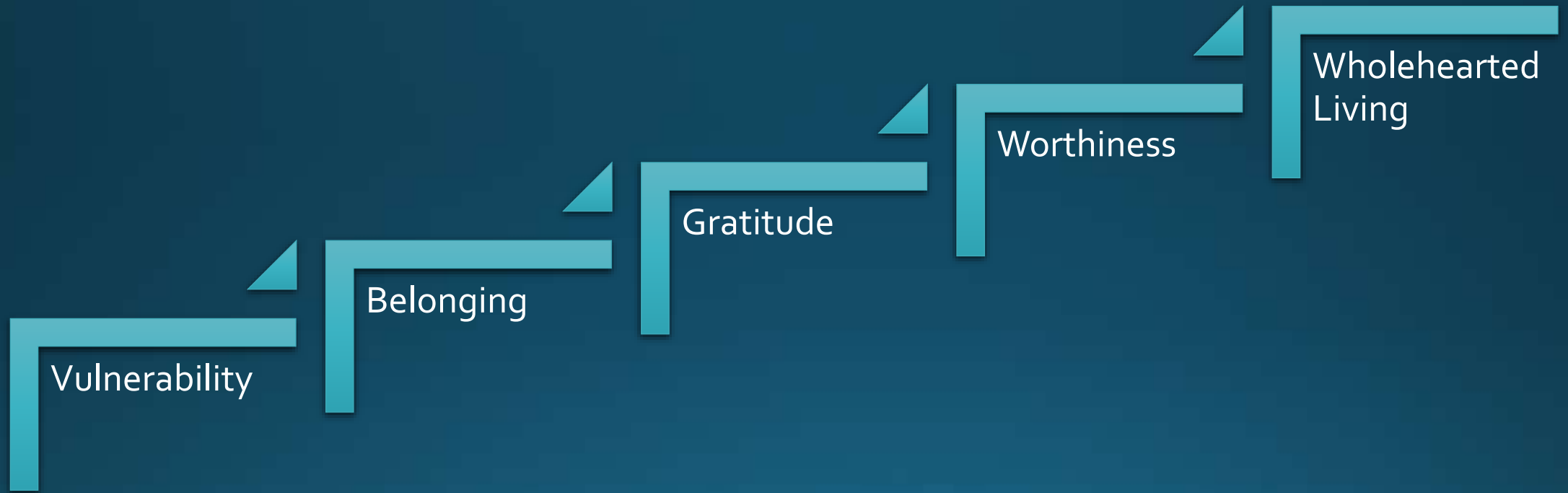
- “The community that freely promises to live together before God is one in which both truthfulness and respect are enshrined. I promise I will not hide from you—and that I will also at times help you not hide from me or from yourself...”

# Stability: Belonging in Community

- Rowan Williams:  
“Without the promise, the temptation is always for the ego’s agenda to surface again, out of fear, that I shall be abandoned if the truth is known...No one is going to run away; and the resources of the community are there on my behalf.”

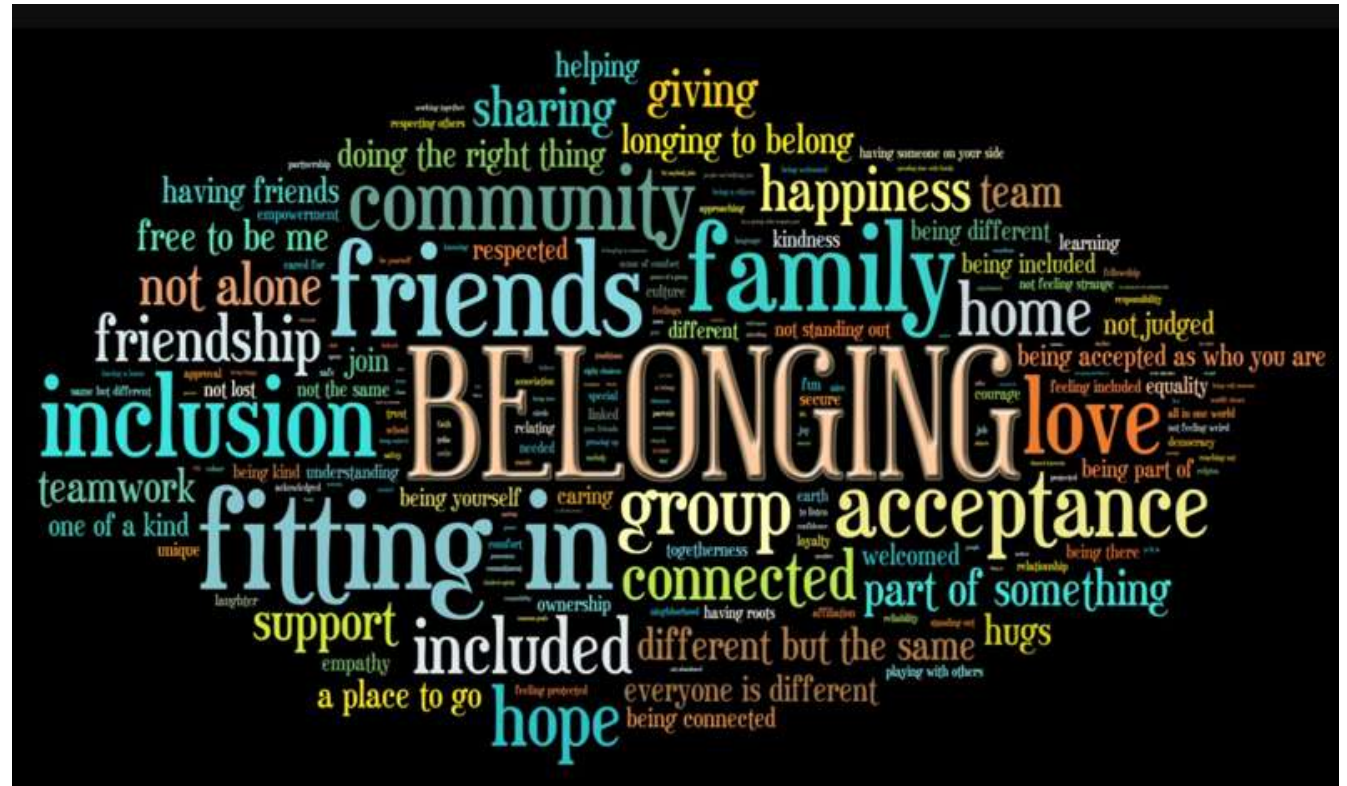


# Brene Brown: Wholehearted Living



# Belonging

- What does “belonging” mean to you?
- How would you frame it in your life?



# Belonging

- 45 years together (41 married)—sabbatical affirmed we really like spending time together!



Cliffs of Moher, Ireland

# Tracing our roots and connections:

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



Returning  
Home

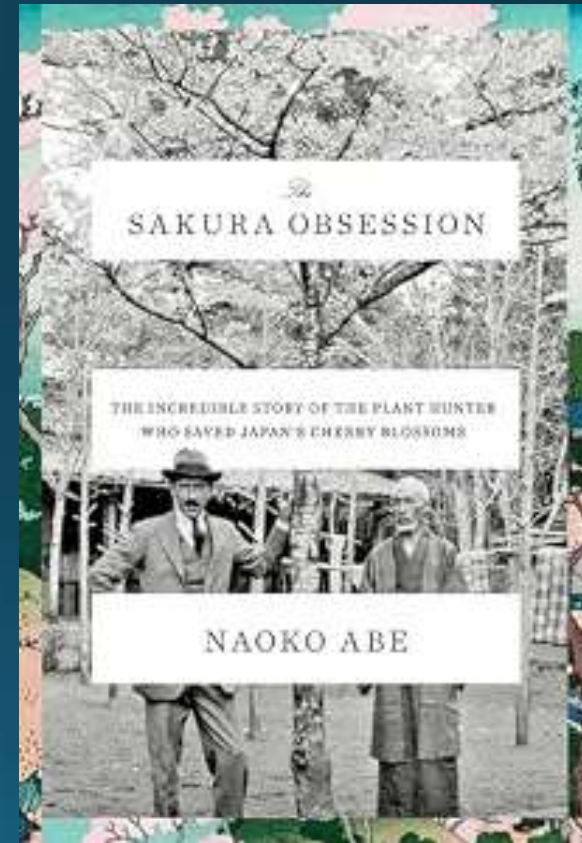
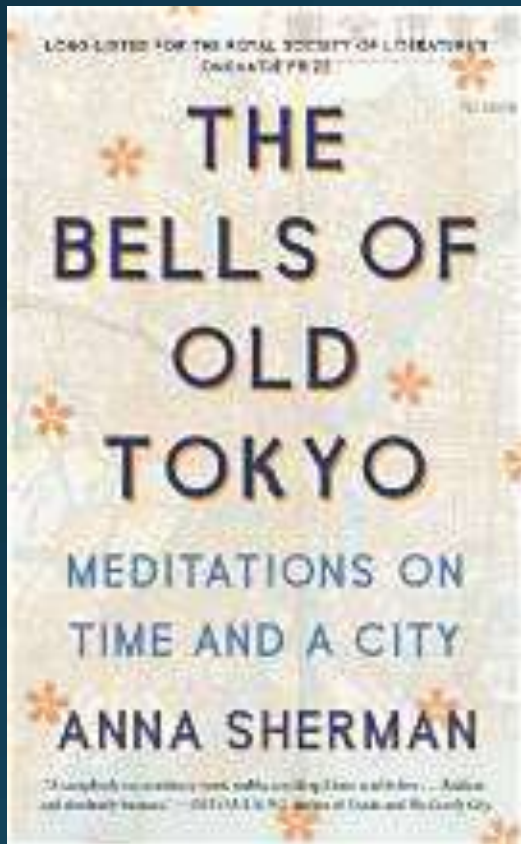
Sabbatical  
Travels

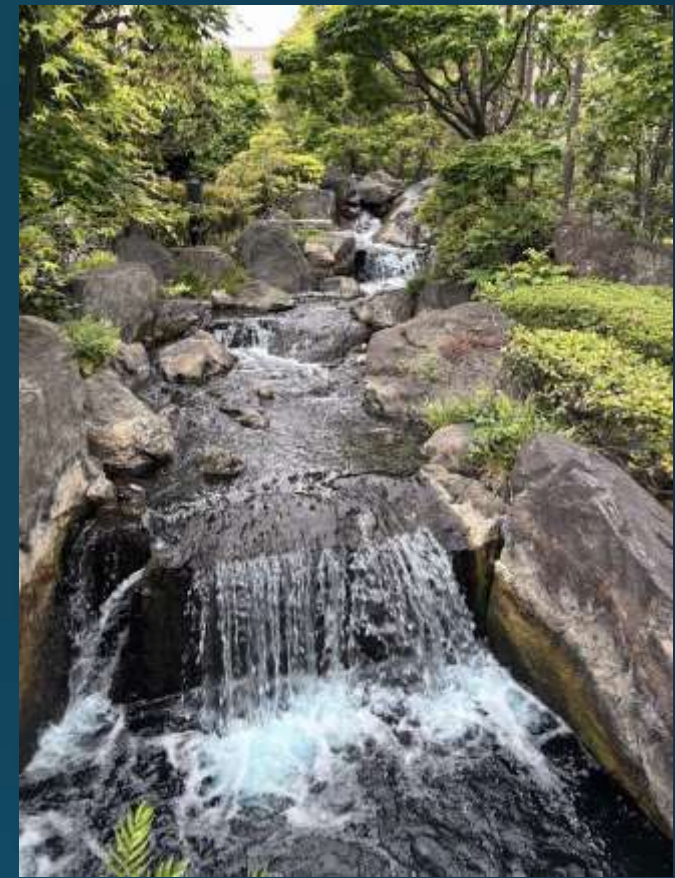


# Austin in April— Clergy Group



# Japan in late April/early May



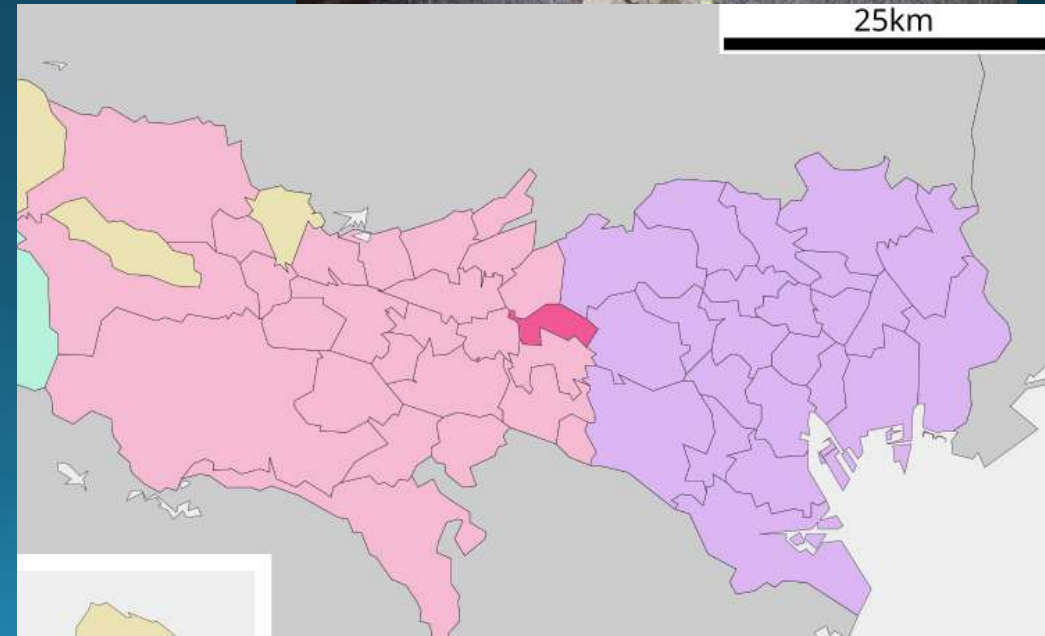


# Tokyo Sites and Sounds

# Mushashino



25km



# Churches visited



St. Andrew's  
Cathedral, Tokyo



St. Alban's, Tokyo

# Mt. Fuji, Lake Yamanokako and Ryokan



# Kyoto, Nara, and Hiroshima



# Features of Shinto Shrines



# Japan's Natural Beauty



# The Weight of War



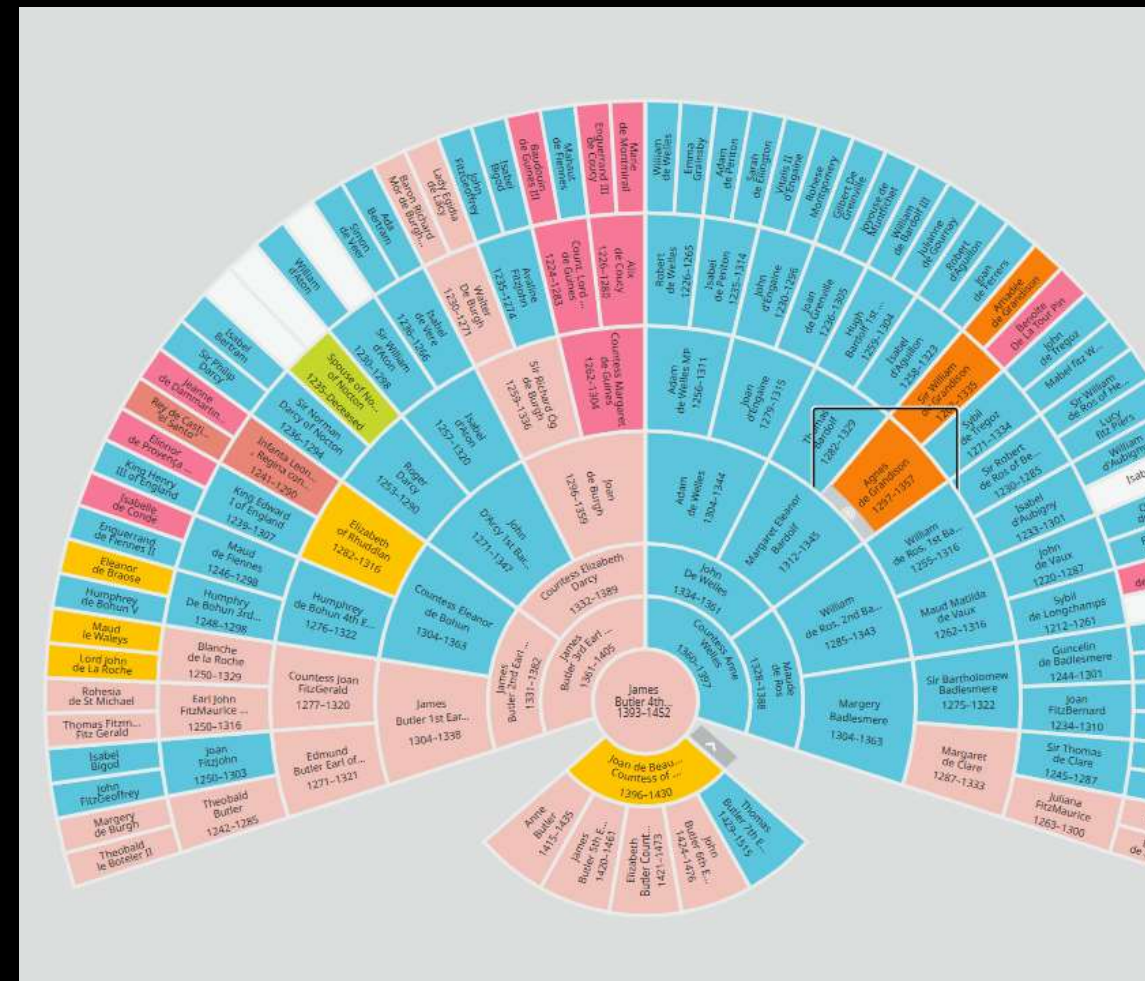
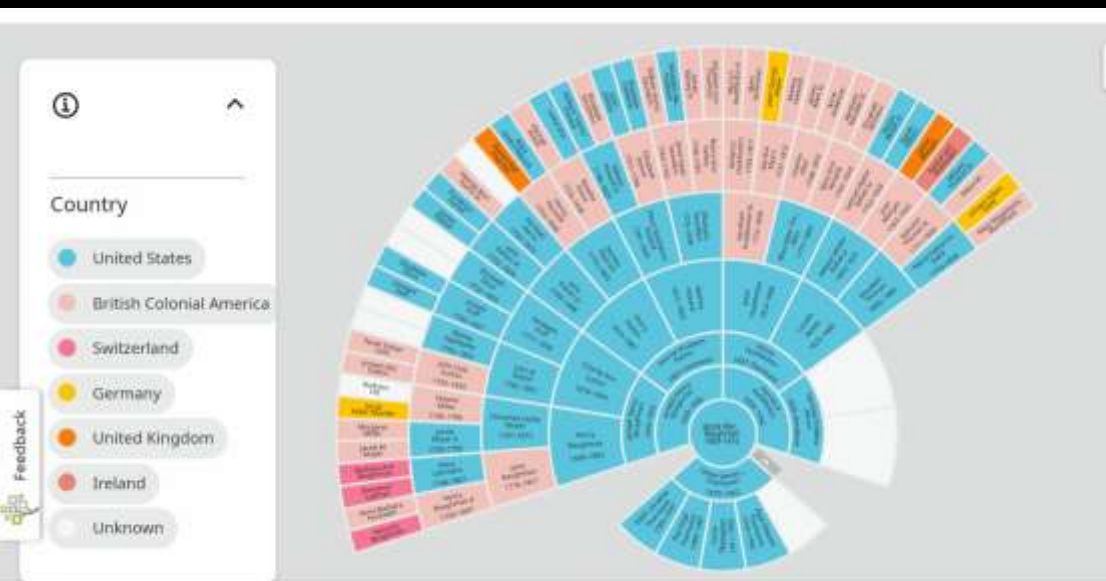
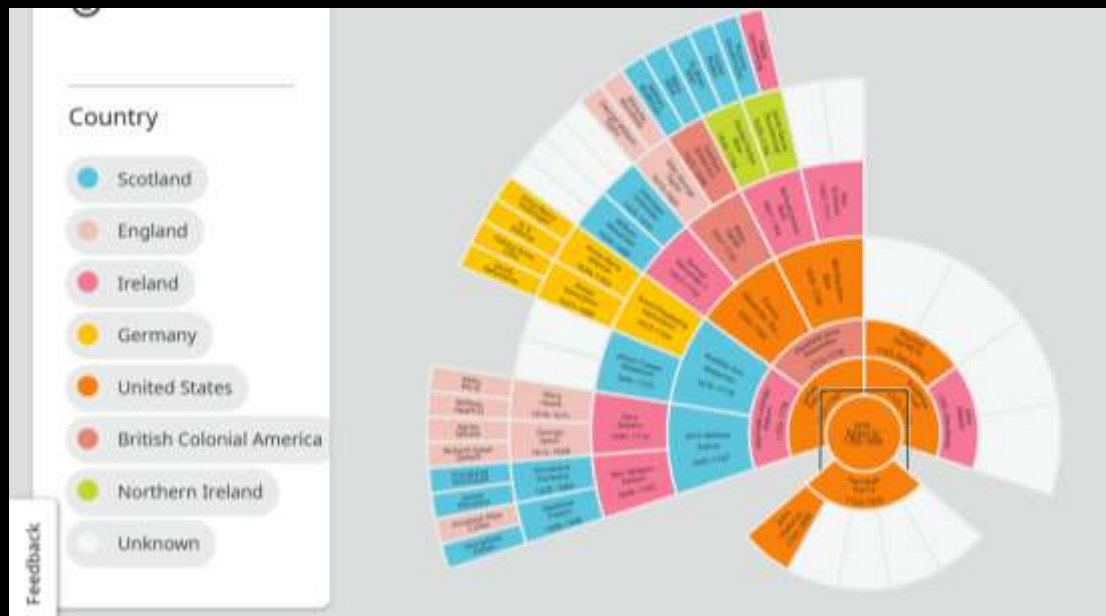
(Photo courtesy of Hiroshima Peaceism Association)



# Returning Home...

# Late May: to England, Ireland and Scottish Highlands





# Walking in the Cotswolds





# Almshouses in Chipping Campden

# Churches Visited



St. James'  
"Wool Church", Chipping  
Campden, UK



Bibury, England



St. Edward's Church,  
Stow-on-the-Wold,  
UK

# Ireland with Siblings





# Churches visited



Christ Cathedral,  
Dublin



St. Patrick's  
Cathedral, Dublin



St. Anne's Cathedral,  
Belfast





# Scottish Highlands





# Midge protection at Skibo Castle



# Churches visited...



St. Andrew's  
Cathedral, Inverness,  
Scotland

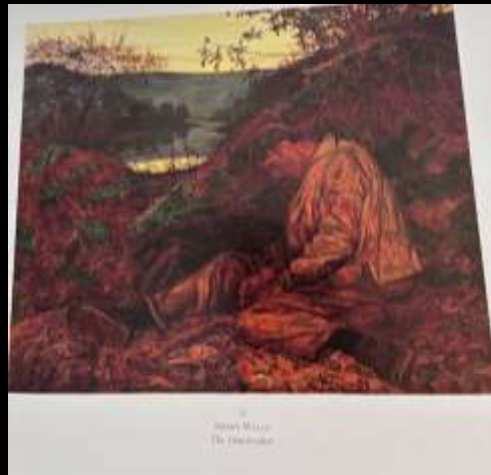


St. Ninian's,  
Invergordon,  
Scotland



St. Machar's  
Cathedral, Aberdeen,  
Scotland

# Museums visited...



# Sacred beauty here...





This  
happened...Toussaint  
AmosThomerly



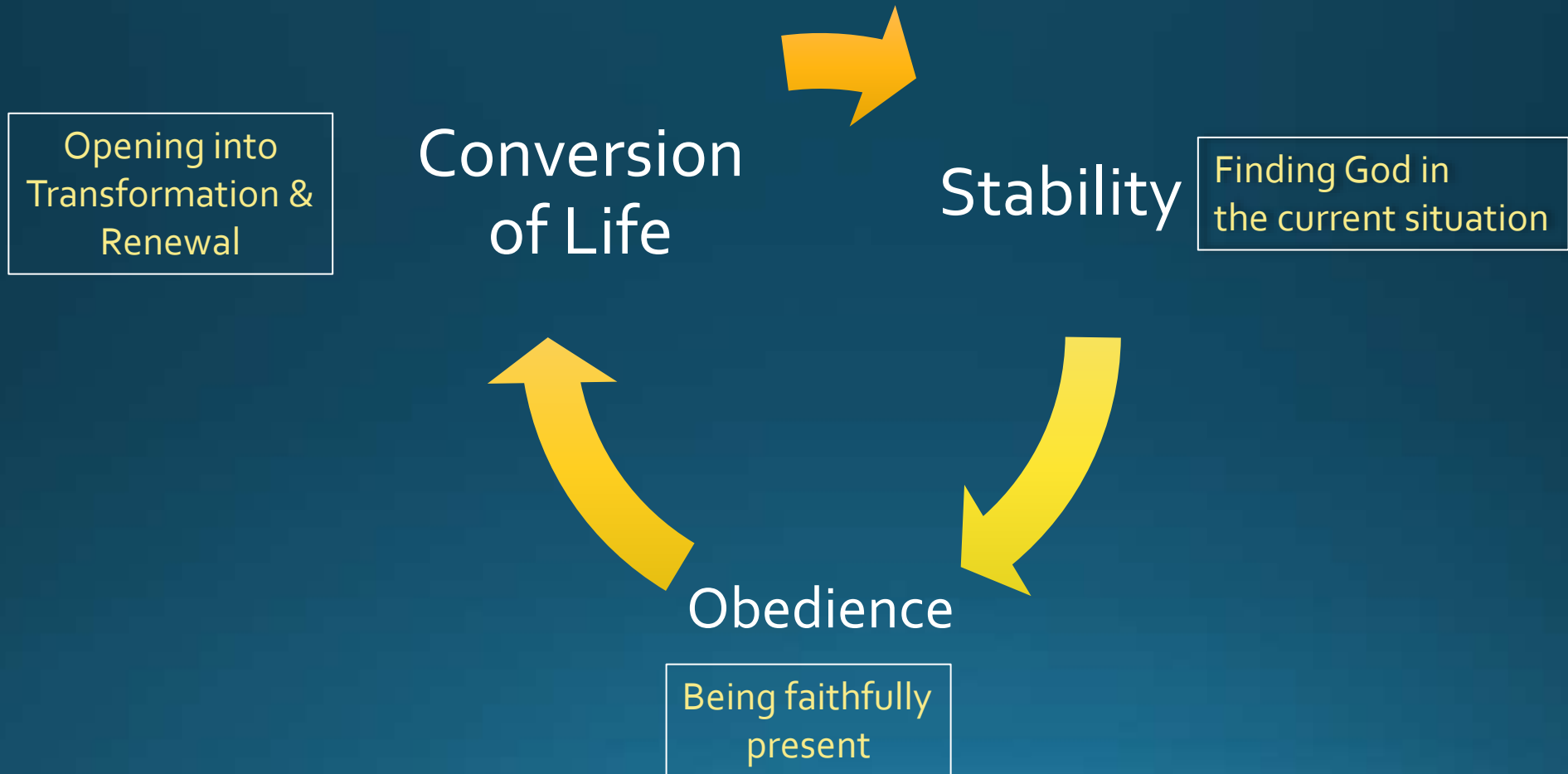


# Summary and Conclusions

- Grateful for the opportunity
- Reflections will take time to unfurl fully
- Benedictine practices: Stability, Obedience, Conversion
- Belonging
  - Family
  - Community
  - Humanity across time and space
  - The Whole Creation (connection)
  - God



# Benedictine Patterns of Life



## The Wisdom of Wendell Berry...

- “And the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful, by which we arrive at the ground at our own feet, and learn to be at home.”
- — Wendell Berry, The Unforeseen Wilderness: Kentucky's Red River Gorge

# Upcoming Cathedral Commons

