

Post Sabbatical Musings.....by Rose

A Sabbatical Summary ...hmmm, where to begin?!?! The combined total of my sabbatical and vacation time was 3 months; how many of us can remember what we had to eat for lunch yesterday let alone what we were doing 3 months ago? Before I write any further, I need to say ***“Thank you”*** for the wonderful gift of time you gave me to take this sabbatical/vacation leave. 90 days is a long time to be away from anything one is used to doing but it was oh so very essential to give me the time to unwind, rest and simply “be”. I felt very much like I did as a child with school summer vacation. Ahhh – I was free! Free to let go of the constraints of time as we know it in a work situation and just do whatever I wanted (or not). Sometimes you do not realize how tired you are until you stop moving, and when I stopped I realized I was beat!

To start my sabbatical time with an 8 day silent **retreat at Eastern Point Retreat House** in Gloucester, Massachusetts was the absolute perfect thing. The retreat house was *right on the ocean* and couldn't have been more beautiful. And, because I know you are wondering, I did not have a problem being “silent” for 8 days. I was able to talk with my Spiritual Director for about 45 minutes once a day and that really was just fine. My “conversation” and time with God was growth filled and profound and God played God's share of jokes on me (ask me about my watch sometime). It was probably the best retreat I have been on in my entire life. I have already made a reservation to return in June, 2013.

From July 4 – 16, I served as the **sous chef at Kids4Peace Camp** at Bishop Booth Conference Center in Burlington. On average, I spent 12 hours each day in the kitchen chopping, dicing or peeling various food items or cleaning the seemingly never-ending steam of dirty dishes. My co-workers in the kitchen were great fun and we made a great team! Over the course of our 12 days together, I learned much about the Jewish and Islamic faith traditions and gained a greater appreciation for the challenges faced by our brothers and sisters in Israel and Palestine in trying to live an ordinary, peaceful life. I worry about and hold them in prayer each day.

During the in-between times, I did a lot of **“re-connecting”**. Ones work responsibilities can sometimes take on a life of their own and, without meaning to, we lose track of those we love and hold most dear. I had the pleasure of being able to get together with family and friends at times that were convenient for them. Being able to get reacquainted with them and not have to always worry about being home in time for work the next day was such a gift! Some of this was for lunches or dinners, long extended phone calls and, in one instance, a week long visit to Cape Cod. As strange as this might sound I was also able to re-connect with my home. I had several times when I did not journey off The Islands for 3 consecutive days. I was able to do some long overdue home projects which needed time to unfold and complete. I could sit on

my deck (with a certain cat in my lap) and watch the lake for as long as I wanted. I planted flowers and was able to keep them alive throughout the summer. These times of re-connection” helped me rest and rejuvenate myself on all levels.

The last gasp of my leave time freedom occurred August 22 – 31. I spent 2 ½ days at **Bog Chapel** with Holy Trinity friend Jane Wolfe. From there I went to The Omega Institute in Rhinebeck New York for the **Circlesongs Workshop with Bobby McFerrin**. This was another positively amazing experience! To work with Bobby (yes, we’re on a first name basis now) and the other extremely talented faculty members was a once in a lifetime opportunity that I will not soon forget. Each of these teachers were fabulously gifted musicians as well as being very kind, thoughtful, considerate, spiritual individuals. No stuck-up star attitude here! The sharing of their musical expertise was free flowing and complete. What a gift! Omega Institute is a 195 acre campus complete with its own small lake, numerous wooded walking paths, a library, wellness center, and several state of the art seminar buildings. The philosophical focus at Omega trends heavily to the Eastern religious traditions of Zen, Buddhism and the like. There were over 197 participants in the Circlesongs Workshop literally from all over the world so it was quite a diverse and broad learning environment for me.

As you can see, this was an amazing three months for me! I have been and will continue to process the numerous discoveries I have made in the days, weeks and months to come. I have many photos from my sabbatical/vacation travels (some of which you can find on the reverse of this month’s newsletter calendar) and have even more stories which I can share in person. What a way to mark my 10 year anniversary at Holy Trinity and to begin the next portion of our journey together. Thanks to all those who pitched in and helped out while I was away and thanks to the Holy Trinity Vestry and to Fr. Reid for blessing me this gracious gift of time and space.

Written from an over-flowingly grateful heart,