

section three: resources

Sabbatical Plan Example

Introduction to Request for Sabbatical Leave

I really appreciate the opportunity that I am given as a pastor to take a season of rest from active ministry to reflect, renew, re-vision and re-engage in ministry as God leads.

This sabbatical leave marks another very important milestone in my life as I seek God's direction for the next season in my life.

- Proposed Dates: March 1/15 – June 30/15;
holidays in July – return to work August 4/15
- Possible Reasons/Objective/ Purposes/Outcomes

1. Rest: Establishing Margins and Managing Pace of Life

- a. Outcome: Improved balance between work and leisure including self-care.
- b. Potential activities:
 - i. Lots of rest and relaxation, including possible time at a facility for pastors in Canada/USA.
 - ii. Take piano lessons to improve my ability to play by ear (Royal Conservatory graduate). This activity has brought me great joy in the past. I have ideas how this interest can be used in ministry in the future.
 - iii. Take a significant trip – possibly to Israel or across Canada.
 - iv. Continue to incorporate more physical activity in my routine to address health and wellness challenges.
 - v. Reflective time to consider how my God-given talents/gifts can be used in this season of life.

2. Renewal: Experiencing God and Self in New/Deeper Ways.

- a. Outcome: Deeper personal relationship with the Lord and personal healing.
- b. Potential Activities:
 - i. Focus on strengthening at least one spiritual discipline, such as meditation, being still in God's presence (opposite to 'doing') or Sabbath.
 - ii. Reading books, etc. related to being active in life and ministry at this season of life (season of life a personal sabbatical focus, generally).
 - iii. Depending on where I go, the trip and time at a retreat center would also help in terms of spiritual growth.
 - iv. Healing prayer.

3. Re-visioning: Empowering for Maximum Contribution

- a. Outcome: Clear direction for decreased ministry/work schedule and fit with needs of the church.
 - b. Possible activities (personal interest in ongoing ministry is pastoral care, including grief and life transition and ministry to/with seniors).
 - i. Interview pastors/other people involved in ministry to people over 50+ to learn from their experience.
 - ii. Take 4th course from Center for Loss and Life Transition in Colorado.
 - iii. Reading/attending conference to learn from recent research regarding inter-generational ministry.
 - iv. Study regarding other areas of pastoral care.
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- Possible sabbatical advisor (not confirmed at this time)
 - Possible Priority Issues
 - o Cover-off for ministry responsibilities.
 - o Confirming how personal ministry interests fit with church ministry requirements after sabbatical.
 - o Managing personal stress during sabbatical.

 - Re-entry Plan will be negotiated with the Executive Team.