



Sabbatical Update Report from Pastor Bruce Schipul, Summer 2014

August 2014

This final month of our sabbatical has been a time of reflection and prayer, discovering the changes I need to make in my life, acquiring some better ministry habits and adding more exercise into my regular life. It was great to relax in cooler environments. We enjoyed a few days of overlap with Herb & Dori Dominguez staying with us and attended Sunday evening August 04.

Learning & Developing:

Willowcreek Leadership Conference

simulcast in hundreds of locations around the world, which I participated with Peter Kyhn in a church in Peoria/Glendale. Presentations for two days from prominent leaders in their fields:

Attended **Pastor Mentor Group** training gathering in Dana Point, CA. with Dr. Archibald Hart, Dean of the School of Psychology of Fuller Seminary, and his daughter Catherine Weber, Marriage and Family Therapist, learning about the challenge of stress on ministers, the issue of cortisol and depression, learning to manage stress more effectively. Cristy and I also enjoyed the beach and parks of Dana Point for three days.

Senior Adult Ministry: We interacted with various leaders or attended churches doing Boomer Ministry, two in the valley of the Sun. I interviewed Rev. Dr. Tandy Sullivan, the senior adult pastor at South Shores Community Church of Dana Point, a friend for many years, but learned about his approach to ministry. He was at one time director of Atherton Retirement Community in Alhambra, an area minister, and led a fundraising firm for many years.



Opportunities for contemplation and meditation: to spend time listening to the voice of God, apart from my requests of Him!



Mount Calvary Retreat House in Santa Barbara, A wonderful place to rest and listen to the leading of God. Mount Calvary is run by wonderfully dedicated Protestant (Anglican) Monks who are of the Order of the Cross). I was also able to visit with Rev. Hans Kistner, pastor of First Baptist of Santa Barbara, who I ordained as my associate pastor in Phoenix in 1996.

Three days at **Tonto Rim Christian Camp**, near Payson, AZ at a furnished retreat place for pastors and their spouses. We enjoyed the beauty and the cool nights.

Backpacking: the group trip to the High Sierra Mountains of California was cancelled partly due to the fire dangers and lack of rain and water. I instead spent a few days hiking in the mountain regions of Arizona (solo).

Interacting with family:

We were able to spend some quality time with our adult children Allison and Nathan, and a few more days with my brother Mark who is now in a lock in facility for persons facing Dementia. We also experienced genuine grief over the loss of our beloved Yorkie Zoe.

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Plenty of Great Reading

A New Purpose: Redefining Money, Family, Work, Retirement, and Success, by Ken Dychtwald. Contains many stories of how boomers moved into lives of service.

Falling Upward: A Spirituality for the Two Halves of Life, Richard Rohr, while the theology is not always orthodox, the concept of understanding the second half of life is quite sound.

Kneeling With Giants: Learning to Pray with History's Best Teachers, Gary Neal Hansen

Quantum Glory, Phil Mason, (Special thanks to Jan Kliever for recommending this powerful scientific and theologically sound book.

RESPECT: Meaningful Ministry with Baby Boomers in Your Church and Community, Bill Craig, Donna Grandy

Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life, Bill Thomas

Senior Spirituality: Awakening Your Spiritual Potential, by Harold R. Nelson, a former hospital chaplain from Green Valley, AZ

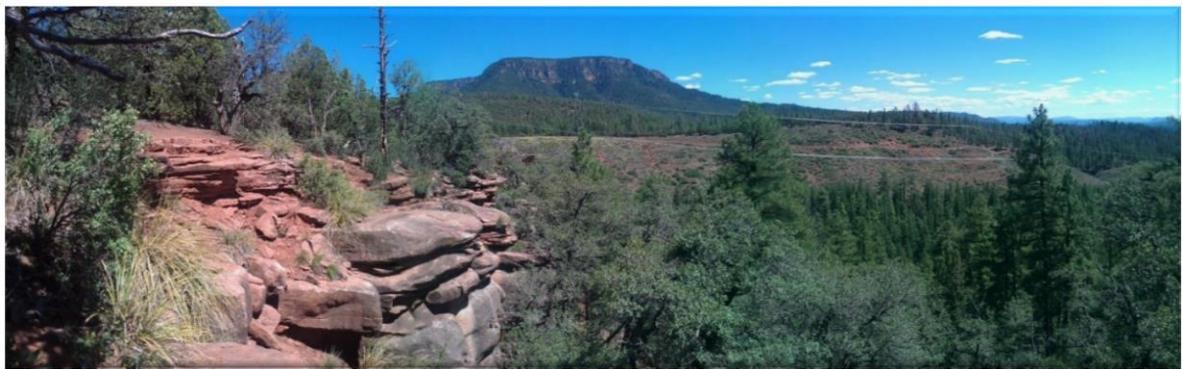
Start Strong, Finish Strong: Prescriptions for a Lifetime of Great Health, Kenneth Cooper, Tyler Cooper (both MD's)

The Gift of Years: Growing Older Gracefully, Joan Chittister, a great book for a group book study!

The Rest of God, Restoring Your Soul by Restoring Sabbath, by Mark Buchanan, an outstanding book on putting God back in charge of life's variables.

The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50, by Sara Lawrence-Lightfoot

Transition Plan: 7 Secrets Every leader Needs to Know, Bob Russell and Bryan Bucher



Just above the caves near Tonto Rim Camp, east of Payson, AZ



State Park Beach, Dana Point, California