

## Jeff Kryder's Plans for the Sabbatical (Dec 13 2021-Feb 14 2022)

1. **Individual – use rest and quiet as restorative time.** To be uncomfortably still. Have “alone times” for a day or two at a time to focus on prayer, Bible reading, spiritual reading, and journaling.
  - a. Use Perry's cabin for 3-day quiet trip.
  - b. Personal Quiet Day at [Mercy Conference Center in Frontenac](#).
  - c. Spend day at [Contemplative Outreach Center in Kirkwood](#).
  - d. Spend a weekend with Mom.
2. **Face to Face and Zoom Conversations for spiritual direction.** – Spend time with spiritually minded people who understand ministry, outside of my ministry bubble to help me in deepening my walk with God and clarifying my role as God's person.
  - a. Memphis Trip - Meet with Jim Martin, Kent Blake, and Ed Dismuke.
  - b. Day trip to meet with Dale Robinson.
  - c. Plan for 2-3 meetings with Phil Gold. (Zoom)
  - d. Plan for 2-3 meetings with Arthur Sutherland. (Zoom)
3. **Therapist – for personal grief work, healing, and mental health.**
  - a. Regular meetings with Dr. Susan Blain.
  - b. Also, Consider Philip Matheny's neighbor as a possibility. Waiting to hear from Philip.
4. **Group Prayer and Healing.**
  - a. Join a Contemplative Outreach prayer group for centering prayer.
5. **Exploration Meetings.** – what's going on in other churches and ministries and how this might add clarity to our work at MX.
  - a. [Josh Kingcade at Memorial Drive Church](#) in Oklahoma City.
  - b. [Dusty Rush](#) at Campus Church in Atlanta.
  - c. [Bob Grigg](#) in San Antonio.
  - d. Dave Crumbaugh as friend at Windsor Crossings.
6. **Visit other churches** - to worship, feed my spirit, and to observe models, and ministries.
  - a. [Brian Zahn](#) ministries.
  - b. [The Journey](#).
  - c. [GreenTree](#).
  - d. Other.
7. **Generative activities – doing “non-obvious” activities.**
  - a. Cooking.
  - b. Biking.
8. **Resources.**
  - a. The meditations of Richard Rohrs.
  - b. [The Path of Centering Prayer](#) by David Frenette. Thomas Keating says, “This book in my view is the best, most comprehensive and most practical book on centering prayer.”
  - c. [Psalms for Praying](#) by Nan C. Merrill
  - d. [Cleaning Up Your Mental Mess](#) – Caroline Leaf
  - e. [Get Out of Your Head](#) – Jennie Allen
9. **Outcomes (Post-Sabbatical)**
  - a. Develop some key points of focus for healthy remaining years of full and part-time ministry after Sabbatical.
  - b. New insights for leading next leg at MX.