

# Pastor Aj Mildenberg Travel Itinerary

Beaver Dam Lake/home August 3/30

Dublin, Ireland August 30-Sept 2

Galway Sept 2/3

Mayo County Sept 3/6

Belfast Sept 7/8

Edinburg/St. Andrews, Scotland Sept 8/12

Isle of Skye Sept 13/17

Oban Sept 17

Edinburg Sept 18/22

Munich, Germany Sept 22-26

Neuschwanstein Sept 26-27

Kaiserslautern Sept 27-28

Cologne Sept 28-30

Paderborn September 30-October 2

Wittenberg or Dortmund (Depending on CL Schedule) October 2-3

Berlin October 3-6

Spain, Camino Trip 10/6- to 10/28

Home 10/29-11/30

The Lilly Endowment Inc. Clergy Renewal program is for the strengthening of congregations and for the pastor to be renewed and refreshed. There are so many benefits that the Church and I will gain. Some benefits may not even be realized for a long time to come. I believe that a "sabbatical is a gift of rest given by God, a gift of renewal, refreshment, and hope" and that it takes "The Church and pastor coming together so that they can both be restored and renewed." as expounded upon in Clergy Renewal: The Alban Guide to Sabbatical Planning, by Bullock and Bruesehoff (page 9). One of the main benefits I hope to gain is to listen better and to listen more often. Psalm 139 says, "Be still." I want to restore balance to where I spend time- praying, listening and actually digesting information and insights in both new and familiar places and people. I hope to inspire my congregation to be healthier both physically and spiritually using my renewal as a beacon. A beacon of how to walk and spend time with God. To understand Sabbath and embrace its concept of trust. In today's world there is never enough time to get

everything done that the world tells us we should do. Trusting and resting in God takes immense faith in God's plan. Teaching by example and words makes the difference between self-care and selfishness will be a priority. Understanding that a sabbatical is not a reward and is a spiritual practice that takes discipline. Is it scary, yes. I thrive on being busy, being in charge and being with people who love me. But being with God, resting in God's presence, is often pushed out of the way for the work of God. I will spend time alone walking- preparing for the culmination of the trip, walking the 22-25 miles per day carrying most of our luggage on our backs on the spiritual pilgrimage, the Camino de Santiago. The Camino de Santiago or Way of St. James, is a pilgrimage of Medieval Origin to the Cathedral of Santiago de Compostela in Galicia, in the North West of Spain. Legend has it that the remains of the Apostle Saint James the Great were buried here and discovered by a shepherd in the 9th century. The city is, in fact, named after the apostle: Santiago de Compostela means St James of the Field of Stars. The Camino de Santiago has been listed as a UNESCO World Heritage for its important role in encouraging cultural exchanges between people from all over Europe and the world for many centuries. The following section is the words and scripture that I would covet your prayers.

*Week 1-3 recovery, release, retreat, rejuvenate*

*Luke 1:23 When his time of service was completed, he returned home. Zechariah went home after he had seen the vision of the Lord in the Temple. He went home with Elizabeth and bathed in silence while awaiting the birth of John. Released from the duties of CUMC, I will be at our family lake cottage alone, resting and reading. I will read Jon Eldridge's book, Walking With God. I will spend time getting ready, training for the long walks to come. In addition, I will spend time with a mentor Pastor, to work on life balance.*

*Week 4 reorientation*

*Home packing and preparation for travel.*

*Week 5/ 6 recreation, reconnect, reactivate*

*John 12:35 Then Jesus told them, "You are going to have the light just a little while longer. Walk while you have the light, before darkness overtakes you. Whoever walks in the dark does not know where they are going.*

*My husband and his best friend have played golf together since they were in elementary school in Minnesota. His wife, a Lutheran Pastor, and I have become great friends too. We share the interests of knitting and reading, often reading or knitting together from afar. They will be joining us on tours and golf in Ireland and Scotland. Her friendship gives me someone to talk with about ministry in a safe place.*

*Week 7 rediscover, relationship, reaffirm*

*Psalms 89:15 Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord.*

*My husband and I have been married for 35 years. Much of our life has revolved around our children. Having a child with a chronic disability and living with you as an adult, our marriage needs time alone and to spend time together. We will remain in Ireland for a short time until we meet the whole family.*

*Week 8/9 reconciliation, recreation, return*

*Deuteronomy 6:7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.*

*As a child, we lived in Germany for three years as part of my Father's military service. My husband, whose family heritage is German Jew and German is where his family lived until the 1930's. We will visit the cities I spent as a child and Monte's family homes with my Mother, husband, and our three children.*

*Week 10-12 recreation, reunion, reach*

*1 John 2:6 The one who says he resides in God ought himself to walk just as Jesus walked. Walking feeds my soul and if I could sing, that is what I would do as I walk. The Camino de Santiago is a pilgrimage where Christians have walked to feel, hear, and see God. On the walk I will have my daughter with me.*

*Week 13 reflective, reaffirm, resilience*

*Psalm 119:45 I will walk about in freedom, for I have sought out your precepts. Arriving at the Cathedral of Santiago de Compostela, completing this section of the Camino will give me a sense of accomplishment and dependence on God.*

*Week 14-16 rest in God, reorientation, rewind*

*Deuteronomy 30:16 For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess. Spending time at home, recuperating and readying myself to return to CUMC- rejuvenated and renewed. Ready to sing again! That is, if I was good at singing!*