

Quotes from Recent Sabbaticals



Sr. Jane Ann

“I always tell our sisters that after leadership, you should take time to rest and reflect. So, I thought I’d better practice what I preach.” – Sr. Jane Ann

“When I met with my spiritual director, she said, ‘Don’t have a to-do list, have goals.’ My goal was to rest physically and spiritually. For me, that meant a combination of things -- the opportunity to pray and read more and watch movies, which I hadn’t done in a while.” – Sr. Jane Ann

“This has been such a beautiful experience. I get up in the morning, open the curtains and say, ‘Hello, ocean.’ The other day I thought, ‘Oh, I haven’t said hello yet!’ I sent an email to one of our sisters and said, ‘How can I get back into normal life after seeing this beautiful ocean?’” – Sr. Jane Ann

“What I know – this sabbatical experience is something I should incorporate into my daily life. I’m moving to Korea in 22 days, and even though I’m busy and there’s lots to do, I must make time to reflect, replenish and renew. Know that it’s something we should take with us and not completely stop as we go on to our next adventure.” – Sr. Jane Ann



Sr. Joanne

“I arranged to arrive a couple of days early. I remember getting here. Lisa was at the desk. I said, ‘I’m here and I don’t know what I’m going to do for seven weeks!’ She just laughed. And now I’m laughing, because I wish it were longer. I was overwhelmed when sabbatical started because this is where you slow down and everything gets real.” – Sr. Joanne

“Just knowing that everything doesn’t have to be at high speed. And I can take my time. At my own pace.” – Sr. Joanne

“I’ve always loved forest bathing. I made time to do that every day.” – Sr. Joanne

“Mercy by the Sea has succeeded in creating space just to be and do things like discovering the night sky, which is just unbelievable here.” – Sr. Joanne



Sr. Janice

“It's really a gift that the community gives us and usually comes in a person's life at a time when they're in transition. Sabbatical gives you a deepening sense of who you are and who God is – something you don't often have time to do within day-to-day parameters. It's so important, though.” – Sr. Janice

“It was interesting for me to watch how God was working in each person -- our personalities are so different. Some liked to sit and pray, some liked to ride bikes into town. But everyone seemed to find a kind of peace within themselves and within their God that was universal.” – Sr. Janice

“I think people found genuine peace.” – Sr. Janice



“One of the things I wanted to do after retiring was to get more in touch with the God within me that wasn't getting much attention, and I wanted time to think about what I want to do next. I was able to do both of those things. I got really, really deep into my relationship with God and with myself. That was a bonus. I'm going to look into hospice work as a retirement career, so I have some direction. It was a grace-filled experience.” – Sr. Janice

Sr. Gail

“There's been a tremendous richness -- an openness to each other that you would not, could not have in any other group. It was amazing.” – Sr. Gail

“The sharing was deep and wonderful.” – Sr. Gail

“The most important thing was coming to an understanding of myself as loved by God and enjoyed by God, which was very deep. And that's the bottom line of sabbatical.” – Sr. Gail

All photos by Kathleen Bowers