



2024 ROOT Continuous Sabbatical Fellowship Application

Page 1



The **2024 ROOT Continuous Sabbatical** is a fellowship experience granting up to \$30,000.00 to ten (10) individuals age 18 and up who identify as members of Black, Indigenous and Communities of Color residing in Minnesota to experience deep rest. We define rest as activities, physical movements, or experiences that bring you deep joy, peace, and make you feel restored.

Applications open August 5, 2024 and close August 26, 2024 at 11:59pm Central time. The fellows will be randomly selected.

To be eligible to apply, applicants **must meet ALL** of the following criteria:

1. Be an individual 18 years of age or older by August 26, 2024;
2. Identify as Black, Indigenous, or person of color;
3. Reside in Minnesota;
4. Be able to receive funds electronically to a financial banking institution or to cash a

- check in your name;
5. Have a valid mailing address;
 6. If selected, be willing to submit a completed W9, form of identification, and a letter of support from a community member (or a group) who also identify BIPOC (Black, Indigenous, Persons of Color) to attest to your community impact.

Members of the following groups are NOT eligible: Current Staff and Board members of Nexus Community Partners and their immediate families (sibling, child, spouse).

If awarded a sabbatical grant, applicants must:

- Be able to take a **three (3) full months sabbatical within twelve (12) months** of the Continuous Sabbatical fellowship. This includes the ability to be fully disconnected from work (paid or unpaid), minimizing communication with work during the sabbatical (unless there is an emergency).
- Commit to prepare to be fully disconnected during the sabbatical experience. This includes coordinating with their respective workplaces/places of volunteer work/places of organizing work, setting clear boundaries where necessary, setting up and adhering to a sabbatical plan, and engaging in rest.
- Commit to the intent of the sabbatical – to truly rest, and not take on additional obligations (paid or unpaid) during the three months.
- Commit to and attend all required gatherings:
 - In person: September 27, 2024; October 25, 2024; November 22, 2024; December 13, 2024; September 26 & 27, 2025
 - Virtual: March 21, 2025; May 30, 2025; July 18, 2025
 - Individualized planning for your sabbatical with coach/financial advisor/other support

Before you begin your application, please read through our [Frequently Asked Questions \(FAQ\) on our website.](#)

Have you read through our Frequently Asked Questions (FAQ) section? *

Yes No

Eligibility Questions

Are you 18+? * Do you reside in the state of MN? *

Yes Yes
 No No

Do you identify as a member of the Black, Indigenous, and persons of color (BIPOC) community? *

Yes

No

Application Questions

Applicant Information

First Name *

Last Name *

Phone *

Phone Type *

Email *

Best way to contact you *

Demographics

The questions in this section will be used for our internal understanding of who applied and who we need to build intentional relationships with. Your responses to these questions will **not** determine your eligibility to receive the grant.

Gender *

What is your age range? *

Race (by census) *

Please select...
American Indian or Alaska Native
Asian
Black or African American

Select all that apply

How did you hear about us?

- Blog or Publication Friend/Mentor Nexus Staff
 Search Engine (Google, Yahoo, etc.) Social Media Sponsored Ad
 Other

Reflections on Your Rest:

Sabbatical fellows will be selected through random selection. Responses will NOT be judged or ranked against each other based on merit or quality of ideas or the writing. We want you to use this section to truly reflect on how you would best reclaim your time for rest during the continuous sabbatical fellowship. If you need more examples or clarification for these questions, please refer to our FAQ section.

What has your experience with rest been? (up to 300 words) *

We define rest as activities, physical movements, or experiences that bring you deep joy, peace, and make you feel restored. How would you like your rest practice to be? (up to 300 words) *

How do you envision the sabbatical resources (stipend, workshops, fellowship) support your vision for rest? (up to 300 words) *

Tell us an example of a community change work you are most proud of (For examples, see FAQ). (up to 300 words) *

Next Page

Contact Information



2024 ROOT Continuous Sabbatical Fellowship Application

Page 2

Commitment to the Continuous Sabbatical (if selected)

We want our applicants to know the commitment we are seeking from our fellows. This Fellowship is designed with those who can take a full three (3) months sabbatical in mind. If you are not in a stage in your life where this is something you can do, we would love to offer other ways of building your rest practices (e.g. through our 2025 Rhythmic Sabbatical, or Reimagine Rest series, or other similar sabbatical programs by others). Please [check our website](#) for a list of these resources.

These following questions confirm that you have reflected on your own ability to participate in the sabbatical fellowship to the fullest if chosen. If you are not ready to answer these next questions, we encourage you to save your answers to the reflection questions prior to this section, and return to the application when you have the clarity you need.

To the best of my ability, I will be able to take a full three (3) months sabbatical within twelve (12) months of the Continuous Sabbatical fellowship. This includes the ability to be fully disconnected from work (paid or unpaid), minimizing communication with work during the sabbatical (unless there is an emergency). *

Yes

No

To the best of my ability, I commit to doing the work needed for the sabbatical experience. This includes coordinating with my respective workplaces/places of volunteer work/places of organizing work, setting clear boundaries where necessary, setting up and adhering to a sabbatical plan, and engaging in rest. *

Yes

No

To the best of my ability, I commit to the intent of the sabbatical – to truly rest, and not take on additional obligations (paid or unpaid) during the three months. *

Yes

No

To the best of my ability, I commit to attend all required gatherings: In person (September 27, 2024; October 25, 2024; November 22, 2024; December 13, 2024; September 26 & 27, 2025), virtual (March 21, 2025; May 30, 2025; July 18, 2025) in addition to individualized planning sessions for your sabbatical with coach/financial advisor/other support.

*

Yes

No

[Previous Page](#)

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