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## 2025 ROOT Rhythmic Sabbatical Application

The 2025 ROOT Rhythmic Sabbatical is a fellowship experience granting monthly rest opportunities to fifteen (15) individuals age 18 and up who identify as members of Black, Indigenous and Communities of Color residing in Minnesota. We define rest as activities, physical movements, or experiences that bring you deep joy, peace, and make you feel restored.

Applications open March 3, 2025 and close March 24, 2025 at 11.59pm Central Time.

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

- Be an individual 18 years of age or older by March 3, 2025;
- Identify as Black, Indigenous, or person of color;
- Reside in Minnesota, or any of the Native Nations whose territories are occupied by Minnesota;
- Be able to receive funds electronically to a financial banking institution or to cash a check in your name;
- Have a valid mailing address;
- **Have** a valid passport for or **have** valid travel documents equivalent to REAL ID requirements for US-based travel
- **If selected, be willing to submit a completed W9, form of identification, and a reference by a community member (or a group) who also identify BIPOC (Black, Indigenous, Persons of Color) to attest to your community impact.**

You are **not** eligible if:

- You are applying on behalf of an organization (for profit, non profit, grassroots organization, a collective, or any other organized group). You can, however, apply as a **group of individuals**.
- You are not able to commit to all six sabbatical sessions.
- Current Staff or Board members of Nexus Community Partners and their immediate families cannot apply.

**If awarded a sabbatical grant, applicants must:**

- Be able to attend all the monthly sabbatical experiences. The dates required are:
  - Orientation: April 24, from 12pm – 1pm (virtual)

- Session 1: May 13 – 22 (Outside Minnesota)
  - Session 2: July 11 - 13 (Near Twin Cities)
  - Session 3: August 15 – 17 (Greater Minnesota)
  - Session 4: September 19 – 23 (Greater Minnesota)
  - Session 5: October 17 – 19 (Twin Cities)
  - Session 6: November 14 – 15 (Twin Cities)
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- During the monthly sabbatical experiences, fellows must be able to fully disconnect from work (paid or unpaid), minimizing communication with work during the sabbatical experience (unless there is an emergency).
  - Commit to doing the work needed for the sabbatical experience. This includes coordinating with their respective workplaces/places of volunteer work/places of organizing work, setting clear boundaries where necessary, and engaging in rest.
  - Commit to the intent of the sabbatical experience – to truly rest, and not take on additional obligations (paid or unpaid) during the monthly sabbatical opportunities.

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 Question

Are you (individual applicant) or all of you (group applicants) of the age 18+?

YES/NO

Do you (individual applicant) or all of you (group applicants) reside in the state of Minnesota (MN)?

YES/NO

Do (individual applicant) or all of you (group applicants) identify as a member of the Black, Indigenous, and persons of color (BIPOC) community?

YES/NO

Do you (individual applicant) or all of you (group applicants) have a valid travel document (for the period March 2025 – November 2025)?

YES/NO

## Application questions

Are you applying as an individual or as a group? We define groups as **up to 5 persons**. Each group sends in ONE application containing information of all group members.

INDIVIDUAL / GROUP

### Applicant Information

First Name

Last Name

Phone

Phone Type

Email

Best way to contact you

### Valid mailing address

Mailing Street

City

State

ZIP Code

## 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 be used to** determine your eligibility to receive the grant.

### Gender

- Cis Male (Masculine)
- Cis Female (Feminine)
- Trans Male (Masculine)
- Trans Female
- Non-binary, genderqueer, genderfluid
- Other
- Prefer not to answer
- Additional gender details

What is your age range?

- 18 – 26
- 27 – 43
- 44 – 59
- 60+

Which groups below are you most closely connected to and/or engaged in community with--by shared ancestry, lived experience, or culture? (please check all that apply)

- African American; African; Black; and/ or of African descent or the African diaspora
- American Indian; Native American; Alaska Native; Native Hawaiian; and/ or indigenous to North America
- Asian American; Asian; and/ or of Asian descent or the Asian diaspora
- Pacific Islander
- Latine(x); and/ or Hispanic
- Indigenous to Central or South America
- SWANA Southwest Asian North African (SWANA); and/ or of SWANA descent or the SWANA diaspora
- Additional groups you would like to define: \_\_\_\_\_

How did you hear about us?

## 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 do require you to provide a thoughtful response to each question to be considered a complete application (please do not just fill out "text text text" or not answer the question).***

*Use this section to truly reflect on how this rhythmic sabbatical experience can help you reclaim your own time. If you need more examples or clarification for these questions, please refer to our FAQ section.*

*For group application, please respond to these questions as a group. (For examples, please refer to our FAQ section.)*

- 1) What has your experience with rest been? (up to 300 words)
- 2) 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)
- 3) How do you envision this sabbatical program (of monthly rest) support your vision for rest? (up to 300 words)
- 4) Tell us an example of a community change work you've done or led that you are most proud of (For examples, see FAQ). (up to 300 words)

## Reflections on how the group holds each other

*These questions help us understand what it means for your group to go on this rest journey together. 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 **the choice and joy of applying to this sabbatical program as a group.***

- 1) Please tell us how the group will cultivate and help each other uphold rest on this sabbatical journey? (up to 300 words)

2) Please tell us how this experience will transform your group. (up to 300 words)