



*Navigating
Through
Change*

LOG BOOK





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A Coffeetown Press book published by Epicenter Press

Epicenter Press
6524 NE 181st St. Suite 2
Kenmore, WA 98028.
www.Epicenterpress.com
www.Coffeetownpress.com
www.Camelpress.com

For more information go to: www.epicenterpress.com
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Poems in this book were written by Peter Ilgenfritz.

This is a work of nonfiction.

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Printed in the United States of America

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In this small group setting, we'll explore how the practices of sailing can not only help us find our way in seasons of change but also make of them true times of transformation.

We'll spend time each day on the water learning and practicing sailing together and reflect on what we have learned that can help us sail into a new season with faith, authenticity and joy!

As we step through these parts of sailing, take a note in your log book on what comes up for you.

What do you hear, feel, see?

How do these experiences resonate in your life?

THE DOCK

You stand on the edge of the dock. There on that boat, just a foot or two away is another world.

This step from here to there is also one of the most common places for mishaps and falling in the water!

As you stand here today preparing to step onto the boat think about these questions,

What is your dock?

How do you say goodbye?

What do you want to say goodbye to?

What do you want to say yes to?

What do you need to give yourself to a new reality?

TIME

How do the geese know when to fly to the sun? Who tells them the seasons? How do we, humans, know when it is time to move on? As with the migrant birds, so surely with us, there is a voice within, if only we would listen to it, that tells us so certainly when to go forth into the unknown. (Elizabeth Kubler Ross)

How do you listen?

What is your voice within whispering to you?

Is it the time for you to step out into the unknown?

STEPPING OUT

Make a circle with your hands and think of that circle of safety in which you live. What does it feel like? Now spread your hands a bit further apart and imagine this as the learning zone. What does this feel like? Now flail out your arms as far apart as you can and imagine this as the overwhelmed zone. How does this feel? The key to learning and growing is stepping out of your safety zone into your learning zone. What's a step you can take into your learning zone?

What do you need to take a step out into a new experience?

How do you navigate the edge between safety and risk?

The teenagers stood on the dock looking at the boats. They'd never been sailing before. What do you need to step into something that you have never done before?, I asked. "Two things," they said, "first, to know that there are people here who know what they are doing and secondly, to step on and try it."

Who is here for you?

What do you need to step out?

One hand for yourself and one hand for the boat!

HERE ON THE BOAT

A key to sailing is not thinking your way through it, but feeling your way into it.

You did it! Here you are on a boat in a different world.

As you sit on the boat, how do you feel?

What do you notice?

What do you hear?

What do you see?

Is the boat moving or is it still?

What's do you notice that's different from what it was like on the dock?

What's the same?

What happens when you take a few deep breaths and slow exhales?

What helps you be present here?

TRUSTING YOUR BOAT

A vegvisir is a Viking protection symbol that Viking explorers inscribed in blood on their foreheads or chiseled onto their helmets. The bearer of the sign, the story goes, will never lose ones way in storms or bad weather. When no way is found, a way will open.

A boat is a different world. There's a different way to get around which depends on using the wind. There are different names for everything. "Ropes" become "lines", "front" becomes "bow", "left" becomes "port," and "right" becomes "stern". "Bob" becomes "captain."

In this very different world, what do you need in order to have trust?

There are essential things to have on a boat like a pump and a paddle, a personal flotation device and a phone. What's essential that you have with you that you can count on?

RIGGING THE BOAT

A sail that is not raised to the top is not able to catch all the wind you'll need on a day like this.

Rigging a boat includes checking over the boat to see that it is safe and seaworthy, making sure that you have the essential things to take aboard, and raising and setting the sails.

Are your sails raised and set?

How do you know?

What keeps you from using all of your sail in your life?

Are you ready to go?

WHERE'S THE WIND?

In order to adjust and change directions on a sailboat, the sailor comes up into the wind or falls off away from the wind.

In order to sail, you need to be able to find the wind.

What can you see that helps you know where the wind is coming from?

What does the wind feel like? Where do you feel it on your body?

How would you describe the wind today?

Wind, “ruah” in Hebrew is a term used for “Spirit”. What is the “Spirit” that you follow?

What are the “Spirits” blowing in and through your life that you would rather ignore?

What does it mean to trust the wind?

SEEING DIFFERENTLY

It's important in a time of transition and change to quiet down what you are so good at doing – keeping your head down and trying to figure things out! Times like this instead call for blue sky time – to lift up your head, look out and see everything here around and before you that you otherwise might have missed.

Out here on the water what do you see?

What gets in the way of your seeking clearly?

What do you see when you soften your vision, to let yourself “receive sight” versus trying “to see.”

What feelings come up as you soften your gaze?

What do you notice that you might have missed?



CASTING OFF

Life is like a rafting trip. You pack and plan the best you can and even though you don't know all that will happen downstream, you launch.



JIBING

In order to sail, you can't fight the wind or change the wind but you need to learn how to use the wind.

Early sailors only knew how to let the wind push their sails through the water. As you experience letting the wind push your boat through the water, what do you notice? What do you feel?

Letting the wind push you through the wind on a run is the quietest and riskiest way to sail.

What do you hear and feel as the wind is being pushed through the water by the wind?

What makes for good jibing as you bring the wind around the back of the boat from one side to the other?

What are you letting carry you forward in your life?

TACKING

Everyone wants to be happy and yet the more directly we pursue happiness, the more elusive it becomes. Thinking too much about how to be happy actually backfires and undermines well-being....Happiness is a side effect of living well.

Thanks to the invention of the keel or centerboard, you can also use the wind to pull you forward into the wind and through the water. This is the fastest way to go.

What do you feel? What do you notice in going this way?

The place you can't go is directly into the wind. Instead, you need to learn to tack at an angle away from the wind and slowly zig-zag your way forward to your destination.

What do you hear, feel as you use the wind to be pulled through the water?

What makes for good tacking?



PUSHED BY THE WIND –
PULLED BY THE WIND –
WHICH IS YOUR WAY TO GO?

You can't change the direction of the wind but you can adjust your sails.

You can't steer your boat if your boat is not moving.

Where are you going? Who decides? What factors help you decide which way to go?

What's your natural way to go?

Who decides which direction you go – the wind or you?
A combination of both?

What's your way to go now?

What's holding you back?

How do your sails need to be adjusted?

GOING NOWHERE: IRONS, BECALMED AND OTHER MISADVENTURES

Sometimes, when the wind goes still on a lake it means that the wind is turning 180 degrees to come up in a different direction.

Getting stuck is also part of sailing.

What do you do when there is no wind?

What is it like to rock and wait for the wind to come up again?

What is the wind that might be turning at this time in your life?

What is it calling you to?

What do you notice when you are going nowhere that you otherwise might have missed?

WHERE AM I?

A key to sailing in the open sea is finding markers so you can know where you are.

From where you are on the boat, what do you see?

In your life now, what can you see?

What helps you locate where you are in your own life journey?

What are four sighting marks in your life that you could look for?

Are they reliable sighting aids?

What other sightings might be more helpful to you?

When you drive a car, you hold the wheel steady and point straight ahead. Navigating your way sailing is like a dance.

Try feeling the dance of navigating your way on the boat.

What is offered to you by the experience and metaphor of moving forward as a dance?

COMING HOME

Every journey does not lead to a homecoming.

None of our journeys return us exactly as we were to the exact places we left.

How do you feel as you prepare to return to the dock?

How do you know the journey is over?

How do you prepare to come home?

It is important to make a good beginning and a good ending. What do you need to plan for a successful ending of your journey today?

WHOOOPS! HITTING THE DOCK

Making mistakes is pure gold for the sailor as mistakes are one of the best ways to learn. After you made a mistake can be a good time to try again and see what you learned.

How do you hold “mistakes” in your life?

STEPPING OFF THE BOAT

As you step ashore, what do you feel?

What's different?

Today, what did you step into?

What did you step away from?

THE THIRD PART OF THE JOURNEY

It is said that there are three parts of every journey – the preparation, the journey itself and the reflection on what happened. Each part is equally important and potentially as impactful.

What difference did the journey you made make to you?

When did you experience joy?

When were you centered?

When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centered, it was enough. It showed the way for everyone to survive.” [Thich Nhat Hanh]

When were you fearful?

Nothing blocks change quite the way fear does. Fear keeps you from taking the risks necessary for growth. What fears do you have that are preventing you from making the positive changes you want in your life?

When did you feel “it” - the presence of wind, water, boat carrying you?

What is it that holds you back from living life as a miracle unfolding?



None of us have to navigate the changes of life alone.

How might a spiritual companion or coach support you in taking your next steps into the life that is being called forth in you?

How might a retreat like this be a gift to the communities you are part of?

How can I be there with you and for you and the people and communities in your life?

ABOUT THE AUTHOR



For 33 years Peter Ilgenfritz has served as a pastor in the United Church of Christ. A native of Massachusetts, he served for 25 years as pastor at University Congregational Church in Seattle before following a call to walk with others through times of change and transition. Peter is a member of Cho Bo Ji, a Rinzai Zen community in Seattle and a graduate of Colgate University and Yale Divinity School. Peter loves running, biking, conversations and writing. His book of poetry, *Setting Sail*, is available through Lulu Press. For more information on his ministry of coaching, spiritual accompaniment and retreat leadership contact him at Peter@navigatingthroughchange.com. or through his website, NavigatingThroughChange.com. Peter currently serves as interim pastor at the Congregational Church of Boothbay Harbor, Maine.