Dear Soul Tenders,

Do you need a break from the frenzy of your life, the political despair, cultural division and current events of our time?

Welcome to the High Desert of Northern New Mexico and the mysteries and rich beauty of this place. Come and unplug for a time. The treasures of this time will delight both body and soul.

Click here to view a presentation about this retreat.

**Lenten Retreat**

In the Judaeo-Christian traditions, Sabbath has been a time of “ceasing work” and rest. It is a place of coming home to your soul and the gifts of Sabbath within community. A place of peace, simplicity, hospitality, creativity and joy.

Join us as we begin our journey on Sunday evening, March 1, 2020 “Coming Home to Our Souls” and journey deeper into the Heart of Sabbath each day through Friday, March 6.

- What Makes Your Heart Sing? Sabbath Simplicity and Joy
- Nature as Sabbath Companion
- Sabbath Resistance and Re-imagination of Work
- Sabbath Healing, Wholeness, and Shalom

Our time is based upon my book Soul Tending: Journey into the Heart of Sabbath

All that is needed is a willing heart and readiness to travel light.
Hope to see you there!

Rev. Anita Amstutz
https://afamstutz.com/soul-tending/