

Welcome



Sabbath as Life Abundant

with Rev. Anita Amstutz and Maureen T. O'Neill

G24060501

June 24-29, 2024

We are so glad you are joining us to explore the importance and experience of Sabbath in your life today! Our desire is to weave art, nature, contemplative practice and community based Sabbath rhythms and rituals throughout our time together.

Sabbath is not only a commandment, it is an inner awareness and mindfulness that comes with practice. The fruits of spiritual vitality and soul nourishing joy can then overflow into a hungry world around us.

During these five days, you will slow down and find a new rhythm in your life, simply by being far away from your usual daily schedule of work and responsibilities. You will be held and grounded within a prayerful community this week. The heartbeat of the natural world, throughout the intimate and soaring beauty of Ghost Ranch in Northern New Mexico, will assist in fomenting this new felt sense of abundance.

If you are longing for this kind of spaciousness in your life, this is for you!

The hope and grace is that it will be profound enough to cause a shift once you return to your work a day life—calling you back regularly to refresh yourself at the Well with living water which Jesus offered to the woman at the well.

After this week, you will take away a renewal of body and soul through conversation, guided collective and individual meditation, new friendships and an experience of Sabbath's fruits.

The more intangible and invisible gifts of the heart will be:

Simplicity

A new inner rhythm

Nature's slow heartbeat

Awakening to the devotional heart of prayer

Healing

So bring all of who you are and be ready for the alchemical transformation and abundance that Sabbath offers!

MATERIALS FOR THE WEEK:

Journal

Water bottle

Sunscreen

Hat

Book by retreat leader will also be available to purchase at Ranch

