

# Welcome



## “Be Still, My Soul” Sabbath Rest and Wonder

G25060404

with Carol M. Bechtel

June 23-28, 2025

Dear friend,

Welcome! I'm so glad you have decided to join us for the “Be Still, My Soul” Sabbath retreat at Ghost Ranch. It promises to be a rich season of rest, reflection, and worship as we seek Sabbath together in a spectacular natural setting. If you have never been to Ghost Ranch, you are in for a treat. If you have been there, it's easy to understand why you would jump at the chance to come back. The Ghost Ranch website describes it as “a place of magnificent natural beauty, comprising deep, multicolored canyons and bluffs, plains, grasslands and streams.” In my own experience, it is a kind of natural sanctuary, and I'm eager for you to experience the “holy hush” that is part of this very special place.

My hope is that you will experience Sabbath in our week together. But I would also like to send you home with some ideas for how you can incorporate rhythms of Sabbath rest into your everyday life. In view of both those goals, I have tried to balance time together and time alone—time for learning and time for rest. This week is God's gift to you, and I want you to feel free to make it into the week that your soul needs it to be. Here are a few practical things to remember as you pack. Dress is casual, so don't worry about fashion. The nights can be chilly, so be sure to pack some long pants and a sweater. be sure to bring hiking boots or sturdy shoes.

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Bring sunscreen, a hat, your swimsuit, and a water bottle. If you would like to participate in hiking or horseback riding, be sure to bring hiking boots or sturdy shoes. If you have a musical instrument (that includes your singing voice—of whatever quality!), bring that, too. Pack a journal or a sketch pad if you think those things will enrich your time at the Ranch. Most of all, bring yourself—as you are. I’m eager to meet you, and I’m so grateful that we can seek Sabbath together at Ghost Ranch this summer.

Shabbat shalom,

Carol M. Bechtel

### ITINERARY:

Monday June 23

3pm Check-in starts

5:30-7pm Dinner & Ghost Ranch orientation

7-8:00 Fireside Reflections & Evening Prayer (optional)

Tuesday June 24

7-8am Breakfast

8:30-noon Gathering

Noon-1pm Lunch

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1-5pm Ranch activities/free time

5:30-6:30 Dinner

7-8:00 Fireside Reflections & Evening Prayer (optional)

Wednesday June 25

7-8 am Breakfast

8:30-noon Gathering

Noon-1pm Lunch

1-5 pm Ranch activities/free time

5:30-6:30 Dinner

7-8:00 Fireside Reflections & Evening Prayer (optional)

Thursday June 26

7-8 am breakfast

8:30-9:45 am Gathering at Agape Meeting Room

10:00-2pm Visit Plaza Blanca and box lunches

2-5pm Ranch activities/free time \*Visit to Georgia O’Keeffe Welcome Center (free), Book a tour of O’Keeffe’s Home & Studio (\$65 per person; 75 minutes)

5:30-6:30 Dinner

7-8:00 Fireside Reflections & Evening Prayer (optional)

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Friday June 27

7:30-8:30 am breakfast

8:30-noon Gathering

Noon-1pm lunch

1-5pm Ranch activities/free time

5:30-6:30 Sabbath Dinner (Location TBA)

6:30-8pm Campfire

Saturday June 28

7:30-8 :30am breakfast

8:30 am – 9:00 Leave-taking service & Farewells

!0am room checkout