

# Welcome



## A Feast of Joy in Uncertain Times: A Women's Retreat G25100103

with Anita Amstutz & Geneva Shoemaker  
October 5-11, 2025

Dear soul tending friends,

Welcome! As women, there is power in gathering and sharing our lives amidst challenging times. Our relationships can be holy ground for what 12th c. mystic Hildegard of Bingen calls “Greening power”—a freshness, vitality and growth!

We will come together to draw from a Sacred Feminine Well of creativity, contemplation, music, immersion in the natural world, ritual, ceremony and community feasting. As we explore veriditas (greening power), abundance, and feasting, even in the midst of sorrow and chaos, together we will plant the seeds of a renewed vision for our lives. Our goal is to revive practices and reclaim all our senses that have gotten lost in the mundaneness of our daily lives and these uncertain, turbulent political times.

Please Bring:

Journal

A sacred object to share

A personal picture or symbol of loss

Musical instruments

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This is the schedule you can expect:

Monday Theme: Veriditas! Embracing Our "greening power"

7:30-8:30am breakfast (Beauty before Breakfast)

8:30-9:30 am gathering at Casa del Sol main room for morning meditation

9:30am Break

9:45am - noon Exploring longing and desire. What do you want and need as you enter this liminal space? What's most important? We will embrace our "greening power" with Hildegard of Bingen and our intention for the week

Noon-1pm lunch

1-5pm Ranch activities/free time

5:30-6:30 Dinner

7-9pm Time for mask making.

Beauty before bed meditation

Tuesday Theme: Abundance, Awe and Wonder

7:30-8:30am breakfast (Beauty before Breakfast)

8:30-9:30 am gathering at Casa del Sol main room for morning meditation

9:30am Break

9:45am - noon attuning with the slow heartbeat of nature

Noon-1pm lunch

1-5pm Ranch activities/free time

5:30-6:30 Dinner

7-9pm Mask Making

Beauty before bed meditation

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Wednesday Theme: Bowing to our Sorrow

7:30-8:30am breakfast (Beauty before Breakfast)

8:30-9:30 am gathering at Casa del Sol main room for morning meditation

9:30am Gazing at and Bowing to our sorrow

Noon-1pm lunch at Ghost Ranch

3-5pm Ranch activities/free time

5:30-6:30 Dinner at the Ranch

7-9pm Grief walk to Camp Santo's memorial wall

Thursday Theme: Feasting on our Lives

7:30-8:30am breakfast (Beauty before Breakfast)

8:30-9:30 am gathering at Casa del Sol main room for morning meditation

9:30am Break

9:45am - noon What makes your heart sing?

Noon-1pm lunch

1-5pm Ranch activities/free time

5:30-6:30 Dinner at the Ranch

7-9pm "Unmasking" ourselves

8:30-noon pm Friday Integration and Blessing our Journey/final processing and prepare to leave

7:30-8:30am breakfast (Beauty before Breakfast)

8:30-9:30 am gathering at Casa del Sol main room for morning meditation

9:30am Break

9:45am - noon What has happened this week? What has changed in you? What insights call you forward? What practices can you integrate as you leave?

Noon-1pm lunch

1-5pm Ranch activities/free time

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GHOST RANCH



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5:30-6:30 Agape Dinner at Casa del Sol courtyard

Please join us and allow yourself to experience the gift of a week away in the magic of Northern New Mexico. Come and reclaim solace, joy and inner guidance!

Please contact us if you have questions!

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<https://afamstutz.com/sabbath-circles/wisdom-ways-of-being/>