

Welcome



From Grief to Joy

G26010203

with Angela William Gorrell

January 11-17, 2026

Dear friend,

Welcome. I'm so grateful you're here. This retreat was created for those who have known sorrow, exhaustion, or deep disruption, and are longing to feel joy again, even if they don't know how. If that's you, please know: you are not alone.

Over these next few days, we won't rush past pain or pretend joy is easy. Instead, we'll tell the truth. We'll be together in the mystery, where grief and joy can both live in us. You'll be invited into gentle, soulful practices that create space for healing, beauty, and even delight to return.

There is no pressure to perform, explain, or fix yourself. You get to come exactly as you are. There will be space to breathe again. To rest. To laugh. To grieve. To notice what is still possible. And to remember that joy isn't just for the healed, it's often what heals us. Thank you for saying yes. I trust something beautiful is waiting here for you.

With care and deep welcome,

Angela

Please plan to bring:

- Journal, lined notebook
- Pen
- Object that represents safety or strength to share with your group
- Warm jacket, scarf and hat for star-gazing

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SCHEDULE:

Sunday | Orientation

3:00 PM – Check-in begins

5:30 PM – Dinner followed by brief Ghost Ranch orientation and overview of our Retreat

Monday | Opening to Joy

Welcome. Grounding. Beginning to trust joy again.

7:30 - 8:30 AM – Breakfast

9:00–12:00 | Morning Session

Opening Gathering, Poetry Meditation, The Gravity of Joy
Break

Story-sharing (Bring an object that represents safety or strength to share with your group)

12:00–1:00 PM – Lunch

1:30–3:30 | Afternoon Session

Joy and Sorrow, Lament in the Wilderness

3:30–5:30 PM – Rest & Renewal

Nap, walk, journal, or simply enjoy the ranch surroundings

5:30–6:30 PM – Dinner

Tuesday | Receiving Joy as a Companion

You don't betray your grief by allowing joy in.

7:30 - 8:30 AM – Breakfast

9:00–12:00 | Morning Session

Breathwork & Guided Meditation, Joy as the Something More
Break

Joy Can Always Find You

12:00–1:00 PM – Lunch

1:30–3:30 | Afternoon Session

Joy as Resistance, Nothing Is Wasted

3:30–5:30 PM – Rest & Renewal

5:30–6:30 PM – Dinner

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SCHEDULE:

Wednesday | Learning to Live Open to Joy
Practices for staying open when life closes in.

7:30 - 8:30 AM – Breakfast

9:00–12:00 | Morning Session

Poetry Meditation, How to Live Open to Joy
Break

Spiritual Attunement Practice

12:00–1:30 PM – Lunch

1:30–3:30 | Afternoon Session

Restorative Joy

Silence & Letting Go

3:30–5:30 PM – Rest & Renewal

5:30–6:30 PM – Dinner

Thursday | Looking Back with Gentle Eyes
Retrospective joy, wisdom, and deep listening.

7:30 AM – Breakfast Begins

9:00–12:30 | Morning Session

Breathwork & Guided Meditation, Retrospective Joy
Break

Council Circle Practice

12:00 - 1:00 PM – Lunch

1:30–5:30 PM – Extra time to Enjoy the Ranch, Rest, & Renewal

5:30–6:30 PM – Dinner

7:00 PM – Awe Practice: Stargazing

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SCHEDULE:

Friday | Carrying Joy Forward

Integrating what you've received. Stepping into hope.

7:30 - 8:30 – Breakfast

9:00–12:00 | Morning Session

Poetry Meditation, Futuristic Joy

Break

Hope Practice

12:00–1:00 PM – Lunch

1:30–3:30 | Final Session

Gratitude Practice, Celebrating the Truth

Closing Gathering – Blessing & Sending

3:30–5:00 PM – Rest & Renewal

5:00–6:30 PM – Farewell Dinner

Saturday | Heading Home

10:00 AM – Check out