

“Be Still My Soul”

**A Sabbath Retreat with Carol
Bechtel: teacher, author, and
musician.**

**June 23-28, 2025 Ghost
Ranch, New Mexico**



Sabbath's Invitation to Rest, Renewal, and Wonder

Come away for a while and treat yourself to a week-long Sabbath in the spectacular setting of Ghost Ranch. Join other Sabbath-seekers for a gentle week of rest, reflection, and worship filled with ideas for how you can incorporate rhythms of Sabbath rest into your everyday life.

Why Sabbath, Why Now?

“Humans have created such a loud, fast tempo of perfection and production that we often forget--if we ever knew it at all--the rhythms designed for our well-being.”

April Fiet, *The Sacred Pulse*

Sabbath is a gift designed by God to give us rest and renewal in the midst of a frantic world. God knows we need it! Yet Christians have largely lost touch with this important part of our spiritual heritage. We can discover again its potential for re-forming our walk with God, with others, and with all creation.

A Gentle Retreat

During our time together we'll explore what it means to celebrate Sabbath. Through music, meditation, Bible study, and song we will “seek Sabbath” together, leaving ample time for rest and recreation. We will also have time for Baking challah (Sabbath bread); Sabbath-related crafts; Hiking; Swimming; Horse-back riding; Evening prayer; and Sunsets. Some of the questions we will explore include:

- Is Sabbath more than self-care? If so, how/why?
- Is Sabbath selfish, or does it renew us to live and serve?
- How can busy people realistically celebrate Sabbath?... Practical suggestions?
- Why is Sabbath about more like a party with people we love than a list of obligations?
- What are the real-life consequences of rejecting the gift of Sabbath? For us? For others? For the world?



Be Still My Soul will be led by Carol M. Bechtel, a gifted musician, author, and teacher. She has taught at Western Theological Seminary for many years, and she is the author of "Sabbath: Accepting God's Gift of Rest and Delight," the 2022-2023 national Horizons Bible Study.

REGISTER: <https://www.ghostranch.org/program/g25060404/>
To be housed with others on the retreat, choose “guestroom with private bath” in **Tumbleweed Lodge**. [Scholarships Available](#).

