

## **Reverend Anita Amstutz, guest speaker**

Anita Amstutz is an ordained Mennonite Minister who has led congregations in the Mountain States region for 16 years. She works ecumenically with the Center for Action and Contemplation, a teaching ministry for contemplative prayer and action in the world and Ghost Ranch, a Presbyterian center in Northern New Mexico. At the intersection of Catholic mysticism and Mennonite practicality, she creates and leads liturgy, spiritual formation, preaches, counsels and personally wrestles with what it means to live from “Sabbath” Mind. Her household in Albuquerque NM includes two crazy cats, half a million bees that she tends, and a sweet husband.



## **About the Soul Tending Workshop**

What separates you from God’s love as we enter this season of Lent? How can you find your way back to the Lord of life, The Beloved who waits and longs for you? As you prepare for Lent—a penitential season of confession and releasing things that blind us, bog us down and satiate us with meaningless things—come home to your soul! Anita Amstutz will invite us to journey into the Heart of Sabbath, a place of simplicity, hospitality, joy, play and shalom. Learn about Sabbath as an ancient Judaeo-Christian practice, and why we need it more than ever in these hungry, lonely and frenetic times of economic uncertainty, fear, violence, division and social chaos. Sabbath keeping creates space for what is needed in times like these—a heart full of courage and wisdom grounded in compassion and resilience.

## **Workshop Schedule**

8:30 a.m. – Registration / Check-in

### **9:00 a.m. - Sabbath: A Peaceful Revolution**

The world we live in is both “beautiful and terrible” according to Frederick Buechner. Learn about the radical Shalom roots of Sabbath and relevance to addressing some of the dis-eases of today’s world in which we live.

10:30 a.m. - Break

### **10:45 a.m. - Simplicity: Growing Sabbath Mind**

*You only need a scrap of time to move towards God*—excerpt from **The Cloud of UnKnowing**. We will re-member and experience Contemplative practices that center and prepare us for what is “ours to do” in the world.

12 p.m. - Lunch

### **12:45 -1:45 p.m. - What Makes Your Heart Sing?**

More than power and pleasure, Viktor Frankl names *meaning* as the most important driving force for the human soul. *What does your soul long for? What makes your heart sing?* What would it take for you to live more of your life in these “soul places”? There will be time for exploring these queries in silence with art supplies, your journal, a walk, etc.

### **1:45 p.m. - Sabbath as Healing and Wholeness**

Jesus healed on the Sabbath. He restored the true meaning of Sabbath as a place of healing, wholeness and returning people to their communities.

3:00 p.m. – Break

### **3:15 p.m. - Restored and Returned to the World**

This time of worship and closing will be a place to bless and send us back into our lives with new imaginations and *Sabbath Minds*.

## **Soul Tending Books For Sale**

This workshop will be centered around Anita's book, *Soul Tending, A Journey into the Heart of Sabbath*. She recommends, if at all possible, that you read the book prior to the workshop. Books will be available for sale in the Hospitality Center on Sundays beginning January 26, cost \$13. Limited number of copies available.

In her spiritual biography, Anita describes Soul Tending as "*a story of my own wrestling with balance in my work life. How I found Sabbath rhythm and welcome to 'cease work' to be both solace and hospitality. In that dry droughty space between joyful living and the soul sickness of too much work and cultural disease, I learned to recover Sabbath Mind over and over as a place of healing, wholeness and shalom*".

## **Other Items of Interest**

**FEE:** The fee for this event is \$35, which includes lunch and all snacks. The deadline for registration is Sunday, February 16. Scholarships are available; indicate your desire for a scholarship on the registration form.

Checks should be made payable to St. John's UMC. Please drop off at the Hospitality Center on Sundays, the church office during the week or send registration form and fee to:

Soul Tending Workshop  
St. John's UMC  
2626 Arizona NE  
Albuquerque, NM 87110

**CHILD CARE:** Free child care is available but you must make reservations. Please indicate your desire for child care on the registration form. Lunch will be provided to the children at a cost of \$3 per child.

**Questions?** Contact Donna Bruce at 505-883-1373 or  
[donnabruce@comcast.net](mailto:donnabruce@comcast.net) OR Barbara Stanfield at 505-275-8551 or  
[barbarastanfield@comcast.net](mailto:barbarastanfield@comcast.net).

# **Soul TENDING**

## **Workshop**

***A Journey Into the Heart of Sabbath***

**Guest Speaker, Rev. Anita Amstutz**



***Saturday, February 22,  
8:30 a.m.–4 p.m.***

**St. John's United Methodist Church  
2626 Arizona NE, Albuquerque, NM 87110  
(505) 883-9717**