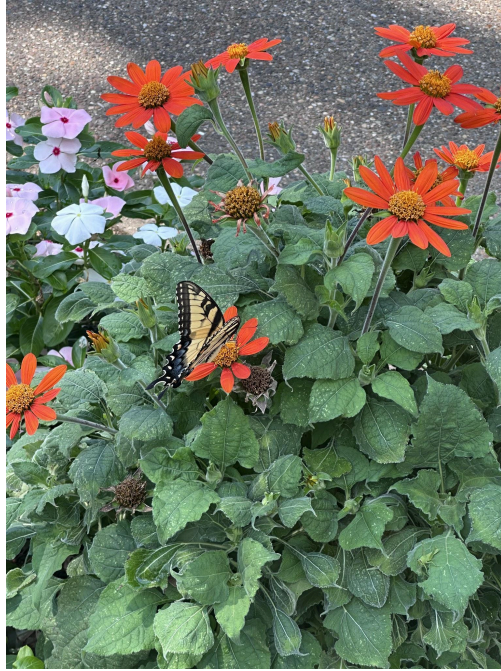


Seeking Sabbath Retreats September 2025 Newsletter



Greetings Friends,

After the last few weeks of basking (and melting!) in the heat of summer here, the weather is finally breaking and we have been enjoying milder temperatures and the opportunity to enjoy being outside again. I've noticed so many butterflies fluttering around, and I am reminded of the metamorphosis that we all undergo throughout the year: Just as the seasons change and the butterflies change, so do we change. This time of year, as we savor the last sweet moments of summer and anticipate the unique joys of fall, I encourage you to consider how you have changed in these past months and how you might like to see yourself shift in the months to come. Retreats provide a dedicated time and space to contemplate changes we want to make and the blessings we want to lean into more. Please consider taking some time for yourself in the last few months of 2025 and join us on a day or weekend retreat.



August was a wonderful month of retreats: We traveled to New Harmony in early August, where we learned from the wolves of Yellowstone and discovered new ways to restore balance to our own lives. It was a powerful few days of learning and growing and committing to practices to establish equilibrium in the spaces in our lives that have been off-balance. I was fortunate to share the time with some wonderful friends who shared authentically and supported and encouraged one another in their pursuit of balance.



The same dynamic shows up each time we gather for a retreat, whether it is a long weekend in New Harmony or a day retreat closer to home. Just yesterday, another group of women gathered for our Grounded and Growing day retreat, and it was such a joy to witness them finding their roots and exploring ways that they want to care for their own growth in the next season of their lives.



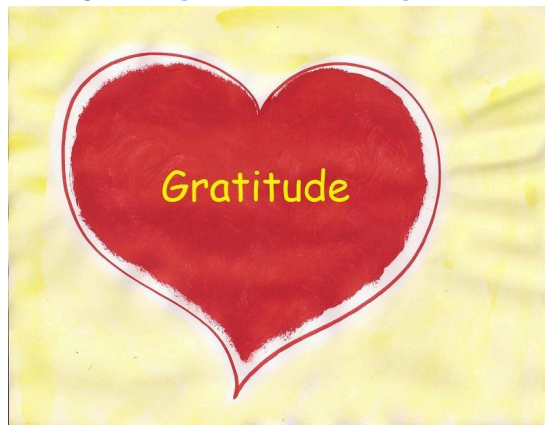
I am excited to offer quite a few new retreats this fall, many of them are single day retreats with a few weekends built in for those who need or want an extended time. I know that fall is often a very busy time for many of us, which is all the more reason to plan to attend a retreat and get it on the calendar now before other things fill in that space. Please reach out if any of these retreat themes call to you. A number of them are already filling, so don't hesitate.



Our next day retreat will be October 11 from 9-3 at [Mosaic](#) in Highland. On that day we will learn about one of my favorite topics, labyrinths. We will take field trips to the Glik Park labyrinth in Highland and to the Chartres-style labyrinth at the St. Joseph Hospital Franciscan Healing Garden. Reserve your spot today by emailing seekingsabbathretreats@gmail.com or register through the banner on our [website](#).



If you want to dive deeper into labyrinths, we will offer a weekend retreat in [New Harmony, Indiana](#), home of two fascinating labyrinths, November 21-23. Please let us know if you're interested in a weekend of release-receive-return by emailing seekingsabbathretreats@gmail.com.



As we step closer to the holiday season, we will be offering two separate day retreats around themes that are appropriate for that time of year: On November 8 we will host a retreat titled Giving Thanks - the Power of Gratitude from 9-3 at [Mosaic](#) in Highland, a time to pause and consider how practice daily thanksgiving can improve our lives.



Just a few weeks later, in the thick of the holidays, we invite you to take some time out of the busy days of cookie baking and gift shopping and wrapping and cards and decorations and parties to take a deep breath and recharge with our December 6 Day Retreat, Thriving (Not Just Surviving) Through the Holidays. This day retreat will also be held at [Mosaic](#) in Highland, our wonderfully generous and supportive faith community.



I am thrilled to be continuing my journey as a spiritual companion for a number of people who have reached out since our last newsletter. As a spiritual companion, my calling is to listen, to ask questions, to support and to provide resources. For more information on my role as spiritual companion and to see if it would be a fit for you, please see my [Spiritual Directors' International profile](#). Please reach out to me at seekingsabbathretreats@gmail.com or call or text (618)334-8033 if you are interested in spiritual companioning.



We are excited to announce that we are now official Amazon Affiliates. Often when we are on a retreat, we find that we are sharing products and services that help us embrace the themes of the retreat, so we chose to become Amazon Associates. We invite you to visit [Our Favorite Things page](#) and browse. All of the products are things we use and love, and we have recommended them to friends and family. If you click on links there or make purchases through our website, it may benefit Seeking Sabbath Retreats. If you're looking for gifts for others (or yourself!), this might be a good place to start.



In addition to our weekend and day retreats, Seeking Sabbath Retreats offers [Self-Guided Retreats](#). We understand that in certain situations or certain seasons of life, it is nearly impossible to get away for a retreat, so we offer self-guided retreats, all of the materials you would receive at a retreat to complete at your own pace. For day retreat themes, the cost is \$25; for weekend retreat themes, the cost is \$75. For an additional \$20, I will serve as an accountability partner, checking in with you on a regular basis to help you reflect on the self-guided retreat.



Another intentional direction that Seeking Sabbath Retreats offers is our monthly free contemplative sit. We recognize that getting away for a weekend or even a day can sometimes be too much, but 20 minutes feels a lot more manageable, so we are offering the opportunity to engage in a 20-minute contemplative sit, virtually or in-person. During the sit, we come together in nature or an indoor sacred space and simply rest in the silence and allow ourselves to settle into the quiet and what it brings. The energy and accountability of participating in this activity together with other people can be profound, and it is a gift to be able to offer this experience to those new to contemplative practice and to those who are experienced. Our next contemplative sit will be **September 12** at 4 p.m. CST at Glik Park in Highland. After our contemplative sit, you may choose to walk the labyrinth as well. A second sit will be **September 21** at 1 p.m. CST at Silver Lake in Highland, across from the entrance to the Boy Scout hiking trail. To join us virtually, please use this [link](#).



- October 11: Day Retreat: Learning from the Labyrinth at Mosaic in Highland - email seekingsabbathretreats@gmail.com to reserve your spot
- November 8: Day Retreat: Giving Thanks - The Power of Gratitude at Mosaic in Highland - email seekingsabbathretreats@gmail.com to reserve your spot
- November 21-23: Weekend Overnight Retreat: Learning from the Labyrinth - Release, Receive, Return in New Harmony - email seekingsabbathretreats@gmail.com to reserve your spot
- December 6: Day Retreat: Thriving (not just Surviving!) Through the Holidays at Mosaic in Highland - email seekingsabbathretreats@gmail.com to reserve your spot
- January 30-February 1, 2026: Weekend Overnight Retreat: Reflect-Revise-Renew: My One Word at [Mercy Conference and Retreat Center in Frontenac, MO](#) - FULL (Email to be placed on the wait list)



As we have moved from dedicated retreat center spaces into some AirBnBs, I have taken on the meal preparation for our retreats. I love to cook for people, and some of our retreatants have asked for recipes, so I recently opened a page on our site for [Retreat Recipes](#), everything from the breakfast casseroles that usually start our day to pasta and soups and even some desserts. Please take a look and see if you find something you might want to try in your own kitchen.



We are also excited to offer our own cozy Seeking Sabbath Retreats merchandise through [Bonfire](#) and on [Red Bubble](#). You can carry the retreat experience with you with comfy t-shirts, tanks and hoodies, hats, mugs, totes and more.

Recommended Reading



We noticed that often during retreats, there is a lot of sharing of resources, so we added a [Reading Recommendations](#) page that gives you a list of some of our favorite books and their summaries. If you're looking for some new reading material, this would be a great place to start. Happy reading!



In response to retreatants' requests for ways to access the meditations I share on retreat, we have created our own YouTube channel, where we will be uploading videos that you can watch or listen to at your convenience. Find us on [youtube](#): Like and subscribe to be notified of new content.



Would you consider a Seeking Sabbath Retreats gift certificate? Do you have someone in your life who would enjoy a Seeking Sabbath Retreat? If so, we are offering gift certificates of any amount. This is a perfect gift! (This might also be the perfect gift on your own wish list!)

Seeking Sabbath Retreats are usually limited to 8 people, so if you are interested in registering for any of our upcoming retreats, please email seekingsabbathretreats@gmail.com right away. The cost of weekend retreats is \$350 (New Harmony retreats that are not housed are \$100); our day retreats continue to be \$80. Due to a generous donor, we do offer scholarships.

Please note, starting in January of 2024, we will require a 20% nonrefundable deposit to hold your space for all retreats. We have also added a [cancellation policy and some expectations](#) for retreats that we ask you to read when registering.

Further details and information can be found at our website, seekingsabbathretreats.com.



We hope that you can join us at an upcoming retreat!

Shannon Mallrich

Seeking Sabbath Retreats, designer and director