

# ***JOURNEY TO THE GODDESS:***

## **A Women's Ritual Retreat in Crete**

**Saturday, May 30th – Sunday, June 14<sup>th</sup>, 2020**



Experience deep ritual work and women gathering in Sacred Space

Relax in a beautiful and dramatic setting with the sea and hills of olive trees

Explore Goddess caves in this ancient and powerful land

Celebrate Women's Mysteries, the Goddess and Yourself

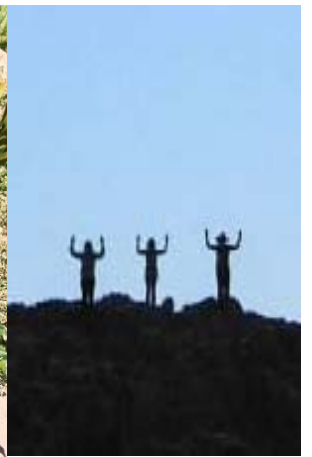
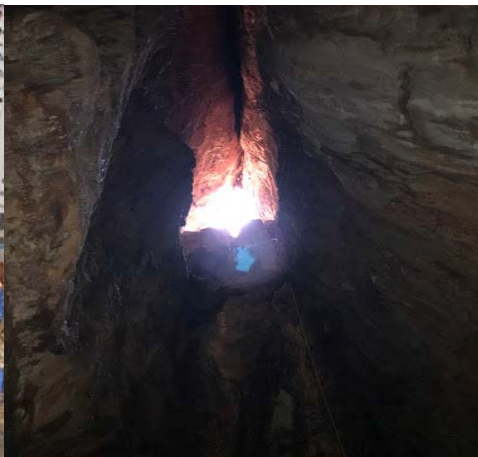
Facilitated by  
Ruth Barrett and Catherine Ridder

**Price: \$2,800\***

\*If Euro exchange rate is greater than 1.4 a \$150 surcharge will be necessary

**SPACE IS LIMITED TO 13 WOMEN ON A FIRST-COME BASIS\*\***

**Note: You need to arrive on Heraklion Crete May 29<sup>th</sup>**



## THE JOURNEY

- ☉ Enjoy the sacred pilgrimage to the Goddess and to your deepest self.
- ☉ Experience the archeology Museum in Heraklion. Home to the Cretan snake Goddess, the labrys, Phaestos disk, and many sacred Goddess objects from Minoan Crete (2,000-300 BC).
- ☉ Explore the Palace of Knossos. The original ruins of “the labyrinth” thought to be only a myth, discovered in 1878. These ruins are the source of the labyrinth of Ariadne, King Minos and the Minotaur.
- ☉ Encounter the sacred Goddess caves of Artemis, Hike or take a donkey ride, up to the Diktian Cave – “birthplace of Zeus” – but really the home to the Great Mother as well as other sacred caves used for centuries in the worship of Goddess. Their power remains!
- ☉ Envelop yourself in the warm, dazzling Mediterranean Sea. Enjoy a massage on the beach by a certified massage therapist in a private grass hut.
- ☉ See the new archeological museum Ancient Eleftherna with 15,000 items from necropolis dating back to 3,000 BC.
- ☉ Entertain ourselves with spontaneous stops for olive oil, fresh fruit, honey, and hand-made Cretan products.
- ☉ Hike to Minoan ruins on the stunning Lasithi Plateau where Poppy Goddess statues were found.
- ☉ Refresh at our beautiful and relaxing retreat center outside Paleochora on the southwest side of Crete. The retreat center, set in an olive grove valley, is ecologically designed with natural stone and hand-made straw-bale construction, active and passive solar, and mountain spring water. There is a central kitchen for our use, as well as washing machine. We awake to the sound of goat bells tinkling and sheep calling.
- ☉ During our stay at the retreat center, we will create a ritual in a nearby cave, hike to the ancient healing site of Lissos, with its sacred water, snake pit and mosaic floor. In the round room of the retreat center, and beehive room, we will create our own personal rituals, and explore the oracular wisdom of sacred trance postures. We will have plenty of free time in between our ritual work to play and enjoy the charming town of Paleochora.
- ☉ Full Moon ritual celebration by the ocean.
- ☉ Explore Loutro, a small village down the southern coast from our retreat center that can only be reached by boat. Enjoy day hikes, idyllic beaches and swimming through caves in this off-the-beaten-path paradise. (We will be renting kayaks to paddle easily in and out of caves, **weather permitting**).



- ☞ Optional day trip: hike the gorgeous Ayia Irini Gorge (approximately 7 miles).
- ☞ Enjoy the wonderful old city of Chania, with its venetian harbor, lots of interesting alleys and archeological museum, as well as “shop ‘til you drop” opportunities.

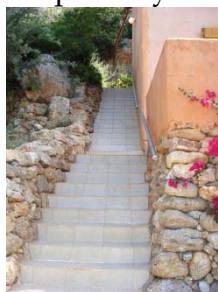


### CRETE DETAILS

Dining in Crete is often outdoors and relaxed. Enjoying the cafes will certainly be a part of our retreat together. The Cretan diet is reputed to be the healthiest in the world. The Mediterranean food is healthful, fresh, and just delicious. If you are a “foodie” or a “foodie in training”, this is the trip for you!

Past participants have experienced the Goddess in deep, tangible and powerful ways in Crete. The land is ancient! The Minoan civilization flourished at the same time as the Egyptian culture 5,000 years ago. Egypt is only 250 miles from the southern shores of the island.

The cave rituals (created by our group together) have been transformative for women because of the visceral experience of being in the womb of the Great Mother. The Goddess culture on Crete is ancient; and She is powerful, accessible and sensual. A delightful side effect of time in Crete seems to be a radiant, healing, sensual, and enlivening energy for women, as they embody the Goddess in a deeper way.



### TO FULLY PARTICIPATE IN THE RETREAT YOU MUST BE PHYSICALLY FIT!!!

Many events and rituals involve hiking, walking, exploring caves, and hauling your luggage up flights of stairs. This is a mountainous country. So please be realistic in evaluating your fitness ability. This trip is not designed for women with physical disabilities.



This trip is for women experienced in psychological, spiritual, and/or ritual work; who wish to go deeper and live more fully. **\*\*Organizer’s reserve the right of final approval of participants based on assessment of traveler compatibility to maintain safety and group dynamics.**



**Price: \$2,800\***

**\*If Euro exchange rate is greater than 1.4 a \$150 surcharge will be necessary**

Includes: All ritual/workshop events; All entrance fees; All breakfasts;



Lodging – Sixteen nights, shared double occupancy.

All transportation in Crete – taxi, car rental, gas, ferry, kayak rental.

**Not Included:** Airfare to Crete, lunches and dinners (estimate \$40 per day to be very generous) and personal spending.

**NOTE: YOU NEED TO ARRIVE FRIDAY, MAY 29TH**

**(Arrive anytime on Friday, so we can begin our adventures right after breakfast on Saturday).**

**Note: You will need about \$10 Euro to take a taxi from the Heraklion airport to the hotel.**

**DISCLAIMER:** Crete moves to its own rhythm and time. **Be flexible;** there is always a chance that we won't know what we will find until we get there. Museums can be unexpectedly closed without notice or internet updates. No matter what, we will have an adventure exploring what calls us, or we may even find a new cave.

**Payment Details:**

To register mail payments (check or money order), payable to Catherine Ridder to:

595 E. Colorado Boulevard #618

Pasadena, CA 91101

**or Payment via Venmo Application**

**Payment Deadlines:**

\$500 deposit due with registration by Feb 28, 2019

\$1,000 due by September 1, 2019

\$1,300 balance by January 15, 2020

**Cancellation policy:**

\$500 deposit is non-refundable.

No refund for cancellations after February 1, 2020.

**TRIP INSURANCE RECOMMENDED**

**Contact:**

Catherine Ridder

Tel: 626-793-7520 (office)

Tel: 626-485-2829 (cell)

Email: caridder2@gmail.com



## TESTIMONIALS:

*"Crete's mystery is extremely deep. Whoever sets foot on this island senses a mysterious force branching warmly and beneficially through (her) veins, senses (her) soul begin to grow." – Nicholas Kazantzakis*

### ***Land of the Never Emptying Honey Pot-Mehli Alaina Zipp 2013***

*Crete, your land and food seduces any body.  
We leave a burbling hive of hominess and then step  
into a hubbub of joy. We gather regularly for the foodgasms to begin.*

*Tsisiki, souvlaki, mushroom pies and fritters, cheese pies and crepes,  
greens and beets and aubergine, caves, trees and stones with  
endless jewelry sky and sea.*

*Crete, the Altar of your fleshly pleasures awaits us,  
but you have more than met your match.*

*We know how to use 10 fingers plus 6 senses  
in order to enjoy your fruits.*

*Slurping honey and chocolate, we can relearn  
to ecstatically feed our heart's flesh.*

*Honey in pouches, jars and bags,  
honey with bread, chicken and tea,  
honey oozes from the walls of caves,  
sweet smegma of the Mother,  
and honey seeps from a womb in love.*

*All painstaking, intimately timed and cooked miracles  
That leave you forever changed.*

*"Stepping onto the Island of Crete is like greeting a long, lost loved one. The land has not forgotten Her and Her presence fills your every pore. You leave with a full heart and an aching longing to return, again and again."-Nicki (who has come on every trip to Crete since the first one!)*

*"One of the greatest experiences of my life was my trip to Crete with the amazing teachers and leaders of women, Ruth Barrett and Catherine Ridder. They took us to places seen and felt by very few in the world... what a privilege. They were organized, brilliant, and our accommodations were lovely. The entire experience was just beyond beyond!" – Ava (presiding Priestess of the Goddess Temple of Orange County, CA)*

*"A juicy journey of deep personal transformation with amazing women, through a land rich with herstory and sensory pleasures. All arrangements are beautifully coordinated, and magic unfolds in every daily adventure." – Aimee*

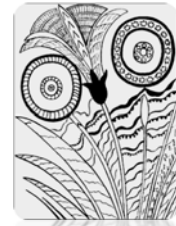
*"The trip to Crete was more than just an amazing vacation, it was a sacred pilgrimage. The time I spent with these incredible women exploring ancient caves, looking out on picturesque ocean views, eating delicious food, and discovering the divine feminine on this sacred land is forever etched in my mind and heart. The trip of a lifetime!" – Sara*







## RECOMMENDED READING



THE MYTH OF THE GODDESS – *Anne Baring and Jules Cashford*, Chapter 3:  
“Crete, The Goddess of Life, Death and Regeneration”

THE ONCE AND FUTURE GODDESS – *Elinor Gadon*, Chapter 7: “Crete: Fulfillment and Flowering,”

SHAKTI WOMAN – *Vicki Noble*

THE KING MUST DIE – *Mary Renault*

WOMEN’S RITES, WOMEN’S MYSTERIES – *Ruth Barrett*, Especially the chapters on ritual-making.



## ABOUT YOUR FACILITATORS

**Catherine Ridder**, M. Div, MFT, CMT

Catherine Ridder has co-facilitated ritual retreats in Crete since 1995. She is initiated in the Dianic tradition, and has been a ritual drummer since 1996 for Circle of Aradia. She is a marriage and family therapist in a private practice in Pasadena, CA, as well as a certified massage therapist. She has practiced yoga since 1998. She is a passionate nature-lover and engages in wilderness adventures of all sorts.



**Ruth Barrett**

Ruth Barrett is an ordained Dianic high priestess, ritualist, and author of *WOMEN’S RITES, WOMEN’S MYSTERIES: Intuitive Ritual Creation* as well as anthology editor for *FEMALE ERASURE: What you need to know about gender politics’ war on women, the female sex and human rights*. She has taught ritual and magickal arts nationally, in Canada and the UK since 1980. She is also a fretted dulcimer recording artist, singer, and songwriter whose numerous recordings have been among the pioneering musical works in the Goddess Spirituality Movement. Ruth and Falcon River co-founded Temple of Diana in 2000, a national Dianic religious organization dedicated to the celebration of women’s magick and mysteries.