



01

Ottoman Empire

In the Sultan's palace and harem, we'll discover how women shaped Istanbul. After lunch, we'll wander through the ancient Egyptian Spice Bazaar and back streets, try Turkish coffee where it all began, enjoy Turkish Delight in the oldest shop in the country, now managed by the women of the family who started it and conclude in the lovely garden restaurant of our hotel for rich conversation and live music.

02

Byzantine Empire

We'll start our day with Empress Theodora, exploring a little known secret before visiting the famous Hagia Sophia. We'll see a 4th century underground cistern and learn about the women behind it before you have the choice of shopping in the Grand Bazaar and experiencing the Turkish bath. Our day concludes with dinner and conversation.



03

Backward in Time

On Day 3, we'll take a domestic flight (1 hour) to the other worldly Cappadocia, the center of the country and the region of the Hittite civilization (the oldest known in the world). After settling in to our cave hotel, you can explore the quaint city of Göreme, before enjoying a folk dance show and Turkish feast in a cave restaurant.

04

Church Mothers

We'll have a professional tour guide lead us through an underground city 8 stories deep, considering the reality of early Christian persecution and learning about Macrina the Elder, her daughter Emmelia, and her daughter Macrina the Younger. As we visit a monastery and hermitage that these women would have taught at, we'll learn how they shaped the foundation of our very faith. We'll enjoy the exotic landscape and rock formations that made this region so welcoming to early Christians.



05

Food and Culture Tour

Today we'll enjoy a late morning and leisurely stroll through Avanos, a nearby town famous for its pottery. Try your hand at a potter's wheel, sample Cappadocian wine, learn about carpet designs, and enjoy tastes and sights with a local guide. We conclude our day with dinner on a terrace overlooking the magical city below.

06

Travel

After a leisurely morning you'll have the opportunity to do some shopping before we take another domestic flight to Izmir and head to our 5* hotel on the Aegean Sea in Kuşadası.



07

Ancient Ephesus

We'll have a professional tour guide lead us through the ancient Greek-Roman city of Ephesus, one of the best preserved examples of its time period. Here we'll talk about the role of women in Jesus' ministry and the first few centuries of Christianity. From the stadium where Paul escaped, we'll honor the women whom he specifically greeted.

08

Silent Retreat Day

It's been a full week with not nearly enough time to process all that has been stirring inside. Between breakfast and dinner, this day is yours to reflect, journal, enjoy the sea and perhaps the hotel's Starbucks or Spa. We'll all commit to honoring each other's space and silence so that we can regroup at dinner before closing our time together. This last night will be rich with stories and ceremony.

09

Depart

It's an early morning transport to the Izmir Airport where you'll catch your flight home. If you have extended your stay, you'll leave from Izmir. Recommendations provided upon request.