

A SACRED SPACE FOR WOMEN



The Selah **GATHERING**

Peak District, England



Part One

Before

Everything that happens before you arrive at our door

Why We Built This

Ma Pamboli was born from the hearts of three sisters, Mibéka, Beylai and Nadia (pictured below in that order) each gifted with unique skills and a shared passion for Jesus, healing, restoration, and travel.

Together, we unite our strengths to create sacred spaces where women can pause, reconnect with God, and rediscover the beauty of who they are. Our retreats are more than beautiful getaways; they are encounters with grace. Every location, every detail, every conversation is intentionally designed to nurture the spirit, heal the soul, restore joy, and awaken purpose.

What sets Ma Pamboli apart is our blend of spiritual depth, feminine elegance, and heartfelt hospitality. We believe that rest is holy, healing is possible, and community is powerful. Here, faith meets refinement, and women are reminded that being restored in His presence is not a luxury, it's a promise.



Getting Ready Together

What is the Selah Companion?

The Selah Companion is your guided booklet for the whole Selah journey, before, during, and after the retreat. Sent to you 2-3 months ahead, it will help you arrive already prepared: with guided reflections, Scripture, and journalling prompts to prepare your heart before you get here, space to capture what God speaks while you're with us, and dedicated follow-up pages to help you keep walking in it for six months after you leave.

Beyond this retreat — Ma Pamboli Gatherings

Selah is one part of a wider community. Through Ma Pamboli, we host gatherings throughout the year for women pursuing rest, healing, and deeper intimacy with God, so the connection you find here doesn't have to end when the retreat does.

Join us online – [Women Rooted in Christ](#)

We'd also love to welcome you into Women Rooted in Christ, our Facebook community for women pursuing mental, emotional, and spiritual wholeness. It's a space to stay encouraged, connected, and prayed for between gatherings, wherever you are in the world.

Getting to know each other before you arrive

You'll also be added to a WhatsApp group with the other women joining your retreat. This is a space to start getting to know your sisters before you even meet in person and, if it's helpful, to coordinate travel together if you're coming from similar areas.

As the date gets closer

Closer to the retreat, we'll be organising some additional activities and will reach out directly so you can confirm which ones you'd like to join.

Meet Your Hosts

You won't be walking into a room of strangers running a programme at you. Every woman who leads at the Selah Gathering, from prayer to practical coaching, is here because she's walked her own road toward wholeness and wants to walk yours with you too. Here's who you'll meet.



Beylai is a co-founder of a healing and deliverance ministry, with a deep love for Jesus and a desire to see women healed, set free and restored. With warmth, compassion and spiritual discernment, she creates safe spaces where women feel seen, supported and free to encounter Yahweh Rapha, the God who heals. Her ministry beautifully brings together biblical truth, practical wisdom and a nurturing spirit.



Mibéka is a certified project manager and the organising maestro behind Ma Pamboli. Her life is rooted in faith, grace and a deep love for Jesus. Thoughtful and intentional, she brings vision, excellence and quiet strength to everything she does. She finds joy in creating meaningful experiences where women can slow down, connect authentically and encounter the beauty of God's presence.



Nadia is a missionary, intercessor and certified transformational coach with a heart for seeing women encounter God's restoring love and step into their identity and purpose. She seeks to create Christ-centred spaces where women can be renewed and return home as daughters who have learned to rest in the Father's love.

WITH SPECIAL GUEST SPEAKER

Getting There & Settling In

What to pack

This is a short list to get you started. A more complete packing list will be sent to all attendees closer to the retreat.

- ✓ Comfortable, layered clothing. Summer evenings in the Peak District can turn cool
- ✓ Swimwear for the indoor pool and hot tub
- ✓ Comfortable shoes for countryside walks, ideally suited for rain too
- ✓ Anything that helps you rest: a favourite book, a candle, headphones for quiet time

Getting there

The Selah Gathering is held at ARC Peaks, a restored former printworks in Wildboarclough, a village in the Peak District, England. Full directions, including what to do when you arrive, will be sent to all attendees ahead of the retreat, so there's nothing you need to work out yourself in advance.

Common questions before you arrive

"I'm not sure I'm spiritual enough for this. Is that okay?" — There's no bar to clear here. Some women arrive deeply established in their faith; others arrive unsure what they believe anymore. Both are welcome exactly as they are. We trust that the Lord is the one at work in each woman who comes, not us, and not how "ready" she feels walking in. He does the work; we simply hold the space.

"What if I don't know anyone?" — Almost no one does. Most women arrive alone and leave with a handful of new sisters. We design the first evening specifically, so no one is left on the edge of the room.

"I am not a social person." — That's alright because you don't need to be. The Selah Gathering isn't built for extroverts; it's built for tired women, and plenty of us recharge in quiet rather than crowds. You're free to sit at the edge of a conversation, take your free time alone, or simply listen more than you speak. No one will push you to perform sociability you don't feel.

"I don't want to be paired with a snorer." — Fair and worth knowing before you book rather than after. If you're considering the Sisterhood Pavilion or Haven Room, let us know about this when you apply and we'll do our best to take it into account when placing you. If having full control over these matters to you, the Sanctuary Room is single occupancy, so it removes the question entirely.

Part Two

During

A picture of what your days will actually feel like

Listening & Growing

Why we added a day

After our first gathering, one piece of feedback came up again and again: women wanted more time. Not more programme, more room to actually settle into rest before it was time to leave.

So, we listened. Selah is now **3 full days and 4 nights**, rather than 2 full days. That extra day isn't packed with additional sessions, it's simply more space for the rhythm you'll read about on the next page to breathe, so you leave rested rather than rushing home the moment you've finally exhaled.

DAY	DATE	DESCRIPTION
Day 1	Monday, 21 June 2027	Check-in (4:00–5:00 PM)
Day 2	Tuesday, 22 June 2027	Full day
Day 3	Wednesday, 23 June 2027	Full day
Day 4	Thursday, 24 June 2027	Full day
Day 5	Friday, 25 June 2027	Check-out (10:00 AM)

Our Retreat Home

ARC Peaks — a 200-year-old Georgian sanctuary

A lovingly restored historic sandstone house — heritage, creativity, and comfort in one breathtaking setting, with en-suite bedrooms and generous shared spaces to gather, rest, and be still.

- ✓ Heated indoor swimming pool
- ✓ Wood-fired hot tub
- ✓ Soaking lounge with worship music
- ✓ Cinema room
- ✓ Spacious dining room and lounges
- ✓ Beautiful lawns and campfire space



When you arrive, you'll find a canvas tote waiting in your bedroom, holding:

- ✓ A towel bag
- ✓ A warm ARC sweatshirt
- ✓ A wool shawl, to help keep you warm through cool Peak District evenings

These are yours to enjoy throughout your stay. At the end of the retreat, you're welcome to simply return them. Or, if you'd like to keep hold of a piece of your time at Selah, they'll also be available to purchase.

Gathered at the Table

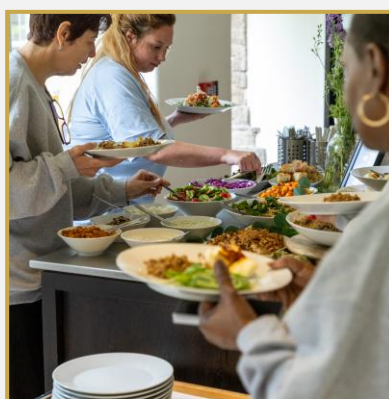
Your meals at Selah

Food is not an afterthought here, it's part of how we care for you. All meals are included throughout your stay, from arrival to departure. Your welcome dinner on Day 1 and your final breakfast on Day 5 are lovingly prepared by the Ma Pamboli team themselves, and all meals across Days 2–4 are chef-prepared, with mealtimes built into the rhythm of each day as moments to gather, not just to eat.

Breakfast, lunch, and dinner are shared together as a community. This is often where some of the deepest sisterhood happens, not in a session, but over a plate of food and an unhurried conversation.

Our final evening together closes with the **Night with the King feast**, a celebratory last meal to mark all that's been stirred in you over the days before.

Dietary requirements are fully catered for, simply let us know when you apply, and our kitchen will take care of the rest. Whether you're vegetarian, have allergies, or follow a specific way of eating, you'll be nourished just as well as everyone else at the table.



A Day at the Selah Gathering

Not a timetable to follow to the minute, a rhythm. Here's roughly how a full day unfolds, so you can picture yourself in it. You'll notice there's a generous stretch of free time built into every day, this isn't a packed schedule with rest squeezed into the gaps. Rest is part of the design.

8:00 – 8:30am	Morning Stretch MOVE · AWAKEN · BREATHE
8:30 – 09:45am	Breakfast MORNING NOURISHMENT
09:45am – 1:00pm	Selah Gathering RETURNING TO GOD, RETURNING WITHIN
1:15 – 2:00pm	Lunch REST AND RECEIVE
From 2pm	Free Time SELAH — PAUSE & BREATHE
6:00 pm	Dinner GATHER AT THE TABLE
8:00 pm	Encounter Space EVENING PRAYER & PRESENCE

The “Selah Gathering” sessions aren’t standalone, each one is part of a single, connected journey, and what happens in one often lays the ground for what happens in the next. We strongly encourage you to attend all of them, so you don’t miss a piece of what God is building across the retreat. This is still your retreat, and rest matters too but we’d hate for you to step out of a session and step out of something being formed in you.



Making the Most of Your Time

Activities

Free time is left open on purpose, but that doesn't mean there's nothing to do with it. Whether it's a free afternoon or a free morning, ARC Peak offers plenty to enjoy in your own time:

- ✓ Soak in the heated indoor pool or unwind in the wood-fired hot tub
- ✓ Settle into the soaking lounge with worship music playing
- ✓ Meditate and spend some quiet, alone time with the Lord
- ✓ Sit with your Selah Companion — some pages are best completed in quiet moments
- ✓ Curl up in the cinema room
- ✓ Walk the grounds, the lawns, or head out into the surrounding Peak District countryside



Optional Extras

Alongside everything included in your retreat, a few additional experiences are available to book for an extra cost:

- ✓ Massage — a therapeutic massage during your free time, for an additional cost
- ✓ 1-2-1 Coaching Session — a private session with one of our certified coaches, tailored to what you're working through
- ✓ 1-2-1 CBT Session — a private session with our CBT therapist, for more focused, personal support

These are entirely optional and can be booked ahead of your arrival. *Pricing and booking details to be confirmed.*

While You're Here

On crying, resting, and everything in between

“What if I don’t feel anything, or don’t have a breakthrough moment?” — That’s okay.

Rest itself is a valid outcome. Not **every** woman leaves the Selah Gathering with a dramatic encounter, and that doesn’t mean nothing happened. Sometimes the work God does is quiet: a settling, a softening, a permission to simply stop striving for a while. Come without pressure to perform a breakthrough. Just come!

“What if old memories or emotions surface unexpectedly?” —

This can happen, especially in a space set aside for stillness and healing; and it’s nothing to be alarmed by. Our team, including a healing and deliverance minister, certified coach, and a CBT therapist, is present throughout the retreat, not just during scheduled sessions. If something surfaces, you’re never left to sit with it alone.

“Is what I share confidential?” — Yes. Whatever you share in small groups, prayer time, or ministry sessions stays within that space. We ask every woman at the Selah Gathering to honour that same confidentiality for her sisters.

“Do I have to share in front of the group?” — No. You’re warmly invited into small-group and prayer time, but nothing is forced. Some women share openly from the first evening; others prefer to listen for most of the retreat and only open up later, if at all. Both are completely welcome.

“What’s the phone policy?” — We won’t take your phone from you, but we’d encourage you to set it aside as much as you can. Many women find the retreat means more when they’re not reachable by the outside world for a few days. A little disconnection is part of what makes the rest possible.



Part Three

After

What carries you forward once you drive away

From Our First Gathering

You don't have to take our word for it

From 29 June to 2 July 2026, twelve women gathered for our first Selah Gathering. Here's what they carried home.



When we asked the women who joined our first gathering to rate their experience, **100%** gave it **5 out of 5 stars**.



"I loved the company - it was amazing - the love, the selection of amazing women, it felt like a sisterhood and a once in a lifetime experience." — Rebekah Hlava

"There were so many things that I loved about the Selah gathering. The thought, detail and prayer that went into the retreat was exceptional! I loved how we all so quickly became family" — Kalisha

"I no longer have such an intense fear of failure. This in and of itself is huge. I had been needing breakthrough in this area so badly." — Anonymous

"I also became aware of areas in myself that still need healing, and I felt invited to bring those things to Him with honesty, trust, and openness. I'm grateful for the reminder that God has not only been working in me but is also gently leading me forward." — Alexandra

"Such a beautiful and spirit-filled Christian women's retreat. Your dedication, love and faith was visible through every moment, and it truly touched my heart. The retreat has renewed my spirit, my faith and reminded me of the power of fellowship and encouragement in Christ." — Irina Prata

Staying Connected

What happens after you leave

This retreat isn't a single getaway that ends when you drive away. It's the start of a follow-up journey designed to help you carry the rest you've found into your everyday life, with check-ins at 1, 3 and 6 months after the retreat, built around the Selah Companion.

The Selah Companion booklet you receive on arrival includes six months of dedicated follow-up pages, space to keep capturing what God is doing long after the retreat ends.

- ✓ **Stay Connected** — with the sisters you meet, not just for those few days, but as your journey continues
- ✓ **A lasting record** — your Companion becomes a keepsake of what shifted in you, one you can return to whenever you need reminding
- ✓ **A beginning, not an ending** — "What happens after I go home?" This retreat is where the story starts, not where it stops

Ready to see if there's a place for you?

Visit mapamboliretreats.com to see current dates and pricing, or email **info[at]mapamboliretreats.com**