



# Women's Weekend Retreat 2023

At Temple Heights Spiritual Camp

June 16<sup>th</sup> – 18<sup>th</sup>

## “Walking Your Path”

The focus of this retreat is to provide an opportunity to learn the four foundational elements needed to “Walk Your Path” through a healthy and balanced life. Learn to know your true self, feel secure and comfortable in all relationships, use your own energy to receive support from the universe and develop a practice of self-care and reward.

It is a weekend of empowerment and sisterhood facilitated by Rev. Nancy Parry, NST, Linda Pfaffinger, MSW, Kathy Silvia and Phyllis Kenny. On opening night we're excited to feature Brenda Colfer doing a Labyrinth and Sound Healing. Then Saturday night will feature Kimberly Bright presenting Table Tipping.

The retreat is being held at the beautiful Temple Heights Spiritual Camp in Northport Maine. The camp was founded in 1882 and has a rich storied history of serving spiritualists and spiritual seekers. The rustic and cozy two-story lodge and large temple building overlooks the picturesque Penobscot Bay.

In a safe and welcoming environment, you'll learn the four foundational elements needed to “Walk Your Path”

The four elements are:

- 1. The Self**
- 2. Relationship**
- 3. Universal Energy and Our Well-Being**
- 4. Integration of Life Lessons Through Creative Expression**

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## RETREAT ACCOMMODATIONS & SCHEDULE

Due to limited capacity, pre-registration and deposit (20%) is required. All activities and meals are included in the cost. For questions or additional information and to make reservations and deposits, please contact Kathy Silvia at 207-837-2998. Retreat information will also be on the Temple Heights website at templeheightscamp.org.

Room accommodations in the lodge is two 1<sup>st</sup> floor rooms with twin beds and the 2nd floor rooms have double beds. All rooms share two bathrooms on each floor. There is also “rustic” stay available in the temple building (unheated). It is a large open space, and you would provide your own sleeping bag or air mattress. There is a bathroom in the building. Anyone requiring specific dietary needs must provide their own food.

DATE	TIME	EVENT	FACILITATOR
Friday	1:00– 3:30 pm	Registration & Check-In	
6/16/23	3:45 – 4:30pm	Opening Ceremony	Rev. Nancy Parry/Linda Pfaffinger
	5:00 – 6:00pm	Supper Buffet	
	6:00 – 6:30pm	Personal time	
	6:30 – 8:30pm	Sound Healing & Labyrinth	Brenda Colfer/Phyllis Kenney
6/17/23	7:30 – 8:30am	Continental Breakfast	
	9:00 – 10:15am	Part 1 “The Self”	Linda Pfaffinger
	10:30– 11:45am	Part 2 “Relationships”	Linda Pfaffinger
	12:00 – 1:00pm	Lunch Buffet	
	1:15 – 2:30pm	Part 3 “Universal Energy”	Kathy Silvia
	2:45 – 4:00pm	Part 4 “Integration”	Phyllis Kenney/Kathy Silvia
	4:00 – 5:30pm	Personal time	
	5:30 – 6:30pm	Supper Buffet	
	7:00 – 9:00pm	Table Tipping	Kimberly Bright
6/18/23	7:30 – 8:30am	Continental Breakfast	
	9:00 – 9:45am	Recap	Linda Pfaffinger
	9:45 – 10:00am	Closing Ceremony	Rev. Nancy Parry
Cost	\$175.00	Full Retreat with lodging	
	\$125.00	Full Retreat with rustic lodging	
	\$110.00	Full Retreat with no lodging	
	\$85.00	Saturday program only	