



3rd Annual Women's Retreat 2024

At Temple Heights Spiritual Camp

June 14th – 16th

“Ready Set Gooo!”

This retreat is for women of any age and any stage of spiritual growth. The program will provide an opportunity for participants to receive guidance and resources to help them achieve a healthy, balanced and happy life. The interactive workshops will teach practical ways to 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, Debbie Walder, MA, LSWC, Charlene Rackliff, Wellness Advocate with doTerra, Certified Aroma Touch, Emily Nadeau, Commissioned Healer, Tammy Bickford, Reiki Master, and Linda Morse, BS, Massage Therapist.

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 for more than a century. The rustic and cozy two-story lodge and large temple building overlooks picturesque Penobscot Bay.

On opening night, we're excited to feature a guided meditation and Labyrinth. Saturday night will feature Kimberly Bright presenting Table Tipping as an example of physical mediumship. Kim is a gifted medium and table tipper.

In a safe and welcoming environment, you'll experience how to have a holistic perspective conducive to a healthy, balanced and happy life. In addition to the scheduled program there will be opportunities throughout the weekend for meditation, yoga and art.

The program overview:

- 1. Redefining Your Life – Debbie Walder, MA, LSWC**
- 2. Your Path To True Happiness – Linda Pfaffinger, MSW**
- 3. Benefits of Essential Oils – Charlene Rackliff, Wellness Advocate with doTerra, Certified Aroma Touch**
- 4. Cleanse, Clear & Heal – Emily Nadeau, CH, Tammy Bickford, Reiki Master and Linda Morse, BS, Massage Therapist**

RETREAT ACCOMMODATIONS, SCHEDULE & COST

Room accommodations in the lodge, are located on the second floor and have double beds. Each room has linens and towels, space heaters and fans. There are two full baths shared on the second floor and two baths on the first floor. Rustic lodging is available in our temple building. It is a large open space (unheated) and you would provide your own sleeping bag, air mattress or cot. There are plenty of linens and towels available. There is a toilet in the building, but no running water. Meals are included for all attendees. If you require specific dietary needs, you must provide your own food.

DAY	TIME	EVENT	FACILITATOR
Friday	1:00– 3:30 pm	Registration & Check-In	
	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	Guided Meditation, Let’s Talk Spirituality, Walking the Labyrinth	Rev. Nancy Parry/Kathy Silvia
Saturday	7:30 – 8:30am	Continental Breakfast	
	9:00 – 10:15am	Part 1 “Redefining Your Life”	Debbie Walder
	10:30– 11:45am	Part 2 “Your Path To True Happiness”	Linda Pfaffinger
	12:00 – 1:00pm	Lunch Buffet	
	1:15 – 2:30pm	Part 3 “Benefits of Essential Oils”	Charlene Rackliff
	2:45 – 4:00pm	Part 4 “Cleanse, Clear & Heal”	Emily Nadeau, Tammy Bickford, Linda Morse
	4:00 – 5:30pm	Personal time	
	5:30 – 6:30pm	Supper Buffet	
	7:00 – 9:00pm	Table Tipping	Kimberly Bright
Sunday	7:30 – 8:30am	Continental Breakfast	
	9:00 – 9:45am	Recap	Linda Pfaffinger
	9:45 – 10:00am	Closing Ceremony	Rev. Nancy Parry
Cost	\$185.00	Full Retreat with lodging	
	\$135.00	Full Retreat with rustic lodging	
	\$120.00	Full Retreat with no lodging	
	\$95.00	Saturday program only	

PROGRAM DETAILS

Redefining Your Life – Debbie Walder, MA, LSWC

It's time, no matter your age, to take the time, this moment, to redefine your life. Our lives need to be in synchrony with nature, and our body, mind and spirit need to be in alignment with our purpose.

Sounds lofty, maybe impossible, but it is easy. Join us in this interactive workshop to take a stab at "Redefining your life"

About the facilitator:

Debbie is a mother of three and a grandmother of four, but how she really defines herself is as a teacher. She has been teaching for over 60 years to children and adults from the ages of 2 months to 62 years young. Debbie has a BA in education, an MA in reading education, certificates in Life & Health Coaching and an LSWC. Debbie has the tools to help you achieve metamorphosis.

Your Path To True Happiness – Linda Pfaffinger, MSW

What is happiness? How do we recognize it? In ourselves and others? What does the path look like? How do we get there?

These questions (and others) will clarify your unique path to happiness. I am here as your guide only. You will choose your adventure.

This workshop is completely interactive and you will leave with your completed path to happiness.

About the facilitator:

Linda, has dedicated herself to advocating for the safety and inclusiveness of women and children's voices. She taught in the Criminology Dept. at USM for over 20 years. A veteran of the US Marine Corp., Linda earned her MSW as a single parent. She is blessed with 2 fabulous grandchildren. Though she counts many more as "her own".

Benefits of Essential Oils – Charlene Rackliff, Wellness Advocate with doTerra, Certified Aroma Touch

Join in learning about the Heart Chakra and what oils are Chakra balancing. You will make for yourself a Heart Chakra roller bottle using Lavender, Bergamot, Ylang Ylang and Patchouli. There will be essential oil handouts, books and information. Also, essential oils will be available for purchase. If you want to make more than one Heart Chakra roller bottle you can do so for \$10.

About the facilitator:

Charlene has been a Wellness Advocate for doTerra essential oils for 12 years. She is certified in Aroma Touch Technique. She truly enjoys sharing the benefits that essential oils provide to the mind, body and spirit. Essential oils benefit all aspects of health for all ages and also for our pets.

Cleanse, Clear & Heal – Emily Nadeau, Commissioned Healer, Tammy Bickford, Reiki Master and Linda Morse, BS, Massage Therapist

In this part of the program, attendees will receive from our practitioners, an Ionic Cleanse Foot Bath, Reiki and a Chair Massage. These are hands-on forms of healing. Attendees can choose to experience all or choose which modality they are comfortable with.

About the Practitioners:

Emily Nadeau is a commissioned healer with the National Association of Spiritualist Churches. She holds a degree of Reiki Level II. Emily believes all healing comes from God/Spirit and the healer is just the instrument through which healing energies flow.

Tammy Bickford is a passionate healer. She has studied different modalities of healing here and abroad. She is certified in Master Reiki, Violet Flame, Usui, Holy Fire and a giver of Oneness Deeksha.

Tammy believes all can benefit from the healing powers of energy.

Linda Morse is a Licensed Massage Therapist with a BS in Holistic Nutrition and a BS in Human Services. She is also Reiki II certified and a QiGong facilitator. Linda believes we are all one and she is just an instrument of healing. She is a mother of 4 and has 12 grandchildren.

REGISTRATION INFORMATION

Due to limited capacity, pre-registration and full payment is required in advance. If you need to cancel, a full refund will be given if cancellation is made by June 5. After June 5, one-half of your payment will be refunded. All program activities and meals are included in the cost. Some of our facilitators may have items for sale and Temple Heights has a small gift shop. These would be separate from the program. For questions or additional information and to make reservations, please contact Kathy Silvia at 207-837-2998 or by email at templeheightscamp207@gmail.com. Retreat information will also be on the Temple Heights website at www.templeheightscamp.org. Reservations and payments can also be made through the website.

TEMPLE HEIGHTS SPIRITUAL CAMP POLICIES

THSC strives to create a welcoming and safe space for everyone serving, attending, or just visiting. Civility, respect, and professional boundaries are of utmost importance. Please be mindful of shared space in respect to noise after 10pm and shared bathrooms.

THSC strictly prohibits the use of alcohol, marijuana, or illegal drugs in/on the property. Smoking or vaping is only allowed outside well away from any buildings and decks or in your own vehicle.

THSC requires everyone to clean up after themselves when eating, drinking, using kitchen appliances and after showering. There are designated areas for waste and dirty laundry.

THSC restricts pets from the buildings and grounds.

THSC holds individuals responsible for their own behaviors and will seek compensation for any damage done maliciously to buildings, grounds, or vehicles