



“Spirits Among Us” Women’s Fall Retreat
September 11 – 13, 2026
Temple Heights Spiritual Camp
 Coordinated by Nancy Parry with additional
 facilitators-Brenda Colfer & Charlene Rackliff



This Retreat offers participants a slower paced experience with more time to rest or explore the area. Join for healing and empowerment to enrich your journey. Immerse yourself in a friendly, healing, and safe environment.

• **“Breath and Sound Healing Journey”**

with Brenda Colfer - a certified LifeBreath, Chakradance & Sound Healing Facilitator, Reiki Teacher and licensed Vibrational Sound Therapy Practitioner.

• **Brief Journaling**

to capture short notes and retreat impressions.

• **Essential Oils** with Charlene Rackliff. Use doTERRA essential oils supplies to create a custom roll-on.

• **Belfast Rail Trail** is an easy path following

the river to Penobscot Bay. Enjoy fresh air, exercise, beautiful scenery, photo ops and possibly see an eagle, osprey or other wildlife. • **Mini-Readings** during free time with Alayna Gross. • **“Commune with Spirit”** a guided meditation with Nancy.

• **“Interactive Message Circle”** with Nancy. • **“Power at the Point”** involves walking a short distance to a small parcel of Temple Heights property along the shore while others are on the Nickawa Lodge deck. Participants may sense or feel the presence of spirits who arrived by steamship in days gone by before doing a meditation to let go of things that no longer serve them. The Point welcomed thousands of visitors to Temple Heights Spiritualist Camp.

RETREAT SCHEDULE – Subject to change without notice. <i>Space is limited. Minimum number of 5 participants is required.</i>			
Date	Time	Event	Facilitator
Fri. 9/11	5:00pm	Registration/Arrival/Explore	
	6:00pm	Welcome & Weekend Overview	Nancy Parry
	6:30-8:30pm	Breath & Sound Healing Journey	Brenda Colfer
	8:45pm	Break & Snacks	
	9:15pm	Journaling & Social Time	
Sat. 9/12	10:00pm	Quiet Time	
	8:00	Breakfast	
	9:00am	Welcome & Overview	Nancy Parry
	9:15-10am	Guided Meditation “Commune with Spirit”	Nancy Parry
	10:15-12:15pm	Essential Oils	Charlene Rackliff
	12:30-1pm	Lunch	
	1:30-3pm	Trip to Belfast Rail Trail	Nancy Parry
	Free Time	Mini-Readings. \$25/15 minutes	Alayna Gross
	4-5:30pm	Message Circle	Nancy Parry
	6:00pm	Dinner	
Sun. 9/13	7:00pm	Power at the Point	All
	8:00pm	Journaling & Social Time	
	8:30-9:45pm	Sharing Your Story	All
	10:00pm	Quiet Time	
	8:00am	Breakfast	
	9:15-10am	Closing Circle. Treasure the Memories	
	10:30am	Church Service. All are welcome to attend.	

RESERVATION FORM (a \$100 refundable, deposit required by September 4, 2026)

Reservation Type	Included	Cost	X
Full Retreat w/Lodging	Full program, meals & lodging. (Note: special dietary needs cannot be met.)	\$350 pp	
Partial Retreat	Saturday Program	\$195 pp	

Name _____ Phone _____ Date _____

Address _____ Email _____ Phone _____

PAYMENT: Make checks out to Temple Heights Spiritual Camp and mail to: THSC, 4 Park St., Northport, ME 04849. For credit card payments visit templeheightscamp.org for PayPal link or call 207-338-3029 to pay by phone. FMI, contact Nancy Parry by email at spirittalker614@gmail.com or TEXT her phone (207) 458-6141. She will get back to you in a timely manner.