



Women's Fall Weekend Retreat
 "Balancing Body, Mind and Spirit"
 September 12-14, 2025
 at Temple Heights Spiritual Camp
 Northport, Maine



Come join like-minded women for a weekend filled with a balanced blending of personalized, individual/group classes and activities. Participants will have the opportunity to discover and build on their remarkable journeys, finding resources to complement what they bring to the experience. Sessions will include attuning to the elements, meditation, pareidolia (faces and images in photographs), the vital role the gut plays in life, crafts, humor, a message circle, and the healing power of laughter. Participants are also encouraged to participate in a Talent Show. A surprise or two may even make its way into the weekend! Reverend Nancy Parry, NST, OM, will facilitate this retreat with the help of Judy Swift, Tracey Uddin, Amber Lauze, and a couple (as of yet unconfirmed) other women who may be introduced during the retreat.

RETREAT SCHEDULE

Date	Time	Event	Facilitator
Friday 9/12/25	4:00pm	Registration & Explore. Sign-up for Talent Show.	Nancy Parry
	4:30pm	Welcome & Overview. Light Refreshments.	Nancy Parry
	5:30pm	Big Bubbles (take pictures)	Tracey Uddin
	6:00pm	Your Story. Getting to know you.	
	7:00pm	Chakra Meditation	Tracey Uddin
	8:30pm	Break, then Fun Time	Nancy Parry
	10:00pm	Quiet Time	
Sat. 9/13/25	7:30-8am	Breakfast	
	8:15am	Announcements & Guided Meditation	Nancy Parry
	9:30am	"Gut Health"	Nancy Parry
	10:30am	"Emotional Healing: A Journey to Self Discovery" (Essential Oils)	Charlene Rackliff
	12:00pm	Lunch & Free Time	
	1:00pm	Face Painting & Free Time	Amber Lauze
	2:00pm	Message Circle - All	
	4:00pm	Walking Meditation	
	5:00pm	Supper	
	6:00pm	Pareidolia (faces, images) Bring 2 or 3 pictures	Nancy Parry
	7:00pm	"Healing Power of Laughter"	TBA
	7:30pm	Empowerment Circle - All	Nancy Parry
	8:00pm	Talent Show – Bring an instrument to play, sing a song, recite poetry or another talent you wish to share	
	9:00pm	"Reflections" - All	
	10:00pm	Quiet Time	
Sun. 9/14/25	7:30am	Breakfast	
	8:30-10am	Celebration & Closing. Opportunity for feedback from all.	Nancy Parry
	10:30am	Church Service	

RESERVATION FORM - LIMITED TO 12 PARTICIPANTS

Reservation Type	Included	Cost	X
Full Retreat w/Lodging	All workshops, classes, free events, meals and lodging	\$222 pp	
Full Retreat w/Rustic Lodging	All workshops, classes, free events, meals and rustic lodging	\$175 pp	
Full Retreat/No Lodging	All workshops, classes, free events, and meals	\$160 pp	
Partial Retreat	Saturday Program	\$135 pp	

Name _____

Address _____

Email _____ Phone _____

For more information call Nancy Parry at 207-458-6141.
 Call Cindrie Cormier at 207-338-3029 for registration and payment information. Deadline is Sept. 6, 2025.