



We Are the Light... Let's Shine! Women's Retreat

Friday, October 27, 4:00 PM
through
Sunday, October 29, Noon.

\$250 includes 5 meals & lodging for 2
nights. Registration and \$65 deposit due
by Sunday, **September 24, 2023**.

Full payment due **October 13, 2023**.
(no refunds after October 13)

Make checks payable to
Unity Center for Spiritual Growth

Mail to:
Unity Center for Spiritual Growth
54 River Road, Windham, ME 04062

Credit card payments accepted in
person or via phone.
Call UCSG at (207) 893-1233

Ferry Beach
is located on the coast of
Southern Maine



What should I bring?

- ❖ A Friend
- ❖ Bedding & pillow (sleeping bag or twin sheets/blanket)
- ❖ Towels (bath/beach)
- ❖ Personal toiletries
- ❖ Flashlight
- ❖ Fall clothing (layers for near the ocean)
- ❖ Drums, rattles (optional)
- ❖ Comfortable folding chair (optional)
- ❖ Snacks to share

Save resources -- Carpool!


unity[®]
Center for
Spiritual Growth

Presents

We are the Light...

Let's Shine!

Women's Retreat

**Friday-Sunday
October 27-29, 2023**

**Ferry Beach Retreat
& Conference Center**

5 Boardwalk Drive
Saco, Maine 04072
www.ferrybeach.org



Debra Engle, Facilitator

Debra Landwehr Engle is the bestselling author of *The Only Little Prayer You Need*, *Let Your Spirit Guides Speak*, and *Be the Light that You Are*, along with her debut novel, *Twenty*. Her work has been endorsed by His Holiness the Dalai Lama, Archbishop Emeritus Desmond Tutu and other notable authors and leaders. Two of her books have received Nautilus Awards, which honor “better books for a better world.”

For more than 20 years, she has facilitated classes in *A Course in Miracles*, the spiritual study program on which several of her books are based. She also was the co-founder of Tending Your Inner Garden, an international program of personal growth and spirituality for women.

Weekend Experience

Within all of us, there’s a light that shines like a lantern’s bright flame. We may call it divine energy, God’s love, or spirit and soul. But no matter what name we give it, that light never goes out. It’s our essence—what we’re made of and what we’re here to share.

In this special retreat weekend, we’ll deepen our relationship with the light that we are, celebrate the peace it brings to our lives, and find new and creative ways to express it in the world. When you feel—really *feel*—that you are the light of the world, you open the door to all the love, prosperity, well-being and joy that God created you to be. And you help others remember that they are the light, too. We all get to shine together!

“You are the light of the world.”

—Matthew 5:14

Through discussion, journaling, meditation and activities that take advantage of the beautiful natural surroundings at Ferry Beach, we’ll explore how you can be a beacon of light every day of your life.

- What does it mean to be the light of the world?
- How can you know and claim the light within you?
- How can you shine your light more consistently and joyfully?
- How can you love your Self more?
- What blocks or barriers stand in your way?
- How can you see through a lens of love instead of fear?
- How can your light help heal old hurts?
- How can it help you be more loving in your relationships?
- How can you live a more abundant and peaceful life?
- What role does your light play in forgiveness?
- How can you bring light to the darkness in this world?

Your Retreat Team

Rev Pat	revpatbessey@gmail.com
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