



**SPIRIT: A Plan for Miracles® Retreat**

**Sept. 20 - Sept 24, 2024**

**Price Per Person: \$1950\* // Max 10**

*\*Includes all meals, accommodations & activities*

**Day 1, FRIDAY, Sept. 20th:**

3:30 pm - 5 pm: Check in & Get Settled

6:00 pm - 7 pm: Welcome to the Bee: Meet, Greet and Eat!

7:00 pm - 9 pm: Fire and Opening Ceremony

**Day 2, SATURDAY, Sept. 21st:**

8:30 am - 9:30 am: Breakfast

9:30 am - 12:45 pm: SPIRIT workshop

1:00 pm - 2:00 pm: Lunch

2:00 pm - 3:00 pm: Reflection & Journal time (outside or in)

3:00 pm - 5:00 pm: Art integration Part I: Gourd Birdhouses

6:00 pm - 7:30 pm: Dinner

7:30 pm - 9:00 pm: Fireside journey work

**Day 3, SUNDAY, Sept. 22:**

8:00 am - 9:00 am: Breakfast

9:30 am - 12:45 pm: SPIRIT workshop

1:00 pm - 5:00 pm: Lobster Boat Tour (see Retreat Description for other possible options in lieu of boat tour)

6:00 pm - 7:30 pm: Dinner

**Day 4, MONDAY, Sept. 23:**

8:00 am - 9:00 am: Breakfast

9:30 am - 12:45 pm: SPIRIT workshop

1:00 pm - 2:00 pm: Lunch

2:00 pm - 3:00 pm: Reflection & Journal time (outside or in)

3:00 pm - 5:00 pm: Art Integration II - Gourd Birdhouses Part 2

6:00 pm - 7:30 pm: Dinner

7:30 pm - 9:00 pm: Full Moon Fireside Closing Ceremony

**Day 5, TUESDAY, September 24:**

8:00 am - 9:00 am: Special Goodbye Breakfast

10:00 am - Check out w/parting gift



## **SPIRIT: a Plan for Miracles® Retreat Description**

[www.connecting2spirit.com](http://www.connecting2spirit.com)

Susan Norton, Presenter

Lisa MacLean, Assistant

Francie Shepherd, Creative Integration

**Location:** The Foggy Bee @ 195 Ficketts Point Road; Milbridge Maine 04658

### **Description:**

In this exciting and interactive workshop led by Susan Norton, you will discover techniques to empower you along the 6 steps to achieving miracles in your life. SPIRIT: a Plan for Miracles® is designed to launch you on your journey. You will enjoy, with a safe and welcoming group of women, many of the tools that are taught in Susan's 6-month individual program. This workshop includes creative integration experiences, where we deepen our connection to Spirit and this work. To ensure you get that Downeast Maine flavor, a 4-hour lobster boat tour is included in the programming<sup>1</sup> and all meals will feature traditional New England flavors.

This retreat is designed to be a delightful, yet inspirational and healing, getaway in a special place! You'll have time to play, enjoy fresh, thoughtfully prepared New England meals and explore the magic of Downeast Maine. There will also be time to reflect and allow the teachings and events to settle. **Bring a rattle if you have one, an eye pillow for when we go on drum journeys and a willingness to be open and receive.** Welcome journals will be provided upon your arrival.

**FRIDAY, September 20.** After checking in and settling into your charming accommodations, we'll enjoy a special meal together. Afterwards, we gather at the sunken firepit for a fireside chat (weather permitting) and opening ceremony to get to know one another. We come into a place of feeling safe, and protected, by opening our connection to Spirit, or the ascended realm. We'll explore how to release what no longer serves us, and bring it to the fire, in our beautiful setting in Downeast Maine!

**SATURDAY, September 21.** After breakfast, we gather inside to create an altar and move through the first three steps of this program: *Seeing the Truth, Passing through the Portal* and *Ignite your Intuition*. After a nourishing lunch, you'll be given tools and a fun way to connect with Spirit through Maine's natural world outside or have your place of self-discovery occur indoors. Whatever works for you.

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<sup>1</sup> Other options to explore and enjoy the area are also available if you're a landlubber— see Day 3 options on the Itinerary

Following the self-discovery period, you'll embark on a creative exploration experience to take all that you are discovering into something you can bring home with you. A visual representation of your time in Maine! When we bring our process into the realm of the visual, that is personal to us, it brings the healing journey home for us on a deeper level. Artistic skill is not required! You'll be guided to "bring it to the light" and onto paper or other surface in a way that speaks your truth.

On Saturday evening, after enjoying a thoughtfully prepared, family-style New England meal, we'll gather by the fire (weather permitting) for a drum journey to take us beyond what we think we can do, into the realm of the "impossible journey." We discover living our lives at a higher level and experience a healing Earth journey on the way. The body loves this work, and it often results in feeling better and happier. Joy happens.

**SUNDAY, September 22 (the Equinox).** We'll come together again as a loving tribe (*that is how we'll feel about each other by then*) and experience the next steps of this SPIRIT journey: *Reveal your True Self and Increase Inspiration and Insight*. Now that you feel more comfortable and safer with your Spirit connection, we'll expand our work to explore how you can bring your gifts to the world. When we go beyond what we know and discover how we can help others, we step into our soul's purpose. We step into being of service. For the highest good of all. We'll have a sharing of our insights and shifts along the way, as we help each other and bring peace and healing to ourselves and one another. These are tools you can use for a lifetime.

\*LOCAL EXPERIENCES FOR THE AFTERNOON\*

It's off to tour the islands on a local lobster boat, weather permitting.<sup>2</sup> However, the afternoon is yours to enjoy in a way that feels right for you, so if you prefer to stay on land, you can choose one of these options as an alternative:

- Relax at, and explore, the Bee and surrounding property, take a nap, wander around town or visit some local scenic spots (we'll point you in the right direction); OR
- Picnic at McClellon Park. This park offers stunning views from pink granite cliffs, picnic tables, bathrooms, and short, easy trails. 8 min drive; OR
- Hike Schoodic Mountain. It's a strenuous hike, not very long but steep. Once you get to the summit, however, you will be so glad you did it. You'll be greeted by 360 views of surrounding sister summits, Acadia, low marshes (watch for moose) and many, many lakes. Wildflowers grow in between the granite rocks and ledges, and wild blueberries might still be around for a small snack. 25-30 min drive. Hiking shoes required, hiking sticks/poles recommended

*Choice must be made at least 14 days prior to retreat start date to secure appropriate seating for boat tour. Box lunch provided for all activities.*

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<sup>2</sup> Dates may be switched if weather necessitates a change

**MONDAY, September 23.** We'll delve into the final step of the SPIRIT: a Plan for Miracles® program: *Trust and Accept your New Reality*. Surprises abound here as we learn how to create our reality and bring this all home. Accept and welcome our new reality together! How do we keep this new way of being alive, once we leave? We'll complete our creative journey where we bring in all we have learned in a fun creative way. This will inform the cells of body to bring this hidden treasure of you, what you can offer, into alignment with the right action. You find that you can take that next step more easily! This work brings us closer together. Lifetime bonds are formed and self-love blossoms. After our last dinner together, we'll perform our closing ceremony by the fire (weather permitting) for sharing and take-aways before we close the sacred space. This will be an unforgettable gathering!

**TUESDAY, September 24.** We'll meet to enjoy a special breakfast together before check-out occurs. Parting gifts and hugs provided.



Spirit: A Plan for Miracles® Retreat  
September 20-24th, 2024

Menu

**Day 1 ~ Thursday**

*Welcome Dinner*

Flight of hearty New England Chowders & Vegetable Soup  
Fresh greens with blueberries, avocado, goat cheese & toasted pecans  
Homemade pie served with a dollop of fresh whipped cream

**Day 2 ~ Friday**

*Breakfast*

Brunch with lemon-blueberry-ricotta waffles, maple bacon,  
Farm-fresh scrambled eggs, homemade granola  
Yogurt & seasonal fruit

*Lunch*

Cobb Salad Board with Salmon, Grilled Chicken, hard-boiled eggs  
roasted vegetables and house made croutons

*Dinner*

New England lobster boil, farm-fresh cob corn & new potatoes  
Homemade pie served with a dollop of whipped cream

**Day 3 ~ Saturday**

*Breakfast*

Breakfast toast with smoked salmon, farm-fresh eggs  
Peanut butter, cream cheese, heirloom tomatoes, avocado  
Seasonal fruit, nuts & honey

*Lunch*

Grain & Protein Bowl (Chicken or Seafood)  
Couscous, cauliflower or brown rice, chickpeas and assorted vegetables

NOTE: All menu items are made with the freshest, seasonal ingredients and are therefore subject to change; food allergies or dietary restrictions must be provided at the time of registration



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Menu

*Dinner*

Grilled chicken & seafood kabobs with seasonal vegetables & mezze platter  
Homemade pie served with a dollop of fresh whipped cream

**Day 4 ~ Sunday**

*Breakfast*

Breakfast Benedict w/Canadian bacon, crab cake, portobello mushroom and avocado  
Poached egg & hollandaise sauce  
Cottage fries & seasonal fruit or salad greens

*Lunch*

Choice of boxed lunch w/couscous salad, fruit & cookie

Sandwich Choices:

- ~ Roasted Chicken Avocado BLT on a Croissant
- ~ Honey Mustard Ham & Swiss on Brioche Bun
- ~ Roasted Turkey, Cranberry & Brie on Multigrain Bread
- ~ Caprese (tomatoes, mozzarella, basil & balsamic glaze) on a Ciabatta Roll

*Dinner*

New England Seafood Paella with roasted vegetables  
Shared tapas plates & chilled Gazpacho  
Homemade pie served with a dollop of fresh whipped cream

**Day 5 ~ Monday**

*Farewell Breakfast*

Breakfast board with egg bites, tomato, cheese & meat rosettes  
Assortment of baked goods & seasonal fruit

Beverages

Infused water (unflavored water also available)

Fine Herbal and Natural Teas (iced or hot)

Gourmet Coffee (iced or hot)

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