



Lost No More Retreat

Being dragged by mean people. Turning a blind eye to disrespectful co-workers who undermine you at every turn. Carrying around the fatigue of unresolved trauma. Biting your tongue to keep the peace. Holding in the secret that nobody knows you know. All of this is, over time, chips away at the pureness of our hearts, sparking anger, and ultimately causing us to wonder what's wrong with us. Like, why are we the dumping ground for other folks' bad behavior?

In this instance, "us" represents kindhearted people who by nature only treat people well, yet too often receive mistreatment in return. Thinking that kindness makes the world a better place, kindhearted people keep pouring kindness into others without a thought of what they need. Then the day comes when they realize they've given so much of themselves away that they are literally out of gas. Nothing left. Empty. Lost. Unrecognizable.

Our **Lost No More Retreat** is the brainchild of our founder who when she was going through a depression longed for a sacred space off the grid where she could detox from bad energy and painful experiences. Unfamiliar with such a place, this retreat is her give back to God for restoring her and is therefore designed to reclaim oneself, replenish love, resuscitate joy, and remind loving human beings that your first act of kindness is taking care of yourself—you love others and push back against indecency.

As we plan to host our first 3-day restoration retreat in October 2026, we invite you to share your suggestions/ideas via email of what you feel you need in a retreat experience. Until October, please visit our website to take advantage of other restoration offerings.

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