



## THE 'PLEASE DON'T FORGET ME' LIST

Rebirth :: The 2023 QE3 Retreat at Lantern Lodge  
Jun 1 – 4, 2023 in Blairsville, GA  
Retreat Host: Renee Hutcherson Lucier, CMC  
[www.QE3Synergies.com](http://www.QE3Synergies.com)



Lake Trahlyta in Blairsville, GA (photographer unknown)

### What To Expect in Blairsville

**B**lairsville is a city, nestled in the North GA Mountains, that boasts access to the Chattahoochee National Forest and the Blue Ridge Mountains, incredible breathtaking views, a plethora of lakes and waterfalls, and a wide variety of wildlife. Brasstown Bald (the highest peak in Georgia, with panoramic landscapes) is located there, along with 80 miles of the Appalachian Trail and Blood Mountain, Georgia's 6<sup>th</sup> highest mountain and the most hiked section of the Appalachian Trail in Georgia. It sits at an elevation of 1,893 feet.

June 1<sup>st</sup> is the shortest day of the month, with about 14 hours and 21 minutes of daylight and the typical sun-setting at approximately 8:44pm. Average Blairsville temperatures for June are 83 degrees (for the high) and 59 degrees (for the low). The average humidity for the month is about 68.9%. June in Blairsville is usually depicted with a constant cloud cover, overcast skies 46% of the time and about the same likelihood of rain. Due to it having a low latitude and relatively moderate cloudiness, Blairsville, like a typical Georgia city, receives pretty significant heat from the sun.

We are so delighted that you are joining us for the upcoming retreat! I ask you to carefully read the following information to ensure that your experience is as physically comfortable, emotionally satisfying and spiritually rewarding as possible. **I have also listed our COVID Protocol below, which are requirements that must be followed in order to attend the retreat.**



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Each retreat and every invariably includes two voyages. On the physical component, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On our inner journey, we travel on our own, down a winding road filled with discovery and sometimes occasioned with potholes, detours or rivers to cross, with a bridge that we may need to build ourselves.

The inner journey entails us bringing along all of our *love, patience, understanding, courage* and *curiosity* to honestly be open to learn more (or even deal with ourselves), in order to separate authenticity and truth from illusion. This inner voyage is potentially the hardest one we will ever make. It is one, however, that repays our endeavor with the greatest reward. For the physical journey, we may need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need.

Please be sure you pack your “bag” with all the items you may need to ensure you have your ideal experience... for your inner journey, as well as your physical one.

### ***Suggested Items***

- Money for purchasing personal items at art galleries, antique stores, etc (if so desired)
- A water bottle suitable for daily use; water is available onsite
- Sturdy, well-broken in shoes, tennis shoes, water shoes, boots and/or sandals
- Enough of your medication(s) for the entire trip (accessible & on hand)
- Prescription glasses and/or sunglasses
- Earplugs – in case you have a roommate that snores
- A journal to write in
- Sports bras
- A blanket and/or sweater
- Hand sanitizer
- Personal toiletries (Please don't forget you will be sharing bathrooms & toilets)
- A bathing suit & towel, if you will be enjoying excursions at the water park or in the river or lake
- *If you are travelling to Rebirth*, you may benefit from having a copy of the page from your passport that has your picture on it

### ***Strongly Recommended items***

- **A yoga mat**
- **A robe to wear, as you discreetly walk through the house (in public areas) to get to the area for your spa massage**
- A hat or visor is very important for protection from the sun.
- Suntan lotion and bug repellent, especially if critters are attracted to you



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- Loose clothing that you feel good about moving about the earth in. Often in the morning it's cooler and by afternoon it becomes warm. Make sure you have layers to accommodate any situation. If your physical body is comfortable, you will find you are better able to deal with your internal processes.
- Pajamas to wear for the Girls Pajama Party
- One fabulous outfit to wear for our Diva Dinner
- LAYERS
- Sunglasses
- A jacket for possible rain
- Tissues and snacks
- Whatever else is needed to add to your comfort & enjoyment, *but don't forget to bring enough to delight in the opportunity to share with your Diva Sisters...*

### ***Recommended Medications***

While each person's body has different needs, we recommend the following medications as a precaution when traveling. *These recommendations are meant to prepare you so you can make intelligent choices regarding your body, not to scare you.* Please consult with your own doctor regarding these suggested medications.

- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts
- A tube of Hydrocortisone creme for itchy critter bites and rashes
- An Epi-pen if you are susceptible to severe allergic reactions
- Please consult your travel physician regarding the current Center for Disease Control (CDC) recommendations.

### ***Covid Protocol for Attending Rebirth***

**Proof of a negative COVID test, dated no more than three (3) days prior to June 1<sup>st</sup> (the retreat start date) is required for all persons.**

**Please understand that if you have COVID symptoms, a positive test, or known exposure to someone with COVID, we ask that you do not come to the retreat.**



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Per CDC guidance, you must know the area's COVID level and act accordingly: Rebirth: The 2023 QE3 Retreat will be held in Blairsville, GA.

We respectfully require that you not attend Rebirth in the following situations:

- you are positive for COVID-19 or any other infectious disease;
- you are awaiting COVID-19 test results and results remain unknown 24 hours prior to the start of your retreat;
- you realize you have been exposed to, or live with, someone who developed COVID-19 during the 14 days prior to your retreat;
- you've been exposed and you have an incomplete quarantine period; or,
- you have an incomplete recovery or quarantine period.

In the above situations, please provide proof so we can issue a refund or a credit for you to join us at a future retreat. The credit will be valid for 12 months.

I humbly thank you for your understanding and adherence to these standards, which have been set to protect those who are most susceptible.

Can't wait to see you!

*Coach Renee* ❤️