

The Authentic Self



Our
Journey
of Spiritual Discovery

The Great Lakes Retreat

Sunday, July 17 ~ Friday, July 22, 2016
Olivet College ~ Olivet, Michigan

The Great Lakes Retreat

We invite you, seekers of all faiths, to gather for six days at The Great Lakes Retreat. Individuals with diverse experiences and beliefs come together to create a community of laughter, joy, and healing, where it is safe to explore and share who and what we are.

Now is the time, for you to gather with other loving people of similar interests in your quest for spiritual development and fellowship. Come, relax, and experience *The Authentic Self ... Our Journey of Spiritual Discovery*. We are excited to offer you a week full of classes, lectures, workshops, meditations, healing experiences, and more.

Please study this brochure carefully and register as soon as possible to assure that you get the workshops and accommodations of your choice. Workshops are assigned on a first-come, first-served basis. Some are limited in size, so send in your registration early. **The cut off date for mail-in registration is July 2, 2016.**



Retreat Theme: *The Authentic Self ... Our Journey of Spiritual Discovery*. The chaos of this world can often seem dark and filled with fear, but in the midst of this darkness, we are all being asked to anchor the Light and hold a Vision of Peace.

The Phoenix on our cover, refers to the mythological bird that rises to life out of the ashes. This story is a symbol of hope and rebirth out of the difficult and challenging circumstances we are facing in our lives. Whether it is a personal struggle, painful experience, fear of the future, or uncertain times in our communities, governments, or around the globe, the Phoenix is a reminder that growth happens in unexpected ways; that

purification comes through fire, and beauty can be created out of ashes ... the Authentic Self is what rises from those ashes as we allow this Transformation to take place, and that Authentic Self is the part of us that can hold the Vision of Light and Peace.

Astrologically, in 2016 we will experience many significant planetary aspects and shifts in consciousness. Jupiter in Virgo urges the Sacred Feminine to be honored, Uranus in Aries brings us the energy of New Beginnings, Neptune in Pisces slowly dissolves anything that does not serve our highest good, while Pluto in Capricorn pushes us to go deep within and purge all that is no longer working in our life.

2016 is a Universal 27/9 (Twenty-seven/Nine) year. The number 9 is about selfless service to mankind and all of humanity. It is about completion and fulfillment. It requires us to view life without prejudice and to have love and compassion for all people. In Esoteric Numerology, the 27/9 is symbolized by the Ace of Wands in the Tarot, and is a number of great spiritual strength and deep spiritual understanding. The Hand of God holds forth a living Wand with green leaves, some are falling to the ground in the form of Yods ... sparks of inspiration and creativity. The Wand dispenses life to all areas, for all purposes. It is pure invention, waiting to be tapped by those who would use this Spiritual Power. The Authentic Self has the ability to receive this Living Wand from the Hand of God and use its Spiritual Power for transformation and the greater good of humanity. We invite you to join us for this wonderful week at The Great Lakes Retreat: *The Authentic Self ... Our Journey of Spiritual Discovery*. ~ Cindy Berry-Addis

DAILY SCHEDULE

Sunday

10:00 am - 12:30 pm	Registration, Bookstore, Gift Center
12:30 pm - 1:00 pm	Lunch
1:15 pm - 3:00 pm	Opening Program
3:15 pm - 5:15 pm	Afternoon Workshops
6:00 pm - 6:30 pm	Dinner
7:15 pm - 8:30 pm	Evening Program
8:45 pm - 9:45 pm	Message Circles
9:45 pm - 11:00 pm	Lantern Launch
9:00 pm - 11:00 pm	Zodiac Zone, Sharing, Refreshments

Monday - Thursday

7:30 am - 8:00 am	Meditation
8:15 am - 8:45 am	Breakfast
9:00 am - 10:00 am	Morning Program
10:15 am - 12:15 pm	Morning Workshops
12:30 pm - 1:00 pm	Lunch
1:15 pm - 3:30 pm	Free Time, Consultations, Gift Center, Special Events (see page 14)
3:45 pm - 5:45 pm	Afternoon Workshops
6:00 pm - 6:30 pm	Dinner
7:15 pm - 8:30 pm	Evening Program
8:45 pm - 9:45 pm	Special Events (see page 14)
9:00 pm - 11:00 pm	Zodiac Zone, Sharing, Refreshments

Friday

7:00 am - 8:00 am	Room Checkout (College Requirement)
8:15 am - 8:45 am	Breakfast
9:00 am - 1:00 am	Morning Workshops
11:15 am - 12:00 pm	Closing Program, Raffle Grand Prize
12:00 pm - 12:30 pm	Lunch and Farewells

LECTURES

John Davis

Our Next Steps of Human Evolution

Sunday, July 17
7:15 p.m.



Ted Jauw

Divination and the Divine

Wednesday, July 20
9:00 a.m.



Normandi Ellis

The Hero's Quest: Leaving the Known World Behind

Monday, July 18
9:00 a.m.



HEALING SERVICE

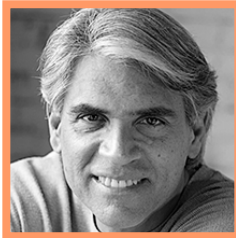
Wednesday, July 20
7:30 p.m.



Fred Stella

East Comes West: The Dharma's History in the U.S.

Monday, July 18
7:15 p.m.



Darcy Davis-Beghein

On the Road to Becoming: A Journey Through Story and Song

Thursday, July 21
9:00 a.m.



Tony Burroughs

A Closer Look at What We're Creating with Our Everyday Thoughts and Words

Tuesday, July 19
9:00 a.m.



Evans Bowen

Arriving Home

Thursday, July 21
7:15 p.m.



AUCTION & VARIETY SHOW

Tuesday, July 19
7:15 p.m.



CLOSING CEREMONY

Friday, July 22
11:15 a.m.





#1 Discover Your Geas, Heart Promise, & What Makes Your Heart Sing

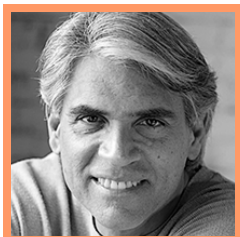
Dani Ehlenfeldt

Grand Rapids, MI

Your Geas is the life promise you agreed to when you incarnated this lifetime and it is what makes your heart sing. You are part of a group of souls who agreed to accomplish your Geas; they are your soul group. Get to know yourself better and discover your Geas. Journey to meet your soul group, speak with them, and learn their part in helping you with your Geas.

Come full circle by creating a totem pole representing your soul group. **Material Fee - \$20**

Dani Ehlenfeldt is a British Trained Awenydd, Certified Zentangle Teacher, and Artist. Celtic Shamans work from inner knowing, internalizing, and making things their own. In the British tradition they call themselves Awenydd. The work is largely experiential ... knowing of and for yourself. Combining her skills as Awenydd and Artist she works to heal the world around her and assist the Beings of Otherworld. Dani has been a member and former Co-Chair of The Great Lakes Retreat Committee.



#2 The Hindu Way of Awakening

Fred Stella

Grand Rapids, MI

We will examine the philosophy, theology, and practices of the world's oldest major religion. What is it about this tradition that allowed it to survive and flourish in the wake of Egypt, Greece, Rome, and other ancient paths? We will study its truths and find out how they might be relevant in today's society in the face of science, skepticism, and consumerism. Hinduism's rituals and contemplative methods will be shared.

Fred Stella has over 30 years experience in broadcast media and a lifetime of study in Religion and Spirituality. He is President of the Interfaith Dialogue Association (IDA) in Grand Rapids. The IDA often presents to religious communities and schools, the media, dialogue groups, interfaith services, and conferences. He is also very active at the Hindu Temple in Grand Rapids. Fred also hosts a radio show through Grand Valley State University called "Common Threads."



#3 Manifesting Your Dreams, Accelerating Your Results!

Darcy Davis-Beghein

Goodyear, AZ

You will learn to work with the invisible side of success by aligning yourself with Universal Laws and the vibrational frequency of a life that you would live. Your life's dreams will become clear as you walk a vision-driven path. Using tools to stay congruent with the laws, you begin to manifest your dreams! You will learn a dream building system: blueprinting, bridging,

building, becoming! Darcy invites you to experience this transformational, life-giving workshop!

Darcy Davis-Beghein (www.heartstreamlifecoaching.com) is a Coptic Minister, veteran teacher, and singer/songwriter and has worked with churches, schools, and spiritual organizations for over 30 years sharing her talents as a speaker, educator, workshop leader, and singer. Currently, she facilitates and inspires groups and individuals as they explore their dreams, accelerate their results, and create richer, more fulfilling lives. Her transformational workshops and programs teach the invisible side of success and how to align with the Universal Laws.

You can sign up for one AM Week Long Workshop OR five AM Single Sessions.



#4 Medical Astrology And Esoteric Healing

David Zimmerman

Rochester Hills, MI

This class will focus on Medical Astrology and the fascinating information that can be found in an astrological chart with regard to healing the anatomy on an Esoteric level. From Dr. Baker's book *The Opening of the Third Eye*, we will learn important and necessary information about what is taking place during this process, and how to work with it. How Pranic energy can effectively support and heal the chakras and the different organs of the body

will also be covered, as well as its importance in connection with the Third Eye. This is an intermediate/advanced level class. A certificate of completion will be awarded from Claregate College of England.

David Zimmerman, B.Mph, is a retired General Motors executive and a Vietnam War veteran. He studied art at Indiana University and is a graduate of Claregate College of England. David is a life-long student of the Ageless Wisdom Teachings. He lectures, produces, and supports educational DVDs, CDs, and writings on Esoteric subjects throughout the United States, England, Australia, Europe, and South Africa.



#5 Pilgrimage: A Journey For the Soul

Evans Bowen

Louisville, TN

Pilgrimage is a sacred journey taken in devotion to the heart, nurturing one's true self. This class explores the history, stages, experiences, and lessons of a pilgrimage, as well as powerful sacred sites around the world and in our own backyard. Found in all spiritual traditions, pilgrimage has found new life and meaning in our modern spiritual practice.

Evans Bowen (www.theperpetualpilgrim.com) has studied metaphysics, Tarot and sacred sites for over 20 years. Ever the pilgrim, she has traveled to all 50 states, Canada, Central and South America, Europe and the Middle East to visit and experience sacred sites. Her latest adventure had her walking the Camino, a 1000 year old pilgrimage trail across Northern Spain for 5 weeks and 500 miles to the holy city of Santiago. She is currently writing a book about a 40-day pilgrimage, a number significant to initiation. You can find Evans on her blog, *The Perpetual Pilgrim*, where she writes about the Tarot and sacred travel, while encouraging her readers to make every step in life a sacred journey.



#6 Attaining Universal Consciousness

John Davis

Wyoming, MI

Learn personal tools for spiritual transformation and higher consciousness. Explore interpretation of ancient truth in becoming a Light of the World. Gain perspective and insight into oneself in relation to earth, humanity, and the New Age transformation. Unlock techniques of self-mastery and eventual Christ and God consciousness.

John Davis (www.TheKeysToYourDestiny.com) is Director of the Coptic Fellowship International, an organization based upon a philosophy introduced by the Egyptian Mystery Schools. He is also Director of the Spiritual Unity of Nations (SUN) which is dedicated to "The World as One Family." John is the founder of the World Service Order, a metaphysical training program. He is an Egyptologist who has taken over 29 tours to Egypt. He is an internationally known personal and planetary numerologist who has given over 12,000 numerology readings. John is author of *Revelation for Our Time* (1998), a positive universal prophecy for the coming times.



#7 The Shaman's Journey of the Soul

Steve Krejcik

Brookfield, IL

Limited to 16 participants.

This intense workshop will delve into the esoteric wisdom teachings of the Q'ero Shamans of Peru, a path to our true power. We will learn to perform Illuminations, a core Shaman healing method, examine our lifetime roles, learn perceptual levels of awareness, heal our relationship with our ancestors, and the value of daily breath work. The week will close with a

Despacho Prayer Bundle and fire ceremony where we offer our intentions to Spirit for healing and transformation. Please bring the following: intention for week, gourd rattle, a mat, blanket, pillow, and eye cover. Required reading is *Shaman, Healer, Sage*; recommended reading is *The Four Insights: Wisdom, Power, and Grace of the Earth Keepers* both by Alberto Villoldo.

Steve Krejcik is a Coptic Board Member, Minister, teacher and healer. He is the founder of Grey Wolf Healing Therapies located in the Chicago Suburbs. Steve has helped thousands clear emotional and energetic roadblocks using the techniques of the Q'ero Shamans of Peru. He has published numerous articles on self-improvement and spiritual growth.



#8 The Soul and the Phoenix

Normandi Ellis

Chesterfield, IN

The ancient Egyptian mystery religion supported the soul's journey through lifetimes to help bring to consciousness the wisdom of the ancestors and the God force. The highest spiritual bodies were the ba soul and the akh, equated with The Phoenix. Lecture, discussion, and experiential activities help the student see how these spiritual bodies function in life on the physical, emotional, mental, and spiritual planes. Active meditations will

bring us into direct contact with these spiritual states and with the karma of our personal histories. The class concludes with a fire ritual of The Phoenix on its pyre.

Normandi Ellis (www.normandiellis.com) is the author of many books of fiction and non-fiction, including *Awakening Osiris*, her translations from the hieroglyphs. She is a clairvoyant Spiritualist minister, pastoral counselor, and leads trips to Egypt with *ShamanicJourney.com*. She presents workshops around the country, teaches metaphysical studies, and lives in Camp Chesterfield, IN. This workshop is drawn from Normandi's latest book *The Union of Isis and Thoth: Initiatory Practices of Ancient Egypt* (Bear & Co., 2015).



#9 Rescension

Ted Jaww

Wyoming, MI

What if everything we are taught, believe, or need to know was in our 'body' somewhere? Going around the world you can use the Mayan Calendar and Mayan Chocla (chakra) as the template found in your being. We will explore how it is not enough to evolve and ascend anymore. The tools for completion and our 'authentic selves' have been with us all along just waiting for this age, this lifetime, and this moment to surface.

Ted Jaww is a storyteller, artist, muralist, and ritualist. He has been trained, ordained, and initiated in many traditions that all share his love of myth, mystery, and meaning. He is most often called upon as a Babal'Awo and Oluwo of the West African Yoruba people, called Odu/Ifa. As a student he is most associated with his mentors, Dr. Mary Loomis Ph.D and Babatunde Olatunji.



#10 Spiritually Communicating With All Forms of Life

Mary Lemons

Albemarle, NC

In Sacred Space you can communicate with all forms of life - Nature, Relationships, Animals, the Deceased, and your Higher Self. Deal with concerns you have by communicating spiritually with those in relationship with you. During class you will learn how to communicate with animals, and with deceased loved ones, both human and animal. In addition, you will have

the opportunity to transcend limiting beliefs and fears as you communicate with your Higher Self.

Mary Lemons has facilitated spiritual workshops at conferences throughout North Carolina, including the Southeastern Spiritual Conference in Greensboro, the International Expressive Arts Therapies Association Conference, Catherine Anderson Arts Studio in Charlotte, and the A.R.E. Retreat in Wildacres. She has also taught at Life Spectrum in Pennsylvania, and provided workshops in numerous other states.



#11 Getting More Proficient at Using the Laws of Manifestation

Tony Burroughs

Pagosa Springs, CO

In this class you will learn how to integrate the Laws of Manifestation/Attraction into your daily life. We will make use of several empowering tools, including The Code: 10 Intentions for a Better World, The Law of Agreement for Healing and Happiness, The Vision Alignment Project, and The Intention Process. By the end of the week, everyone will know how to run

their own Intention Circle.

Tony Burroughs (www.intenders.com, www.highestlighthouse.com, www.visionalignmentproject.com, www.intenders.org, www.tonyburroughs.net) is a prolific visionary of our time. He is the author of 10 self-empowerment books and is the co-founder of the worldwide Intenders of the Highest Good community. His widely acclaimed Vision Alignment Project recently surpassed 2 million alignments.



#12 Secrets of the Adepts

James Phillips

Chicago, IL

In this workshop you will receive the teachings given only to Candidate-Initiates in the Sacred Mystery Schools of ancient Egypt. You will also experience special initiations for the Root, Heart, and Crown Chakras. Learn to cleanse your mind and body of negative thoughts, feelings, and strong emotions. Rejuvenate your personal source of loving energy, become more grounded, more present, and more physically and emotionally secure.

James Phillips (www.lit4you.com) is a speaker, author and co-founder of Living in Truth LLC. He is dedicated to making the wisdom of ancient Egypt relevant for today's contemporary audiences and assisting in the birth of a truth-grounded world for all of us. James has travelled to Egypt over 30 times and has been mentored extensively by the sedj'dee, the indigenous wisdom-keepers of the sacred mysteries of Egypt. He is a graduate of the world famous Monroe Institute in Faber, Virginia which focuses on personal experience of higher states of consciousness including the out-of-body experience, and he has completed both the Foundation and Self-Mastery Programs offered by Agape International Spiritual Center in Los Angeles, CA.

You can sign up for one PM Week Long Workshop OR five PM Single Sessions.

A.M. SINGLE SESSION WORKSHOPS (10:15 - 12:15)

Single Sessions are designed for those full time retreatants who would like to sample a greater variety of topics or for those who can only attend the retreat for a day or two. The workshop leader and topics change with each session. You can sign up for one AM Week Long Workshop OR five AM Single Sessions.

MONDAY MORNING (choose one)



#13 The Way of the Buddha: The Eightfold Path to Mental Health – Part 1

Dr. Antonio Sieira

Livonia, MI

In Part 1 of this two-part class we will explore the “eightfold path” to enlightenment as presented by the Buddha, and then apply it to modern day principles of mental health. Each of the eight “steps” will be presented and discussed as a “path” to deal effectively with the stresses of every day life!



#14 All About Pyramids

James Phillips

Chicago, IL

We will explore facts about pyramids, some of which are not widely known, such as the origin of the word pyramid, what the Khemitians identified pyramids as being and why, and what the wisdom-keepers understood their purpose to be.

TUESDAY MORNING (choose one)



#15 The Way of the Buddha: The Eightfold Path to Mental Health – Part 2

Dr. Antonio Sieira

Livonia, MI

In Part 2 of this two-part class we will present and discuss “the stressful six!” These are the six stress factors that are unavoidable in every day life. A therapeutic model to effectively deal with stress will be presented and practiced in this session!



#16 So You Want to Be a Reader...Let's Get Started

Jim Puskala

Indianapolis, IN

You will be learning how to get and give a reading. You will also learn how to get and give messages. You will learn to trust your senses of taste, smell, feeling, clairvoyance, and that sense of “knowing.” There will be demonstrations of message giving during the class.

WEDNESDAY MORNING (choose one)



#17 Sothis Rising: Discovering Your Life in the Stars

Amy Auset Rohn

Thorntown, IN

The star system Sothis was believed by the Ancient Egyptians to be the Heart of Isis. Explore the wisdom of the three stars that make up this star system to uncover your past, reclaim your present, and create your future.

WEDNESDAY MORNING CONTINUED (choose one)



#18 Energetic First Aid: Healing Self & Others
Mary Lemons Albemarle, NC

In Energetic First Aid you will learn two techniques to use on yourself, animals, and others to relieve pain and create balance. You will experience your own energy as you sensitize your hands to work on each other. You will be both receiver and giver during our healing sessions.



#19 Energetic Clearing & Blessing of Your Home
Minnie Kansman Lyons, MI

Home is Sacred Space and it is important to treat it that way. Learn simple Space Clearing techniques to bless, re-energize, and set new intentions for your living places.

THURSDAY MORNING (choose one)



#20 The Secret Light of Butterflies
Ted Jauw Wyoming, MI

This is a Moth style story that uses the lowest point in my life to show how we discover, transform, and transcend tragedy with humor, irony, synchronicity, and a little help from our friends. Leave your notebooks and join us around the campfire for deep storytelling.



#21 Awakening Self-Expression – Part 1
Deb Swingholm Swanton, OH

In Part 1 of this two-part class we will celebrate breakthroughs, moments of joy, rough roads, broken hearts, fresh wounds, and old scars. We will honor the things that made us stronger, the stories that made us who we are and shaped our spirit. It is from this depth of emotion and experience that you can offer your most authentic self-expression.

FRIDAY MORNING (choose one)



#22 Ceremonial Shifting of Our Assembly Point
Nathan Smyth Grand Rapids, MI

Based on the works of Carlos Castaneda, this ceremony will empower participants desiring to intentionally shift their assembly point (paradigm/perspective) from, “What I used to be” into “That which I AM Becoming.”



#23 Awakening Self-Expression – Part 2
Deb Swingholm Swanton, OH

In Part 2 of this two-part class happiness flows from self-expression. Go within and find your true voice – alive, inspired, and free. Discover the creative expressions that are most in tune with your spirit. Painting, cooking, poetry, photography, knitting, singing – find the avenues to express your most authentic self.

P.M. SINGLE SESSION WORKSHOPS (3:45 - 5:45)

Single Sessions are designed for those full time retreatants who would like to sample a greater variety of topics or for those who can only attend the retreat for a day or two. The workshop leader and topics change with each session. You can sign up for one PM Week Long Workshop OR five PM Single Sessions.

SUNDAY AFTERNOON (choose one)



#24 Making Personal Prayer Flags

Renee Therriault

Grand Rapids, MI

Join Renee in a process of identifying what is important to you, learning how to honor yourself, and discovering your own personal & Spiritual symbols. During this interactive class, you can begin your own practice of offering these symbols to the world by designing and creating a set of prayer flags to take home with you. **Material fee \$5.**



#25 Truth and Transformation

Janet Leonard

Sarnia, Ontario, Canada

Using Astrology (Exoteric & Esoteric) we will look at key areas in a Horoscope – Sun/Moon/Ascendant and the sign of Scorpio in which we can experience the Three Levels of Transformation: (1) Personality (Scorpion); (2) Personality-Soul (Eagle); (3) Soul (Phoenix). Bring your Natal Chart if you have one, or e-mail Nan@TheGreatLakesRetreat.org to discuss.

MONDAY AFTERNOON (choose one)



#26 All About Angels - Part I

Adrianna Lesniak

Lum, MI

These classes will be centered around Angels - their beginning, tracing them through history, and how they evolved into what we see today in media and oracle cards. In Part I of this two-part class, we will study different angelic Realms (Seraphim, Cherubim, Thrones, Dominions, Virtues, Powers, Principalities, Archangels, and Guardian Angels.)



#27 Introduction to Zentangle

Dani Ehlenfeldt

Grand Rapids, MI

Zentangle is a relaxing and fun mindful meditation creating beautiful images by drawing structured patterns. Meditation and art have been paired together for a long time. Zentangle is able to translate this relationship into a simple easy method for all. **Material Fee - \$10**

TUESDAY AFTERNOON (choose one)



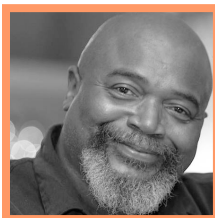
#28 All About Angels - Part 2

Adrianna Lesniak

Lum, MI

In Part 2 of this two-part class we will look at Fallen Angels, and the legends and stories behind them. We will also create a set of four oracle cards to converse with Angels, and discuss how oracle decks work and how they are created.

TUESDAY AFTERNOON CONTINUED (choose one)



#29 Flawed Abundance: Grace, Gratitude, and the Transformed Life

Michael Crawford

Grand Rapids, MI

The class is intended to engage participants in conversation regarding creativity and its ramifications on health and well-being. There will be a small musical presentation, as well as a power point discussion surrounding scientific research into cosmology as a way to regain perspective.

WEDNESDAY AFTERNOON (choose one)



#30 Aromatherapy

Gayla Jewell

Grand Rapids, MI

People have used essential oils for thousands of years. Only recently do we have scientific appreciation for these volatile, precious chemical compounds. Learn how essences of plants and flowers may alleviate physical ailments, focus your mind and heighten wisdom, bring sensations of joy to your soul and lightness and energy to your day, and reawaken sensuality in your heart.



#31 Reading Tea Leaves For Fun and Insight

Nora Hoffman

Point Richmond, CA

Learn to read tea leaves through outer and inner senses: first to notice the subtle impressions another's cup brings to our awareness, and second to interpret and share them with the cup owner. Feel free to bring your own teacup and saucer.



#32 Kirtan Chanting and Hindu Deities

Brooke Jansen Dillane

Grand Rapids, MI

Chanting is an ancient call-and-response devotional practice that brings us back to our hearts, out of our heads, and into the Light! We will explore chanting a variety of Names and the energy that each Name invokes. No experience required. Words in Sanskrit and English will be provided.

THURSDAY AFTERNOON



#33 Journey Into the Paranormal

Dusty Russell

Princeton, IN

If you have ever wondered about things that “go bump in the night,” join Dusty, an accomplished paranormal investigator, for discussions on how and why paranormal investigations are done, unexplainable experiences, and her adventures in some of the most haunted places in the world.



#34 Understanding the Spiritual You

Jack Swartz

McMillan, MI

You are more than what you think you are. You know about your mental self, but do you know about your spiritual self? You know about your physical body, but do you know about your light body? This is an opportunity to find out what these are and how they work together to help you.

NOTES OF SPECIAL INTEREST

ATTENDEES Due to the focus of The Great Lakes Retreat, the program is intended for mature responsible individuals. Child care is not available.

AUCTION will be held before the Variety Show on Tuesday night, offering fun and unique items to bid on. If you would like to donate new or hand crafted items, contact Laura Joy Veeneman, (616) 890-1050, Email: LauraJoy@TheGreatLakesRetreat.org.

EARLY ARRIVALS on Saturday may register **after 2:00 P.M.** This will include a room, dinner, and Sunday breakfast for an added fee of \$100 per person. **Reservations for Saturday night lodging must be made by June 26, 2016.**

EMERGENCY PHONE NUMBERS at Campus Security are (269) 749-7911 or (269) 749-7173. Conference Office (269) 749-7611 or (269) 749-7197.

ENLIGHTENMENT EMPORIUM will have many new and original creations available for purchase, and provide metaphysical and spiritual books and literature. Limited space is available, any full-time retreatant wishing to display and sell items, or any full-time retreatant who is a book vendor with new books, please contact: Ronda San Cartier, (269) 251-0879, Email: Ronda@TheGreatLakesRetreat.org

GUARDIAN ANGEL program provides an opportunity to share in the loving and giving spirit of the retreat. Sending loving thoughts, prayers, giving hugs, taking time to talk, leaving notes at their door, keeping your identity a secret (or not), using the Angel Message Table . . . the idea is the giving and sharing of energy and love. If you wish to participate in this activity, fill out the Angel form included in your folder.

HEALING CENTER will be open daily during free time. A fine staff of healers will be available. Massage tables needed! Anyone who can bring a massage table for the Healing Center please contact Laura Clignett, Email: Laura@TheGreatLakesRetreat.org, (616) 214-5923.

HEALING SERVICE will be held on Wednesday, July 20, at 7:30 P.M. This evening service is focused on the healing of ourselves, each other, and the planet. Feel free to dress more formally if you wish. All are welcome!

INCENTIVE PROGRAM For every new person you bring to the Retreat, you will receive a \$30 credit toward your registration. The new retreatant must be full-time (signed up for the entire week) and it must be their first year attending. Please have them put your name on the **I was referred by:** line on page 20 of the registration application.

KEY DEPOSIT of \$10 per key is required. The deposit will be refunded when you return your key prior to your departure. The charge for a lost key is \$40.

MEALS will be served in the Kirk Student Center Cafeteria. The menu includes a salad bar, vegetarian, and non-vegetarian choices.

MEDICAL POLICY Retreatants in need of medical assistance shall seek out Olivet staff or The Great Lakes Retreat Committee members for information. Staff and committee members reserve the right to call for professional medical help for any retreatant.

MEDITATION will be held each morning at 7:30 A.M. facilitated by Cindy Berry-Addis.

MUSIC preceding each lecture will be facilitated to contribute to the spirit of the Retreat.

NOTES OF SPECIAL INTEREST

PETS are not allowed on campus.

PSYCHIC SAMPLER provides a chance to explore different consultation modalities. Retreatants who are experienced consultants and wish to donate their time and talent as a reader, please send consultation background, name, address, and phone number to Cindy Berry-Addis, (616) 835-1625, Email: Cindy@TheGreatLakesRetreat.org

QUIET TIME needs to be observed in the hallways and dorms during afternoon free-time and evening hours after 10:00 p.m.

RAFFLES will be held twice a day prior to the morning and evening music program with proceeds benefiting a Retreat fund, that helps to support the continuation of The Great Lakes Retreat. Tickets will be on sale outside Mott Auditorium. **You must be present to win.** To donate raffle items, contact Laura Joy Veeneman, (616) 890-1050, Email: LauraJoy@TheGreatLakesRetreat.org.

RECORDING Workshops and Single Sessions will not be recorded. You may record your own Workshop or Single Session with the leader's permission. Lectures will be recorded and the DVD's will be for sale.

REFUNDS Any cancellation will be subject to a \$20 handling fee.

REGISTRATION (mail-in) cut-off date is July 2, 2016. Early Bird registration paid in full before May 15, 2016, receives a \$20 discount. Late registration after July 2, 2016 is assessed a late registration fee of \$20. **REGISTRATION PRIOR TO THE RETREAT IS HIGHLY RECOMMENDED.**

SWIMMING will be available. Indoor pool hours will be announced.

TRANSPORTATION, for a fee, from the Capital City (Lansing) Airport to Olivet College will be provided on Saturday, July 16; Sunday, July 17; and from Olivet College to the Lansing Airport on Friday, July 22. **All information regarding your arrival and departure dates, times, airlines, and flight numbers need to be in the hands of: Kristina Ehlenfeldt by July 10, 2016.** Email: Kristina@TheGreatLakesRetreat.org (616) 334-8948. You will be contacted by registration with the time and fees once the pick up schedule has been determined. You will need to make your own arrangements if you do not contact Kristina by July 10, 2016.

USED BOOKS will be available for purchase in the Gift Center. If you have any used books you would like to donate to the Gift Center please contact Ronda San Cartier, (269) 251-0879, Email: Ronda@TheGreatLakesRetreat.org

VARIETY SHOW offers an opportunity for retreatants to share their special abilities on Tuesday, July 19. So, please think about what talents you may want to share!

VOLUNTEER ASSISTANCE is welcomed from those who wish to contribute their time to the success of the Retreat. Check the appropriate box on your registration application.

ZODIAC ZONE is a place to meet with friends and share refreshments. It will be open evenings from: 9:00 P.M. to 11:00 P.M. (Shipherd Hall Lounge). Cookie donations welcomed, please contact Margo SanCartier Email: Margo@TheGreatLakesRetreat.org (231) 679-0427.

FREE TIME AND SPECIAL EVENT ACTIVITIES

Sunday

- Evening** **Lantern Launch** - Everyone is invited to join in launching Chinese Laterns into the air to initiate positive energy for the week.
- Evening** **2 Message Circles** - Brief individual messages will be provided to each Circle participant. Sign up at the Counseling Table at Retreat. **Fee \$5.00, Circle limit – 15 people**
-

Monday

- Free Time** **Metaphysical Monday Movie - Somewhere In Time** will be playing in the Auditorium for anyone who would like to watch this classic movie.
- Evening** **Special Events Night** - Psychic Sampler, both Healing Center and Enlightenment Emporium (Authors' Book Signing) open
-

Tuesday

- All Day** **HAWAIIAN DAY!** Wear your favorite Hawaiian shirt!!
- Free Time** **In the Garden of the Goddess** - Join **Deb Swingholm** and explore the fragrant herbs and flowers associated with the Divine Feminine for centuries, and then use some of these to make a "Goddess Dream Pillow." You will also enjoy a powerful guided meditation to meet with the Goddess and receive her healing grace and wisdom.
- Evening** **Life Cleansing Journey & Sun Meditation Using Energized Breath** - Join **Steve Krejcik** in this active journey of the breath. We will travel to a most sacred place within where body, mind, and spirit unite in one thought of love. We will journey to the sun to transform our bodies into luminous beings that heal, age, and perceive the world differently. Sign up at Retreat. **Maximum class size - 20**
-

Wednesday

- All Day** **CHAKRA WEDNESDAY!** Wear your favorite Chakra colors!!
- Free Time** **Altars: Connections to the Divine** - Join **Minnie Kansman** to learn more about how to create and maintain these powerful portals to Spirit, and their multiple uses. You will also make your own decorative match box cover in this class. **Material fee - \$5.00**
- Evening** **Kirtan Chanting** - Join **Brooke Dillane** for a facilitated group chanting experience. All are welcome.
-

Thursday

- Free Time** **Muscles in Motion - Stretching Around the Globe** - Join **Gill Young** and have fun with exercise and stretching to music. Light hearted exploring with information on the structure of the body and different forms of movement from around the world.
- Evening** **2 Message Circles** - Brief individual messages will be provided to each Circle participant. Sign up at the Counseling Table at Retreat. **Fee \$5.00 charge, Circle limit – 15 people**
- Evening** **Drumming Circle** - Bring drums, rattles, or other rhythm instruments (some will be provided) and participate in a facilitated drumming experience.

The Great Lakes Retreat



“Where Heaven and Earth Meet”

SPIRITUAL CONSULTATION appointments will be available during the Retreat. Information on consultants will be mailed to you along with your registration confirmation. Pre-registration is advised. This will give you first choice and also eliminate the long lines often experienced when signing up at the Retreat. Fees are \$40 for a 25-minute session and \$80 for a 55-minute session, except as otherwise noted. Consultations are provided for entertainment purposes.

SPIRITUAL COUNSELORS

Jeanna Billings
Evans Bowen
Tony Burroughs
John Davis
Darcy Davis-Beghein

Brooke Dillane
Dani Ehlenfeldt
Normandi Ellis
Ted Jauw
Gayla Jewell

Steve Krejcik
Mary Lemons
Adrianna Lesniak
Jim Puskala
Amy Auset Rohn

Nathan Smyth
Fred Stella
Deb Swingholm
Donna Tomchuck

THE GREAT LAKES RETREAT COMMITTEE

Cindy Berry-Addis: Brochure/Psychic Sampler/Signs/Meditation

Bev Boerman: Co-Chair/Healing Service/Brochure/Facebook

Nina Castelluzzo: Counseling/Secretary

Laura Clignett: Healing Center

Shari Davis-Schoech: Treasurer/Auction/Morning Music

Kristina Ehlenfeldt: Registration/Mailing/Brochure/Information Technology

Joe Erickson: Auditorium/Sound

Nan Hunt: Co-Chair/Healing Service/MC/Brochure

Lyza Ingraham: Photography/Sound/Brochure/Information Technology

Margo San Cartier: Zodiac Zone/Morning Music

Ronda San Cartier: Auction/Enlightenment Emporium/Morning Music

Laura Joy Veeneman: Variety Show/Raffle/Silent Auction/Donations

Web Site: www.TheGreatLakesRetreat.org

MEMORIES OF 2015



MEMORIES OF 2015



Location

Olivet College is located in South Central Michigan, 30 miles southwest of Lansing, the state capitol, and 125 miles west of Detroit. It sits on a rolling hilltop shaded by huge maple and oak trees in the city of Olivet, a friendly community of 1,700 people. The College surrounds a park-like square for easy access on foot.

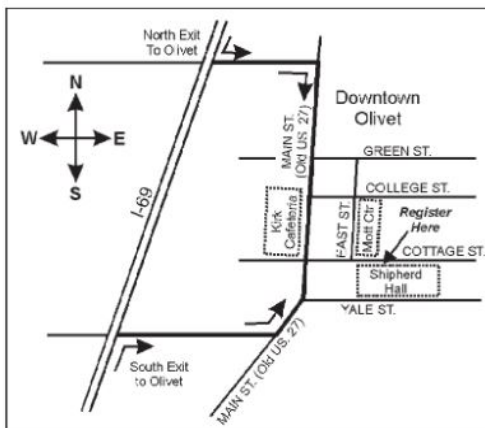
Directions

From Detroit: Take I-94 west to Exit 110. Follow north about 10 miles to the College.

From Lansing: Take I-69 south to Exit 51 (Ainger Road), turn left. At next stop sign turn right to the College.

From Kalamazoo: Take I-94 to I-69 north. Follow to first Olivet exit (Exit 48), turn right at stop sign. Turn left at next stop sign, follow to College (about 1/2 mile).

From Mt. Pleasant: Take I-27 south to I-69. Exit I-69 at Ainger Road (Exit 51), turn left. At the next stop sign turn right to the College.



For More Information

CO-CHAIR

Bev Boerman
(616) 262-1336

Bev@TheGreatLakesRetreat.org

CO-CHAIR

Nan Hunt
(616) 437-2425

Nan@TheGreatLakesRetreat.org

CONSULTATIONS

Nina Castelluzzo
43550 Algonquin
Novi, MI 48375
(248) 962-8507

Nina@TheGreatLakesRetreat.org

GIFT CENTER

Ronda San Cartier
60 Groveland St
Battle Creek, MI 49017
(269) 251-0879

Ronda@TheGreatLakesRetreat.org

REGISTRATION

Kristina Ehlenfeldt
1405 Spencer St NE
Grand Rapids, MI 49505
(616) 334-8948

Kristina@TheGreatLakesRetreat.org

REGISTRATION APPLICATION

Please complete a separate form fully for each registrant.

Last Name (*Please Print*) _____ First Name (*For Name Tag*) _____ Initial _____

Street Address, Route, Box or Apt. # _____

City _____ State/Province _____ Zip _____ Country _____

Area Code & Telephone Number _____ E-mail (permission to publish Y or N) _____

LODGING - PROGRAMMING (U.S. Dollars)

ADULT REGISTRATION includes: housing in a double occupancy room with shared bath, all lectures, workshops, participation in all activities, and meals.

<u>RATES</u>	<u>Regular</u>	<u>Early Bird*</u>	<u>Amount</u>
Adult	\$595	\$575	\$ _____
Program Only (5 days, meals)	\$425	\$425	\$ _____
Daily Program (includes meals)	\$130	\$130	\$ _____
Lecture Only	\$ 15	\$ 15	\$ _____

All prices are higher at the door

****Early Bird registration must be paid in full before May 15, 2016***

EXTRA COST OPTIONS (Subject to Availability) ***Private rooms on second and third floor only. Private baths not available.***

	<u>ADD</u>	<u>ADD</u>	
Gillette Townhouse	\$110	\$110	\$ _____
Sat. Night Dinner, Lodging, Breakfast	\$100	\$100	\$ _____
Private Room (<i>Limited Availability</i>)	\$ 80	\$ 80	\$ _____
Late Registration Fee after July 2, 2016	\$ 20	\$ 20	\$ _____

Subtract \$10 if registered for the entire week & you provide your own towels & twin sheets \$ _____

All material fees (if noted in class description) will be paid in class to presenter

TOTAL AMOUNT DUE \$ _____

Credit Card # _____

Expires _____ CVV# _____

Your Signature: _____ Date: _____

DEPOSIT with Application (add \$80 for private room)...\$100

2nd PAYMENT due May 22 \$100

3rd PAYMENT due June 26 Balance Due

AMOUNT ENCLOSED \$ _____

Make check or money order payable to: **THE GREAT LAKES RETREAT**

Please Read and Sign

I agree to abide by the Rules and Policies set forth by Olivet College and The Great Lakes Retreat Committee.

Signature _____ Date _____

Cut Along Dotted Line and Return This Form

REGISTRATION APPLICATION

Register for one morning and one afternoon weeklong Workshop,
OR for daily Single Sessions.

WORKSHOPS

A.M. Workshop		P.M. Workshop	
#	Leader	#	Leader
1st Choice	_____ / _____	_____ / _____	
2nd Choice	_____ / _____	_____ / _____	

SINGLE SESSIONS

Single Sessions run concurrently with the workshops.

	A.M. Workshop	P.M. Workshop
	# Leader	# Leader
Sunday		_____ / _____
Monday	_____ / _____	_____ / _____
Tuesday	_____ / _____	_____ / _____
Wednesday	_____ / _____	_____ / _____
Thursday	_____ / _____	_____ / _____
Friday	_____ / _____	

MISCELLANEOUS

Requested Roommate: _____

If no specific roommate is requested, you will be assigned a roommate of the same gender, similar age, and smoking preference.

Your Name: _____

Gender: _____ Female _____ Male

Age: _____ Under 18 _____ 18-25 _____ 26-35

_____ 36-50 _____ 51-65 _____ Over 65

Smoking: _____ Smoker _____ Non-Smoker

_____ **If possible**, for health reasons, I need a first floor room (*Limited Availability*)

Private Rooms are not available on the first floor

Health Reason: _____

Please indicate:

_____ This is my first Great Lakes Retreat (*We're glad you're coming!*)

_____ I volunteer to help where needed

_____ I will donate time in the Healing Center

_____ I would like to participate in the Variety Show

Meal Preference: _____ Vegetarian _____ Gluten Free _____ Other

Incentive Program

I was referred by: _____

Please send a copy of this brochure to the following person(optional):

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

MAIL PAGES 19 & 20 TO: *Krisitina Ehlenfeldt*
1405 Spencer St NE, Grand Rapids, MI 49505

Cut Along Dotted Line and Return This Form



You Have been Invited by the Universe to receive an Amazing Gift...



For First Time Participants: We are offering a One-Full-Free-Day Coupon for the 2016 Great Lakes Retreat. Includes: 3 meals, AM Meditation, Morning & Evening Lecture/Program, AM & PM Single Sessions, free time to browse our Gift Center/Book Store and Healing Center. For more detailed information on classes, please visit our website at TheGreatLakesRetreat.org

To participate please fill out this form: ☆

DAY: _____

NAME: _____

ADDRESS: _____

AM Single Session: _____

PM Single Session: _____



Mail to: Kristina Ehlenfeldt



1405 Spencer St NE, Grand Rapids, MI 49505

Please note: This offer is for **First Time Participants** only. Coupon may be used as: 1) One free day; 2) Purchase additional days at \$130/day; or 3) Apply as a \$130 discount toward the full week registration fee. Deadline for sign-up is **July 2, 2016**.

For more details call Kristina at:



(616) 334-8948



**The Great Lakes Retreat
P.O. Box 2054
Grand Rapids, MI
49501-2054**

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