

Time for Gratitude!

**Thanks for your support!
Please forward to those you
know will benefit from
knowing about our work.**

We are so grateful to all of you who choose to follow and support us through our electronic medium. If you have any questions please email or call: Betty at (928) 474-4268.

**Check out our PSA video on the
website: www.merrittcenter.org**

Veterans Helping Veterans Program Basic Training for Life

Women's Program for 2012:
February 24-26, April 20-22,
June 8-10, August 10-12

Men's Program for 2012:
January 13-15, March 2-4,
May 18-20, July 6-8

Want to help?

**Please donate at our website:
www.merrittcenter.org via
Pay Pal. It costs \$150 per vet, per
retreat or \$600 for program.**

Thank you volunteers:

Suzanne Connolly, Karyl Blair,
Marie Fasano, AnnMaree Thompson,
Dr. Michael Austin, Shaye Guerra,
Ben Gallaway, Tobie McMaster,
Shiranda Deerwoman, Patty Ryan

A New Training Program

**Want to add Basic Training for
Life to your practice or create it in
your own locale?**

We are offering two Train The Trainer workshops: One, the overview for those who choose to add elements of the Vet Program to their practice June 21-24.

The other is an Intensive for those who choose to recreate the Vet Program in their own locale. It will provide a mirror training of the Vet Program four weekend retreats and is offered when we have four participants ready. These programs are provided for lodging and meal cost only. Call for information.

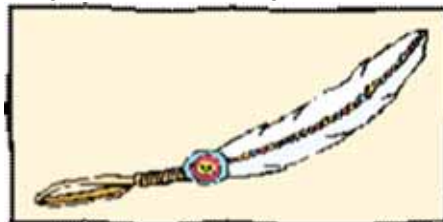
Calling Groups to our space!

We now have openings in our schedule to accommodate groups to share energy here. See page 2.

Transformative Empowerment

**Are you in the middle of a job,
relationship, or family transition?**

Come— walk the cycle of life with us. Set up an individual retreat (three days/two nights or a weekend) to let go of the past and create your dream come true!
3 days: \$360 or 4 days: \$480.



Notes from Betty



**Interested in being part of a new
10 Week, 2 Hour, Phoenix Stress
Release Group? Group created
when we have ten participants
sign up.**

Stress Release Group

Learning to say NO, shake off a stress event or day. Learning how your family of origin programmed your stress reactions, learn a movement to lighten your day and find lots of support.

Tuesdays in Sept—6am or 6pm. \$10 donation—Call or email.

Extended Programs at The Merritt Center

Job/Relationship/Family Transition?

Walk through the transition process through transformative empowerment and make your dream come true. Choose a schedule to meet your needs. 4 days:\$480 or 3 days:\$360.

An experiential process based on creating your dream structure within your life cycle. Call for more Information.

Transformative Transition Empowerment Coaching



This service provides an initial face-to-face interview (if locale permits) or an initial hour phone interview to clarify intentions and expectations for the coaching relationship.

Then a vision agreement is created by each party. The service fee is \$75 per hour. Most who seek this service are experiencing the disorientation or confusion of a life transition or the emergence of a life changing shift/awareness and need a safe space while considering a way forward. Call Betty to get more information or to set up an initial interview 928 474 4268.

Kiatsu Training
October 5-7, 2012
\$260
 Call for more information.

Merritt Center Board Members

Betty Merritt	Tim Broderick
Lisa Morad-McCoy	Tonia Erin
Michael Morad-McCoy	Marie Fasano
Norm Schlink	

Advisory Board Members

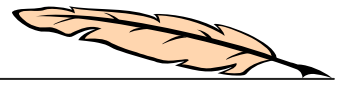
Shannon Bishop	Al Merritt
Dan Saint	Marki Ware
Jennifer Treece	Peggi Cornelius
Billy Ryan	Doug Richardson
Michelle Abraham	Duncan McPherson
Ben Gallaway	

Mother/Daughter Women's Journey May 11-13

A program for women to explore their uniqueness. An opportunity for women of all ages to learn and grow. The roles of woman will be celebrated in a drumming circle and other ancient rituals. Weekend: \$350 single; \$250 per person double-occupancy.

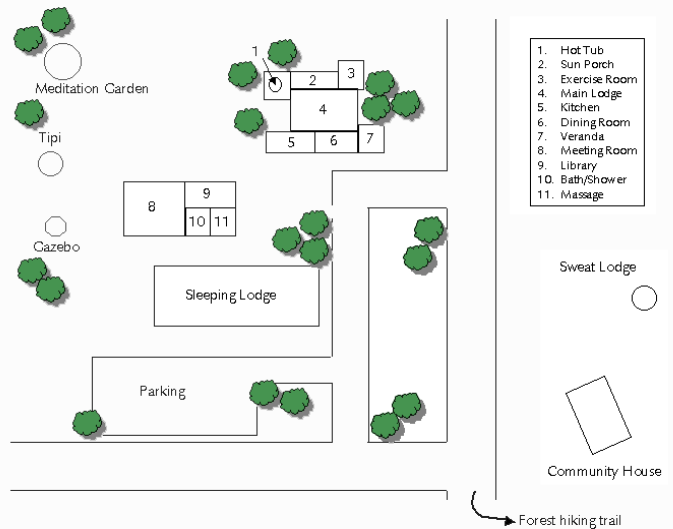
Groups are welcomed when the schedule is open during the week or on weekends at wellness weekend rates—a \$300 non-refundable deposit holds a reservation with half balance due 30 days before arrival and remaining balance upon arrival. 34 guest capacity in double/multi occupancy rooms. Special needs: vegetarian, vegan, gluten free, etc. must be requested 14 days before arrival and there will be an additional fee charged for specialty items, including requesting organic foods. A shared/common refrigerator is available for special need foods/supplies brought by a guest.

Kiatsu sessions are available for \$65 per hour. Kiatsu is a combination of Healing Touch, Process Oriented Acupressure, Shiatsu, and Intuitive energy processing.



The Merritt Lodge of Payson

The Lodge is located 90 miles north of Phoenix (east of Payson), nestled in the Tonto National Forest, near the foot of the Mogollon Rim, 5,000 feet elevation, a two-hour drive from Sky Harbor Airport in Phoenix.



How to Get Here

From Phoenix take Highway 87 to Highway 260 in Payson. Turn right on Highway 260 and continue three miles to Valley Road. Turn left. After two-tenths of a mile turn left again at Haught Road. Follow the signs to the Lodge on the left.



Joyful Happenings!



FREE 4 weekend Program in 2012 for MEN COMBAT VETERANS

January 13-15, March 2-4, May 18-20, July 6-8

FREE for men who served in a combat zone and want to give themselves a gift of reentry and integration in a safe space. Combat Vet Mentors will provide support.

Call (928) 474-4268 for application and information.

FREE 4 weekend Program in 2012 for COMBAT AREA WOMEN VETERANS

February 24-26, April 20-22, June 8-10, August 10-12

2012 Train the Trainer—

Overview workshop June 21-24. For those who choose to add elements of the Vet Program to their practice. \$255 meals/lodging only. **Intensive workshop** October 5-14. For those who choose to create a Vet Program in their own locale. \$725 meals/lodging only.

Wellness Weekends: February 2012 - January 2013
February 10-12, April 6-7, June 29-July 1, Labor Day August 31- Sept. 2, New Year's December 29-31, \$50 for January 1. Hiking, soaking in the spa, Massage, Kiatsu. No alcohol is served. Tour begins at 5:30, dinner at 6:00 Friday, and ends after lunch on Sunday. Double \$85 per person/night; Single \$120 per night.. includes room, meals. Healing Touch/Kiatsu or massage \$65/hr. Call (928) 474-4268 for appointment.

Couples: Growing Together : April 13-15 & November 9-10 — \$525 per couple who want to do more together than complain about bills, work, or sharing chores. Facilitated by Betty and Al Merritt who share the secret of their 38+ year marriage filled with unconditional love, support, adventure, growth and excitement with any couple choosing to grow together. Includes workshop, room, meals—6 Fri until 4 Sun.

Silent Wisdom Quest

May 24-27, 2012, 4 days, 3 nights, \$380

A journey to sacred forest space during daylight, returning at sundown to silence in the lodge. Fee includes room and meals.



Mother/Daughter Women's Journey

May 11-13, 2012. A journey for mothers and daughters to honor who they are and the gifts they have. \$250 per person- shared room

FREE Working Weekend ; August 17-19, 2012

Come prepared to paint, prune, spruce things up inside & out. CALL: Limited space.

Order Basic Training for Life workbook for returning veterans and their families

The hardcopy of the Basic Training for Life workbook is now available—please use our reservation form to order. The cost: \$15 can be considered a donation providing 10% of one veteran's retreat

Healing Touch classes

For 2012-13 class schedule:

www.healingtouchinternational.org

Call Lynne Jeffery for registration: (575) 354 3424

Betty's book: Driving Lessons—her search for her dream come true.

Stories about her journey.

\$15 donation to the Vet Program.

Yes I want to support the Merritt Center Vet Program

One time donation of \$ _____

I wish to pledge \$ _____ per month

E-Newsletter Registration Permission—please provide email: _____

Card # _____ Exp. _____

Book Order or \$10 donation for personal copy of the newsletter or sign up for class

Signature _____

E-Mail _____

Session/date _____ Qty. Books (\$15 ea) _____

King Twin

Name _____

All rooms are non-smoking.

Address _____

Mail or fax to: The Merritt Center

PO Box 2087, Payson, AZ 85547

Fax: 928.474.8588 Phone: 928.474.4268


Phone _____ Amt Enclosed \$ _____

Special Diet _____

Deposit: 50% (\$75 non-refundable). Personal check or Visa/MC. NOTE: Cancellation less than 14 days in advance will result in losing your entire deposit.

Merrittorious Memos is the newsletter of the Merritt Center, a Non-Profit Corporation near Payson, Arizona. The current Director of the Merritt Center is Betty Merritt who is also the managing editor of *Merrittorious Memos*. Your personal copy of the newsletter will be sent twice a year upon receipt of **A \$10 donation** Please direct all inquiries to: P.O. Box 2087, Payson, AZ 85547 or e-mail betty@merrittcenter.org.

\$10 Off



First Visit!

Expires October 31, 2012



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Purpose: The Merritt Center, a non-profit organization, is dedicated to education in renewal and empowerment via classes, workshops and experiential programs in an atmosphere conducive to personal growth.

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PO Box 2087, Payson, Arizona 85547

928.474.4268, 800.414.9880, Fax: 928.474.8588

For more information e-mail: info@merrittcenter.org

Website: www.merrittcenter.org , www.merrittveteransprogram.org

RETURN SERVICE REQUESTED

Schedule: February 2012 through January 2013



E-mailed with love of the forests!

Feb. 2012	March	April	May	June	July	Transition Empowerment Coaching \$75 per hour with phone follow up Working Weekend Free Aug. 17-19 NEW Train the Trainer
10-12 Wellness Weekend <hr/> 11 Board Meeting <hr/> 24-26 Women Vets	2-4 Men Vets <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <i>Please see inside for details descriptions, and tuition.</i> </div>	6-7 Wellness Weekend <hr/> 13-15 Couples <hr/> 20-22 Women's Vet	11-13 Mother/ Daughter Journey <hr/> 18-20 Men Vets Retreat <hr/> 24-27 Silent Quest <hr/> 25-27 Wellness weekend	8-10 Women Vets Retreat <hr/> 21-24 Overview Train the Trainer Vet Program <hr/> 29-July 1 Wellness Weekend	6-8 Men Vets Graduation Retreat	
August 2012	September	October	November	December	January 2013	PROGRAM Overview June 21-24 For vet counselors adding elements of the vet program to their practice.
3-5 Create Retreat Center <hr/> 10-12 Women Vets <hr/> 17-19 Working Weekend	Aug.31–Sept.2 Wellness Weekend <hr/> 15 Board Meeting	5-14 Train the Trainer Intensive <hr/> 5-7 Kiatsu	9-11 Couples <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <i>Weekend programs begin Thurs. or Fri. 6:00 dinner - through lunch on Sun.</i> </div>	29-31 Wellness Weekend	January 1 New Year's Day <hr/> 18-20 Men Vets Retreat	