



Retreat for Near-Death Experiencers

Mercy Center 2039 N. Geyer, St. Louis, Missouri 63131

Front Door Code xxxx (after 8 PM until 7AM)

Thursday, April 19, 2018

When you Arrive **Check in at Registration Table Near the Elevator in the Lobby**
Rooms may not be available until 3PM. There is a luggage room in the lobby to store luggage. Mother of Mercy Lounge available at 3 PM on April 19.

12 Noon **Depart for The Gateway Arch Monument**
(This is included in your registration – Meet at the MOM Lounge)

Thursday, April 19, 2018 (continued)

5:30 pm **Dinner in Dining Room**
6:30 – 9:00 pm **Mother of Mercy Lounge (MOM Lounge)**
Introductions and welcome
Linda Jacquin, Retreat Founder, and Sparkle Director
Bill Taylor, Harmony Director, Video Project
David Bennett, Timeless Time Keeper
Eric Cusimano, Limo and Schedule Illuminator
Lorraine Becker, Yoga and Wing Relaxation

Why we came: Expectations, Group Intentions, Agenda Review
Questions and Answers
Schedule Videos
Pearls of Wisdom Card to fill out and return Friday
Sharing bedtime goodies
Closing meditation

In past years, participants brought treats from their home states to share: chocolate, clay hearts, salt, wine, cheeses, bookmarks, rocks, etc. Bringing treats is optional.

Friday, April 20, 2018

6:30 a.m. **Yoga (MOM Lounge)**
7:30 a.m. **Breakfast in the Dining Room**
8:30 a.m. – 11:30 **The Auditorium: Morning Meditation**
Sharing our NDEs

12:00 pm - 1:30pm **Lunch in the Dining Room**

2:00 pm – 5:00 pm **The Auditorium:**
Pearls of Wisdom
Witnessing each other’s challenges what it means to be an experienter

5:30 pm **Dinner in the Dining Room**
6:30 pm **(Optional) Walk the Labyrinth: Meet Outside Front Door**
7:30 pm **MOM Lounge (Personal Time) (Movie) (Social Time)**

Saturday, April 21, 2018

6:30 am **Yoga (MOM Lounge)**
7:30 am **Breakfast in Dining Room**

8:30 am – 11:30 **The Auditorium: Group Meditation**
Group Picture
Break-Out Groups: Childhood & Adult Experienter
What does Shifting Awareness mean to you? How are things different (as this shift occurs)?

12:00 pm –1:00 pm **Lunch in Dining Room**

1:00 pm – 2:00 pm Personal Time or Sharing with Mercy Center Staff

Saturday, April 21, 2018 (continued)

**2:00 pm – 5:00 pm The Auditorium:
Group Art Project**

**5:30 pm Dinner in Dining Room
7:00 pm MOM Lounge: Honor New Fireflies – Ice Cream
Meditation to manifest each of our intentions**

Sunday, April 22, 2017

**6:30 am Yoga (MOM Lounge)
7:30 am Breakfast in Dining Room and Pick up Box Lunches**

Checkout by 9:00 am (Vacate rooms for cleaning bring luggage to lounge)

**9:30 am – Noon MOM Lounge:
Reflections on the retreat: Reviewing Expectations and New Insights
Our Firefly website and Private Facebook Page**

**Noon – 1:00 pm MOM Lounge:
Departure**

Disclaimer: The Near-Death Experiencer Retreat does not provide psychotherapy, counseling, or any other psychological or medical treatment nor does it provide referrals to such services.