



The Merritt Center - P.O. Box 2087, Payson, AZ 85547

928.474.4268, 800.414.9880, Fax: 928.474.8588

E-mail: info@merrittcenter.org - Website: www.MerrittCenter.org

The Merritt Center and Lodge: A Retreat Center was founded in 1987 by Betty Merritt and is dedicated to individual and group renewal and empowerment. Retreat programs are held in a charming rustic lodge tucked away in the rural community of Payson, Arizona; endowed with a rugged inheritance of mountains and trees (elevation 5,000 feet): healthy meals, hiking, hammocks, hot tub, and clean mountain air. Therapeutic body work and forest walks are specialties of the Lodge. Located 90 miles north of Phoenix, a beautiful 1 1/2 hour drive from Sky Harbor airport through spectacular desert mountain terrain to one of the largest stands of Ponderosa pine in the world. All programs are limited to fewer than 30 participants; double/single occupancy rooms; private and shared baths.

Our Purpose: We are a non-profit organization dedicated to providing education in renewal and empowerment via classes, workshops and experiential programs in a climate conducive to personal and organizational growth. Ideal setting for persons and organizations in transition.

Flyers included in this package:

(Also, available for download on www.MerrittCenter.org website.)

- **FREE Men's & Women's 7-Day Program for Returning Combat Veterans**
- **FREE Men's 4-Weekend Retreat for Returning Combat Veterans**
- **FREE Women's 4-Weekend Retreat for Returning Combat Veterans**
- **FREE PILOT Two-Weekend Veterans' Family Program**

BETTY MERRITT'S BIO

Born and raised in Texas, attended Baylor, lived in Oklahoma, Kansas, New Jersey, Connecticut, Illinois, Michigan before coming to her senses in Arizona.

Worked in the computer field from technician to systems analyst to vice president of sales for the world's largest data processing services organization. Was on the leading edge of human resource management: exploring partnering - beyond team building.

Founded the Merritt Center in 1987 as the culmination of her dream to provide a space for people to experience renewal and empowerment; to learn and grow.

Consultant to the Mesa Arts Center, Mesa Parks and Recreation Division, Changing Hands Bookstore, and other organizations facilitating transitions and participatory management teams.

Speaker to many organizations including: the BIA, Resources for Women in Tucson, ASU Solid Program, Headstart, Optimists, Lions Club, and other civic groups. Keynote speaker for the Wellness Forum in April, 2000. Closing speaker for the NABVETS, November 2009. Kick off speaker for a Regional VA Nurses conference March, 2010. Speaker for National Nurses Organization of the Veterans Administration, July 2011. Speaker for Nurses Recognition Day at the VA May 10, 2012.

Creator of many workshops and programs including: Women Journey, Empowerment Coaching, Couples-Growing Together, Silent Wisdom Quest, Spiritual Fasting. Led Stress Management for Hospice Volunteers for ten years. Created Stress Release Group 10 week series in 2010 and 2011. More than 2,500 people have experienced her workshops. HEATH, a national magazine, featured her Vision Quest April 1998.

In 2005 created a Free program for returning combat veterans to aid in reentry to civilian life and in the last seven years held eight programs for male vets and six programs for women vets - each consisting of four retreats. Created an on line and hard copy workbook for combat veterans: Basic Training for Life. The Arizona Republic and The Payson Roundup have carried several articles about this work. See the YOUTUBE PSA: "It's No Secret" on the homepage of the website: www.merrittcenter.org

Created a body work technique: KIATSU, based on Shiatsu - incorporating breath, toning, Process Oriented Acupressure and other energy releasing methods. She has taught Kiatsu to therapists since 1989. Completed Healing Touch Training June 2000 AND certified as a Healing Touch Practitioner in January 2001 and renewed that certification in 2005 and 2010. Hosted and coordinated Healing Touch classes at The Merritt Lodge for the last 15 years. Worked with many clients using Kiatsu/Healing Touch in her process work since 1994.

Created and led Stress Release Sessions using the techniques learned in the program for Professionals at the Mind Body Medicine Institute.

Served three terms as President of the Board of Directors for The Payson Center for Spiritual Awareness - a non-denominational, non-profit, new thought center. Was ordained as a New Thought Minister in September 2005 and is known as Reverend Grandmother.

Served as President of The Merritt Center Board, a non-profit, 501C3 organization, since 1993.

With, Al, her husband since 1972 she shares four children and nine grandchildren and five great grandchildren.



**FREE 7 Day 2016 Program
for Vets Returning from Combat**
A program of seven days basic training
for integration and civilian reentry
in Payson, AZ

Women: APR 13-20, Men: MAY 18-25

Call 928-474-4268 for application
www.merrittcenter.org

The Merritt Center, a non-profit organization, offers a free 7-day program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

Funded in part by the Arizona Department of Veterans Services
as made available through the Arizona Veterans' Donations Fund.

Supported by AZDVS



**MERRITT CENTER VETS
HELPING VETS RETURN**
PAYSON, AZ

**The Merritt Center Veteran Program
Basic Training for Life**

For more information or application:
www.merrittcenter.org
800.414.9880 • 928.474.4268



Free Welcome Home Men's Retreat for Returning Combat Vets

A four-weekend (Friday-Sunday) program of basic training for integration and civilian reentry, in Payson, AZ

Call 928 474 4268 for info.

2016: Mar. 18-20, May 20-22, July 15-17, Sept. 16-18

The Merritt Center, a non-profit organization, offers a free 4-weekend program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

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**MERRITT CENTER VETS
HELPING VETS RETURN**

PAYSON, AZ

**The Merritt Center Veteran Program
Basic Training for Life**

**For more information or application:
www.merrittcenter.org
800.414.9880 • 928.474.4268**



Free Four Weekend Women's Program For Vets Returning Combat Vets

**A four-weekend (Friday-Sunday) program of basic training
for integration and civilian reentry, in Payson, AZ
2016: Feb. 26-28, Apr. 15-17, June 10-12, Aug. 12-14**

Call 928 474 4268 for info.

www.merrittcenter.org

The Merritt Center, a non-profit organization, offers a free 4-weekend program, beginning with a welcome-home talking circle: learning about the cycle of life, releasing the experience of war, and creating the dream of a new life. With veteran mentors in group sessions, returning vets will: recognize and release triggers of combat experience and reorder priorities; release the toxins of mind, body, emotions and spirit through a peer created ceremony; have a therapeutic massage or an emotional clearing energy session; and conclude with a graduate celebration.

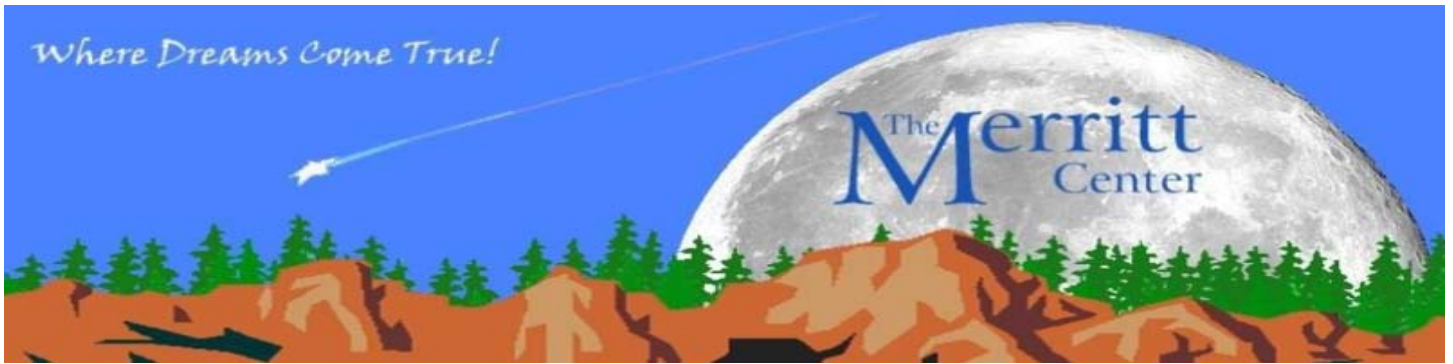
Funded in part by the Arizona Department of Veterans Services
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**The Merritt Center Veteran Program
Basic Training for Life**

**For more information or application:
www.merrittcenter.org
800.414.9880 • 928.474.4268**



FREE PILOT Two-Weekend Veterans Family Program

**For Vets Returning from Combat
and their families in Payson, AZ
2016: June 5-7 & Aug. 14-16**

Call 928-474-4268 for application process

The Merritt Center, a non-profit organization, offers a free two weekend PILOT Veteran Family program, the first weekend: June 5-7 will allow the family to learn the tools the veteran learned during the Vet Program. The second weekend August 14-16 will allow the family to give feedback about what needs were met and what would make the program more helpful. The children will have activities: crafts, music, hiking separately from the adults. The adults will learn how to have the children involved in the learning process and the practicing process of the tools.

Funded in part by the Arizona Department of Veterans Services
as made available through the Arizona Veterans' Donations Fund.

Supported by AZDVS



**MERRITT CENTER VETS
HELPING VETS RETURN**

PAYSON, AZ

**The Merritt Center Veteran Program
Basic Training for Life**

**For more information or application:
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Veterans' Testimonials

Men Veterans' Testimonials

Axxxxxx

I came to the Merritt Center as a mentally exhausted, ready to end it all combat veterans. Through the dedicated efforts of Betty Merritt and the Vet Mentors, I was provided the opportunity and the knowledge to move forward in my journey of healing, and my life has been forever changed as I now truly enjoy this blessed life.

Mxxxxxx

It is a beautiful thing to be part of the healing that occurs at the Vet Retreat Program. The camaraderie and bonding that happened during the Death Arrow Release ceremony were profound.

Women Veterans' Testimonials

Nxxxx

At the Merritt Center I've learned that it is safe to trust, accept, and value myself just the way I am, independent of what I do. I feel my own value more than at any other time in my life.

Jxxxx

The Merritt Center changed my life. When I first came here I had just gotten out of the VA psych ward for attempting suicide. The Merritt Center put me back on track, gave me the courage and energy to deal with my shit and empowered me to find my place and purpose in this world. I am myself again.

Merrittorious Memos

The Merritt
Center

The Newsletter of The Merritt Center, a non-profit corporation in Payson, AZ • June 2015 to July 2016

The Arizona Dept. of Veterans Services award two grants to The Merritt Center Vet Program.

Betty received notification of two grants from the AZDVSVCS. One for \$4999 for the men and women's vet programs and \$4999 for the Pilot Veterans Family Program. She had an opportunity to meet with the interim director, Robert Barnes, who approved the two grants. Betty is looking forward to meeting with the new Director, Wanda Wright.

2016 Free 7 Day Vet Program. For those who cannot attend four sessions over six months. Call Betty for more information, 928-474-4268.

WOMEN: April 13-20, 2016

MEN: May 18-25, 2016

FREE Combat Vets Helping Vets 2016 4 Weekend Program: Basic Training for Life.

WOMEN: Feb. 26-28, Apr. 15-17

Jun. 10-12, Aug. 12-14

MEN: Mar. 18-20, May 20-22, July 15-17, Sept. 16-18

If you know of any returning combat veteran in need of a Vet Mentor to assist them in coming home "All the way Home" please refer them to the website: www.merrittcenter.org or call 928-474-4268.

for an application.

Want to help?

It costs \$150 per Vet per weekend or \$600 for 4 weekends or 7 day program.

Please donate at our website:

www.merrittcenter.org via Pay Pal or send a check to:

**The Merritt Center
P.O. Box 2087
Payson, AZ 85547**

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

Thank you volunteers:

Mary and Ken Richardson; Suzanne Connolly, Karyl Blair, Marie Fasano, Ben Gallaway, Julie Santana, Sumr Breez; Shiranda Deerworman, Jennifer Hinkie, Tom Krienenbrink, Jim Farrell, William Houdek, Shannon Bishop, Norm Schlink and all the Vet Mentors.

Train the Trainer: (details Page 3) Enhance your practice or create a Program 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 August 28-30 2015. The other is an Intensive 7 day 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 ready. Lodging/meal cost only. Call Betty for more information, 928-474-4268.

Notes from Betty



Calling Groups to our space! We have openings in our schedule to accommodate groups here. (details on Page 2)

2015 Program for Vet Mentors. Advanced Training for Leadership as Vet Mentors. Call Betty for more information, 928-474-4268.

MEN: June 26-28, 2015

WOMEN: July 24-26, 2015



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 for \$480, 3 days for \$360)

An experiential process based on creating your dream structure within your life cycle. Call Betty for more information, 928-474-4268.

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 for more information or to set up an initial interview, 928-474-4268.

MOTHER / DAUGHTER WOMEN'S JOURNEY

Oct 2-4, 2015, May 6-8, 2016

Weekend: \$350 single; \$250 per person double-occupancy

For women of all ages to explore their uniqueness in an opportunity to learn and grow. The roles of woman will be celebrated in a drumming circle and other ancient rituals.

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. Rate: \$75 per person in double/multi occupancy room. Special needs: vegetarian, vegan, gluten free, etc. must be requested 14 days before arrival and there will be an additional \$10 per day per person fee charged for specialty items, including requesting organic foods. A shared/common refrigerator is available for guests' special need foods/supplies. Kiatsu sessions are available for \$65 per hour.

Merritt Center Board Members

Betty Merritt	Masumi Lida
Tim Broderick	Lisa Morad-McCoy
Marie Fasano	Norm Schlink
Shannon Bishop	William Houdek
Michael Morad-McCoy	

Advisory Board Members: Al Merritt, Dan Saint, Marki Ware, Jennifer Treece, Peggi Cornelius, Billy Ryan, Doug Richardson, Michelle Abraham, Duncan McPherson, Ben Gallaway, Kathy Clinebell, Tonia Erin

Kiatsu Training

Oct. 9-11, 2015 • \$300

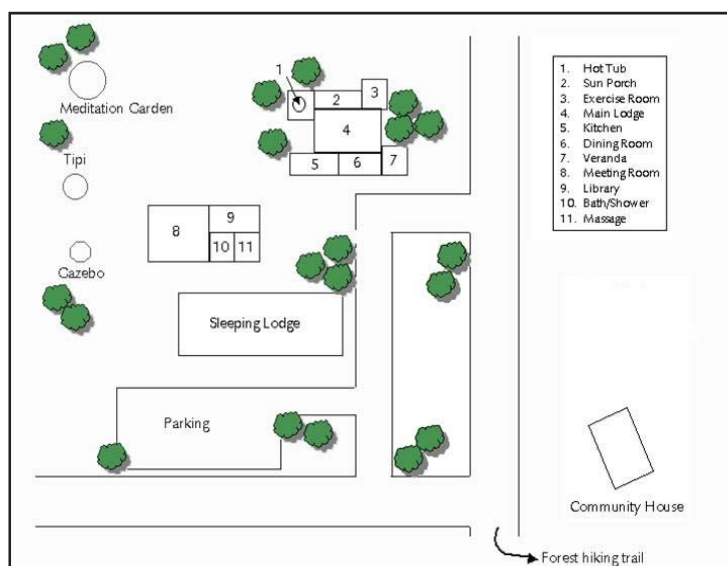
Call Betty for more information, 928-474-4268.

HOW TO CREATE A RETREAT CENTER: Jan. 21-24, 2016—\$360 for those who want to understand the retreat creation experience and know more about the steps to take to create their own retreat center.



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 TO COMBAT AREA MEN VETS: 4-Weekend Program. (2016) Mar 18-20, May 20-22, Jul 15-17, Sept 16-18. FREE for men who served in a combat zone and want to give themselves a gift of reentry and integration in a nurturing, safe space. Combat Vet Mentors will provide support. Call for application.

FREE TO COMBAT AREA WOMEN VETS: 4-Weekend Program. (2016) Feb 26-28, April 15-17, June 10-12, Aug 12-14.

FREE 7 DAY PROGRAM for Out-of-State Vets:
 (2015) Women: June 10-17
 (2016) Men: May 18-25 • Women: Apr. 13-20

FAMILY VET PROGRAM:
 (2015) Aug. 14-16 (2016) June 3-5

ADVANCED VET MENTOR TRAINING: Prepare Mentors for Leadership in the Program:

(2015) Men- June 26-28 • Women - July 24-26

TRAIN THE TRAINER OVERVIEW WORKSHOP:
 Aug 28-30, 2015. For those who choose to add elements of the Vet Program to their practice. \$300 shared room; \$485 single. INTENSIVE For those who choose to create a Vet Program in their own locale. Scheduled when 4-6 register. \$725 meals/lodging only.

WELLNESS WEEKENDS: (2015) Jul 3-5, Sept 4-6, Dec 25-27, 2015; **New Year's Dream Come True Workshop, \$150 for Jan 1-3, 2016.** Hiking, soaking in the spa, Kiatsu. No alcohol is served. Tour begins at 5:30, dinner at six Friday and ends after lunch on Sunday. Double \$75 per person/night; Single \$110 per night - includes room, meals. Healing Touch/Kiatsu \$65/hr., call for appointment. 928-474-4268.

COUPLES GROWING TOGETHER:
 Nov 6-8, 2015, Apr 8-10, 2016. The retreat is \$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 40+ year marriage filled with unconditional love, support, adventure, growth and excitement with any couple choosing to grow together. Includes workshop, room, meals from 6pm on Friday until 4pm Sunday.



SILENT WISDOM QUEST:
 May 27-29, 2016 - 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:
 Oct 2-4, 2015, May 6-8, 2016. A journey for mothers and daughters to honor who they are and the gifts they have. \$250 per person- shared room

CREATE A RETREAT CENTER:
 July 31-Aug 2, 2015, Jan 21-24, 2016. The cost is \$320.

FREE WORKING WEEKEND: Aug. 21-23, 2015. Come prepared to paint, prune, spruce things up inside and out. Limited space—please call 928-474-4268.

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 is \$15. It can be considered a donation providing 10% of one veteran's retreat.

Merrittorious Memos is the newsletter of the Merritt Center, a 501C3 Non-Profit Corporation near Payson, AZ. The current Director of the Merritt Center is Betty Merritt who is also the managing editor of *Merrittorious Memos*. Your personal copy will be sent twice a year upon request and a \$10 donation. betty@merrittcenter.org

Mail or fax to: The Merritt Center PO Box 2087, Payson, AZ 85547 Fax: 928-474-8588

Reservation by E-Mail: registration@merrittcenter.org

REGISTRATION PERMISSION: Permission to use email - enter email address below:

ORDER BOOKS or \$10 donation for personal copy of the newsletter or sign up for class.

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

Full Name _____

Address _____

Phone _____ AMT. Enclosed _____

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.

Card # _____ Exp. _____


Signature _____

Special Diet _____

E-Mail _____

King or Twin
 NO smoking, alcohol, drugs, or weapons.

\$10
Off
First Visit!



Expires
December 31, 2015



Website: www.merrittcenter.org

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.

Sign up for the e-newsletter. Please send permission to send our e-newsletter via your email. If you move and/or wish to continue to receive this newsletter in paper form, please send your subscription with \$10 with your previous address along with the new address to the address below or e-mail: betty@merrittcenter.org. Thanks!

If you do not wish to receive this newsletter, please return it to the address below.

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



*E-mailed with love
of the forests!*

RETURN SERVICE REQUESTED

2015 June	July	August	September	October	November	December
3-5 Family Vet Weekend 10-17 7-Day Women Vets Training 26-28 Adv. Vet Men Mentor Weekend	3-5 Wellness Weekend 10-12 #3 Men Vet Weekend 24-26 Adv. Vet Women Mentor Weekend	Jul. 31-Aug. 2 How To Create a Retreat Center 7-9 #4 Women Vet Weekend 14-16 Family Vet Weekend 21-23 Free - Working Weekend 28-30 Train The Trainer	4-6 Wellness Weekend 11-13 #4 Men Vet Weekend 19 Board Mtg.	2-4 Mother Daughter Weekend 9-11 Kiatsu Weekend	6-8 Couples Weekend	25-27 Wellness Weekend
2016 January	February	March	April	May	June	July
1-3 New Years Wellness Weekend 21-24 How to Create a Retreat Center	13 Board Meeting 26-28 #1 Women Vet Weekend	18-20 #1 Men Vet Weekend	8-10 Couples Weekend 13-20 7-Day Women Vet Program 15-17 #2 Women's Vet weekend	6-8 Mother Daughter Weekend 18-25 7-Day Men Vet Program 20-22 #2 Men Vet weekend 27-29 Wisdom Quest Weekend	3-5 Family Vet Weekend 10-12 #3 Women Vet Weekend	1-3 Wellness Weekend 15-17 #3 Men Vet Weekend

Train the Trainer
Program Overview

Aug 28-30, 2015 -
for Vet counselors adding elements of the Vet program to their practice.

7 Day Train the Trainer Intensive upon request.

Advanced Vet Mentor Training

Men:
June 26-28
Women:
July 24-26

Working Weekend—Free
Aug. 21-23

Weekend programs begin Thursday or Friday with 6:00 pm dinner - through lunch on Sunday.