

Merrittorious Memos

The Merritt
Center

The Newsletter of The Merritt Center, a non-profit corporation in Payson, AZ • Jan. 2018 to Jan. 2019

Just submitted our requests for two grants to The AZ Dept. of Veterans Services

We have appreciated their support for the last decade and we look forward to their continued support of our Men's and Women's Vet Programs.

Free Vet Programs
2018— 4 Weekend Program: Basic Training for Life

WOMEN: (2018) **Feb 23-25, Apr 13-15, Jun 8-10, Aug 10-12.**

MEN: (2018) **Mar 16-18, May 18-20, July 13-15, Sept 14-16.**

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

We are offering 4 weekend

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

Want to help?

It costs \$230 per Vet per weekend or \$920 for 4 weekends or 7 day program. **Please donate at our website:** www.merrittcenter.org or send a check to: **The Merritt Center, PO Box 2087, Payson, AZ 85547.**

Thank you

Thank you, volunteers:

Mary and Ken Richardson; Suzanne Connolly, Karyl Blair, Marie Fasano, Ben Gallaway, Julie Santamaria, Sumr Breez; Jennifer Hinkie, Barbara Polasky and Maribeth Myers, Jim Farrell, Steve Pierce, William Houdek, Nancy Pulliam, Laura Micks, Shannon Bishop, Norm Schlink and all vet mentors.

Train the Trainer

Enhance your practice or create a Program in your own locale. We are offering two (2) Train The Trainer workshops: One, a weekend overview for those who choose to add elements of the Vet Program to their practice. 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 a group of four ready. Lodging/meal cost only. For more information: 928-474-4268.

Calling Groups to our space!

Notes from Betty



I am grateful to all who continue to support me and The Merritt Center in many ways. The healing continues. I am especially grateful to our new Advisory Board members: Jim Farrell, Jack House and Luke Taber. I am continuing to gather what we need

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.

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 or 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

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: \$85 per person, per day 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 refrigerator

MERRITT CENTER BOARD MEMBERS

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

Advisory Board Members: Dan Saint, Marki Ware, Jennifer Treece, Peggi Cornelius, Billy Ryan, Doug Richardson, Michelle Abraham, Duncan McPhersonson, Ben Gallaway, Kathy Clinebell, Tonia Erin, Jim Farrell, Jack House and Luke Taber.

Board Meetings:

Feb. 10, 2018 & Sept. 8, 2018

Kiatsu Training

April 6-8, 2018—\$300

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

is available for guests' special need foods/supplies. Kiatsu sessions are available for \$65 per hour.

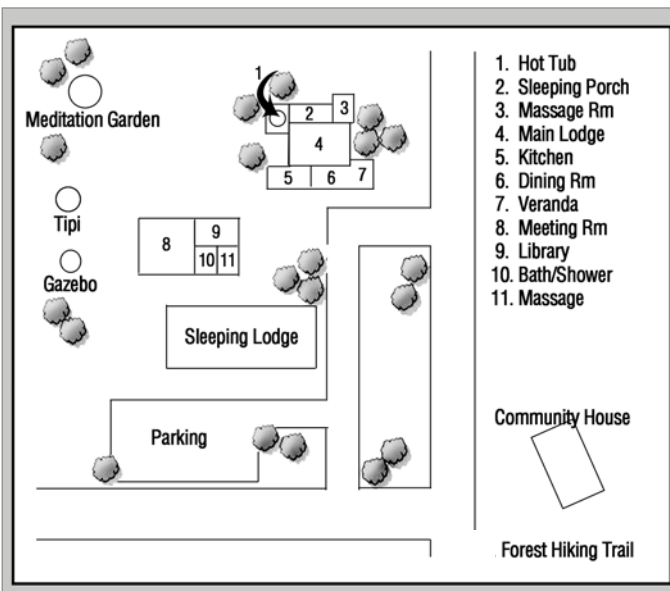
How to Create a Retreat Center:

August 17-19, 2018—\$360



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 for men/women 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 MEN Vets

4-Weekend Program. (2018) **Mar 16-18, May 18-20, July 13-15, Sept 15-17.**

Free to Combat area WOMEN Vets

4-Weekend Program. (2018) **Feb 23-25, Apr 13-15, Jun 8-10, Aug 10-12.**

Train the Trainer Overview Workshop

(2018) Upon Request — For those counselors who choose to add elements of the Vet Program to their practice. \$300 shared room; \$485 single. **7 Day Intensive training Workshop:** For those who choose to create a Vet Program in their own locale. Scheduled when 4-6 register. \$725 meals/lodging only.

Wellness Weekends

(2017) Dec 30–Jan 1, (2018) Jun 29-Jul 1, Aug 31-Sept 2, Dec 21-23, Dec 28-30. 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 \$85 per person/night; Single \$120 per night - includes room, meals. Healing Touch/Kiatsu \$65/hr., call for appointment. 928-474-4268.

Couples Growing Together

(2018) Nov 9-11 The retreat is **\$525 per couple** who want to do more together than complain about bills, work, or sharing chores. Facilitated by Betty who shares the secret of her 40+ year marriage filled with unconditional love, support, adventure, growth and excitement with any couple choosing to grow together. Includes room, meals: 6pm Friday- 4pm Sunday.

Silent Wisdom Quest

(2018) May 24-27 - 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



(2018) May 11-13, A journey for mothers and daughters to honor who they are and the gifts they have. \$250 per person- shared room.

How to Create a Retreat Center

(2018) Aug. 17-29. The cost is \$360.

FREE Working Weekend

(2018) Aug. 24-26 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 vets & 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.

Driving



Lessons by

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

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

ORDER BOOKS or \$10 donation for hardcopy 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
March 31, 2018

E-Mail
Reservation:
registration@merrittcenter.org



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

E-mail: betty@merrittcenter.org. Thanks! If you do not wish to receive this newsletter, please return it to the address below.

P.O. Box 2087, Payson AZ 85547

928.474.4268, 800.414.9880

Fax: 928.474.8588



*E-mailed
with love
of the forests!*

RETURN SERVICE REQUESTED

2018 January	February	March	April	May	June
Dec. 29-31 New Years' Wellness	10 MC Board Meeting 23-25 #1 Women Vet Weekend	16-18 #1 Men Vet Weekend	6-8 Kiatsu Training Weekend 13-15 #2 Women Vet Weekend	11-13 Mother & Daughter Weekend 18-20 #2 Men Vet Weekend 24-27 Wisdom Quest Weekend	8-10 #3 Women Vet Weekend Jun 29-Jul 1 Wellness Weekend
July	August	September	October	November	December
Jun 29-Jul 1 Wellness Weekend 13-15 #3 Men Vet Weekend	10-12 #4 Women Vet Weekend 17-19 How to Create a Retreat Center 24-26 Working Weekend Aug 31-Sept 2 Wellness Weekend	Aug 31-Sept 2 Wellness Weekend 22 MC Board Meeting 14-16 #4 Men Vet Weekend	7 Day Train the Trainer Intensive UPON REQUEST	9-11 Couples Weekend	21-23 Wellness Weekend Dec 28-30 Wellness Weekend

2018 Train
the Trainer

As requested

Program Overview
- for Vet counselors
adding elements of
the Vet program to
their practice.

7 Day Train the
Trainer Intensive
upon request.

Working
Weekend—

Free

Aug 24-26, 2018

*WEEKEND
PROGRAMS
begin Thursday or
Friday with 6:00
pm dinner -
through lunch on
Sunday.*