

**Retreat for Near-Death Experiencers**  
**Mercy Center, St. Louis, Missouri**  
**July 15- July 18, 2010**

**Thursday July 15, 2010**

**5:00 pm**                    **Dinner in Dining Room**  
**6:30 - 8:30 pm**        **Lounge**  
Introductions and welcome  
Linda Jacquin, Retreat Founder and Coordinator  
Bill Taylor, Harmony Director, Video Project  
David Bennett, "Time Keeper" and so much More...  
Pam Kircher, Tai Chi  
Why we came: Expectations  
Pearls of Wisdom Card to fill out and return 9 am, Friday  
Teleconference Call with Fireflies not in attendance  
Closing meditation: Living our true NDE Self  
Sharing bedtime goodies

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

Movies in the lounge after closing meditation  
Internet available  
Sweet Dreams!

**Friday July 16, 2010**

**7:00 a.m.**                    **Auditorium:** Morning Mindfulness Walk, Tai Chi  
**8:00 a.m.**                    **Breakfast in the Dining Room**  
**9:00 a.m. - 11:30**        **Auditorium**  
Morning Meditation  
**Group Picture**  
Sharing our NDEs  
Pearls of Wisdom  
**12:00 pm - 1:00pm**    **Lunch in the Dining Room**  
**1:00 pm - 2:00 pm**    Personal Time/ Mix/mingle/ walk /labyrinth  
Share NDEs with sisters and staff  
**2:00 pm – 4:30pm**    **Auditorium**  
**Connecting with the Love**  
**5:00 pm**                    **Dinner in the Dining Room**  
**6:00 pm**                    **Auditorium**  
Singing to each other: "How could anyone every tell you"  
Guided Group Meditation  
**9:00 pm**                    **Walk the labyrinth in the new moon**  
Movies and Internet in Lounge (The Shift)  
Sweet Dreams!

**Saturday, July 17, 2010**

- 7:00 am**                    **Auditorium** Tai Chi, Mindfulness Walking
- 8:00 am**                    **Breakfast in Dining Room**
- 9:00 am – 11:30**        **Auditorium** Group Meditation  
**Group Question: Quivering or Downloads**  
Peer to Peer Sharing of Homesickness
- 12:00 pm - 1:00 pm**    **Lunch in Dining Room**  
**1:00 pm - 2:00 pm**    Personal Time Mix, mingle, meditate, healing share, NDE stories
- 2:00 pm – 4:30 pm**    **Auditorium:**  
Accessing and sharing Light/Love with others
- 4:30 pm**                    **Box Dinner in Auditorium or in the Lounge**
- 6:00pm**                    **Gather at Front Portico for Transport to Wedding**  
**(Everyone is invited to the Firefly wedding of Linda Jacquin and Eric Cusimano).**  
Anyone not attending has a free night to watch movies, walk the labyrinth or other activities.

**Sunday, July 18, 2010**

- 7:00 am**                    Meet in **Lounge** for Tai Chi, or walk
- 8:00 am**                    **Breakfast in Dining Room**
- Check-out by 9:00 am** (Vacate rooms for cleaning)
- 9:30 a.m. - 12:00pm**    **Lounge:** Opening meditation for manifesting each of our intentions  
Reflections on the retreat  
NDEr website  
Closing circle of appreciation
- 12:00pm – 1:00pm**    **Lounge: Lunch**  
**Box lunches will be delivered at 10am**  
**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.