

Join us at
**A.R.E.
 CAMP!**



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Dancing the Path: A Retreat for Young Adults

JUNE 7-11, 2019 | Ages 18-30+

Dancing the Path is an opportunity for spiritually-minded young adults to come together to develop the skills and insight necessary to walk their life-paths in fullness and joy. The program allows participants to explore community living through activities such as group meditation, reflection on our personal ideals, joint meal preparation, hands-on learning of concepts from the Edgar Cayce readings, and plenty of spontaneous fun and creativity! In addition to having a program led by a holistically minded resource person, we'll have plenty of time to play music together, go swimming and hiking, and create wonderful friendships. Bring a friend or come on your own. You'll feel right at home in this safe, friendly, and positive environment.

Adult Retreat

AUGUST 4-10, 2019 | Ages 18+

Renewing the Cayce Legacy for Our Modern Times
with Mark Thurston

The teachings and practical advice offered by Edgar Cayce nearly a hundred years ago presents timeless wisdom about the mind-body connection, the role of ideals in personal transformation, the way to form a cooperative relationship with one's own soul-mind, and countless other topics. Our opportunity is not only to apply the ideas in our own lives but also to interpret them for the 21st century—that is, to find ways to make these timeless principles fresh, compelling, and relevant to the profound challenges facing humanity in the decades immediately ahead. This week will have a two-fold purpose. First, it's to be a time of renewal and reconnection to a philosophy that has inspired and sustained us in years gone by. Second and equally important, it will be a week to create together a vision for the future. We'll explore some practical steps for the roles that each of us has the chance to play in shaping the future of the Cayce legacy.

Young Family Retreat

JUNE 8-11, 2019

A new program for families will be back for a second year at A.R.E. Camp! This three-day retreat invites young families to taste the rhythm and joys of family camp in a bite-sized portion. Imagine waking up with your family in the dappled light of a green forest and rising to stretch and meditate before breakfast. Imagine sitting down with friends to enjoy a fresh, healthy meal that has been grown and prepared by loving hands (though not yours!). Imagine letting your children roam freely through the woods and meadows, knowing they are with friends and cared for. Imagine joining other families to make music and sing, spend the afternoon exploring along a mountain creek, and swim in a cool and crisp pond. Imagine ending the day with stories and intentions around a campfire.

The days are simple, relaxed, and structured around the needs of your family. You don't need to keep track of the time or plan for next activity. You and your family are held in the rhythm of A.R.E. Camp, and it is a rhythm created with intention: to nourish the body, mind, and spirit. This retreat is an opportunity to live together in community close to nature, to have the space and structure to cultivate mindfulness, and to enjoy without distraction the unbelievable gift of family time. We look forward to sharing an amazing, adventurous, and relaxing weekend with you and your family!



Family Camp One

JUNE 30–JULY 6, 2019

Body of Knowledge: Exploring Our Senses as Sacred Tools
with *Rev. Kate Adamson*

This experiential workshop is an opportunity to explore and develop your relationship with your physical, sensory self. We will play with listening and responding to messages from our bodies about our physical, emotional, and spiritual experience of life, and take a deep personal look at what resistance we may have to being present in our bodies. This workshop is perfect for those who have difficulty getting out of their head and into their body, as well as for those who delight in physical experience.



Family Camp Two

JULY 28–AUGUST 3, 2019

Elements of Meditation
with *Judith Stevens, Susan Alexander, and Jack Callan*

This week at Family Camp, participants will explore a range of meditation techniques to discover forms that resonate with the unique preferences of each individual. Campers will join Judith, Susan, and Jack as they experience ways to begin or enhance their personal meditation practice including the use of movement, art, sound, and visual techniques. The peaceful and idyllic mountain setting will create the perfect environment for exploration of meditation, beginning with Cayce's recommendations and expanding into many other practices stemming in origin from around the world.



Construction Camp – FREE!

MAY 27–JUNE 7, 2019

Each year we open the Camp for the summer season with a fun-filled session when volunteers can come for FREE in exchange for some hard work! During this session we welcome participants of all skill levels to help clean the buildings, make minor repairs, and get our summer off to a good start with their love, service, and elbow grease. If you should happen to have carpentry or construction skills, we almost always have a project underway that needs your help! Come and giggle and sweat the day away with like-minded friends while really being of service to A.R.E. Camp!



Hike on the Appalachian Trail

WEEKLONG KID'S HIKE | JULY 27–AUGUST 3, 2019 | Ages 12–17

A.R.E. Camp offers the chance to experience a week spent entirely in nature—sleeping out under the stars, cooking meals over the fire, and seeing an abundance of Appalachian Mountain plant and animal life.

Every teenager should experience a week-long hike at least once. Hikers will incorporate the ideal of living close to nature with the opportunity to challenge perceived limitations in a close-knit and supportive group. Each hike is individually tailored to meet the needs and experience level of the participants and is guided by staff experienced in wilderness outings. Campers will have the chance to learn wilderness skills, meet both physical and mental challenges, and explore the spectacular Blue Ridge Mountains.



**Register Now at EdgarCayce.org/Camp
or by calling 800-333-4499**

Register before April 15th and receive \$25 off per person, per session! For more information, scholarship info, or questions, contact Malenka Lockett, A.R.E. Camp Manager, at 757-457-7162 or email arcamp@edgarcayce.org

Kids' Camps 2019

"CAYCE KIDS" (Ages 7–12): June 23–June 29

KIDS' CAMP (Ages 10–17): July 7–July 27

****Choose to attend just week one, weeks one and two, or all three weeks!****

Cabin spaces are limited, so be sure to register early!

Children's sessions are the heart of A.R.E. Camp. Specially designed to give kids and teens (ages 10–17) an opportunity to laugh, sing, and play together; to explore talents, interests, and abilities; to challenge self-imposed limitations and expand self-awareness; and to develop a closer relationship with God through nature.

Through everyday activities such as hiking, swimming, arts and crafts, music, drama, and sports and games, staff members and campers create a positive environment based on cooperation and loving acceptance. Emphasis is on the campers' creativity, imagination, and well being through activities that bring about a balance of body, mind, and spirit.

One of the unique aspects of A.R.E. Camp is a sensitivity to children's spiritual lives. Through dream exploration, prayer, meditation, and just being quiet together, children are supported and nurtured in their spiritual journey.

Staff members are encouraged to see that their own thoughts and actions are well grounded in a spiritual truth and that they teach primarily through example and the role model they present. Counselors are encouraged to view children as mature souls and to use love, reason, prayer, and emphasis on the positive as the backbone of their approach. The powerful effects of living simply and close to nature's beauty are vehicles to aid the staff in their goal of awakening the campers to their deeper selves and to the reality of a loving way to live.

Family Retreats

At Family Camp we provide a balanced program for all ages to enjoy: for adults, a popular resource person will lead workshops on the topic of the week; for children, a wide variety of counselor-led activities give kids a taste of what Children's Camp is like. Most important, the session is about families spending time together. A.R.E. Camp provides a unique setting where families can play games, sing, hike, and enjoy a campfire together. They can pray and meditate together too.

During the mornings, children are grouped by age to attend counselor-led activities while grown-ups meet with the resource person to discuss a relevant and interesting topic related to material from the Edgar Cayce readings. All other activities are designed for the whole family to attend together. Grandparents, aunts, and uncles are welcome at Family Camp too!

PARENTS: Family Camp can provide a positive experience for a young or first-time camper. If your child is not yet comfortable with attending a two-week Children's Camp or even our new, shorter "Cayce Kids" session, he or she might truly enjoy coming for Family Camp. After experiencing Family Camp, kids usually want to come back for more on their own!



Retreat for Young Adults \$225

Retreat for Young Families
Adult \$125
Kids \$60

Cayce Kids \$500

Family Camp One
Adult \$550
Kids Age 9-17 \$490
Kids Age 1-8 \$390

Family Camp Two
Adult \$550
Kids Age 9-17 \$490
Kids Age 1-8 \$390
Kids Camp One Week \$650

Kids Camp Two Weeks \$1,100

Kids Camp Three Weeks \$1,500

Kids Camp Three weeks + Hike \$2,000

Wilderness Hike One
(pre-req any kids camp) \$600

Adult Retreat \$550



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