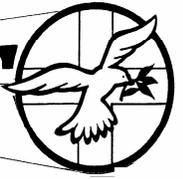


# A.R.E.®

Summer 2008

## Pacific Northwest

# SPIRIT



---

A Publication of Edgar Cayce's Association for Research and Enlightenment, Inc., Pacific Northwest Region

---

## A.R.E. Summer Retreat at Seabeck, Washington

### Archaeology of the Soul— Discovering Your Hidden Treasures

### June 29 to July 3

by Victor Ross, Summer Seabeck Director

Summer Seabeck is just around the corner. This will mark the 43<sup>rd</sup> annual Summer Seabeck Retreat and we have an excellent program lined up for you. The presentations will be uplifting and renewing and will help infuse that love that we get at Seabeck every year.

Our theme this year is “Archeology of the Soul – Discovering Your Hidden Treasures”. Two special guest speakers are joining us that you won’t want to miss. Nancy Eubel will lead us through past life journeys and Dr. Joy Bloom will work with us on interpreting dreams and explain how we can use this information in our everyday lives. (Below are their bios and more details.) These are “must see” presenters that will help you see where you’ve been and perhaps more importantly give you insights to guide you on your life’s journey.

As usual there will be many activities planned such as sharing groups, the “Come as You Were” soiree dinner, the talent show, the salmon bake on the beach (weather permitting) and much much more. It is a time for spiritual awareness and a true sense of God’s love taking place in one of the most beautiful locations in the State of Washington.

The Seabeck experience is really all about you. Without you, we’ll be *one soul short*. The energy that we create together forms the magic that makes our Summer Seabecks so special. Former Seabeckers already know this. If you have never experienced this phenomenon, I encourage you to come and see for yourself. Many come back year after year to get recharged and aligned. Let’s all come and make this one of the best Seabeck retreats ever.

I look forward to seeing you there!!

**For more information, call Darsi Bucher at 425-681-0020**



**Dr. Joy Bloom, PhD, (left)** is a Jungian-oriented Psychologist and Gestalt Therapist, with over 25 years experience working with groups, individuals, couples, and children, incorporating guided imagery, regression therapy, spiritual attunement, and other disciplines in her counseling practice as she assists others in recognizing and releasing old, unproductive patterns, transforming them into a new path toward a soulful, authentic life. Merging her 30 years of dreamwork experience from the perspectives of Jungian Psychology and the Edgar Cayce Readings, Joy will share with you her powerful 7-step method for interpreting dreams, providing tools for understanding and utilizing dream guidance every day. You will learn to recognize the subconscious messages revealed in your dreams, transforming your relationships, healing your body, and renewing your spirit.

**Nancy L. Eubel, MHt, MBA, Crt., (right)** is a master clinical hypnotherapist and shamanic practitioner who has studied current and past-life therapies in the US and India. A former executive director of the A.R.E., Nancy is a popular and experienced teacher, workshop presenter, and A.R.E. Tours leader known for her warmth, depth, and insight. She combines her in-depth knowledge of the Edgar Cayce work with her studies of Tibetan religion and Shamanic journeying to create this transformative program. Nancy will guide you on an experiential journey as you explore past lives and uncover hidden soul memories, align your vibratory body with your soul’s energetic blueprint, transform limiting thoughts to manifest your heart’s true desires, and listen to your deepest soul messages for guidance in your daily life.



## Where is Your Energy?

by Claudia Carabba  
Region Coordinator  
Ah Summer! *Energy* abounding

everywhere –

We seem to have more energy this time of year. Our energy goes into our yards and plants, into clutter: clearing those closets and corners of accumulated “stuff”. Some of that stuff is like finding buried treasure and some, we realize, simply doesn’t serve a useful purpose anymore. And, so we let it go – sending that energy back out into the world to become someone else’s treasure. Our energy goes into our children’s sports or cleaning the bicycle or waxing the car. It feels so good to get out into the sunshine – recharging our batteries allowing us to continue sending our energy out into the world in so many possible ways.

When we use our energy jointly with others, in action or effort, we are using our energies cooperatively. Lesson #1, **Cooperation**, in *A Search For God* states “the best in life is ours, not at the expense of others, but in harmonious cooperation”. This is a reminder to me to monitor my many uses of time and commitment, so that my energy bank is always in the “black” and that I don’t become depleted, ending up in the “red”. Attempting to meet the needs of others with joy and love, always building toward our spiritual community, isn’t always easy, but certainly can be very rewarding. I’ll bet you can relate to how “tricky” staying energized can be!

As not only Region Coordinator, but a business owner as well, I try to keep this in mind as we move toward building the A.R.E. community, sending the spiritual work out into the world. One way I can keep my system charged and ready to go is with Cayce’s 3-day apple diet; to cleanse and detoxify. I find this really helpful this time of year, coming off of the winter’s heartier meals – and local produce is beginning to make an appearance at farmer’s markets.

Local produce contains the vibrational energy of the area in which you are living, making the foods more in tune with your energy. Adding freshly squeezed lemon juice to your water, another Cayce “tip”, is alkalizing and energizing. Give it a try. This is also a good time to do a series of Castor Oil Packs and to get a series of colonics. If you haven’t tried any of these tried and true remedies, consider that this might be the time. And, don’t forget that Cayce’s advice typically involved the mental/emotional and spiritual aspects as well.

Region-wide there are several events coming up (check out the articles) and what better way to enjoy them, than feeling energized, joyful and full of spirit and spunk!

Have a wonderful summer. I hope to see you at Seabeck or one of the Area programs.

*Claudia Carabba*

Pacific Northwest Region Coordinator

Pacific Northwest Spirit – [www.arepnw.org](http://www.arepnw.org)

**Edgar Cayce on the Akashic  
Records & Relationships**  
September 27 in Tri-Cities, Washington,  
or  
September 28 in Tukwila, Washington  
(Same one-day event; two different locations)

**with Kevin J. Todeschi**

**Your Opportunity to Experience an Inspiring and  
Fun-Filled Day  
of Soul Awareness and Personal Insights ...**

For more than 25 years, Kevin J. Todeschi has made an in-depth study of the Edgar Cayce readings, especially as it relates to soul growth and personal development. His book *Edgar Cayce on the Akashic Records* describes how, rather than being simply a record of the past, the universe’s “super-computer system” is actually an interactive source of information that draws experiences and relationships to individuals for their own soul development. This program promises to explore fascinating insights into this information. During the program you will:

- Glimpse your own Akashic Record and discover a probable past life, insights into your present experiences, and a potential future for you right now.
- Learn how potentially every individual in your life can assist you in becoming a better person.
- Discover what’s at work that causes individuals to perceive one another very differently. For example, why does the person I like least of all still have people who love him or her, and why do people I love have their own challenging relationships?
- Take part in an intuition game – one that can provide insights into any imaginable question you might have.

The program also features an in-depth look at the subject of soul mates from the Cayce files and how these relationships are drawn to us in ways oftentimes surprisingly different than that imagined by contemporary society. This is a program you won’t want to miss! For more information call Pierre Saget (Richland) on 509-588-6546, Keith Grinnell (Tukwila) on 253-839-9594, or visit the region’s web page [www.arepnw.org](http://www.arepnw.org).

*Kevin J. Todeschi is CEO for the Association for Research and Enlightenment (A.R.E.), the educational organization founded by Edgar Cayce in 1931. Kevin has lectured on five continents in front of thousands of individuals and authored 21 books, including Edgar Cayce on the Akashic Records and Edgar Cayce on Soul Growth. One focus of Kevin’s work is to assist individuals in seeing how they are very much responsible for bringing about the new age of enlightenment promised by the Aquarian Age. Known for his ability to explain complex subjects in a straightforward and easy-to-understand manner, Kevin is popular for his insight and his sense of humor. He lives in Virginia with his wife, Mary.*

## You *Still* Don't Have Your Appointment Book?

The region has 2008 Search for God appointment books available for **only \$15** (that includes postage and handling). These are desk size (8 ½ x 11). Each month features one of the chapters from the SFG Book I, with relevant accompanying readings. Get yours today. Call Gary at 888-812-3386 and leave your name and phone number and he will contact you.

## Portland Area Fall Retreat September 19, 20, and 21

### *Exploring our Spiritual Dimensions*

Come join the Portland Area at their fall retreat "Exploring our Spiritual Dimensions." Our three speakers will be Jim Sparks, presenting "Messages from Other Regions and Dimensions of Space and Time," Morgine Jurdan, Animal Psychic, presenting "Nature & The Language of the Heart" and Dawn Lianna Overeem, presenting "Near Death Experiences & the Development of Intuitive and Channeling Abilities."

The event will be held at the Alton L. Collins Retreat Center in Eagle Creek, Oregon. The cost has not been determined yet; for questions call Nobie Tarpey at 503-697-8341, [nobtarpey@yahoo.com](mailto:nobtarpey@yahoo.com), or check out the Region's web page at [www.arepnw.org](http://www.arepnw.org).

## Puget Sound Area Team Report - by Keith Grinnell

The Pacific Northwest Region has three active Area Teams that provide most of the outreach to A.R.E. members in the Region as well as to all of the inquirers and other friends. The Puget Sound Area Team (PSAT) is one of those teams, consisting of about 10 active volunteers. We meet in Federal Way at least quarterly for fellowship and planning and invite interested people to join us.

We sponsor many activities each year. Our annual visit to the International Association For Near Death Studies in Seattle was on May 3<sup>rd</sup>. After inspiring stories of NDE'S we enjoy dining together in the International district. Other events this year included another talk by Raymond Tarpey on the Maya culture held May 17<sup>th</sup> at the Unity Church in Edgewood, WA. It was a sequel to his first talk last November.

Still to come on July 26, 2008 will be our annual Salmon Bake potluck with program at the Normandy Park Congregational Church located at 192<sup>nd</sup> and 1<sup>st</sup> Ave S.

**We have a special treat this year:** Presented by A.R.E Headquarters with local sponsorship by A.R.E. Study Groups, Kevin Todeschi, the Executive Director of the A.R.E., will present his popular program, "**Edgar Cayce on the Akashic Records and Relationships**" in the Tri-Cities, Washington, area on September 27 and again in the South Seattle (Tukwila) area on September 28. This is an excellent opportunity, so plan on attending. (See the article on Page 2.)

## A.R.E. Pacific Northwest Region

### *A.R.E. Pacific Northwest Spirit*

is published three times a year by  
A.R.E. of Washington, Inc., dba

It is a membership benefit for Region members available on our website and as hardcopy. To change address, phone or email, please notify Keith Grinnell by email [KLGrinnell@aol.com](mailto:KLGrinnell@aol.com) by regular mail, or by phone 253-839-9594.

*Non-members may obtain a subscription for the price of \$12. Members are invited to assist our newsletter mission with a donation of \$12.*

\*\*\*\*\*

Newsletter Team

#### **Editor in Chief:**

Keith Grinnell  
Communications Team Leader  
253-839-9594

#### **Editorial Team**

Steve Weiss  
[s.weiss7@verizon.net](mailto:s.weiss7@verizon.net)

&

Janet Belloni

Articles and letters to the editor are invited and articles become the property of the A.R.E. Pacific Northwest Spirit. Articles should not exceed 300 words.

*Deadlines for submission are early January, early May, and early September. E-mail for exact dates.*

The editorial team reserves the right to edit submissions and to refuse articles or ads that do not meet publication standards. Opinions of contributors do not necessarily represent those of the editorial team or A.R.E. Inc.

*Please address correspondence, contributions/submissions to:*

**A.R.E. Pacific Northwest Region**  
"Attention Newsletter Team"

PO Box 795  
Anacortes, WA 98221-0795

**1-888-812-3386**

Or by email: [KLGrinnell@aol.com](mailto:KLGrinnell@aol.com)

Edgar Cayce readings© 1971, 1993 by the Edgar Cayce Foundation. Used by permission.

## **How are you helping your Region to be healthy, vital and alive?**

There are *VOLUNTEER* opportunities with Spring and Summer Seabeck Retreats, the newsletter, Books and Remedies sales, your Area Teams, the Search For God study groups, and much more. Your talents and skills are needed.

And, your *MONTHLY CONTRIBUTION* (use the easy form below) keeps the Website up and running, provides for our telephone and 888 toll-free service, buys postage stamps, provides our newsletter, our mailing address PO Box and allows us to do "The Work" of reaching out to those in need of spiritual uplifting...

*Call toll free 888-812-3386 or e-mail Claudia at [arepnw@comcast.net](mailto:arepnw@comcast.net)*

### **Yes, I want to help the Pacific Northwest Region reach more people with the Cayce material.**

\$10,000 \_\_\_\_\_ \$5,000 \_\_\_\_\_ \$2,500 \_\_\_\_\_ \$1,500 \_\_\_\_\_ \$1,000 (or \$84/mo)

\$500 \_\_\_\_\_ \$240 (or \$20/mo) \_\_\_\_\_ \$100 \_\_\_\_\_ Other \_\_\_\_\_

\_\_\_\_\_ **Unrestricted Support – Use this money where you need it most**

\_\_\_\_\_ I feel most called to direct my funds to: \_\_\_\_\_

#### **Payment:**

\_\_\_\_\_ **I authorize a one-time credit card deduction of \$ \_\_\_\_\_**

\_\_\_\_\_ **I authorize monthly automatic credit card deductions of \$ \_\_\_\_\_ per month**

(circle): VISA / Master Card / AMEX Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name as it appears on card \_\_\_\_\_ Signature: \_\_\_\_\_

\_\_\_\_\_ **My check or money order is enclosed is enclosed (made out to ARE PNW)**

Name \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Mail to: Association for Research & Enlightenment – PNW Region, PO Box 795, Anacortes, WA 98221. Or Contact Marsha Flowers, Finance Coordinator, or Claudia Carabba, Region Coordinator. Toll Free 888-812-3386**

### **ARE Outreach Program Developed**

by Claudia Carabba

How would you like to have an afternoon or evening program in your area that could be low- or no-cost? How about having a visit from someone from A.R.E. Headquarters at Virginia Beach to answer all of your questions, or just visit with you about matters of Spirit and the Readings? Perhaps you would like to start a study group, sponsor a speaker or meet periodically for fellowship and sharing. A.R.E. has a new outreach program to visit our "underserved" areas. Where there is a cluster of A.R.E. members and an interest in having more opportunities to meet with like-minded people, Toni Romano is available to make the visit.

All we need is someone to arrange a meeting place, set a date and time, and take care of hosting Toni for the visit. An invitation will be sent to members within driving range announcing the gathering. We can help identify A.R.E. members in your area – but we need to hear from you to get this going.

Please contact me toll free at 888-812-3386 (leave a message) and I will call you back to visit about what it would take to make this happen for you. Or, you can e-mail me at [arepnw@comcast.net](mailto:arepnw@comcast.net), or contact Keith Grinnell at 253-839-9594 or [klgrinnell@aol.com](mailto:klgrinnell@aol.com).

### **Steps Along the Path**

by Gordon Yumibe

Hi everyone! I had a thought last week that was sparked by David Brook's column in the New York Times, "Pitching With Purpose" (4/1/08). He talked about a sports psychologist, H.A. Dorfman, who stressed the mental aspects of major league pitching.

*"Self-discipline is a form of freedom. Freedom from laziness and lethargy, freedom from expectations and demands of others, freedom from weakness and fear – and doubt."*

I found it to be an apt metaphor because it is also a requirement for one to make any real spiritual progress. It needs to be a purposeful attempt to come to terms with the self, one of the keys needed to find one's Ideal. It is also meaningful, once the Ideal is uncovered, to bring that Ideal outside oneself into the physical world. It does help free us from all doubt, all fear, and from all weakness, the divide that separates us from our Creator.

Spring Seabeck was an opportunity for me to reconnect with people I hadn't seen for awhile and to get to know others whom I hadn't yet had the chance to meet. Cathy Callahan, the featured guest speaker, has spent her entire life studying the Cayce readings. She talked about how the "fruits of the Spirit", in addition to our Ideals, can help all of us regularly shape our daily lives. It's these fruits of patience, understanding, and love that actively serve to guide us.

I particularly found her description about our pathway from our Creator (separation) and now back (unity) helpful. We have to consciously make a choice each day. Some of my own learning has allowed me to recognize some of the "veils" that separate us from each other. As more of these veils fall by the wayside, we are more able to see and experience our uniqueness and Oneness. We grow spiritually as we share our fruits of the Spirit with each other.

Also, while at Spring Seabeck, I talked with Bob Matney and Gary Schoonveldt about the Radiac Device that Edgar Cayce advocated (*con't Page 5*)

(Steps, con't)

using. Bob said that it would intensify my meditations and Gary said it would help my bodily aches and pains. I bought one to see how it worked. They were both right! I haven't been able to read much of anything except for the instructions but the device really does seem to work! It seems to enhance the body's energy and I, being the user, am able to channel this energy into whatever internal pathway I need. The muscle tension, which accompanies many of my aches and pains, is diminished. I am hopeful that I will be able to learn more about how this device works!

I also am continuing my studies in Transformational Astrology, AS 501, through Atlantic University and finding it to be very revealing. I'm augmenting my reading material with another author, John Willner. He has written two books based on his studies of the Cayce material, *The Perfect Horoscope* and *Astrological Revelations*, which advocate using one's spiritual birth time as opposed to one's physical birth time as a much more accurate way to chart one's life here on planet Earth. His approach is sometimes startling but I am finding it to be very enriching. He says using the spiritual birth time will pin point which of those days are the "stepping stones" that enhance one's life and that in using it, all the inaccuracies that occur when using just the physical birth time will be eliminated. The problem seems to be finding someone who is able to "divine" the spiritual birth time, a process called rectification. It's a mathematically exacting process but seemingly well worth the time and consideration spent.

I'm off again. I'll be hoping for the best for all.

## Astrology Reports Now Include a Longer Relationships Version

by David Kralman

We are now offering the full length version of the Relationships (compatibility) report. It is about 3 times as long as our previous report and all chart wheels, profile scores, and compatibility scores are still included. The new version allows you to make your choice of compatibility for either friendship or romantic. When ordering, you need to specify which version you want. The prices are on the order form on Page 7.

## What's UP With the Region?

by Claudia Carabba, Region Coordinator

In the "Region Coordinator's Corner," I mentioned **Energy** and talked a bit about ways of rejuvenating the body's energy. So how do we apply those same kinds of principles to the energy of the Region? That is a question that has been a topic at Core Team meetings for quite some time – I suspect years.

I believe that the whole of humanity is going through a transition -- transformation, if you will. We are learning to let go of that which no longer serves a useful purpose and making way for a new, vital, God/Creator-directed energy in which we all participate as co-creators, utilizing that energy that we are remembering how to access and use for the good of the whole of humanity. It is "remembering who we really are" as part of that Creative Force and not separate from it.

The Region too is going through transition. We are experiencing declining numbers at the Seabeck retreats, declining volunteerism, and lower donations, yet, new people are interested in the Work at all of our events. The Cayce spiritual philosophy of "mind is the builder" means the Region really needs to take a look at our own ways of being, acting and thinking. We must consider revising and/or discarding that which no longer works.

So last year, I approached ARE Headquarters with what our area, and perhaps other regions, could benefit from: to shift our focus to a more "grass roots" effort. That is, actually getting out into our Region and underserved areas to assist with setting up study groups and Area Teams, letting non-members know what resources are available to them through membership and programs, the lending library, Headquarter's conferences, health programs and spa, Region programs, and the like. We could provide evening, half-day, or whole-day programs outside of the larger metropolitan areas and demonstrate how members could do this kind of outreach locally.

We have been exploring how we might accomplish this "Outreach" in our Region. Here is what we are thinking:

First – This year Headquarters is working cooperatively with our Region to produce the Summer Seabeck Conference with the intent in the years to come, this will be a Headquarters sponsored event.

Second – The Region will move out of the arena of producing programs and will move into assisting areas within the Region to hold programs.

Third- The Region will modify its structure (for example: do we really need a Core Team and Administrative structure? Perhaps yes, perhaps a modified version), with the goal of eventually turning over administrative functions to Headquarters.

Fourth - Explore ways of utilizing new technologies, such as the internet (e.g., My Space) to attract more youth.

Our Region is exploring these and other ideas for moving **Energy** out into the world – creating new opportunities and possibilities for more individuals to learn about and participate in the transformative Work. Your prayers, comments, suggestions, ideas and help are not only welcome and appreciated, but greatly needed right now. And, your donations will continue to help us carry a shift of energy throughout our Region. Blessings and joy as we move together into a greater awareness of Oneness and increase our Energies and Abundance.

Contact me at A.R.E. PNW, PO Box 795, Anacortes, WA 98221-0795. Toll free 888-812-3386, fax (360) 293-5227.



## Spiritual Growth in Small Groups

The Cayce material insists that everything one needs lies within self, each becomes his own teacher and a teacher to others. Why work in groups? It magnifies the results. Group work offers: support to its members; clarification and feedback; motivation to persevere; a safe environment; other points of view; open discussion. Through the study group, you get an understanding of spiritual law. It's the line upon line, precept upon precept that the readings suggest how we grow. With the help of group members and personal application and meditation, we all grow.

Below is a list of Study Groups and their contacts in our Region. Our Study Group Coordinator Darsi Bucher can be reached at 425-681-0020 (email: [bu.rein@cablespeed.com](mailto:bu.rein@cablespeed.com)). For these ASFG books or others contact Gary Schoonveld at 360-588-0662 toll free at 1-888-812-3386 or email at [region-store@comcast.net](mailto:region-store@comcast.net).

Washington	Pacific NW Prayer #1	Vancouver #1	Grants Pass #1	Alaska
Anacortes #1 Mutual Interest 3 <sup>rd</sup> Thursday 7 pm Claudia Carabba <a href="mailto:arepnw@comcast.net">arepnw@comcast.net</a> 360-708-4441	Prayer by mail Germaine Morgan <a href="mailto:germaine@cityinsctr.com">germaine@cityinsctr.com</a> 206-547-2816	SFG Wednesday 7:00 PM Trudy Huff <a href="mailto:himmel41@aol.com">himmel41@aol.com</a> 360-887-0720	SFG Wednesday 1:00 PM Karla Peterson <a href="mailto:mtnmom4@hotmail.com">mtnmom4@hotmail.com</a> 541-956-9596	No groups currently meeting
Bellevue #2 SFG Tuesday 7:00 PM Marilyn Bechlem 206-632-3578	Puyallup #2 SFG Ardath Rock 253-848-2851	Yakima SFG Barbara Rankin 509-966-7047	Hermiston #1 SFG Melanie Brown <a href="mailto:motherwillow@msn.com">motherwillow@msn.com</a> 541-567-0871	Montana Kalispell #1 SFG Thursday 7:00 PM Marianna Ward 406-752-5209
Bellingham #1 SFG Thursday 7:30 PM Laura Clark <a href="mailto:brownie3@att.net">brownie3@att.net</a> 360-650-0530	Poulsbo / Kingston SFG Wednesday 6:30 AM Maryellen Babbitt 360-377-7824	Idaho	Lake Oswego #1 Mutual Interest 3 <sup>rd</sup> Saturday 10:00 AM Nobie & Raymond Tarpey <a href="mailto:nobtarpey@yahoo.com">nobtarpey@yahoo.com</a> 503-697-8341	Missoula #2 SFG Lee Rose <a href="mailto:rainbow8@bresnan.net">rainbow8@bresnan.net</a> 406-542-5673
Bremerton #1 SFG Thursday 7:00 PM Mary Ellen Babbitt 360-377-7824	Renton #1 SFG Thursday 7:30 PM Mary C. Strunc 253-854-2832	Boise #2 SFG Michael Burns <a href="mailto:mb1475@gmail.com">mb1475@gmail.com</a> 208-899-4132	Lincoln City #1 Mutual Interest Dee Cuenod 541-994-8402	Ronan #1 SFG Ellen Wicklund <a href="mailto:ellenDC@Ronan.net">ellenDC@Ronan.net</a> 406-676-0170
Edgewood #1 SFG Tuesday 10:00 AM Marilyn Redmond <a href="mailto:Marilyn@angelicagifts.com">Marilyn@angelicagifts.com</a> 253-845-4907	Richland #1 SFG Thursday 7:30 PM R Pierre Saget <a href="mailto:pierre_saget@hotmail.com">pierre_saget@hotmail.com</a> 509-588-6546	Pocatello #2 SFG Janet Marugg <a href="mailto:marugg@cablone.net">marugg@cablone.net</a> 208-233-2336	Pleasant Hills #1 SFG Kim Black 541-726-5891	Stevensville #1 SFG Jonathan Ford <a href="mailto:fordjd9@netscape.net">fordjd9@netscape.net</a> 406-531-0556
Federal Way #1 SFG Tuesday 7:00 PM Keith & Shirley Grinnell <a href="mailto:Klgrinnell@Aol.com">Klgrinnell@Aol.com</a> 253-839-9594	Snohomish #1 Prison SFG 2nd & 4th Friday 5:30 PM Cal McDonald <a href="mailto:cascade.cal@iuno.com">cascade.cal@iuno.com</a> 360-668-2467	Twin Falls #1 SFG Nancy Lemmons <a href="mailto:Nlemmons@Pmt.Org">Nlemmons@Pmt.Org</a> 208-733-5748	Portland #1 SFG Michael & Yvonne Parker 503-252-0764	Canada Nanaimo BC SFG Wm & Judith Munns <a href="mailto:wmunns@shaw.ca">wmunns@shaw.ca</a> 250-753-2110
Federal Way #2 SFG Friday 10:00 AM Keith Grinnell <a href="mailto:Klgrinnell@Aol.com">Klgrinnell@Aol.com</a> 253-839-9594	Sno-King #1 SFG Tuesday 7:30 PM Bill McKenzie <a href="mailto:bilindaLLC@verizon.net">bilindaLLC@verizon.net</a> 425-702-6301	Oregon	Portland #2 SFG Madge Kidd 503-287-1605	<i>If you don't see a group in your area, contact Darsi; there could be other people in your area also looking for a study group. It just might become the beginning of a new group.</i>
Gig Harbor #1 SFG Thursday 10:00 AM Sharon Falk <a href="mailto:sgregfalk@comcast.net">sgregfalk@comcast.net</a> 253-549-4038	Spokane Valley #4 SFG internet email Fred Miller <a href="mailto:fredthomasmler@hotmail.com">fredthomasmler@hotmail.com</a> 509-893-2417	Bend #1 Rosemary Sprong <a href="mailto:lordmattus@hotmail.com">lordmattus@hotmail.com</a> 541-389-4822	Portland #5 SFG Muriel Cowing 503-659-6384	
	Tumwater #1 Discovery Group SFG Monday 7:00 PM Janet Marie <a href="mailto:discovhous@aol.com">discovhous@aol.com</a> 360-556-6523	Donald #1 Debra Holliday <a href="mailto:dlholl@wbcable.net">dlholl@wbcable.net</a> 503-678-1303	Wallowa #1 SFG Wednesday 7:00 PM Jo Ann Deal 541-886-6620	
			Forest Grove #1 SFG Thursday 12:00 AM Milli Boldman <a href="mailto:milliblolits@aol.com">milliblolits@aol.com</a> 503-357-9774	



Association for Research  
and Enlightenment® of Washington, Inc.  
PO Box 795  
Anacortes, WA 98221-0795  
A non-profit organization established in 1931  
Printed in the USA

Non-Profit  
Organization  
U.S. Postage  
PAID  
Auburn, WA  
Permit No. 633



**Return Service Requested**

**DATED MATERIAL**

**Summer 2008**

What is the A.R.E.®? The Association for Research and Enlightenment founded by Edgar Cayce in 1931 is an international non-profit, nonsectarian membership organization, headquartered in Virginia Beach, Virginia. Its mission is to promote the study, application, and dissemination of the information contained in the psychic readings of Edgar Cayce, and to help people change their lives for the better through spiritual concepts in the Cayce readings.

*Blessings to you!*

## Calendar of Events

See [www.arepnw.org](http://www.arepnw.org) for more information on all events

**June 29 – July 3, 2008**  
**Summer Seabeck**  
Seabeck Conference Center  
**“Archaeology of the Soul –  
Discovering your Hidden Treasures”**  
**with Nancy Eubel, MBA, CHt;**  
**and Joy Bloom, PhD**  
(See Page 1)  
Contact: Darsi Bucher at 425-681-0020

**September 19, 20, and 21**  
**Portland Area Fall Retreat**  
**“Exploring our Spiritual  
Dimensions”**  
**with Jim Sparks, Morgine Jurdan,**  
**and Dawn Lianna Overeem**  
(See Page 3)  
Contact: Nobie Tarpey at 503-697-  
8341, [nobtarpey@yahoo.com](mailto:nobtarpey@yahoo.com)

**September 27 (Richland) and  
September 28 (Tukwila)**  
**“Edgar Cayce on the Akashic  
Records and Relationships”**  
**featuring Kevin Todeschi**  
(See Page 2)  
Contact: Pierre Saget (Richland) at 509-  
588-6546, Keith Grinnell (Tukwila) at  
253-839-9594, or visit the region’s web page  
[www.arepnw.org](http://www.arepnw.org)

What is the A.R.E.® Pacific Northwest Region? Established in 1993, the A.R.E.® Pacific Northwest Region serves the membership in British Columbia in Canada, the Yukon, Alaska, Washington, Oregon, Idaho, and Western Montana. The membership is fostered at the local level with a quarterly newsletter, Spiritual Growth Groups, “Search for God” Study Groups, a prayer network, youth retreats, and other services. The Region is served by a Core Team. We invite all members to join one of the Region or Area Teams, which are the major interface between the Organization and the community in which they reside. For more information about the Pacific Northwest Region, call our toll-free number: 1-888-812-3386.