

## *Adults, Youth & Families*

"It's all about INSPIRATION, RECREATION, FAMILY & FRIENDS!"



### *Adults*

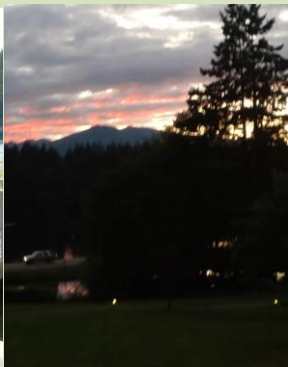
Adults find *TIME* their most treasured gift here during the warm, sunny days of Seabeck.

Leaving daily life behind opens up rare opportunities to sit back and relax or take a stroll along the beach.

There is plenty of time to play, dance, hike, socialize with like-minded friends, meditate and journal.

Listen, learn and experience soul growth lessons and practices with some of the most highly acclaimed teachers in the country.

For many of us it is an annual retreat and reunion with our A.R.E. family that we look forward to every year!



### *Youth*

This popular retreat always brings delightful memories to youth of all ages! Typical of a "camp" atmosphere, the hot summers of Seabeck find kids swimming, boating, playing outdoor games, working with arts & crafts, hiking in the woods, singing around the campfire and making lifetime friends they come back to see year after year!

Our expert counselors even manage to create fun activities that help our youth understand the A.R.E. legacy.



### *Families*

Seabeck offers families the opportunity to do things together, without all the preparation and hassle of taking day trips or planning a vacation. Laundry, meals and recreational activities are taken care of for you. Just enjoy~



## Special Events



*Summer Seabeck* wouldn't be  
the same without  
the joy and laughter  
we share!

*"Let everyone whom you meet be happier for having met you,  
for having spoken to you. This you can do by spreading joy." (EC 3416-1)*

### *"Come As You Were" Soiree!*

Friday begins with our "Come as You Were" Soiree!  
Experience a past life by bringing  
a costume to wear to dinner – or not.  
It's light-hearted fun for all!

### *"Talent Show!"*

Saturday night you won't want to miss our talented and  
sometimes hilarious Seabeck family join together  
for our annual Talent Show!  
Bring an instrument, bring a comedy act, or just come and enjoy~  
so much fun you'll be amazed!

### *Silent Auction*

Our Silent Auction is a  
great way to earn  
scholarship money  
for next year!  
Please bring a new  
or used  
item to donate!  
We would so  
appreciate it!



### *Barbeque Salmon Dinner*

Saturday night enjoy  
a delicious Barbeque  
Salmon Dinner  
catered right on  
the Seabeck beach!



### *About Us:*

*Welcome to the Edgar Cayce legacy. We are thrilled to be able to  
share and celebrate the life and readings of Edgar Cayce (EC), through  
the work of the Association for Research and Enlightenment (A.R.E.)  
and your local ARE Summer Seabeck Experience! We are not a creed,  
doctrine or religion, but all about a common attitude toward our lives.*

*Edgar Cayce gave both physical readings and what he called "life  
readings", dealing with an individual's previous lifetimes, as well as  
the person's potential and purpose in the present lifetime. He gave  
more than 14,000 readings during forty-three years of his adult life.  
He provided answers to questions posed to him covering over 10,000  
subjects ranging from treatments for various physical ailments to the  
purpose of life. The majority of the readings deal with subjects in the  
following major categories: spirituality, dreams, holistic health,  
reincarnation, intuition/ESP and ancient civilizations, especially  
surrounding Atlantis, Egypt and Biblical times. The readings have been  
studied for decades all over the world and become the basis for  
hundreds of popular books. The underlying principle of the readings is  
the oneness of all life, our deep spiritual connection to one another  
and God, tolerance for all people and a compassion and understanding  
for every major religion in the world. The insights and wisdom found  
in this material have enabled millions of people to live more balanced  
and productive lives. One of the major subjects in the readings is  
spiritual growth through meditation, prayer, study, application and  
the fundamental concept that our essence is a spiritual being  
having a human experience.*

*The EC Readings are housed at the A.R.E in Virginia Beach and  
available through books and an online database. For more  
information, please visit [www.EdgarCayce.org](http://www.EdgarCayce.org).*