

# My Quiet Spaces Retreat at Sea

with Guest Speakers: Patricia Wilson, Jane Herring, Hilda R. Davis, J. Dana Trent, Kristen E. Vincent and Linda Furtado



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# **My Quiet Spaces Cruise**

Join us for the first *My Quiet Spaces* cruise event – a retreat designed for Christian women. Engage your mind, body, and spirit through music, creative writing, meditation, movement, and prayer. Gather with other women who are seeking a time of renewal and connection with God. Relax in the warmth of the Caribbean while enjoying the comforts and activities of the ship, beaches and ports with Christian friends new and old.



# Royal Caribbean's Brilliance of the Seas

Meet Brilliance of the Seas®, with acres of glass enclosing the nine-story central atrium, elevators facing the sea, and floor-to-ceiling windows throughout, you'll never be at a loss for an incredible view. Bask at the tranquil Solarium pool, recharge at VitalitySM Spa, or climb our rock-climbing wall. When the sun goes down, the night heats up with Broadway-style shows and entertainment.

# Tampa, Florida

Treasure awaits in Tampa Bay! Tampa Bay is a vibrant region that takes pride in its rich, cultural heritage. Visitors can experience delicious culinary cuisine, serene river excursions, thrilling attractions and exceptional shopping.

# Cozumel, Mexico

The Conquistadors first saw Mexico from the shores of Cozumel while searching for gold. Today, visitors to the island continue to seek out gold and silver jewelry in the shops of San Miguel while having a great time in its many local shops and restaurants. Plus, the waters around Cozumel's sheltered coral reefs make this one of the best snorkeling areas in the world. Join one of the excursions offered by the ship or explore the port and San Miguel on your own. (additional fees)

January 26   At Sea     January 27   Cozumel, Mexico   8:00 AM   6:00 PM     January 28   At Sea	Date	Port	Arrive	<u>Depart</u>			
January 27 Cozumel, Mexico 8:00 AM 6:00 PM January 28 At Sea	January 25	Tampa, Florida		4:00 PM	and the second		-
January 28 At Sea	January 26	At Sea			0	20000	
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January 29 Tampa, FL 7:00 AM	January 28	At Sea					
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**Patricia Wilson**, the author of *Quiet Spaces*, spent many years as a professional motivational speaker and has worked in pastoral and palliative care. She writes on a variety of subjects including inspirational themes, coping with change and short mystery stories. Her other books include *When You Come Unglued...Stick Close to God* and *Freedom from Worry*.



Jane Herring is a Presbyterian pastor who has also taught college literature courses. She leads contemplative retreats on prayer, meditation and using writing in prayer and spiritual formation. Jane is author of *One Day I Wrote Back*.



Hilda R. Davis believes women are sacred beings, beloved of God, who deserve healthy lives full of joy and purpose. As an integrative health therapist, coach and counselor, she aims to be a guide on the wellness journey for all women. She uses art, meditation, storytelling and music as therapy tools. Hilda is the author of *Live Healthy and Be Well*.



**J. Dana Trent** graduated from Duke Divinity School and has worked in higher education administration, nonprofit fundraising and hospital chaplaincy. She is now a full-time writer, speaker and teacher. She is the author of *Saffron Cross* and an upcoming book on keeping the sabbath.



**Kristen E. Vincent** is a retreat leader and author of *A Bead and a Prayer: A Beginners Guide to Protestant Prayer Beads* and two related prayer bead books. She is a graduate of Duke Divinity School and The Upper Room's Academy for Spiritual Formation.



**Linda Furtado** is a woman on a mission to express her creativity in daily life through writing, photography, music and art. She is a wife, mother and seminary student. Linda is on staff at The Upper Room.

# Workshops While at Sea

# Using Music to Connect with Your Spiritual Self with Patricia Wilson

One of the challenges of prayer is learning how to disconnect from your worldly self and connect to your spiritual self. Music acts as a gateway to that inner place - but not just any music. Through the use of the Native American flute, Patricia Wilson will demonstrate how music can aid your prayer life.

# The Bible and Creative Writing with Jane Herring

In this workshop you will interact with scripture, write your own prayers and psalms, and go home with writing exercises that will help you continue deepening your relationship with God.

# Renew Your Body, Mind, and Spirit through Self-Care with Hilda Davis

Do you find yourself placing your own self-care at the end of your long to-do list? Renew yourself through mind, body, and spirit activities designed to integrate easily into your daily lifestyle. You will go home with a personal self-care plan and a 30-day follow-up to inspire you to "keep going!"

# Be Still: Introduction to Meditation and Contemplative Prayer with J. Dana Trent

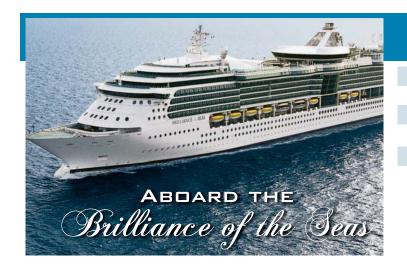
Do you long for more inner peace? This workshop offers basic tools for beginning a meditation and/or contemplative prayer practice. You will engage in short practice sessions, reflect, and share your experiences. You will leave this session with the tools you need to establish a regular meditation and/or contemplative prayer habit at home.

# Finding Quiet Spaces with Prayer Beads with Kristen Vincent

In this workshop you will explore ways to use prayer beads to relax and listen to God's still small voice. The sight of beads draws you into a sense of calm and quiet, the feel of beads reminds you of God's presence within the quiet, and the path of beads can invite you to breathe deeply.

# Every Step a Prayer with Linda Furtado

If you are interested in building your relationship with God while walking, this workshop is a step in the right direction. Pray and praise God as you walk and learn how to fill your day with worship by making every step a prayer.



# CRUISE PRICING

RovalCaribbean

N - Inside Stateroom	\$399*
I - Oceanview Stateroom	\$499*
H - Oceanview Stateroom	\$499*
E3 - Balcony Stateroom	\$599*
E2 - Balcony Stateroom	\$599*

Prices are per person, based on double occupancy. If you do not have a roommate, EO will try to match you with one. Prices Include: \$110 Port Charges

Not included in price: Airfare, Gratuities & Shore Excursions, \$71 Government Tax & \$75 Program Fee \*All prices reflect a 4% cash discount

## **TRAVEL REGISTRATION FORM**

Mail to: EO Tours • P.O. Box 6098, Lakeland, FL 33807-6098 863-648-0383 • email: eo@travelwithus.com

Host:	ID#:
Departure City:	Departure Date: <u>01/25/18 (U)</u>
Passenger Names: (as they appear on your p	passport)
Legal Name:	Title:
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Place of Issue:	Exp. Date: //
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Passport #:	Issue Date://
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Emergency Contact:	Relationship:
Phone: Alt.	Phone:
Cabin Selection: 🔲 Inside Stateroom (N)	Oceanview Stateroom (I)
Oceanview Stateroom (H) Balcony Sta	ateroom (E3) 🔲 Balcony Stateroom (E2)
Alternate: (Required, only u	used if 1 <sup>st</sup> choice is unavailable)
I/We Accept   1 Travel Protection c     I/We Decline   2 Premium is based     Separate from deposition   3 Coverage begins w     (separate from deposition)   (separate from deposition)	formation Regarding Travel Protection: overage cannot be added after you have paid in full. on TOTAL cost of trip and is non-refundable. /hen your premium payment is received by EOT it & clearly designated as your travel protection premium). paid in full by 09/27/17.
FULL DEPOSIT OF \$200 PE Final Payment D	ue 09/27/17.
Payment: 🛄 \$200 (per person) [	
Check # (Payable to	
To Register via Credit Card, you must	• • • •

limited to the potential for price increases that may apply before payment in full has been received as set forth in the "Fine Print" and potential price increases after payment in full has been received due to government imposed taxes and fees

#### Signature:

Signature:

Trip Cost

\$ 0 to \$1000 \$1001 to \$1500

\$1501 to \$2000

\$2001 to \$2500

\$2501 to \$3000

\$3001 to \$3500

\$3501 to \$4000

\$4001 to \$4500

## Tour: CC18 Date: 012518 Code: U

Premium Rates For

Travel Protection Plan Premium Rates For This Cruise			Schedule of Coverages Part A * Benefits provided by EOT	nefit
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*For New York Res	vidents Only: Part & B	enefits are travel a	rrangement benefits underwritten by United States Insurance Company	

For a full description of the plan, go to: www.tripmate.com/wpF429E

**Conditions and Limitations** 

Conditions and Limitations This is a brief description of the plan available for all Travel Protection sales for Trips depending January 1, 2013 and after. Certain exclusions and limitations apply and are detailed in the Certificate of Coverage. For example, coverage does not apply to: any Sickness or condition of you, a Traveling Companion or a Family Member traveling with you that existed during the 60 days prior to the effective date of the coverages (The Pre-Existing Condition Exclusion is waived if payment for this plan is received by Educational Opportunities Tours, inc. at or before the final payment due date for Your Trip or 105 days before departure date, whichever occurs first), suicide, normal pregnancy, war or any act of war. Other Covered Reasons, as defined, includes the following events or their consequences: Cancellation or interruption of your Trip to to be consecutive hours; a documented traffic accident while en route to departure date cessation of services of Your Common Carrier for at least 12 consecutive hours; a documented traffic accident while en route to departure, being hijacked or quarantined, jury duty, destruction of your Trip or 105 most for the services of Your or the tor for a heat of the coverage. The Previous of or traffic the event of a natural diseaster, a bennetied thefit of experisor of previous of or traffic or the event of a natural diseaster, and the organize of the plan. This plan is underwritten by: United States File insurance Company, Eatontown, NJ. Benefits are administered by: Trip Mate, Inc.\*, 9225 Ward Parkway, Suite 200, Kansas City, MO, 64114, 1-800-888-7292 ('in CA, dba Trip Mate Insurance Agency).

#### INCLUDED IN PRICE:

· Cruise · Deluxe cruise accommodations (based on double occupancy) All meals on ship
Port charges \$110

- NOT INCLUDED IN PRICE:
  - · Air and ground transportation to/from the Port of Tampa
  - Government taxes \$71 Program fees \$75
  - Gratuities (paid onboard)
  - · Optional Travel Protection Plan (see premium schedule)
  - Optional Sightseeing and Shore Excursions
  - · Miscellaneous fees such as individual transfers, visa, passports, laundry,
  - meal beverages, excess baggage, and other items of personal nature
  - · Alternative restaurants that have additional fees
  - · Any increase in taxes and/or fees imposed after the publication of this information • \$100 Document fee for Non-US and Non-Canadian residents

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- · Additional fuel surcharges which may be imposed by cruise line and other suppliers
- If applicable, fuel surcharges will be paid by the passenger

## ACCOMMODATIONS:

Prices are per person based on double occupancy. While EOT will try to match roommates, EOT cannot guarantee one will be available. Roommates may be assigned as late as 35 days prior to departure and. If one is not available or you request a single room/cabin, the single room/cabin charge applies: 200% of Cabin Fare.

#### PAYMENT:

All prices reflect a 4% cash discount for full payment via check. A full deposit of \$200 per person is required. Travel Protection Premiums must be paid by the final payment date for coverage to be in effect. Final payment for trip is due 09/27/17. Thereafter, a late payment fee of \$100 will be assessed

#### **REGISTRATIONS RECEIVED AFTER September 27, 2017:**

We welcome registrations after 09/27/17. Registrations received after this date may incur an additional fee based on cruise availability. Additional fees will be advised upon registration.

### CANCELLATION FEES:

The optional Travel Protection Program covers 100% of Cancellation Fees, provided premium has been paid and reason for cancellation is insurable. Those who do not take travel protection should be aware of the following cancellation penalties: From Day of registration to 121 days prior to departure, you will be charged a \$100 non-refundable cancellation fee. Additionally, thereafter, you will be charged a single room supplement if your cancellation forces your roommate into a single plus the following charges also apply: 120-61 days prior to departure = \$200; 60-31 days prior to departure = 50%; 30 days prior to departure to day of departure = 100% of cost. Cancellation must be submitted in writing. On or after day of departure, no refund for any services not used.

#### FIT TO TRAVEL STATEMENT:

Passengers registering for the tour accept the responsibility for being in good health and able to walk and travel on the tour. Because many of the sites are not accessible to the physically challenged, those needing oxygen, wheelchairs, or other ambulatory assistance will find the tour extremely limiting to their experiences. If you have questions, please contact Educational Opportunities Tours Inc. for more details.

#### PRICE INCREASES

All prices quoted in this brochure are subject to change prior to payment in full due to currency fluctuations, fuel surcharge increases, government taxes and fees increases or unforeseen circumstances. In addition, you may be subject to a price increase after payment in full has been received due to potential government imposed taxes and fees.

#### DEVIATIONS:

Deviations from the standard tour program must be submitted in writing and are subject to additional airline fees, if applicable. Transfers for passengers who deviate are not included.

#### ITINERARY CHANGES:

Every effort has been made to ensure the accuracy of this information; however, the order of itinerary and number of days may be altered to accommodate changes in cruise schedules and weather. The cruise line has the ultimate control over your voyage and may, without notice, alter the length of the cruise and the order of and/or inclusion of ports. EOT is in no way responsible for these changes and does not make reimbursement for such changes.

## PREGNANCY/INFANT REGULATIONS

As to pregnancy, a woman cannot have begun her 24th week of pregnancy at any time before or during the cruise. If you are pregnant, please provide a medical note upon arrival at the pier for check-in from your physician stating your expected due date and medical fitness to travel. If you are in the 24th week or have completed it you will not be allowed to board. Because of the limited medical facilities, infants must be at least 24 weeks (6 months) of age on the first day of the cruise. VALIDITY DATE:

This brochure is valid until 02/13/17. If validity date has passed, current brochures may be found at www.eo.travel/gig. Registrations will still be accepted after the validity date.

#### RELEASE INFORMATION

Payment of deposit indicates permission for EOT or its agents to record the registrant's participation and appearance on video tape, audio tape, film, photograph, or any other medium and to use the registrant's name, likeness, voice, comments, submitted documentation, written papers, and/or biographical material without restrictions or limitation for any advertising, marketing, publicity, educational or promotional purpose which EOT or its agents deem appropriate, unless the registrant or guardian otherwise notifies EOT in writing prior to departure.

Except where otherwise stated, EOT acts only as agent for the relevant supplier in securing hotels transportation and other travel services and in no event shall EOT be liable for failure by any such supplier to render any transportation, lodging or other travel service to be provided on the tour. EOT assumes no liability for injury, death, damage, loss, theft, accident, delay or irregularity which may occur by reason of any negligent or willful act or omission of any suppliers of service. EOT does not own or operate any of the suppliers of services to your tour. Similarly without limiting the foregoing, passenger agrees to hold EOT harmless for any defect in any vehicle, plane, boat, bus, car, van or other vehicle, act of war or insurrection, terrorist activity, revolt or other civil uprising, military action, strikes or labor unrest or any Act of God or for any other act of any third party. Florida law will be applicable to any dispute which arises out of/or concerns this brochure or your tour. Any and all litigation must be brought only in and for courts in Polk County, Florida to the exclusion of litigation anywhere else in the world.

Enrollment in and payment of deposit constitutes your acceptance of the "Fine Print." Educational Opportunities Tours is the tour operator and is solely responsible for the travel program. Educational Opportunities Tours is registered with the State of Florida as a Seller of Travel. Registration No. ST24130, CST2027682-40

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