



Library Clean-up Day



Thank you to the twelve volunteers of all ages who worked hard to clean up the Vernonia Library grounds on Saturday, May 16.



Where Do You Read the Voice?



Susan Ely recently accompanied her husband Jeff on a work trip to Costa Rica where they visited the jungles around the Arenal Volcano National Park.



As a country properties expert, I can assist with purchase and refinance programs, including manufactured homes on land. Contact me for more information on how to take advantage of today's near historic low rates.



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Inward Bound Mindfulness Education *iBme*

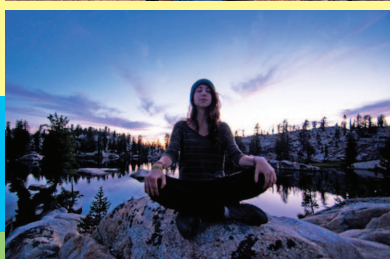


Transformative Retreats for Teens

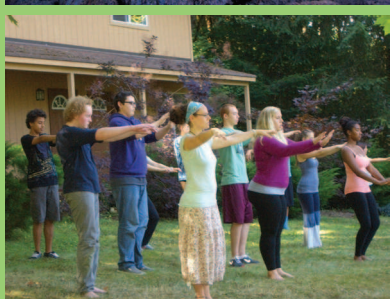
Pacific Northwest Teen Retreat

When: June 20th - 25th, 2015

Where: Cedar Ridge Retreat Center
Vernonia, OR

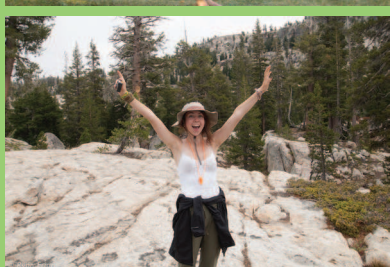


This retreat offers teens, age 15-19, a life transforming experience in the serenity of nature.



Come unplug and tune in! Participants on our retreats learn self-awareness, mindful communication, and techniques to calm and focus the mind - the foundations for success in all areas of life. We spend time each day learning mindfulness meditation - a scientifically proven practice that builds emotional resilience, inner strength and well being.

Teens also participate in small group discussions, yoga and creative workshops - including arts, nature, and mindful sports activities. And there's lots of free time to connect with new friends in a safe and accepting space. Many hesitant teens walk away saying it was one of the best experiences of their lives.



This retreat welcomes teens from all racial/ethnic groups, sex and gender identities, abilities, and religions. Mindfulness creates a foundation for conversations that support understanding and deepen our connection to one another.

Price: \$35-\$1250. Guideline is 1% of annual family income.

No teen has ever been turned away for lack of funds.

For more info or to register, please contact contact@ibme.info or (978) 254-7082

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