

Be Your Best Total Healing (BYBTH) Annual Conference/Cruise: "Sea JOY with Jesus" – 2020

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PURPOSE:

"Sea JOY with Jesus"

BYB Treat & Retreat Conference

How many times have you known that you would love to receive a certain blessing or opportunity and then said to yourself, "There's no way I could ever do that." Who are you limiting when you say that? When you would deeply love to participate or receive a special joy or experience, will you limit God? Will you make yourself available for what seems impossible from a worldly perspective?

All too often, we adopt a mindset that severely limits us and the opportunity God has waiting for us. Frequently, we fall into survival perspectives of joyless routines and seeking our security in money, people or "stuff" which take our eyes away from the amazing, unexpected, seemingly impossible joy-experiences God has waiting for us. (Matt. 14:28; John 10:10; Isa. 30:18)

Be Your Best (BYB) Total Healing continues to promote lasting life change and see God's mighty hand in action as *Pathfinders* come before their Creator for healing and freedom and to be and see all that He has planned for them (Jer. 29:11-13; Eph. 2:8-10). The process is challenging but rewarding and requires effort, commitment, consistency and teamwork on the part of the *BYB Pathfinder* care receiver and the trained, independent *BYB Trail Guide* mentor. As the Christ-focused healing and freedom progresses, the *Pathfinder* recognizes life-affecting lies that he or she has been living out regarding their God-given identity, man's opinion, self-worth, God's true identity and other hindrances. These lies not only limit and steal the fullness of God's intent and purpose for the individual but this "survival existence" impairs the person's ability to trust the Lord through trials and experience the fullness of joy and potential that God has for each individual.

The consistent, systematic process through *BYB Total Healing* requires pacing work and rest for both *Pathfinder* and *Trail Guide*. Looking forward to and participating in these *BYBTH* conference cruises offer a variety of benefits for both *Pathfinder* and *Trail Guide*:

1. In comparison with land-based hotel conferences, cruises compare favorably in cost, with highest quality rest and recreation time for *BYBTH* participants and families.



- a. Your needs are met – you do not have to cook or clean and high-quality child care and activities are available.
- b. No need for you to do additional packing and unpacking – your room and food go with you as you see a variety of ports without going through customs lines or taking your passport – though you may need to take your driver’s license with your cruise card in some countries.
- c. You do NOT need to spend extra money. You can enjoy shows and activities on board at no extra cost OR you can purchase exciting destination excursions.

2. *Pathfinders* and *Trail Guides* have opportunities to interact, connect and support each other in receiving and being all that God intends.



- a. *BYBTH Trail Guides* receive “iron-on-iron” training and connect with other Trail Guides to refine and improve skills and effectiveness.
- b. You have precious, focused family or quiet time – with spouse, children or for personal rest and restoration
- c. There are enough ship-board activities and destination excursions that you can get

away to remote places and also enjoy relationship-building time and experiences inside and outside your family.

- d. There are areas for quiet time – an area for adults only to relax (the Sanctuary) on the forward deck or if you have a balcony cabin, that provides privacy and seaside rest & peace. There are also lovely public areas on the Promenade deck or inside at cafés, library, sitting areas by the windows.

3. ***BYBTH “Sea JOY with Jesus” Treat & Retreat*** conferences expand the scope of possibilities for the *Pathfinder* or *Trail Guide* (and family) to receive and experience the JOY of travel, new adventures, rest time and the joy of being cared for during the trip. Some would say these cruises are “once in a lifetime” opportunities because they are so rich and wonderful but let’s trust Jesus, make ourselves available and let HIM decide if we go or not. We do not want to test God, we want to trust Him and be available for the blessings He has for us. (See Prov. 3:5-7; 1Tim. 6:17) Are you willing to step out in faith and be available for God to lift you high, on wings like an eagle’s? You can make your reservation early (which is best for price and availability) and pay little by little through the year. If God says “no” at some point, you can still get 100% of your money back up to about 3 months before the cruise departure. You have so much to gain. What do you have to lose?

4. *How Do I Know What God Wants Me to Do?:* Consider the following: 1) Has God put this desire in your heart? 2) Would this experience glorify God in and through you and others? 3) Are you willing to pray as you make your reservation and pay your deposit? Continue to pray that God will give you confirmations, provide for your bills and necessities as He proves to be the Source of all good things. OR, if things don’t come

together for you to go this time, can you let go and trust that God knows what is best for you and may want to teach you something (like patience or trusting HIS will, not your own, or keeping your eyes on Jesus and not the circumstances, like Peter did walking on the water? (Matt. 14:25-28 – Remember – the other 11 disciples didn't even ask.). You can get your investment fully refunded up to about 3 months before the trip and partial refunds up to the month of the cruise. You may be amazed to see how God will smooth the way if you will make yourself available.

5. Specific JOY experiences and activities are organized and included during the cruise to enhance the ability of *Pathfinders* to see beyond self and world-focused thinking and existing. The cruise environment offers opportunities to practice Options-Choice-Action skills and other healthy living skills learned through *BYB Total Healing*. Since our Bible study and life application is held in public areas, we have a strong mission opportunity to introduce “outsiders” to Jesus as Savior and Healer.
6. Each participant in the “**Sea JOY with Jesus**” conference is provided with a special *BYBTH* name badge, T-shirt, lanyard, bag and *BYB “Sea JOY with Jesus” Enrichment Notebook* filled with specific “Truth and Trust” and JOY activities, along with Biblical life applications to be explored during the cruise conference.
7. Bring your business cards as this conference cruise is a delightful opportunity to connect with new and old friends from around the world.



“TRUTH & TRUST” ACTIVITIES / BYBTH Trail Guide & Pathfinder TRAINING SESSIONS:

These optional (extra cost) activities, experiences, training and discussions promote application of Biblical truths into healing, personal life and Trail Guide skills. These training sessions are **for *BYBTH Pathfinders and Trail Guides only*** (\$150 per Trail Guide or Pathfinder for 2-3 training sessions of 90-120 min. each) and will be lead by Bonnie Yost, PT mainly on “At Sea” days. The schedule of connections/trainings are in your *BYBTH “Sea JOY with Jesus” Enrichment Notebook*.

Optional Training Options (extra cost for TG/PF):

- Exploring O-C-A
- Living My True, God-given I.D.
- Where is My Focus
- Growth in Giving
- Reflecting on Receiving
- Out of My Comfort Zone
- JOY in the Journey (Ps. 16:11)



- How Do I Trust?
- God Working in Me
- God Working in My Family
- God's Goal: Loving God with ALL Your Heart & Fullness of JOY!
- The Value of Developing JOY Strength
- Weapons in the Spiritual Battle
- Discernment – Testing vs. Trusting God

2020 DATES: Jan. 2020 – Specific dates to be announced when available

DESTINATION: 2020 itinerary: To Be Announced when available

- ☑ Be sure you have a Passport that will be current for at least 6 months after your return home from the cruise. You will need a passport for these annual conferences because every cruise will have at least one international destination. Go to your local Post Office for information, cost and application. Allow at least 3 months for processing.
- ☑ Plan on arriving in Fort Lauderdale, Florida on *the day before the cruise* to be ready to board the ship the morning of departure. We like to go to the Ft. Lauderdale Sheraton – (954) 920-3500; 1825 Griffin Rd., 33004 because of the quality and transportation from the airport to Sheraton and Sheraton to the port. Return transportation to the airport from the ship can be arranged on the cruise – Princess provides convenient bus transportation from ship to airport on return date.

Kid Clubs are free of charge and are divided into the following groups:

Pelican Club – 3-7 yrs

Shock Waves – 8-12yrs

Remix – 13-17yrs

Babysitters are available upon request (about \$10/hr)

CABIN COSTS: Please send your deposit check made to BYB for \$250.00 to PO Box 2820, Elizabeth, CO 80107-2820 – deadline for all participants is 04/01/2019. Your deposit will be applied to your cabin price. You will personally make final arrangements with our travel agent starting in April 2019.

- ***The earlier you make your reservation the better the price and your choice of cabins.*** These cruises sell out early and the ship sails full.
- Deposit of \$250 per person (for inside, ocean view and balcony cabin categories) is due to BYB by April 01, 2019. Your deposit goes toward the total cost of your fare.
- **Reservations may be cancelled with a 100% refund of your payment until about 3 months before the cruise. You may make payments on your reservation through the year.**
- It is expected that you will pay your cabin steward \$10/day per passenger in your cabin for the excellent care and service that they provide so plan on an extra \$80 per person in your cabin or more to cover these tips. If you wish to tip other ship staff, they are very grateful, but that is not expected or required.
- If you want to protect your investment, consider travel insurance – you can talk to the travel agent after your deposit is paid.

- FINAL PAYMENTS (paid to Princess through the travel agent) will be due in Oct. or Nov. prior to the cruise.
- Our group price and benefits (including on-board cash/credits) will be determined by the size of our group. A limited number of cabins are reserved for *BYBTH*. Prices are for two people per cabin. Additional third and fourth passengers can be in your cabin at reduced prices. Go to <http://www.princess.com/find/cruiseDetails.do?voyageCode=G805> for details.

BE AVAILABLE, PLAN YOUR TRIP AND GET STARTED EARLY!

As soon as you have paid your deposit (\$250 per person paid to BYB, which will be applied to your fare), our travel agent, Gwen, will work with you to meet your needs, answer your questions and work for the best prices and on-board credits. Taxes are subject to change. She will keep you informed of specific costs when you make your reservation. For planning purposes, I have added \$100 to the following per person fares to cover expected and optional tips for ship staff so you will not have any surprises. Also, for any *BYBTH* Trail Guides or Pathfinders who wish to participate in the optional Training Sessions, please add \$12.50/per month for each Pathfinder or Trail Guide to cover the Training during the cruise. *You may be able to take a tax deduction for the cost of your cruise (take notes and keep your conference training Enrichment Notebook) – ask your tax advisor.* The following is for **planning purposes** only and is an **estimate** (based on past conference cruises):

Inside Cabin = \$899.00 + \$100.00 server tips per person, including taxes & gov. fees for the 7-day cruise.

- PLAN: Pay your deposit and then **pay \$90.00 per person per month** from Nov. to Oct. (12 months), you'd have your fare, tips and taxes paid with a little extra spending money for the trip.

***Oceanview Cabin** = \$1099.50 + \$100.00 server tips per person, including taxes & gov. fees for the 7-day cruise.

- PLAN: Pay your deposit and then **pay \$100.00 per person per month** from Nov. to Oct. (12 months), you'd have your fare, tips and taxes paid with a little extra spending money for the trip.

***Balcony Cabin** = 1,399.00 + \$100.00 server tips per person, including taxes & gov. fees for the 7-day cruise.

- PLAN: Pay your deposit and then **pay \$130.00 per person per month** from Nov. to Oct. (12 months), you'd have your fare, tips and taxes paid with a little extra spending money for the trip.

What is included in your cruise fare:

- As part of *BYBTH*, our travel agent, Gwen, can get “on-board” credit for you to use to purchase goods and services that are not included in your fare (spa services, beverages, etc.). She will let you know the details when you reserve your cabin.
- BYB connection, training, spiritual growth and on-board “Truth & Trust” experiences – *BYBTH* name badge, T-shirt, and lanyard, bag and *BYBTH* “*Sea JOY with Jesus*” *Enrichment Notebook*
- Government fees and taxes as shown on your booking confirmation are included in your cruise fare.
- Access to 4 pools and at least 8 hot tubs
- All the food you can eat, room and entertainment

As the Consummate Host, Princess Cruises strives to provide each passenger with a truly unforgettable onboard experience and an exceptional value for their vacation dollar. From an array of great-tasting dining options to engaging onboard activities to staterooms featuring all the comforts of home, you'll discover plenty of amazing options that are included in your cruise fare, so you can simply relax, unwind and escape completely.

Facilities vary between ships so make sure you check the "Ships" pages in the "Learn About our Cruises" section of princess.com to discover the options available on your chosen cruise.

Dining options freshly prepared from scratch

- Taste your way through an ever-changing menu of delicious options for breakfast, lunch and dinner in our main dining rooms, with your choice of Anytime or Traditional Dining in the evening.
- Choose from an array of casual dining venues to satisfy any craving, including: fresh pastries and paninis at the International Café; crisp salads, hearty soups and warm rolls baked three times daily in the Horizon Court buffet; grilled hamburgers, hot dogs and hand-tossed Neapolitan-style pizza in our convenient poolside grill and pizzeria.
- Order from a room service menu at any time of day or night.
- Indulge in a hearty British-style Pub Lunch in the Wheelhouse Bar or alternate location during sea days.
- Treat yourself to creamy, refreshing soft-serve ice cream – sprinkles optional – every day.
- Delight in chilled glasses of milk and warm cookies just out of the oven, served every afternoon.
- Hot or Iced Tea, Coffee, tasty Lemonade and water are always available – just ask a server in the eating areas or by the pools.
- Orange juice is included at no extra cost and is most available in the morning.

Dazzling entertainment from sunrise to sundown

- Enjoy Princess Signature Shows with lively music, stunning choreography and some of the largest casts at sea.
- Cozy up under a fleece blanket with complimentary popcorn as you watch anything from Hollywood blockbusters to live sports events and concerts on the giant poolside screens at Movies Under the Stars®.
- Melt into your chair and relax in the inviting Piazza-style Atrium while street performers and musicians entertain you.
- Applaud the comedy, live music and cabaret of talented guest entertainers, dance in the night club or sing your favorite tune during our Princess Pop Star competition.
- Let loose at Princess deck parties with festive themes that go till late at night.
- Expand your mind with dance classes, cooking demonstrations, port lectures and engaging ScholarShip@Sea programs, covering topics from art history to navigation at sea*
- Flip through a wide choice of satellite channels or relax with a Hollywood blockbuster film on your stateroom television (subject to reception).
- Peruse the extensive onboard library with over 2,000 books.
- Check out our incredible Youth & Teen program with fun age-specific activities from science experiments to arts & crafts to video games, makeovers and teen dance parties.

* A nominal fee may apply to the ScholarShip@Sea classes

Health and Wellness

- About 3 times around the outside Promenade (Deck 7) = 1 mile; work on endurance, strength and balance!
- Practice your skills with a variety of sports activities including table tennis, basketball and a jogging track.
- Stay fit in the well-equipped Lotus Spa® Fitness Center, complete with treadmills, rowing machines, exercise bikes, and free weights.
- Relax and take a dip in our many fresh water pools, including some underneath a retractable glass dome to enjoy rain or shine, as well as swim-against-the-current pools and many soothing whirlpool hot tubs.

Comfortable Accommodations

- Discover the friendly services of your stateroom steward, whether you've chosen a modest inside stateroom or a luxurious suite.
- Enjoy the conveniences of home, including a TV, hairdryer, refrigerator, in-room safe, bathroom sundries, and more – in every stateroom!
- Rest your weary eyes upon comfortable beds blanketed in duvets with 100% Egyptian cotton bed linens.

Mail – postcards can be purchased on board or in the ports. Appropriate international postage can be purchased at the Passenger Services desk (Level 6 – midship).

What is NOT included in your cruise fare:

- Excursions at the ports we visit. Once you have reserved your cabin, look over the Excursions in your “Personal Planner” and sign up for any that interest you. **You will not pay until the day of the excursion and you can cancel** any excursion reservations within 24 hours before the day of the excursion. The costs go up and the events fill up fast as the date of departure draws near, so reserve your space early (as soon as they are available on the website, about 3-6 months before departure) and you can cancel by returning your coupons when you board the ship.
- Alcoholic beverages and soda pop cost extra. Lemonade (good), iced or hot tea, coffee, water is included throughout the ship.
- Spa services – massages, facials, manicure/pedicure, etc.
- The specialty restaurants that you need to make reservations for and that have a cover charge. (You can't be surprised – these restaurants are obvious and you need to make the effort for specific reservations.