

## REDISCOVERING SABBATH TIME

*“Sabbath reminds us of the necessary balance between work and celebration, between doing and being. Such balance is part of the God-given rhythm of life. We ignore it at our own risk.”*

James Morso

*Take some sabbath time at Rolling Ridge. Time to rest, clear away some of the clutter in*

*our minds, loosen some of the knots from stress and busyness, open up the channels of creativity.*

*“Sabbath practice means a day (or more) when sleeping, praying, loving walking...is enough. And then we go back to giving.”*

Wayne Muller

Rolling Ridge welcomes individuals and groups for day or overnight meetings and events. Call 978-682-8815  
email: [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org)

## TO GET TO ROLLING RIDGE

### From BOSTON

Travel north on Interstate Route 93. Take the exit for Rte. 125. Turn right off exit and follow Rte. 125 to the junction of Rte. 114. Turn left onto Rte. 114. At next traffic light turn right onto Rte. 125. At next traffic light turn right onto Andover Street. Continue on Andover Street to Olde North Andover Center. Go across traffic circle onto Great Pond Road. Unitarian Church will be on your left, Top of the Scales Restaurant on your right. Stay on Great Pond Road past church, go through next intersection and continue straight. At stop sign turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

### From THE NORTH SHORE

Travel west on Route 114. In North Andover turn right onto Johnson Street. Continue on Johnson Street to 4th right. Turn right onto Marbleridge Road. Continue on Marbleridge Road which becomes Great Pond Road for approximately 2 miles. Rolling Ridge is on your left.

### From RTE 495

Take Exit 43 (Mass Ave). If coming from the South, Go right off the end of the ramp. If coming from the North, go left at the end of the ramp. Go thru 2 sets of lights to the Rotary in Old North Andover Center. Go 3/4 around the Rotary and exit onto Great Pond Road. (Unitarian Church will be on your left, Top of the Scales Restaurant on your right.) Follow on Great Pond Rd. to a stop sign. Turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

UPON ARRIVAL AT ROLLING RIDGE; PLEASE park in the “Guest Parking” and follow the signs to the entrance.

IF ARRIVING UNEXPECTEDLY, please check in at our office to let us know you are visiting.

Thank You!

## A TIME APART



# To Read To Write To Pray To Be

## Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road  
N.Andover, MA 01845  
978-682-8815

[www.rollingridge.org](http://www.rollingridge.org)  
[thestaff@rollingridge.org](mailto:thestaff@rollingridge.org)

## A TIME APART

I have need of silence and stars.  
Too much is said too loudly.  
I am dazed.  
The silken sound of whirled infinity  
Is lost in voices shouting to be heard...  
William Alexander Percy

Feeling dazed?  
Overwhelmed?  
Need to get away?  
Want space to write or create?  
Longing for silence and stars?

Come to Rolling Ridge for a retreat!  
Rolling Ridge is an oasis of quiet,  
providing a space and a time to reflect,  
rest and renew.

On our front entrance wall is this quote  
that says it well:

*“Come away  
to a quiet place  
and rest awhile”.*

Bring what you have longed to read.  
Choose a bench by the water, a fireside  
chair in the winter, a soft chair in the library  
or read late in your private room.

## A PLACE TO WRITE

A novel or a thesis. A song, a prayer or a  
sermon. Bring your laptop. Grab a cup of  
our fair trade coffee or tea. Come for a day  
or a week. We are wi-fi equipped.

## A PLACE TO PRAY

Outside there are walking paths beside a  
serene lake, two labyrinths nestled among the  
trees, an outdoor chapel and meditation  
benches. Inside there are cozy corners,  
comfortable chairs and a meditation room.  
In the summertime, you may canoe or kayak  
on the peaceful lake.



## A PLACE TO BE



*Rest awhile. Sleep in. Take advantage of our  
massage therapists or spiritual directors. Walk.  
Sit. Be. Rolling Ridge offers 38 acres of rolling hills  
and lush forest on the edge of beautiful Lake  
Cochichewick. The 40 room estate includes the  
Thomas Merton Suite, set aside for private  
retreatants. A lake-view dining room, library, and  
comfortable sitting rooms provide welcoming spaces  
for your sabbath time away. Meals may be provided  
if other groups are in residence or you may use a  
small kitchenette. You can also make use of:*

- *Two outdoor labyrinths or smaller lap size labyrinths.*
- *Licensed massage therapists.*
- *Trained spiritual directors.*
- *Point of Pines, our outdoor chapel on the shore of the lake.*
- *Walking path and meditation benches.*
- *Canoes, kayak and pool during the summer months.*