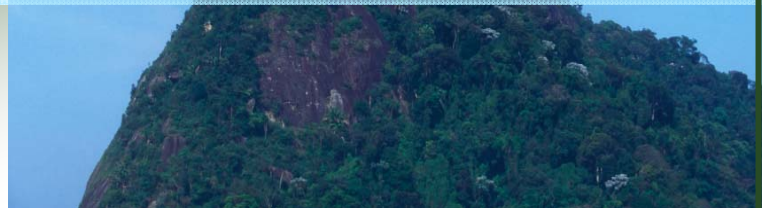


ATTITUDE OF GRATITUDE

TWELVE STEPS TO A DEEPER SPIRITUAL JOURNEY
TUESDAY, APRIL 27, 2010
9:30AM-3:30PM

RETREAT LEADER:
LISA FAGERSTROM



This Day Apart is ideal for all (in recovery or not) who feel the 12 Steps of Recovery can be a key path to enhancing spiritual growth and practice.

Many who “work” the 12 Steps feel that they are a type of spiritual practice in and of themselves. This retreat will introduce and explore ways to deepen participants’ relationships with God and with others by interweaving traditional spiritual practices (such as, journaling, lectio divina, walking the labyrinth, examen, prayer and meditation, etc.) with the 12 Steps (http://www.aa.org/en_pdfs/smf-121_en.pdf).

The day will include presentation of materials, dialogue in small groups and with the larger group, as well as ample time for individual contemplation, practice and reflection on lessons to “carry home.”

Lisa Fagerstrom

Lisa is Minister of Program and Administration at Harvard-Epworth UMC in Cambridge, MA. She is a life-long United Methodist with over thirty years of experience in volunteer and paid positions within church leadership. She is also the Owner and Principal consultant of OPTi, a coaching and training firm in Wellesley. She specializes in the art of workshop design and delivery with over twenty years of experience in consulting, training and facilitation in the US and Europe. Lisa has a B.E. from Vanderbilt University and has pursued studies towards a M.Div. Andover Newton theological School.

Rolling Ridge

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on line at www.rollingridge.org
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ALL MAJOR CREDIT CARDS ACCEPTED.
Email: thestaff@rollingridge.org
Early Registration: \$48 After 4/20/10: \$55

The Day Apart retreat series includes your gourmet lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs.