

Rolling Ridge

† Retreat and Conference Center

WINTER/SPRING 2009



JANUARY

- January 24 The Healing Power of Story, an Introduction for Medical, Mental Health and Spiritual caregivers. 9:30-3:30pm
- January 24 Drawing Near to God
- January 27 A Journey to Wholeness, Eating right, Living well, and Loving God 9:30-3:30pm
- Jan. 27 Drumming for Joy! 7pm-8:30pm

FEBRUARY

- Feb. 11 The Enneagram: The Advanced Workshop 9:30am-3:30pm
- Feb. 21 Soul Food, Our Faith, Our Food, Our Life. 9:30am-3:30pm
- Feb 24 Companions on the Journey: Howard Thurman 9:30am-3:30pm
- Feb. 24. Drumming for Joy! 7pm-8:30pm
- Feb 28 Drawing Near to God

MARCH

- Mar. 10 Praying the Lord's Prayer with Heart, mind, and body 9:30-3:30pm
- Mar. 19 Bishop's Day on Passionate Spirituality 9:30am-3:30pm
- Mar. 24 Drumming for Joy! 7pm-8:30pm
- Mar. 28 Drawing Near to God
- Mar. 31 Writing your Memories 9:30-3:30

APRIL

- Apr. 14 The Power of Gratitude 9:30am-3:30pm
- Apr. 14 Drumming for Joy! 7pm-8:30pm
- Apr. 28 Companions on the Journey: John Wesley 9:30-3:30pm

MAY

- May 2 Drawing Near to God
- May 5 Mysticism of the ordinary 9:30-3:30pm
- May 14-17 Alive, Healed & Whole
- May 14 Drumming for Joy! 7pm-8:30pm

JUNE

- June 2 Walk with Joy! A labyrinth experience. 9:30-3:30pm

The Healing Power of Story, an Introduction for Medical, Mental Health and Spiritual Caregivers

Lani Peterson, Psy. D

January 24, 2009 9:30am-3pm

Through lecture, demonstration, discussion and hands-on experience, this workshop will explore the active ingredients of why and how story can be used as a healing art.

Registration: \$80. CEU fee: \$20

Drumming for Joy

Jane Gossard

Come and enjoy the uplifting, joyful, healing power of drumming. The drumming circle is a place where we experience deep connection to the spirit and feel the truth that we are all one.

No experience with drumming is necessary. Drums and rhythmic instruments will be provided, but if you have a drum or rhythm instrument of your own, bring it along!

Drumming Programs are offered on these dates from 7pm-9pm: 1/27, 2/24, 3/24, 4/14, and 5/14. Early Registration: \$15/ \$20 at the door.

A Journey to Wholeness...Eating Right, Living Well, and Loving God

Carol Showalter

January 27, 2009 9:30am-3:30pm

We will look at the journey we are on all towards wholeness. We will be looking forward and not backwards. We will ask and answer the questions regarding faith and wholeness. We will look at the words in the fifth chapter of Mark that say "your faith will make you whole" and see where we have stopped in this process and how we can go on. We will take some very practical steps during this day apart that we can take home with us to enrich our lives and begin anew.

Early Registration: \$48 After 1/20/09: \$55

The Enneagram: The Advanced Workshop

Herb Pearce

February 11, 2009 9:30am-3:30pm

We will start off by doing an in depth focus on the 27 Enneagram Instinctual Subtypes - The Relationship I to I, Social and Self Preservation versions of each type and how to transform your subtype -the seat of most of one's strengths but also one's limited perspective. We'll look at and clarify Stress and Secure Types, Tri-types, Centers, Parental Types, Your Relationship History and how that has affected you type-wise.

Early Registration: \$60 After 2/4/09: \$65

"Soul Food" Our Faith, Our Food, Our Life

M Susan Hamilton

February 21, 2008 9:30am-3:30pm

In this seminar we will explore the Biblical symbolism of olives, bread and seeds. We will share thoughts on cooking with the fowl of the air, the fish of the sea, and the vegetables of God's green earth. During our discussions, we will share stories of faith & food, taste new recipes, and take time to contemplate our spirit of living. Come to the table. Re-awaken your joyfulness in faith & food.

Early Registration: \$48. After 2/14/09: \$55

Companions on the Journey: Howard Thurman

Rev. Dr. Kirk Byron Jones

February 24, 9:30am-3:30pm

Howard Thurman, poet, mystic, and pastor was Dean of the Chapel at Howard University, Boston University, and co-founder of The Church for the Fellowship of All Peoples. His writings have impacted many, including Martin Luther King Jr. Thurman's book, *Jesus and the Disinherited*, laid much of the foundation for a nonviolent civil rights movement. *Ebony* magazine called Howard Thurman one of the 50 most important figures in African American history and *Life* included him in their list of the 12 best preachers in the nation. This day will open us to the wisdom of Dr. Thurman, a wise guide for a spirituality that is both active and contemplative.

Early Registration: \$48. After 2/17/09: \$55

Praying the Lord's Prayer with heart, mind, and body

Rev. Dr. Cynthia Good

March 10, 2009 9:30am-3:30pm

The Lord's Prayer is one of the first prayers we learn. It is the breath of the community of faith. I remember repeating the prayer next to my father in the pew in church. I remember hearing the setting by Malotte sung by a wonderful baritone. I have prayed it surrounded by others praying in their own language at the World Council of Churches. I have prayed it alone by the shore stopping at different points as the phrases touch my life. We will spend the day praying the Lord's Prayer in a variety of ways, through music and art, through different translations and paraphrases, listening, looking, feeling for God's word to us through this ancient form.

Early Registration: \$48 After 3/3/09: \$55

Writing your Memories

Nancy Fransen

March 31, 2009 9:30am-3:30pm

Have you always wanted to write about your family's history but didn't know where to begin? How about doing something about organizing those photos and memorabilia that you may have? This one day workshop is designed to be informal and fun through writing, reading, and listening to class participants' stories. Formal training in writing skills is not required.

Early Registration: \$48. After 4/7/09: \$55

The Power of Gratitude

Rev. Paul Millin

April 14, 2009 9:30am-3:30pm

Gratitude is more than a polite custom or a warm feeling. Have you ever met someone who delights in the ordinary and was surprised and awed by existence? Then you have met the power of gratitude transforming life. Gratitude is at the heart of a vibrant faith. Gratitude has the power to recharge the soul, making life happier and more fulfilling. Can a grateful heart be a healthy heart? Gratitude seems to affect physical health as well. Discover anew the joy of giving thanks for all the little-and big- things in life.

Early Registration: \$48. After 4/7/09: \$55

Companions on the Journey: John Wesley

Rev. Victoria Gaskell

April 28, 2009 9:30-3:30pm

Spiritual and practical theologian, rabble-rouser, engager with controversy and challenge, joyful Christian, personal and community organizer, very human person: John Wesley founded what is now the world-wide Methodist spiritual movement. His life and times, his themes of grace and practicality in the life of faith, all speak with freshness and clarity to us in all aspects of our lives. This day invites us to spend time beyond the legend to discover a mentor and a soul mate.

Early Registration: \$48. After 4/21/09: \$55

Mysticism of the Ordinary

Rev. Dr. Jean Wright

May 5, 2009 9:30am-3:30pm

Brother Lawrence learned about mysticism, or the moment-by-moment awareness of God, by attending to the sacred even as he was washing dishes. Kathleen Norris writes about discovering God in the "quotidian" or mundane events of everyday life. During this Day Apart retreat we, likewise, will make use of individual quiet time, group time, reading and other practices to deepen our daily, moment-by-moment, awareness of God. We will practice deepening awareness of God in the present moment; in the now.

Early Registration: \$48 After 4/22/09: \$55

Alive, Healed & Whole

Leadership Team: Rev. Paul Millin, Rev. Larry Peacock, Rev. Judy Proctor

May 14-17, 2009

A special retreat for those wanting to feel more joyful and alive, for those who want to move from the hurts and wounds of the past, for those who want to find deep peace and the inner strength to see the blessings in all of life. Each day there will be opportunities for yoga, massage, healing touch, walking, feasting, coloring mandalas, working with clay, spiritual direction, classes on prayer, poetry, meditation, and special times of worship, sacred circle dance, drumming. Choose the activities that will bring aliveness and wellness to you. Choose the time that fits your schedule: Thursday to Saturday, Friday to Sunday or come for the whole four days! Visit the website for costs and details.

Walk with Joy! A Labyrinth experience

Rev. Paul Millin

June 2, 2009 9:30am-3:30pm

I have come...that your joy may be complete. John, 15:10 Jesus' tantalizing statement in the midst of the Last Supper's drama is easily overlooked. What experiences evoke joy? How can joy transform living? Invite the Spirit to accompany you on the labyrinth in a *Walk with Joy*.

Early Registration: \$48. After 5/26/09: \$55

Register Today for any and all of the offered programs at Rolling Ridge by calling 978-682-8815, or visit us on the web at www.rollingridge.org, or email thestaff@rollingridge.org. All programs with complete brochure pdf's are available on our web site.

JOIN US ON DECEMBER 6TH FOR OUR OLD FASHIONED CHRISTMAS CELEBRATION/ OPEN HOUSE, & CRAFT FAIR!

You are invited to Rolling Ridge for our Craft Fair and Open House. We will be having an "Old Fashioned Christmas" Celebration, which includes the Craft Fair, Tours of the Mansion, Live Christmas music, hot cider, and roasting fireplaces. In the evening there will be a sit-down Christmas Dinner followed by music from the Jazz Duo "Mixed Company". Those staying overnight will be treated to an early light breakfast, and followed later by a holiday Brunch Buffet.

Package Options:
 Dinner and Concert only: Buffet Dinner at 6pm with choir music, and an evening concert at 8pm. Cost: \$45 per person.
 Two-Day Package: Buffet Dinner at 6pm with choir music, evening concert at 8pm, overnight accommodations, continental breakfast from 6-8am, and a Sunday Brunch beginning at 9am. Cost: \$120 per person, or \$210 per couple.

Call our office for availability, or book on line at www.rollingridge.org

Rolling Ridge is a retreat and conference center open to individuals of all faiths, and to a wide variety of groups who seek a time of rest and reflection, who desire new resources for living, who long for space to listen, plan, or create.

Rolling Ridge sponsors a monthly "Day Apart" retreat series. These programs offer opportunities for spiritual formation based on a variety of topics. Additionally, there are seasonal multiple day retreats for rest and renewal.

The 38 acres of woods, rolling hills and lakefront and the 40 room Georgian estate provide the setting and accommodations for you or your group. Rolling Ridge is a ministry of the New England Conference, United Methodist Church. Rev. Larry J Peacock, and the staff look forward to meeting you.



ROLLING RIDGE PROGRAM OFFERINGS
JANUARY - JUNE 2009

About our Leaders

Jane Gossard
 African drummer and inspirational storyteller, Jane Gossard has performed at a variety of venues in the Greater Lawrence area. People of all ages enjoy the voice of her drum as Jane shares "Drumcalling", a powerful story of love and self-discovery that describes how the African djembe drum became part of her life.

M. Susan Hamilton
 Susan leads retreats, gives presentations and teaches courses. Her tele-courses at www.wiseeating.com re-direct clients from proteins, carbohydrates and fats, to scrumptious, unctuous, irresistible "soul food". A food specialist for national companies in research Lab-Test Kitchens, Susan is a cookbook author, journalist, and supporter of local farms. Susan's essays and recipes have appeared in many publications. She invites you to contact her at www.Cooks-playbook.com or through FamilyEcon@aol.com.

Rev. Victoria Gaskell
 A Skilled and experienced retreat leader, Victoria's offerings center on issues of potential and actual conflict as means to spiritual formation, with the understanding that to reflect deeply with God and with one another on these issues transforms their potential for conflict into practice of faith, healing and reconciliation for both individuals and communities. She also offers retreats and workshops in other areas of her interest and experience, including the presence of God as infant through the image and work of the infant Jesus: issues of import to women: the practice of devotional chants: and the practice of silence.

Carol Showalter
 Carol is the author of "your Whole Life: the 3D Plan for Eating Right, Living Well, and Loving God". She is the founder of 3D, has been featured in numerous newspapers and magazines including *Ladies Home Journal*, *Outside*, *Prevention*, and *Women's Day*. Carol and her husband, Bill, have been involved in Christian ministry for over 45 years.

Lani Peterson
 Lani is a psychologist, storyteller, public speaker and personal coach. She has extensive experience working with individuals, groups and organizations on the use of story as a healing art, a leadership tool, and a powerful medium for personal growth, connection and change.

Rev. Dr. Jean Wright
 Jean is a graduate of the Shalem Spiritual Direction Program and is affiliated with the American Baptist and United Church of Christ denominations. She has several years of pastoral ministry experience as well as being a Licensed marriage and Family therapist. She is the co-author of "How to get referrals: Strategic Marketing for Mental Health Professionals", John Wiley & Sons, 2000. She is an experienced retreat and workshop facilitator. Jean is a member of the program committee at Rolling Ridge.

Rev. Paul D. Millin
 Paul is the director of Living Water- Spirituality for Daily Life and Vocation. He is a retired United Church of Christ Pastor, having served churches in Massachusetts and New Hampshire. After completing Shalem Institute's Individual Spiritual Guidance Program, he now offers a ministry of spiritual companionship. Paul also leads retreats and offers workshops in spiritual growth practices, including chanting, Celtic Spirituality, and labyrinth walking.

Rev. Kirk Byron Jones, D.MIN., PH.D.
 Kirk was a pastor for 20 years, teaches social ethics and pastoral ministry at Andover Newton Theological Seminary, and is author of "Addicted to Hurry; Rest in the Storm: Self Care Strategies for Clergy and Other Care Givers". He is a sought after speaker and retreat leader. Dr. Jones lives in Randolph, Massachusetts, with his wife, Bunnie, and their four children

Rev. Dr. Cynthia Good
 Cynthia is an artist, pastor, and retreat leader. She has served a variety of churches in the New England area. She has lead retreats for churches and groups around themes of healing, wholeness and creativity. Her D. Min. was in creativity in worship particularly engaging the congregation in the creative process. Cynthia loves to engage others in the spiritual journey through art, music, and scripture.

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PROGRAM OFFERINGS, JANUARY - JUNE 2009

Herb Pearce
 Herb Pearce, M.Ed., is an individual, couples and family psychotherapist, and Enneagram and Myers-Briggs trainer. With over 28 years experience working with many thousands of people and many organizations, Herb has coached people on truly understanding personality differences and how to relate to those differences. He is a leading expert on the Enneagram and has taught close to 2000 Enneagram workshops in the United States and Canada. He is the author of *The Complete Idiot's Guide to the Power of the Enneagram*. Contact information for Herb: www.herbpearce.com, herb@herbpearce.com. He also has a DVD of interviews of each of the 9 types.

Nancy Fransen
 Nancy is a writer who has first-hand knowledge and experience in publishing three books about her family. Along with conducting several classes at the Wesley United Methodist Church and Granite State College under the Osher Lifelong Learning Institute (OLLI) program in Concord, NH, Ms. Fransen has a deep respect for the past and a passion for passing on accumulated wisdom to generations to come.

Rev. Larry J. Peacock
 Larry is the Executive Director of Rolling Ridge, an author, retreat leader and spiritual director. For 20 years he has been active with the Academy for Spiritual Formation and has led retreats and seminars across the country. A sabbatical year living with Quakers in Philadelphia taught him much about befriending silence. He served United Methodist Churches in England, Michigan, and California before coming to New England in 2005. He is the author of "Openings: A Daybook of Saints, Psalms, and Prayer".

Rev. Judy Proctor
 Judy is pastor of First Church of Danvers, Congregational, and is small group facilitator and retreat leader. With over ten years of experience leading groups and training leaders, Judy's emphasis is on spirituality and awareness through a creative approach to traditional Christian practices. Our spiritual practices do not take us out of this world, but help us to live better in it. Judy received a Master of Divinity from Andover-Newton Theological School and a Juris Doctor Degree from the George Washington University. She lives with her husband and three children who all share space with their beloved dog and cat.

Announcing our SUMMER PROGRAM 2009



ELEMENTARY WEEKEND RETREAT
 July 10-12 Registration Fee: \$185
 An introduction to the "camp" experience, our weekend retreat is for children who have completed Grades 3-5. Activities include swimming, games, crafts and storytelling and an evening campfire.

JUNIOR HIGH CAMP
 July 12-16 Registration Fee: \$365

SENIOR HIGH CAMP
 July 26-30 Registration Fee \$365

Go to www.rollingridge.org to download your registration form TODAY!