

## Personal Retreats

Our Merton Suite is available for private retreats for one night or more. The suite includes private bath, the use of a kitchenette with microwave, coffee maker and refrigerator.

**Per Person: \$65**

Should you prefer to come for the day and enjoy a private space with complimentary beverage service: \$25 per person  
9am-5pm

Should you desire to simply come for the day without any private room or meal service, and simply use the facility for your Sabbath, there is no charge during warmer weather months. (pending availability; donations are graciously accepted)

## Additional Services

The Ridge Wellness Center:

Choose from Relaxation/Deep Tissue Massage, Therapeutic Massage and Energy Alignment, Cranio-Sacral therapy, Reiki, healing touch, reflexology, Hot stone Massage, polarity therapy, healing drum, and muscular therapy.

One hour session: \$70

90 Minute session: \$95

To Schedule a Massage, contact Kim Adami, at 978-687-9405

Rev. Larry J. Peacock, Rolling Ridge Executive Director, is a trained spiritual director and a member of Spiritual Director's International. He is available to meet with you or assist you in finding guidance. Call 978-682-8815 for more information or an interview.

# Personal RETREATS

## The Need for Retreats

*There is a deep need within the human heart to look back upon our lives with reverence and gratitude, and to look forward into our lives with strength and hope and great measures of generosity.*

Tom Gedeon

The idea of a retreat is nothing new or radical. The impulse to retire from the confusion of complex life, to break away from well-worn habit, to escape the demands of ordinary life and to seek a place apart to rest, reflect and renew has always lain at the heart of the spiritual journey.

Within the Judeo-Christian tradition, we see how Jesus often withdrew to a quiet place to pray and urged his disciples to go apart and reflect about their mission. Time away to look back and remember is one of the best ways to catch a glimpse of the activity of God, to discover the meaning of life's experiences, to find hints of new directions.

Making a retreat, like most spiritual experiences, is a journey into solitude, then back into the human circle.

## Private Retreat Food Service

### Breakfast

Choose from a healthy light breakfast:  
(Ex: Yogurt Parfait with homemade granola, fresh Fruit & Berries. Reduced Fat Muffin and Orange Juice.)

Or a warm bacon and egg morning:

(Ex: Two Scrambled Eggs, two slices of bacon, homefries & two pieces of wheat bread, coffee & Orange Juice.)

Ranging from **\$7.50-\$11.00**

### Appetizers and Lighter Fare

An assortment of appetizers and sandwiches ranging from **\$4-\$7**

### Salads

Fresh Salads and Salad Entrees with the season's freshest vegetables and complimentary offerings, ranging from **\$5-\$16**

### Entrees

The finest in individually prepared entrees, using the freshest ingredients and extraordinary culinary imagination:  
Ranging from **\$12-\$22**

### Desserts

Chef Rebecca's specialty! Don't miss her sweet decadence ranging from

**\$4-\$8**

\*Note: Menu changes seasonally. For a copy of the current private retreat menu, please contact Guest Services, or on line at [www.rollingridge.org/personalretreats.html](http://www.rollingridge.org/personalretreats.html).

