

JOURNALING FROM NATURE

... IN WRITING, DRAWING, & MOVEMENT
TUESDAY, MAY 22, 2012 FROM 9:30AM-3:30PM

“A DAY APART” LED BY MAREN TIRABASSI

Retreat Leader:
Maren Tirabassi

Maren C. Tirabassi is the author of seventeen books. *Gifts in Open Hands – More Resources for the Global Community* is a June, 2011 title from Pilgrim Press. Other recent titles include *All Whom God Has Joined, Before the Amen – Resources for Worship, and Caring for Ourselves while Caring for our Elders*. Maren travels throughout the country facilitating workshops on creative worship, youth ministry and liturgical writing and she teaches memoir and poetry in a wide range of settings from high school to senior center, correctional facility to ESOL class. Maren is the Pastor of Union Congregational UCC in Madbury, New Hampshire.

Responding to nature – landscape, sea or sky-scape, companion animal, independent animal, tree or flowering plant or lichen – is an important source of insight and reflection.

The morning program will invite participants to frame immediate experiences of nature at Rolling Ridge in Psalm or Twitter, watercolor or doodle, gesture that suggests owl flight or an embodied prayer of praise. They will also explore memories of the personal impact of nature – the rainbow that brought comfort after a death, the tenderness of a childhood pet, a revelation while being truly caught in a storm. Participants both will work alone and share with the larger group.

During the afternoon each participant will choose one such experience and shape it into a longer reflection. Each may write a poem or a sermon, plan the pages of a children's book, work with collage or walk the labyrinth. The program will conclude with a palette of suggestions for journaling, blogging, storyboarding, and ways to use personal diaries to inform artistic creativity.

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road, North Andover, MA 01845

REGISTER on line at www.rollingridge.org

or call our office at 978-682-8815

ALL MAJOR CREDIT CARDS ACCEPTED.

Email: thestaff@rollingridge.org

Registration Deadline: 5/8/12: \$53

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, or desire to book a massage after your retreat. .5 CEU'S available for Clergy