

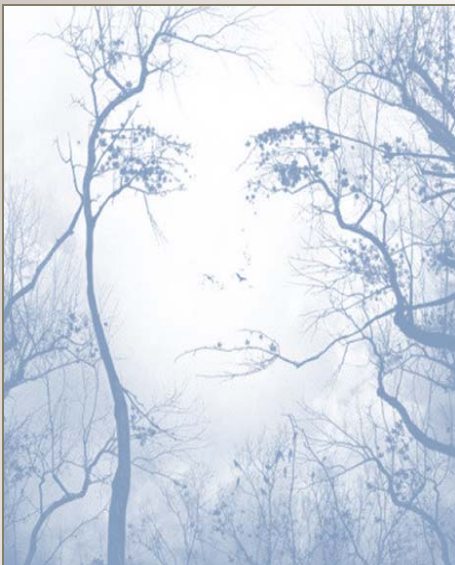
BEING LIKE A TREE

... THE PATH TO WHOLENESS
MONDAY, MAY 7 2012 FROM 9:30AM-3:30PM

“A DAY APART” LED BY JANA MARIE WHITTEN

Retreat Leader: Jana Marie Whitten

Jana Marie Whitten is a Psychiatric/Mental Health Nurse Practitioner and Healing Touch Certified Practitioner in private practice in New Hampshire. She is a Deaconess candidate in the United Methodist Church and started a healing ministry in her home church. She is also in training to be an instructor of Healing Touch Spiritual Ministry.



What does it mean to be grounded in body, mind and spirit? How does one maintain balance in the midst of busy lives and in times of trouble? Trees give us a wonderful model for this "grounding." For they may bend and sway in the wind, but if they are well-rooted, they do not fall over. From an energetic standpoint humans are very much like the trees. When our spirits are fully grounded and centered in our bodies, we can withstand the stresses and strains of life that come our way. We need to be fully connected with our own spirits as well as the Spirit of God above us, below us, within us and all around us.

Metaphors from both the Old and New testaments are instructive. They suggest that we follow God's natural laws which include the way of the trees and being "rooted and grounded in love."

Come explore the way of the tree through meditation, mindfulness practice, grounding exercises, and the walking tree circle dance. Learn how to be more fully connected with your own spirit and the Spirit of God.

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road, North Andover, MA 01845

REGISTER on line at www.rollingridge.org

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ALL MAJOR CREDIT CARDS ACCEPTED.

Email: thestaff@rollingridge.org

Registration Deadline: 4/30/12: \$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