

## Schedule for the Day:

8:30 – 9:15 Gathering, Coffee,  
Refreshments

9:30 Worship - Rev. Abraham Waya

10:00 Break

10:15 Workshops until 11:45

- **Mystery of the Icon** - Rev. Abraham Waya
- **Prescriptions in the Bible** - Jana Marie Whitten
- **Liturgical Dance** - Pastor Ruth Foss & Jamie Webster

2:00 Lunch

1:30 Workshops until 3:00

- **Mystery of the Icon** - Rev. Abraham Waya
- **Men's Spirituality** - Pastor David Arruda
- **Zentangle** - Jan England

3:00 Closing worship

3:30 Depart



For more information contact:

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Spiritual Formation Team

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# Rolling Ridge

Retreat and Conference Center

*Living in the Spirit!*



***TUESDAY, OCTOBER 17, 2017***

***ROLLING RIDGE  
RETREAT & CONFERENCE CENTER***

***660 Great Pond Road  
North Andover, MA 01845***

***Sponsored by  
Spiritual Formation Team  
Of the New England Conference***

**Come to Rolling Ridge** in North Andover, MA, for a day of worship, fellowship and great workshops devoted to nurturing passionate spirituality in ourselves and in our congregations.

### Workshops

[Mystery of the Icon](#) (The Rev. Dr. Abraham Waya) In today's world, "Mindfulness" has become the buzzword. Mindfulness, stripped of its thousands of years of spiritual content, is offered to us as a barren scientific token that perhaps all those religious people have a point after all. But we do have a point in attentive, mindful prayer. In these sessions we learn to find spiritual growth in the intriguing and mystical art of praying with icons. The icon is theology and spirituality in lines and colors mapping for us an insight into the heart of God and locating our place in the work of God in human affairs and in nature. The mystery of the icon grants us a window into heaven. Through the icon you will grow in learning how to raise your soul and mind to the realm of the spirit. When you next look at an icon, you just might have the real sense that God is looking back. (This is a two part workshop)

[Art for the Soul: Zentangle](#) (Jan England) Guided by a certified instructor, engage the practice of Zentangle, an easy to learn method of creating beautiful images from repetitive patterns. This fascinating art form is fun, relaxing, and can increase focus and creativity. Zentangle provides artistic satisfaction and an increased sense of well being.

[The Spiritual Practice of Presence with "the Other": Creating compassionate and effective ministry together, even when we disagree](#) (Lisa Fagerstrom) This workshop will address the challenges that arise when we seek -- as communities and as individuals -- to be in ministry with those who are different from us, or with whom we disagree. Through self-reflection, discussion, and interactive spiritual practices, participants will explore the challenges and hope-filled potential for work at the intersections of the world's (and our church's) differences.

[Prescriptions in the Bible: Spiritual Practices for Healing](#) (Jana Marie Whitten) When we look with new vision, we can see many examples of health and healing practices in the Bible. Come to explore the possibilities for greater well-being in body, mind and spirit. Jana Marie Whitten is a Deaconess, Healing Touch Certified Practitioner, and Instructor in Healing Touch Spiritual Ministry

[Men's Spirituality: Carving Out Daily Spirituality](#) (Pastor David Arruda) Over the years we have looked at Spirituality from the view of a Peaceful, Meek, and Quiet Place. With flowing fabric, soft candles, and pleasant sense. The reality is that is not our daily world. We will look at ways to carve our Spirituality out of the noise, chaos, and hard times of our daily life. "NO LAVENDER ALLOWED"

[Liturgical Dance](#) (Pastor Ruth Foss and Jamie Webster)

This day includes a delicious lunch & all day coffee service.

We suggest an early arrival time of 8:30am for gathering, check in, enjoy some pastry, coffee and tea, prior to 9:30 program start.

**Register** for this program online at

<https://neumc-reg.brtapp.com/LivingintheSpirit>

or you may call Rosemary McNulty at 978-682-7676 x201

Early Registration: \$40, After 10/10/17: \$60