

# Mysterious transformation through the Dark Night— The spirituality of John of the Cross

*A Day Apart*  
RETREAT

Monday, March 18, 2019  
9:30am-3:30pm

With Retreat Leader:  
Kris Girrell

*Postmodern culture would* have us believe

that transformation is the norm and that we deserve the easy path to our dreams. But mystics of all ages and of all spiritual traditions will tell us differently. The path of spiritual transformation is a path of descent. It is the story of Job and of Jonah. It is our suffering and hardship that transforms us and reshapes our very being at a soul level. We call it “the dark night of the soul.”

Our suffering and losses teach us at the soul level. We learn that we are not our results, that we are not our successes, our roles, titles or possessions. The dark night strips much of that away. It leaves us with nothing with which to end the sentence, “I am...” No longer is it “I am a teacher,” or “I am a psychologist,” or whatever I was. All that remains are two words, a statement of pure beingness: “I am.” According to Judeo-Christian theology, those same two words are also a statement naming the Divine. Losing our stuff, losing the trappings of our life and of our success, brings us to an understanding of our own divinity.

Join us for a day of discovery and exploration of the teachings that serve and support us on our spiritual path of descent and re-entry. No matter where you are on that spiritual path, you will find some part of this day applicable or helpful and you will no doubt find other peers in this darkness on that road with you.

**Rolling Ridge**  
Retreat and Conference Center

660 Great Pond Road  
North Andover, MA 01845  
978-682-8815

Register on line at:  
[www.rollingridge.org](http://www.rollingridge.org)  
Registration: \$68

*Opportunities for Massage and Body Work, or spiritual direction are available at an additional fee. Ask about booking an overnight guest room before or after your day apart retreat with added meals to create your own personal retreat.*



*Kris Girrell* (MATR, Andover Newton Theological School, 2015; MEd, PSU, 1973) is a psychologically based executive leadership coach, speaker and author: *Wrestling the Angel: The role of the dark night of the soul in spiritual transformation* (2016) and *Leadership Gold: Discovering the value of failure* (2018) as well as numerous journal publications. Kris was the featured keynote speaker at the 2017 InHouse Agency Forum (IHAF) Conference, the 2018 Training Industry Conference & Exposition and his TEDx talk on Emotional Intelligence has been viewed by over 250,000. He is an adjunct lecturer at Cambridge College, an Associate of the Society of Industrial/Organizational Psychologists, and a member of the National Speaker's Association. bringing ancient wisdom into a contemporary and accessible form.

We suggest an arrival time of gam. Please let us know upon registration if you have dietary restrictions.