2018 SUMMER & FALL PROGRAM OFFERINGS

“Changing the world...one retreat at a time”

Rolling Ridge
Retreat and Conference Center
Dear friends,

Since 1948, Rolling Ridge has been in the business of transforming lives through the love and power of God. From youth camps for United Methodists in the early years to adult retreats today, we now offer a range of programs that speak to the “spiritual but not religious” concerns of this generation. Whether you seek an event that is one day or one week, Christian or interfaith, active or silent, Rolling Ridge has something that will refresh your spirit, encourage your heart, heal your body, and cause your mind to consider new ways to grow in faith.

This program booklet is packed full of retreat opportunities. We hope that you will consider joining us this year to discover what the “spiritual buzz” has been about for the past 70 years. For more information about our programs and to register, check out our new website: www.rollingridge.org/events.

As we celebrate our 70th anniversary in 2018, we also hope that you will join us on Sunday, September 30th at our Jubilee Open House. With tours, free workshops, speakers, and complimentary dinner (reservations required), it will be a day to remember as we give thanks to God and to you, our supporters, for standing with us for seven decades. As we celebrate Jubilee, we invite all former campers, counselors, and staff to “return home” as we look back in praise and move forward with hope to a bright future of continued ministry.

In addition, there have been many improvements made to our grounds and buildings in the past year, and we hope that you will join us soon to see for yourself why Boston Magazine named Rolling Ridge one of the top wellness centers in New England. With beautiful grounds and a peaceful setting along the shore of Lake Cochichewick, Rolling Ridge is the place to be this year as we celebrate 70 years of transforming lives.

Peace,
Lawrence Jay
Executive Director
Join us on Sunday, September 30, 2018 as we celebrate **70 years** of Rolling Ridge!

2:30-6:00 pm

THE SCHEDULE

2:30-4:30 pm = workshop and activities
4:30-5:00 pm = program
5:00-6:00 pm = A complimentary Jubilee dinner served on the Bowling Green in gratitude to our community
(online dinner reservations required at www.rollingridge.org)

Workshops and activities include:
- Andovers Artists Guild fall art show reception and marketplace
- Spirituality Workshop on soul care
- Wellness Workshop on body care
- Guided tour of the House
- Guided tour of the historic Fletcher Steele gardens
- Walking the Labyrinth (with facilitator)
- Working at the Giving Garden (with facilitator)
- A scavenger hunt to highlight the history and changes at the Ridge
- The Stations of Creation along the shore of Lake Cochichewick
- “Tell Your Rolling Ridge Story” table
- Graffiti boards to celebrate Rolling Ridge’s history and future
- A reunion of former Rolling Ridge directors, staff, campers
Judy Proctor is an ordained minister in the United Church of Christ, life coach, and spiritual director. With over 20 years of experience leading groups, Judy seeks to develop spiritual awareness through a creative approach to traditional Christian practices. Judy holds a Master of Divinity from Andover Newton Theological School and a Juris Doctor Degree from George Washington University. She loves to learn new things, hear people’s stories, and share her deep interest in contemplative living.

What would it be like to come away to a quiet place and relax?

Join other women for a day apart offering you spacious time:
- to pause from the demands of the day
- to listen and to be heard
- to connect with other women
- to get reacquainted with yourself

The program will bring you together with the whole group for discussions and activities, one-on-one simple conversations, and small group discovery of what you really care about. There will be time for you to leisurely walk the grounds of Rolling Ridge and take in its natural beauty. A wide variety of spiritual practices will be offered, and participants have the option of engaging as deeply as they wish.

Registration Fee: $68
Spa for the Spirit is a weekend retreat for your whole self: body, mind, and spirit. You'll do some inner work to explore and release the attitudes, patterns, and beliefs that get in the way of taking care of yourself. And you'll explore various modalities for wellness and wholeness. As our retreat leader, Janet Kessenich will introduce you to sound and energy healing which will help deepen your connection with your body and your Highest Self and ground your resolve to continue on a path of wellness and well-being. Saturday afternoon workshops will provide hands-on opportunities to experience wellness practices. In addition, you'll have time outside on the beautiful grounds of Rolling Ridge, nurturing yourself by walking the labyrinth or meditating by the lake. For full weekend participants, a one-on-one personal wellness treatment is included with your registration.

Registration fee: $450 private room, $350 shared room per person

Janet Kessenich M.M, is a workshop leader, sound healer, and author whose work facilitates a deeper connection with one’s personal essence— your best self— so that you can live and contribute from a fully integrated, empowered place of alignment and well-being. She is the author of Music Lessons for the Spirit, a collection of essays drawn from the spiritual/life lessons she learned as a pianist. As a sound healer, she brings the essence of music—calibrated vibration—into her work with clients and workshop participants.
The way of the labyrinth: walking the sacred path

Tuesday, September 18, 2018
9:30am-3:30pm

Labyrinths have long been used as a tool for prayer and meditation. A labyrinth is an ancient symbol that relates to wholeness. It can be used to represent a journey to our own center and back again out into the world with a broader understanding of who we are. This workshop is an experiential introduction to the labyrinth, its history, and ways for people to incorporate it into their own personal spiritual/healing journey. This program will include a brief history of the labyrinth and its use in various cultures, symbolism and associations, labyrinth etiquette, different practices/approaches to using the labyrinth for spiritual/emotional growth, meditation, relaxation and healing. Labyrinth walking experiences, time for individual reflection and group sharing of received wisdom and insight will be part of the day. Registration Fee: $68

Todd Glacy is a Sacred Sound musician, counselor, Interfaith Minister, teacher, and facilitator. He shares his passion for supporting life's journey through his work and ministry of Sacred Sound and Living. He has been interested in labyrinths and their use in contemplative practice for many years, and this workshop as a way to deepen peoples’ understanding & practices towards using labyrinths as tools in their own lives.
Climate Change
As a door to Awakening:
A Buddhist Perspective
Saturday, September 29, 2018 from 9:30am-3:30pm

How can we more mindfully and more fully feel our connection with our Earth and with climate change? Using a Buddhist perspective, the aim of this day of mindfulness is to expand our awareness and embrace our hopes and fears using guided meditations, short videos, songs, poetry, mindful eating, and the sharing of our personal experiences.

The aspiration is to nourish our love for the Earth and its creations, and move beyond despair and powerlessness to what Joanna Macy calls “active hope.” Climate change then becomes a door to awakening, an opportunity to recognize our inextricable connection with all that is. Registration Fee: $68

John Bell is a dharma teacher who has practiced with Thich Nhat Hanh for more than 30 years. In addition to guiding the Mountain Bell Sangha, near Boston, and leading mindfulness retreats across the US, John was a founding staff member of Youth Build USA (www.youthbuild.org) in 1988 and, until his recent retirement, helped guide its development into an integrated program that offers education, construction training, and leadership development to low-income young people in 260 communities across the U.S., and in 105 communities in 15 other countries.
Since September 11, 2001, tension between Muslims and Christians has escalated, creating divisions and jeopardizing world peace. Although it is a lesser known story in the life of Francis of Assisi, the Saint's encounter with Sultan Malek al-Kamil during the 5th crusade in 1219 provides an example for mutual respect and peaceful dialogue amid our pluralistic culture today. Through video, small group conversation, and personal reflection, we will consider the encounter of Francis and the Sultan as a model for peacemaking and discover tools to build trust and healthy interfaith relationships in bold, courageous, and respectful ways. Following in the footsteps of Francis and the Sultan is a beautiful way to celebrate St. Francis' Feast Day on October 4th. Registration Fee: $68

Lawrence Jay is the Executive Director of Rolling Ridge. An ordained American Baptist pastor, Lawrence did his doctoral work on Franciscan Eco-Spirituality, and was lovingly referred to as a "Baptiscan" by his Franciscan advisors. A California native, he is a graduate of the Franciscan School of Theology and the American Baptist Seminary of the West in Berkeley. To honor his kinship with creation, he is a vegan, and even has two healthy vegan (yes, vegan) cats, Francis and Bonaventure.
Landscapes & Soulscapes
A Camino Divina Adventure into the Divine

October 4-9, 2018
A Six Day, Five Night Retreat Experience

With retreat leaders Gina Marie Mammano & Cynthia Good

“Landscapes and Soulscapes: A Camino Divina Adventure into the Divine” will help you explore in greater depth a richer, deeper relationship with the land, the self and the Divine. You will be provided with thoughtful and joyful practices that can help you connect more deeply wherever you find yourself, whether at home or abroad. Through the practice of “camino divina—walking the divine way”, inner and outer landscapes will be explored through intuitive observation and imagination, journaling, conversational partnering, finger labyrinths and walking meditation, accompanied by the words of poets and sages to walk alongside you.

Registration Fee: $750 shared room, $1000 private room, $450 Commuter

Gina Marie Mammano is an award-winning poet and the author of Camino Divina—Walking the Divine Way: A Book of Moving Meditations with Likely and Unlikely Saints published by SkyLight Paths Publishing/Turner Publishing. Her training as a spiritual director, work as a retreat leader, Waldorf educator, Reiki practitioner, and work with the Opening the Book of Nature program have allowed her the ability to create interactive, artful, deep and intuitive events that work within both the interior and exterior landscapes. She lives on Whidbey Island.

Cynthia Good is an ordained Elder in the UMC and has been a full time pastor of three churches and an interim pastor of a dozen others. She was formed in her life of faith by the Lexington United Methodist Church where was confirmed and approved for candidacy in ministry. She was shaped by LUMC’s focus on Justice, Education and Music. She received her M.Div. from Yale Divinity School and her D.Min from Hartford Seminary with a focus on spirituality, creativity and worship. She has led retreats around New England and consulted with churches about healing and transition. She completed a program in Spiritual Direction with the Stillpoint Center for Christian Spirituality at Ghost Ranch and offers spiritual direction. The center of all her work and the core of her heart is tending the holy, individually and corporately. She believes deeply in the power of story as part of the spiritual journey. She is married to Alan Pratt and has two children, Alden and Natalie.
THE EIGHTH ANNUAL PEACE CONFERENCE

Featuring
Saturday Afternoon Panel Discussion Plenary with interfaith environmental leaders:

IBRAHIM ABDUL-MATIN
REV. NORMAN COMTOIS
RABBI JUDY KUMMER

moderated by
REV. MARGARET BULLITT-JONAS

and Sunday Afternoon Workshops

THE EIGHTH ANNUAL PEACE CONFERENCE

SCHEDULE

Saturday, July 21, 2018
1:00 pm  Registration Opens
2:00 pm  Plenary Session
5:30 pm  Dinner
7:00 pm  Fred Small in Concert

Sunday, July 22, 2018
For full-time registrants: breakfast, spiritual direction and wellness options in the morning
12:00 pm  Lunch
1:00 pm  Workshop Session 1
2:15 pm  Workshop Session 2
3:30 pm  Closing Service

Since its inception in 2011, the Peace Conference at Rolling Ridge has served as an important platform for healthy dialogue and inspirational hope. Diverse speakers over the years have addressed issues of peace-making, Earth tending, and interfaith reverence. This year during our 8th Annual Peace Conference, we will look at the spiritual foundations of environmental justice in the Abrahamic faith traditions. During the Saturday afternoon plenary, interfaith environmental leaders will share about the importance of creation care in their tradition and then discuss the common roots that unite them for action. Sunday afternoon workshops will delve deeper into Catholic, Jewish, and Muslim eco-spirituality, while also exploring practical opportunities to protect our common planetary home. During our closing service, we will celebrate our unity through song and prayer.

Registration Fee: $198 private room, $158 shared, $98 commuter both days, $58 commuter one day
Ibrahim Abdul-Matin is the Director of Community Affairs at the NYC Department of Environmental Protection. Ibrahim has a long history working on environmental policy and served as the sustainability policy advisor to Mayor Bloomberg. Part environmentalist and part community organizer, he is former Outward Bound instructor, and is the author of "Green Deen: What Islam teaches about protecting the Planet," which explores how faith and environmentalism intersect.

Rev. Margaret Bullitt-Jonas serves as Missioner for Creation Care in the Episcopal Diocese of Western Massachusetts and the United Church of Christ, Christ, Massachusetts Conference. An experienced retreat leader and spiritual director, she is a long-time climate activist dedicated to inspiring a wave of religious activism to address the climate crisis. Her most recent book, *Joy of Heaven, To Earth Come Down* (2016), is a collection of daily Advent-Christmas meditations on the sacredness of the natural world.

Rabbi Judy Kummer is an environmental activist, teacher, and Executive Director of the Jewish Chaplaincy Council of Massachusetts. A Boston native, she earned a BA from Barnard College in Environmental Studies and Urban Planning and was ordained at the Reconstructionist Rabbinical College in Philadelphia. Rabbi Kummer is an avid organic gardener, potter, and hiker.

Rev. Norman Comtois, OMI, MA is an ordained Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate. Since completing the Earth Literacy program at Genesis Farm, he now leads retreats and courses that bring the Universe Story to life in a spiritually relevant way. A team member and consultant for La Vista Ecological Learning Center, Father Norm encourages those attending his presentations and retreats to ponder the wisdom of their religious traditions in the context of the Story of the Universe.

**An evening with Fred Small in concert**

**Saturday, July 21, 2018**

**7pm**

**FREE admission:** Lawn seating opens at 6pm

Free will offering to benefit the Indigenous Environmental Network

- Blanket area available in front with folding Chairs area behind.
- Premium seating for Peace Conference Attendees
- Coolers, food, and beverage are **not permitted.**
- Rolling Ridge is an alcohol free establishment
- **Seating is limited on a first come basis.**

A Unitarian Universalist pastor, singer-songwriter, and former environmental lawyer, Rev. Fred Small is Minister for Climate Justice at Arlington Street Church, Boston. Cited by Bill McKibben as "one of the key figures in the religious environmental surge," Fred left parish ministry in 2015 to devote his energies to climate advocacy.
Steve Garnaas-Holmes is a poet, songwriter and pastor of St. Matthew’s United Methodist Church in Acton, MA. He is the author of Unfolding Light (www.unfoldinglight.net), a daily contemplative reflection. From 1973 to 2012 he wrote and performed with the Montana Logging and Ballet Company, a quartet that performed music and comedy around the country and occasionally on NPR’s Weekend Edition.

I’m no Benedictine Monk.

I can’t get up at 4 a.m. to pray. I sit in church and it feels flat—and it’s not just the choir. I used to pray…. once. I used to feel energized by my faith… now, not so much. It feels like a lot of work. And some of it, honestly, seems dumb. I used to thirst for God…. now I’m not even thirsty. How do I get back in the groove? How do I find hope and joy—and the sense that this whole faith thing is worth it? Sometimes you just give up your quest for the Fountain of Faith and just sit, and let God find you in all the wrong places. In this retreat we’ll shed all our expectations of being Prayer Warriors and instead listen for the One Who Is With Us, even in the dry stretches. We’ll explore some practices that aren’t burdensome, but set us free to discover hope and encounter the Beloved, even if it feels like we’re starting all over again. Registration Fee: $68

Lost My Spiritual Groove. How do I get it back?

Wednesday, October 24, 2018 from 9:30am-3:30pm
God's presence in all things:
Richard Rohr on Eco–Spirituality

Saturday, November 3, 2018 from 9:30am-12:30pm

As Christians, haven’t we always believed that the universe is saturated with the Sacred? An incarnation of the Divine? If so, then how could we have so grossly disregarded the well-being of other life forms and contributed to the desecration of this vast and beautiful planet? Come hear renowned Franciscan priest, visionary, and founder of the Center for Action and Contemplation (CAC) discuss an evolving and all-embracing spirituality of Creation. In his groundbreaking DVD series Embracing Alternative Orthodoxy, Father Richard Rohr delves into what’s known as eco-spirituality – a spirituality based on the understanding that “God is in all things” – and calls for a drastic reorientation of humanity’s relationship to the rest of the material world. Father Rohr’s vision? That people everywhere may come to participate in what he calls an emerging “global spirituality.” Following the hour-long video viewing, there will be time for contemplation, refreshments, and a creative exchange of ideas about the video as well as a conversation about "next steps" in localizing the ministry of CAC and Richard Rohr in New England. 

Note: Father Richard will not be present in person at this event; we are together viewing these pre-recorded sessions on DVD, provided by the CAC. Registration Fee: $20

Sr. Richard Rohr is a globally recognized ecumenical teacher bearing witness to the universal awakening within Christian mysticism and the Perennial Tradition. He is a Franciscan priest of the New Mexico Province and founder of the Center for Action and Contemplation (CAC) in Albuquerque, New Mexico. Sr. Richard’s teaching is grounded in the Franciscan alternative orthodoxy—practices of contemplation and self-emptying, expressing itself in radical compassion, particularly for the socially marginalized. He is author of many books, and is currently academic Dean of the Living School for Action and Contemplation. Read more about Richard Rohr at www.cac.org.

Barbara R. Bodenmann, MTS, Weston Jesuit School of Theology, is the author of the spiritual memoir and eco-spirituality manifesto, The Sacred Shed on the Edge of the Ravine. As a spiritual writing program facilitator and communications professional, she is dedicated to advancing matters of spirituality in a secular world.
Thomas Merton:
Living a Spiritual Life, Assisting Others to Do the Same.

Thursday, November 8, 2018 from 9:30am-3:30pm

On the 50th Anniversary of his passing,

this retreat invites you into the life of Thomas Merton, wise monk, prolific writer, social critic, and his wisdom for our spiritual journey. We'll explore cultivating a pure heart, a practice of growing in silence, simplicity and compassion, with a dose of humor and a capacity for noticing beauty around us. The retreat will include viewing a compelling film biography of Merton and listening to his wise and often hilarious words, an invitation to engage in contemplative prayer and discussion of Merton's contribution to nurturing others in living lives of active contemplation as well as of his remarkable appropriation of the richness of Eastern spiritual practice, especially Buddhist practice. Registration Fee: $68

Padraic O'Hare
is Professor of Religious and Theological Studies and former Director of the Center for the Study of Jewish-Christian-Muslim Relations at Merrimack College in North Andover, MA. His current research/book project is entitled “Lions in the Desert: Contemplation and Young Adults.”
Advent quiet day

*In the busyness of the season* let us gather together finding time to embrace the waiting, settling in and allowing ourselves to breathe in the hope, joy, peace and love that this time of Advent offers.

In the quiet and silence of this retreat we invite you to sit, linger, ponder, behold, wander, wonder...wait.

During the silence, there will be items to create, coloring pages, mandalas, origami books to capture your reflections on the day, prayer beads and time for walking the Labyrinths.

*Registration Fee: $68*

Karen Kilty is the Program Coordinator of the Center of Spirituality and Leadership at Rolling Ridge. She is a Spiritual Director, yoga leader, Holistic Massage and Polarity Therapist, and director of Children’s Ministries at Old North Church in Marblehead. With an understanding of body, mind and spirit she is prepared to companion those who seek a deepening of faith and an awareness of self.
A Certificate Program in Healing Touch
Spiritual Ministries

A year-long curriculum beginning
in September of 2018

In partnership with ISHA (Institute of Spiritual Healing & Aromatherapy), Rolling Ridge is now able to offer a one-year certificate training program in Healing Touch Spiritual Ministries. Building on the Christian tradition of the laying on of hands and anointing, a Healing Touch Spiritual Ministry program can help energize your church community, equip lay leadership, and build a network of pastoral care. Our expert teachers will help you train congregational caregivers in a credentialed and credible program with written Ethics and Standards of Practice.

Tuition: $2700

Jan Whitten, United Methodist Deaconess– APRN, MS, HTCP, HTSM-CP/I, is a holistic nurse with almost 40 years of experience working with adults in acute care, home care, nursing education, and mental health. She maintains a private practice as a psychiatric nurse practitioner where she integrates Healing Touch and other holistic modalities.

Margaret Leslie, MS, LMT, HTSM-CP/I, CCA; President of ISHA & Director of the HTSM Program, is a certified Healing Touch Spiritual Ministry Practitioner/Instructor and Certified Clinical Aromatherapist with 25 years’ experience as a School Psychologist. Since her first class in Healing Touch, she has felt called to teach this work and spread healing wherever possible.
In response to a changing spiritual landscape, **Gateways to God** is a two-year training program in Missional Spiritual Direction which teaches people to walk alongside and listen to those hidden nudges of God within the heart and soul journey of another.

**Next session begins in February 2019**

**Gateways to God Advanced** is a new one-year program in Advanced Missional Spiritual Direction within two different tracks:
1. community/organizational contexts or
2. training in Missional Spiritual Direction supervision.

**The inaugural session begins in February 2019** (space is limited)

**Insight** is our spiritual directors supervision group that meets monthly to provide those engaged in ministries of spiritual companionship an opportunity to grow and deepen their practice of ministry.

**Next group begins in February 2019**
HOW TO REGISTER FOR OUR PROGRAMS:
All of our programs are available for registration on our website at
www.rollingridge.org
Click on “Programs” and “Our upcoming events”
Or call directly to register over the phone at: 978-682-8815 x1

UPCOMING PROGRAMS

- Saturday and Sunday, 7/21 and 7/22: The Tie That Binds: Creation Care & Interfaith Dialogue; our 8th Annual Conference on Peacemaking
- Saturday, 7/21: Fred Small in Concert
- Friday, 9/14-Sunday, 9/16: Spa for the Spirit: Wellness for your body mind and spirit
- Sunday, 9/16-Tuesday, 9/18: The Institute of Spiritual Healing and Aromatherapy
- Tuesday, 9/18: The Way of the Labyrinth: Walking the Sacred Path
- Saturday, 9/29: Climate Change as a door to Awakening: A Buddhist Perspective
- Sunday, 9/30: Rolling Ridge 70th Anniversary Celebration
- Wednesday, 10/3: Francis and Sultan: A Model for Peacemaking in Christian Muslim Dialogue
- Thursday, 10/4-Tuesday, 10/9: Landscapes & Soulscapes, a Camino Divina Adventure into the divine
- Wednesday, 10/4: Lost My Spiritual Groove: How do I get it back
- Saturday, 11/3: God’s Presence in All Things: Richard Rohr on Eco-Spirituality
- Thursday, 11/8: Thomas Merton: Living a Spiritual life, assisting others to do the same
- Monday, 12/3: Advent Quiet Day

OTHER UPCOMING EVENTS AT THE RIDGE:

- Sunday, June 17: Andovers Artists Guild Summer Art Show Reception in the Rolling Ridge Lakeside Dining Room (3:00-5:00 pm)
- Saturday, June 23: Lawrence Community Ministry Faire (11:30-2:00 pm)
- Friday, August 31 to Sunday, September 2: CONSPIRE webcast at the Ridge with Richard Rohr and Center for Action and Contemplation
Since 1948, Rolling Ridge Retreat and Conference Center has been a place for spiritual rest and renewal. Originally converted from a private home to a camp by the New England United Methodist Conference, Rolling Ridge is today the premiere Christian spiritual retreat center in New England and is among the top seven area wellness centers, according to Boston Magazine. Rolling Ridge is open to groups and individuals from all faith traditions and interests, offering hospitality and programs for the renewal of spirit and transformation of the world.

"The Ridge" is a peaceful, beautiful and historic site nestled on a peninsula surrounded by Lake Cochichewick in North Andover, Massachusetts, just 25 miles north of Boston, the 40 room Georgian estate on 38 acres of woods, rolling hills, and lakefront is the perfect setting for retreats and conferences, day meetings and personal retreats and picnics. Twenty-eight bedrooms accommodate 64 adults. Excellent, freshly prepared food in the Lakeside Gallery Dining Room, filled with original art by the Andovers Artists Guild, enhances your stay whether for one day or several. Two labyrinths, nature trails, and Ridge wellness provide opportunity for relaxation, recreation, and renewal. We invite you to visit and experience the beauty that is the Ridge.

Our Mission: Rolling Ridge is transforming lives by nurturing spirituality and cultivating peace, in harmony with creation.

Our Vision: To restore beauty and peace to our world by connecting God, people, and creation.