2019 WINTER & SPRING
PROGRAM OFFERINGS

Rolling Ridge
Retreat and Conference Center

“Changing the world...one retreat at a time”
Do you seek some rest amid the busyness of your life?
Does your spirit long to be renewed and refreshed?
Are you looking for a spiritual community to call “home”?

If so, Rolling Ridge is just what you’ve been seeking.

Through our programs, Rolling Ridge brings together people of different spiritual backgrounds around Earth-care, peace making, and holistic wellness. For over 70 years, Rolling Ridge has been in the business of transforming lives. Rooted in the Christian mystical tradition, we believe that souls are nurtured and lives renewed when we connect with God, others, and creation.

This program booklet is packed full of retreat opportunities to care for your spiritual health in the new year. Along with the events featured here, we have other programs on our website, including missional spiritual direction training, certificate program in spiritual healing, and an upcoming Earth Day Celebration. For more information about our other programs and to register for the events in this brochure, check out our website: www.rollingridge.org/events.

The spiritual path is not always easy. We need to make time for ourselves. We need others to journey with others. We need a “sacred place” to call home. We hope you will join us in 2019, and 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, we believe Rolling Ridge is the place where your spirit can soar this year. Check us out!

Peace,

Lawrence Jay
Executive Director
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 premier 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.
A drop-in group for anyone interested in the Daily Meditations of Richard Rohr or in finding a community in this spiritual-but-not-religious context in which we live.

The Universal Christ: Another Name for Every Thing

Join us as we explore the central themes of Father Richard’s new book (available March 2019) and discover the roots of the universal Christ in the rich history of the Christian tradition. Experience Easter in a new way as we consider Holy Week through a larger, cosmic view of Christ, drawing upon theology, practices, conversation, and liturgy.

How might this vision impact our own lives and communities?

---Richard Rohr

What if Christ is a name for the transcendent within of every “thing” in the universe?
What if Christ is a name for the immense spaciousness of all true Love?
What if Christ refers to an infinite horizon that pulls us both from within and pulls us forward, too?
What if Christ is another name for every thing—in its fullness?

Sign up for both events for free at www.rollingridge.org

Limited overnight accommodations ($360 per person) available March 28-31 for the Universal Christ simulcast.
The Enneagram is an accurate portrayal of nine ways of perceiving life. Each personality style has amazing strengths and also limitations. Discover your core type, and learn in-depth each type's characteristics. Herb entertains by wearing hats for each of the 9 types and presents the types with insight, humor and compassion. Herb will focus on personal growth for each type. Practical tips on how to use the Enneagram in daily life will be emphasized. Cost: $68

(register for two Enneagram retreats for $130 or all three Enneagram retreats and save $34)

March 5, 2019, 9:30am-3:30pm

Enneagram & Personality Types

Herb Pearce, M.Ed. in Counseling, from Arlington, MA is an individual, couples and family therapist and life coach, and an Enneagram and Myers-Briggs workshop leader. With 40 years of experience working with clients and organizations, he has helped thousands of people have better relationships by understanding personality differences. He is a leading expert on the Enneagram, having taught over 2000 workshops on the topic. Herb also teaches workshops on the Myers-Briggs, relationship and communication skills, self-esteem, and personal development. Herb is the author of 6 books, Enneagram Basics, Enneagram Beyond the Basics, The Caregiver’s Enneagram, Lessons from the River, Herb’s Tips for Living, and his new book, Presidential Profiles: Washington to Trump - 44 Presidential Personalities Using the Enneagram and Myers Briggs. www.herbpearce.com
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. Karen has been leading a New Day Yoga in Danvers, MA for 7 years.

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.

The season of Lent is a time of reflection as we prepare for Easter and the journey with Christ from crucifixion to resurrection. Whether clergy or laity, we invite you to slow down and begin this upcoming lenten season on a Taize retreat at the Ridge. Music, silence, and scripture will create the framework for you to listen for God and to prepare your heart for Easter. During the silence, there will be time to reflect, journal, and create, with coloring pages, mandalas, and origami books to capture your reflections on the day. There will be time to explore the beautiful grounds of Rolling Ridge, to walk the labyrinth, and to sit by Lake Cochichewick.

There will always be much too much to do on your list. Lent marks a good time to go on retreat, to let it go, to fast from the busy-ness and to be present with the Creator of the world who sent Jesus to be our light and hope. Registration fee: $125

Overnight retreat begins at 4pm on Sunday, and ends at 3:30pm on Monday
Come for a Lenten Quiet Day on Monday, March 11 from 9:30am-3:30pm: $68
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. 

Registration: $68

Kris Girrell (MATR, Andover Newton Theological School; MEd, PSU) 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.
Running with wolves:
The retrieval of Intuition as initiation

Wednesday, April 4, 2019  9:30am-3:30pm

Are you wanting to deepen your connection with your intuition? Come to this one day women’s group study of the “Vasalisa” story in Clarissa Estes’ incredible book, “Women who Run with the Wolves”. Come and be with a group of women who are eager to explore the inner spiritual wisdom revealed through stories passed down through the ages – the ancient wisdom that sometimes eludes us in our modern fast-paced and academically driven world. Listen to key passages from the authors’ review of a key story from chapter 3 in her book “nosing out the facts: the retrieval of intuition as initiation”. You will leave feeling renewed and inspired.

Registration fee: $68

Lee Ireland is a UCC pastor and Spiritual Director. She has been working with Clarissa Estes’ book since the early 1990s for her own personal transformation as well as teaching it in various church settings. She has found that her sharings and wisdom help women to realize they’re not alone on the journey of life and she encourages them to look through the lens of their spirituality to guide them as they listen to other women’s stories — stories that nudge them to do their own inner work and experience healing and gain greater freedom to be true to themselves.
People often know the nine types but don't delve deeply into the many subtypes within each type and among the types. Beyond wings, stress and secure types, and maturity levels covered in the Basic Enneagram, we'll look at instinctual subtypes that relate to your personal survival issues, your sequence of types, tritypes, parental and sibling influence, cultural influence and relationship dynamics among the types. Don't miss this important workshop which covers type sub-categories just as important as the 9 basic Enneagram types. Cost: $68 (register for two Enneagram retreats for $130 or all three and save $34)

Enneagram & Subtypes: An Advanced Workshop
April 9, 2019 from 9:30am-3:30pm

Herb Pearce, M.Ed. in Counseling, from Arlington, MA is an individual, couples and family therapist and life coach, and an Enneagram and Myers-Briggs workshop leader. With 40 years of experience working with clients and organizations, he has helped thousands of people have better relationships by understanding personality differences. He is a leading expert on the Enneagram, having taught over 2000 workshops on the topic. Herb also teaches workshops on the Myers-Briggs, relationship and communication skills, self-esteem, and personal development. Herb is the author of 6 books, Enneagram Basics, Enneagram Beyond the Basics, The Caregiver’s Enneagram, Lessons from the River, Herb’s Tips for Living, and his new book, Presidential Profiles: Washington to Trump - 44 Presidential Personalities Using the Enneagram and Myers Briggs. www.herbpearce.com
How can we find sacred rest in our daily lives, and how can we carry this lasting peace into the world? In the rhythms of bread-making, from mixing the dough to breaking the loaf, we find an opportunity for personal reflection and social transformation.

Though the process of bread making might seem complicated, it embodies the beautiful realization of creating order out of chaos. Flour will become airborne, and our hands will always be coated in a dried white crust, but the deeply rich brown tones of the finished loaf and the warm aroma speak to a deeper reality of the rhythm of work, rest, and play.

Join us as we explore the spiritual dimensions of bread-making and how it can enrich not only our relationship with the Divine, but also with and among one another.

**Registration Fee: $68**
Thomas Berry reminds us that we are called to do the Great Work of our generation. We find ourselves in a critical moment when our religious traditions must awaken again to the natural world as the primary manifestation of the divine. Science has given us a story of a time-developmental universe in which humans are related to all other forms of life, but this has not yet penetrated into our religious and spiritual consciousness.

According to Berry, Earth is endowed with an innate spirituality, which needs to be expressed in a nurturing and healing mode. Therefore we need a spirituality that emphasizes the biological process of the planet.

During our day together we will explore the implications of Earth spirituality. The day will include teachings, reflection questions, dialogue, ritual, and quiet time.

Registration Fee: $68

"We will only protect what we love, and we will only love that which we regard as sacred."

-Thomas Berry

Rev. Norman Comtois, OMI, MA is a member of the Missionary Oblates of Mary Immaculate. His experience in Pastoral Counseling, Intentional Eucharistic Communities, and Renewal programs for women religious continues to inform his ministry as a current retreat director. In the year 2000, Norman completed an Earth Literacy program at Genesis Farm, Blairstown, New Jersey. Since then he has devoted his interest and education toward developing retreats and courses that bring the Universe Story to life in a spiritually meaningful way. He also serves as 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.
See
Centerfold

Page 12 & 13
The Enneagram is essential to know at work where things can be fast and furious with high expectations of productivity. It’s essential to understand the personalities you are working with and how to understand different expectations, different ways of operation and find ways to bring out peoples' strengths and limit defensiveness. Learn the strengths and limitations of the nine working styles, the best work environments for each type and ways to bring out the best in people and handle the conflicts, inner and outer, that naturally arise. Personal stories will be encouraged and practical ways to resolve them will be presented. Registration Fee: $68

Herb Pearce, M.Ed. in Counseling, from Arlington, MA is an individual, couples and family therapist and life coach, and an Enneagram and Myers-Briggs workshop leader. With 40 years of experience working with clients and organizations, he has helped thousands of people have better relationships by understanding personality differences. He is a leading expert on the Enneagram, having taught over 2000 workshops on the topic. Herb also teaches workshops on the Myers-Briggs, relationship and communication skills, self-esteem, and personal development. Herb is the author of 6 books, Enneagram Basics, Enneagram Beyond the Basics, The Caregiver’s Enneagram, Lessons from the River, Herb’s Tips for Living, and his new book, Presidential Profiles: Washington to Trump - 44 Presidential Personalities Using the Enneagram and Myers Briggs. www.herbpearce.com
In a time of violence and conflict, when the church focused on fear, suddenly there emerged a startling new voice, the first woman to write in English, speaking of God's abundant love. That voice was the 14th century mystic Julian of Norwich, England. Her counsel was sought by many people who traveled miles to speak with her. She was a spiritual guide with a strong sense that God's love was with people at a time when the church preached damnation and punishment.

Although we know little about Julian herself, her writing and reflections, which came as a vision out of a near-death experience, brought her consolation and deepened her spirituality. Her voice continues to speak across centuries. Through spending time with Julian's words, participants can discern how she speaks to our lives today.

Through worship, prayer, presentations, individual reflection, small group sharing, music, movement and breath, there will be an opportunity to let Julian's wisdom enter our lives.

Registration Fee: $68

May 9, 2019 9:30am-3:30pm

Julian of Norwich
for troubled times:
You will not be overcome

Rev. Paul Milin is an experienced spiritual director at Christ Church United in Lowell. He is a graduate of the Individual Spiritual Guidance Program of the Shalem Institute of Washington, DC and a member of Spiritual Directors International. He has led retreats with local churches and Day Apart retreats, including labyrinth walks, Celtic Christianity, Gratitude, and Julian of Norwich. In Julian, Paul has found a guide and soul sister.

Rev. Dr. Judith Thurlow is a retired UCC pastor having served a church in MA. She has been an adjunct professor in the Graduate Studies Department teaching Social Behavior in a Diverse Society at Plymouth State University, NH. She taught in the Seattle, WA and Chelmsford, MA school systems. She recently completed her 200 hour yoga teacher training and is now a Registered Yoga Teacher with Yoga Alliance. Julian of Norwich continues to speak to Judith in surprising ways!
So many of us struggle with our relationship to food, body image and our physicality. This struggle shows up in being overworked, stressed out, never satisfied and always trying to improve ourselves. We often don't even know we are caught up in this cycle until we get a life changing wake-up call like a health crisis or lose a relationship.

In this Day Apart Retreat we will explore what we are actually hungering for and how that influences our relationship with food, activities and life in general. You will come away with a deeper understanding of your motivations and practical tools to apply to your life that will help you create more balance, acceptance, compassion, joy and healthiness.

Registration Fee: $68

Opportunities for massage and body work, or spiritual direction are available at an additional fee. Ask about booking an overnight guest room after your Day Apart retreat with added meals, and stay for Lisa Gwiazda’s Day Apart Retreat on 5/14/19: Basking in the Beauty to create your own personal retreat.
Immerse yourself in “forest bathing” - a Japanese practice called Shinrin Yoku, for managing stress and connecting to nature. For more than 30 years, the forest agency of Japan has encouraged Japanese citizens to spend quiet time in the forest, taking in the sights, sounds, smells and tactile sensations of nature. Health studies have demonstrated measurable improvements in physical health and mood following sensory immersion in nature, including lowered blood pressure, lowered levels of the stress hormone cortisol, and increased immunity to disease.

Lisa will guide you through a series of relaxing invitations to engage your senses, deepen nature connection, hone intuition and connect with the natural world around us. Wear comfortable clothing (maybe an extra layer) and good shoes for walking on uneven trails. (Rain or shine, unless it’s torrential!) Journals and sketch pads are welcome. Join Lisa in feeling the healing powers of the forest. Registration Fee: $68

Opportunities for massage and body work, or spiritual direction are available at an additional fee. Ask about booking an overnight guest room after your Day Apart retreat with added meals, and join Monique Morimoto’s Day Apart Retreat on 5/13/19, the day before, to create your own personal retreat.

Lisa Gwiazda is happily married and a mother of four sons. She is a Registered Nurse, Board Certified Holistic Nurse, Certified Forest Therapy Guide and Wilderness First Responder. She is currently an apprentice with Spoonful Herbals in Burlington, VT. She loves spending time outdoors connecting with nature and people.
We all come to points in life when things change.

We retire from a long-term job. A best friend or spouse dies. We get a sobering diagnosis. Or we turn 70 (or 60, or 30!). Crossroads moments are fraught with indecision, fear, and impatience, as well as enthusiasm, anticipation, and eagerness.

We can open up to the potential, retreat to familiar turf, or do nothing. Any of these options may be the ‘right’ one.

In this retreat we’ll employ journaling, exercises, and discussion to find our way through transition. We’ll also learn reliable time management techniques to move us in the direction we would like to go and cultivate deep satisfaction in this crossroads time.

Registration Fee: $68

"There is so little time, we must go slowly"
(traditional Taoist saying)

Pam Kristan is the author of Awakening In Time: Practical Time Management for Those On a Spiritual Path. She has been teaching and consulting in spiritually oriented time-management since the late 80’s. Pam moderated speak-outs for National Take Back Your Time Day. In the early 90’s she ran the adult spiritual education program at The Paulist Center in downtown Boston where she produced such series as Sunday/Monday: Integrating Work and the Spiritual Life. She practices an eclectic spirituality drawing on text-based and earthcentered traditions. Contact her at www.pamelakristan.com.
In *Lectio Divina* we read a bit of scripture slowly and prayerfully to hear what God may be saying to us in that passage. Life Lectio is doing the same thing with a bit of our life, since God speaks to us in our own lives just as much as in the lives of Jesus or Sarah. We'll share a way to create a “text” of our experience to “read,” whether a recent event, a significant experience, or a pattern over time. Then we'll explore a way to read and contemplate that “text” and listen for God's word for us. Registration Fee: $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, and stay for the next retreat on Wednesday, Day Apart on Teresa of Avila with Meghan Don on June 5th, or come early for “Time Management” with Pam Kristan on June 3rd.

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.
Teresa of Avila: Spanish mystic and founder of multiple monasteries, traveled into the deep interior of her mystic soul, with much of that journey demanding perseverance in finding her own feminine self-worth in a world fully grounded in patriarchy. In the face of much adversity she found the freedom of a non-dual mystical life, her own natural feminine power, and a keen discernment of the human soul.

In this retreat we will journey with Teresa’s poetry and writings into our mystical self, releasing the false concepts of who we think we are, and also those that have been placed upon us by society. We will explore new meanings of the word “power,” especially in relationship to the feminine heart, using the Hebrew and Greek words which translate power as Strength/Energy and Capacity respectively. We will, like Teresa, seek to find where our contemplative life informs our actions in the world, bringing forth the power of the feminine that is sorely needed in our patriarchally decaying world. Come and dive deeply into the inner teachings of this great mystic, and how they may enrich your inner and outer mystical life! Note: It is HIGHLY recommended that you read “Meditations with Teresa of Avila, A Journey Into the Sacred” by Megan Don before attending.

Registration Fee: $68

Wednesday, June 5, 2019 9:30am-3:30pm

Rev. Meghan Don is an award-winning author, multi-faith minister, and an initiate of the Sophian Lineage. She is an evolutionary mystic, spiritual mentor, and retreat presenter, and has worked extensively with the Christian mystics, the Kabbalistic teachings, and Jungian psychology. Rev. Meghan is renowned for her work in helping to raise the feminine consciousness and confidence in our world, and coming from Celtic heritage and raised in New Zealand, her work is informed by a deep connection with the natural world. Her work incorporates mystical prayer and meditation, spiritual dialogue, and sacred dance and chant, bringing ancient wisdom into a contemporary and accessible form.
The Psalms tell us “the heavens proclaim the glory of God!” How might our faith inspire intimacy and care for our earth and all its inhabitants, as Pope Francis asks in Laudato Si’? This Day Apart Retreat will include prayer, guided contemplative practices, interactive exercises, reflection, and an opportunity to walk the grounds of Rolling Ridge. Join us as we explore this journey of ecological conversion for our spirits, and the planet.

Registration Fee: $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.

Christina Leano serves as the Associate Director of the Global Catholic Climate Movement, an international network of over 650 Catholic institutions and thousands of individuals turning Pope Francis’ Laudato Si’ encyclical into action for climate justice. Christina is also a retreat leader and meditation teacher who facilitates programs as a Colleague at Bethany House of Prayer and through the Genesis School for Contemplative Living. She holds degrees from Yale University and the Graduate Theological Union in Berkeley.
Children ages 7-11 are invited to come and experience wonder through nature exploration, art, gardening, play, music, dance and storytelling on the beautiful grounds of Rolling Ridge Retreat Center.

During our interactive days together, experienced program leaders and trained Eco-guides will lead groups of young learners through the various eco-systems at the Ridge and instill an appreciation of God’s gift of nature.
Since its inception in 2011, the Peace Conference at Rolling Ridge has served as an important platform for healthy dialogue and inspirational hope. With national division and international strife filling the headlines, where do we find peace? Join us this summer as we rediscover how storytelling and laughter can bring us together. We can find joy and hope amid troubled times.

This year’s plenary facilitator: Judith Black
New England’s Premiere Christian Retreat Center

660 Great Pond Road
North Andover, Massachusetts 01845
978-682-8815
thestaff@Rollingridge.org

For more info or to register on-line for all the events in this booklet, go to

www.rollingridge.org