

PERSONAL RETREATS at Rolling Ridge

The idea of a retreat is nothing new or radical. The impulse to retire from the confusion of complex life, to break away from well-worn habit, to escape the demands of ordinary life and to seek a place apart to rest, reflect and renew has always lain at the heart of the spiritual journey.

Within the Judeo-Christian tradition, we see how Jesus often withdrew to a quiet place to pray and urged his disciples to go apart and reflect about their mission.

Time away to look back and remember is one of the best ways to catch a glimpse of the activity of God, to discover the meaning of life's experiences, to find hints of new directions.

Making a retreat, like most spiritual experiences, is a journey into solitude, then back into the human circle.

There is a deep need within the human heart to look back upon our lives with reverence and gratitude, and to look forward into our lives with strength and hope and great measures of generosity. -Tom Gedeon

Additional Services

Wellness at the Ridge:

Choose from Relaxation, Deep Tissue Massage, Therapeutic Massage and Energy Alignment, Cranio-Sacral therapy, Reiki, Jin Shin Jyutsu, healing touch, reflexology, and polarity therapy.

30 Minute session: \$60

45 Minute session: \$80

One hour session: \$100

90 Minute session: \$140

(Hot Stone \$200/90 min only)

To Schedule a Massage, visit our website at www.rollingridge.org/reservations/wellnesscenter

Spiritual Direction

Rolling Ridge is a facility that can easily provide you with a trained spiritual director for a session here on site. Call 978-682-8815 for more information

Food Service

Breakfast Tray: \$7

Yogurt & Granola
Fresh Fruit
Orange Juice
Coffee
Breakfast Pastry

Soup of the Day: \$6

Salad of the Day: \$8

Sandwich of the Day: \$12

Entrée of the Day: \$20

*Note: Menu changes seasonally. For a copy of the current private retreat menu, please contact Guest Services, or on line at www.rollingridge.org/personalretreats.html.
Prices Subject to Change

Group & Overnight Retreats & Meetings

978-682-8815

Contact Laurie Brown at ext. 4

Personal Retreats

Contact Lee O'Brien at ext. 3

Personal Retreat Rates

Our Merton Suite is available for private retreats for one night or more. The suite includes a queen sized bed, sitting area with a microwave, coffee maker and refrigerator, private entrance, and a private bath,

Per Person: \$85

Should you prefer to come for the day (9am-5pm) and enjoy a private space with complimentary beverage service:

\$50 per person

Should you desire to simply come for the day without any private room or meal service, and simply use the facility for your Sabbath, there is no charge during warmer weather months, pending availability. *Donations are graciously accepted.*