2019 SUMMER/FALL PROGRAM OFFERINGS

Centennial Celebration at Rolling Ridge

The House that Ethan Allen Built
A century ago, when Ethan Allen broke ground at Rolling Ridge in 1919, I doubt he ever envisioned that his summer home would become a spiritual home for hundreds of groups and thousands of guests a hundred years later. Today, through our hospitality and our programs, Rolling Ridge has become a safe and sacred space that spiritually serves anyone who seeks rest and renewal, inspiration and transformation, beauty and peace as we commit ourselves to connecting all people, God, and creation.

Our summer and fall offerings reflect that commitment to welcome all people as we offer new programs for:

- children in an outdoor ed. summer day program connecting them with nature
- caretakers and those with memory challenges
- those who grieve the loss of a loved one
- those who seek to bring together their spirituality and sexual orientation
- those who seek a deeper understanding to Christian spirituality

With Day Aparts focused on wellness and spirituality, we hope that you will think "Rolling Ridge" when it comes to quality programming that ministers to the whole person. And if you register before September 1st, you will receive a $5 discount with coupon code EARLYBIRD19

Along with the retreat offerings in this book, Rolling Ridge has also become home to a Richard Rohr community which meets on the second Sunday of each month and offers book studies and other programs from the Center for Action and Contemplation. More information may be found online.

As the Ridge celebrates 100 years of the house that Ethan Allen built, we also celebrate the spiritual home that Rolling Ridge has become today. We hope that you will join us for our Centennial Celebration on Sunday, September 29th and register for one of our programs this season to discover for yourself the blessing that Rolling Ridge is for so many people today.

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.

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.

"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 64-65 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.
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 in North Andover, MA. 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. Registration Fee: $99 per child
Join us for a morning of contemplative paddling on beautiful Lake Cochichewick. Facilitated by Kent Harrop, contemplative paddling by kayak or canoe immerses you in the splendor of nature as you become more aware of all that is around you and connect more deeply with God and creation. By paddling and drifting in silence you open yourself to the infinite ways that the Creator speaks. Registration: $39

ADD ON! Create a personal retreat. Come on Friday, July 19 and stay overnight with dinner and breakfast for only $109 private/$89 shared additional. Stay for the Ninth annual Peace Conference: “Peace, Love, Laugh: Discovering joy amid troubled times” beginning at 1pm on July 20 and going until 4pm on Sunday, July 21. Additional rates apply. Register on line at www.rollingridge.org. NOTE: Only in the unlikely event of dangerous winds or storms will this event be canceled. Please dress accordingly.

Kent Harrop is an avid outdoorsman and ordained American Baptist minister. He was introduced to contemplative paddling on a Zen meditation kayak trip to the Tongass Wilderness in Alaska in 2002. Since that time Kent has enjoyed introducing both novice and experienced kayakers and canoeists to the joy of ‘listening on the water’. A favorite verse is “Listen and your soul will live”. ~ Isaiah 55:3 Kent is a graduate of Andover Newton Theological School and from the Shalem Institute in Contemplative Leadership. He leads paddling retreats for a variety of groups: Recovery, environmental, interfaith. For 20 years he pastored a church in Oregon where he kayaked both flat and white water. He now serves on the staff of First Baptist Church in Beverly, with a focus on nurturing the contemplative life of the congregation. He enjoys exploring the ocean, rivers and lakes of Massachusetts and New England.
Writing your sacred story: Listening to what your own life can teach you

Unearth the treasure that lives inside your true self...

- Cultivate a greater sense of spiritual resilience in a culture that devalues the Divine.
- Express what you know and have always known – deep down.
- Access a more expansive and nuanced view of your spiritual identity.
- Fine-tune your sacred relationship with the natural world.

This workshop is open to people of faith, or no discernible faith. No special writing talent is needed. All you need is your laptop or pen and paper, and the desire to look at life through a fine focus. Sharing our sacred stories with one another is an integral part of the workshop. 

Cost for workshop of 4 on-site meetings: $120

Please note: This event will be held in the Center for Spirituality and Leadership meeting room at Rolling Ridge. CSL is not handicapped accessible.

Barbara R. Bodengraven author of “The Sacred Shed on the edge of the Ravine”. holds a Master of Theological Studies from Weston Jesuit School of Theology and a certificate in Youth & Young Adult Ministry from the Boston Theological Institute. She has conducted spiritual writing programs and retreats for youth as well as adults across the country.
You are invited: Experience the power . . . Explore the ancient and modern mysteries . . . Calm the soul . . . Transform the spirit . . . Discover the sacred in everyday life . . . Perceive the connection of the energy centers (Chakras) . . . Let us journey together through the labyrinth.

Throughout the day we will share time in meditation, walking the labyrinths as a group and individually. We will review and discuss the history, various designs, and locations of labyrinths across the globe. We will also explore the multitude of everyday uses of labyrinths, and you will create finger labyrinths to take home in order that you have access to walk a labyrinth at any time.

As we mark 18 years since the September 11th attack, we will also take time during the Day Apart to walk in remembrance of all who died and their family members, the survivors, the emergency responders, recovery and cleanup workers, and volunteers who helped in the aftermath. On this somber day in U.S. history, we will walk the labyrinth in support of peace to bring healing across our nation and around the globe. Registration: $70

Dorothy Wright-Irwin was introduced to labyrinths by one of her professors at North Shore Community College, while at a five day convention in Vermont. There were three temporary labyrinths set up on the grounds for the attendees to explore. Dorothy found them to be both fascinating and energizing and walked them daily and oftentimes more. By the end of the convention she was determined to learn more about them. The following year she took several workshops on labyrinths, including how to build them. In her undergraduate studies at Lesley University, off site at Rolling Ridge, she completed several studies: The History of Labyrinths and The Process and Actual Building of a Labyrinth, which was finished in October 2002.
Learn how aromatherapy, herbs, and time spent in nature can help us to achieve balance in a busy world.

This Wellness Weekend is planned to share how we can learn, experience and incorporate these modalities in our day, allowing us to take advantage of nature’s healing qualities.

There will be time with our retreat leaders exploring Aromatherapy and Herbs and time for exploring the beautiful grounds of Rolling Ridge with time for quiet and refreshing.

Registration: $450 private room, $350 shared room, (includes two nights, 5 meals, one private wellness session, and all programs) or $70 p.p. for Saturday Sessions only.

Margaret Leslie, President of ISHA, Director of Healing Touch Spiritual Ministry, MS, LMT, HTSM-CP/I,CCA is a certified Healing Touch Spiritual Ministry practitioner/instructor and certified Clinical Aromatherapist with 25 years experience as a School Psychologist. Since 1996, she has been coordinating Healing Touch, Healing Touch Spiritual Ministry and Clinical Aromatherapy classes in the Knoxville area.

Roberta Horsman is an herbalist, wheat weaver, floral designer, gardener, teacher and event coordinator. She is dedicated to living a creative life, sharing her knowledge and passion for nature with others. She has a Masters of Arts in Expressive Therapy Degree from Lesley University. She worked for ten years in mental health facilities with adults and adolescents using the arts as a therapeutic tool.

Karen Kilty is a spiritual director, retreat and yoga leader and faith formation educator. She has a great passion for nurturing the awareness of God’s love, presence and promise in peoples lives. As a graduate of Gateways to God, Spiritual Direction Program and Congregational Formation at Rolling Ridge Retreat Center and the Soul of Leadership program, through Executive Soul and the Shalem Institute, Karen has deepened her understanding of body, mind and spirit, offering this to those seeking a companion on their walk in faith.
Join us for a restorative day supporting, embracing, and celebrating all those journeying with dementia including individuals living with dementia and their care community of caregivers/care partners, family, and friends. Through music, movement, nature, walking meditation, art, improv, storytelling, reflection and more, we will rediscover our wholeness and restore strained relationships. Our day together creates a fun, safe, non-stigmatizing and non-medicalized environment. Here we will grow a sense of wellness and community by providing real and practical tools for daily restorative practices.

In our impatient, fast-paced, information age, those of us living with memory challenges often feel devalued, without purpose, isolated and left behind. We sometimes need more time in line and on our computers and phones. We have trouble “connecting” as we try to navigate our increasingly digitized world of apps, logins, PINS, and passwords. Society may consider and value a humanness that is more like machines and computers. But on this day and in this community, we will experience – and remember - through fun and purposeful activities, a renewed sense of hope and a restored sense of wholeness and belonging.

Registration: $130 per couple or $70 per individual

**Emily Kearns' personal experience care partnering with her parents, who both lived with dementia, was life-changing, catapulting her into what is now her first love—reframing dementia and supporting those who live with it. Emily is committed to change-making, including innovative programming and community education, so that individuals living with dementia may continue to live well, experiencing joy and meaningful engagement in communities that support and celebrate them and the life they choose. Emily facilitates a monthly memory-making café and a weekly dementia-supportive fitness program at her local Y. She has also created a multimedia art installation called Dementia’s Way. Emily was formerly the lead for Dementia Friendly Massachusetts and a consultant with the Massachusetts Lifespan Respite Coalition, evaluating innovative respite programs and hosting a TV show called, Caring for Others, Caring for Ourselves. Emily earned a doctorate in sociology from Boston College and an MBA from Northeastern University's Executive MBA program. She is also an Installation Artist and Reiki Master. (www.earnsconsulting.org)**
Whether you admit it or not, your leadership directly impacts the financial support your mission and your ministry receive. Designed to build leadership skills for effective financial stewardship, this one-day Leadership Workshop offers an introduction to the foundational concepts you need to cultivate generosity. Regardless of your experience or comfort level, if you are looking to grow your leadership skills, you are invited to join us as we explore financial principles and practices in simple, easy to understand language. Using the newly released book, *Church Finances for Missional Leaders: Best Practices in Financial Stewardship*, we will introduce exercises for healthy conversations about money and generosity, policies, professional practices, and a theological framework for financial stewardship leadership. Discover your gifts and expand your skills as a stewardship leader who enhances generosity and trust-worthiness for your mission. Registration: $70

“Bonnie Marden helps readers realize that giving and generosity are fueled by how we articulate mission and impact. This is a book for every leader’s bookshelf.” —Ken Sloane, ECRF, CFRM, Director of Stewardship & Connectional Ministries, Discipleship Ministries, United Methodist Church

Bonnie Ives Marden is a leadership consultant and financial stewardship practitioner. Providing stewardship education through multiple United Methodist Foundations, she also served as the Imagine No Malaria Campaign Coordinator for the New England Conference of the United Methodist Church. Bonnie facilitates and teaches groups to confront conflict and discover constructive energy for growth, discipleship/stewardship and healing. Her training encompasses mediation, intervention and dialogue skills which she loves teaching in experiential and interactive settings. Called to the ministry of reconciliation, she believes the restoration of our relationships with others is critical to our relationship with God. With 21 years’ experience as a Parish Consultant specializing in conflict, transitions and stewardship for the New England Conference of the United Methodist Church, she also works ecumenically.
Tune up your Spirit!
Using Lessons from Music to Harmonize Your Life

Monday, September 23, 2019  9:30am-3:30pm

Aligned with the Divine, centered in your heart, expressing your Essence. You know how you want to show up, but navigating our complicated lives challenges us to stay in tune with that intention, to remain harmonious within and without.

This workshop draws inspiration from musical experiences and principles to enrich our spiritual lives and get us “in tune.”

You’ll discover:
- The power of rest and silence to renew and restore
- The poignancy of living from a heart-centered space
- How to modulate thoughts and beliefs for personal growth

Strengthen your spirituality through a tapestry of self-exploration, group discussion, sound healing, and musical experiences that will deepen your connection with your Essence and inspire you to live a more insightful, meaningful, and satisfying life.

Leave feeling inspired, tuned in to who you really are.
No musical background necessary. Bring a notebook or journal. Registration: $70

Janet Kessenich, M.M.
leads thoughtful, interactive workshops and retreats in the New England area that connect participants with what brings meaning, purpose, satisfaction and empowerment into their lives. A holistic sound and energy healer, Janet incorporates calibrated vibration – the essence of music – with clients and workshop participants to, in a sense, tune them to their most aligned way of 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.

[www.spiralenergies.com](http://www.spiralenergies.com)
For years, Art-in-the-Park welcomed thousands of visitors to the art of local artists in the town of Andover. In 2019, Art-in-the-Park is transforming into “Art @ the Ridge” as the Andovers Artists Guild partners with Rolling Ridge Retreat and Conference in North Andover to revive this annual event in celebration of Rolling Ridge’s 100 year old facility.

Continuing the tradition, Art @ the Ridge will blend a diverse collection of fine art in a festive and enjoyable setting, with food booths from local community non-profits. With artists from Andover, as well as other parts of New England, the public is invited to enjoy an art show rich in color and culture. Admission is FREE.

- Tours of the Rolling Ridge Mansion
- Food booths from local non-profits
- Fun for the whole family
- Art Festival rich in culture!

Centennial Celebration
at Rolling Ridge

1919-2019

The House that Ethan Allen Built

- Pen & Ink
- Drawings
- Photography
- Pastels
- Watercolors
- Acrylic
- Mixed media
- Oil

presented by the Andovers Artists Guild, Inc.
p.o. box 254 Andover, MA 01810
www.andoversartistsguild.org
The San Damiano Cross was an important icon for St. Francis of Assisi. While meditating on the cross, the young Francis heard the crucified Christ speak, calling him to "go rebuild My house; as you see, it is all being destroyed." That commission transformed Francis, and through Francis' life and commitment to Christ, it transformed the larger Christian church. Today, 800 years later, the San Damiano cross continues to speak, not just to Franciscans, but to anyone who longs to see Christ's church restored and their own lives renewed.

Join us for a special Day Apart Retreat on the Feast Day of St. Francis as we explore the story of Francis and the San Damiano cross, and examine the images on this iconic symbol through insights from the Gospel of John and the writings of Francis. With Jesus suspended at the center of the cross, many other biblical figures are present and together, they tell the mysteries of creation, incarnation, and glory that transformed Francis.

Taize-style worship and prayer, silence and sharing, teaching and reflection will frame this day of contemplation. May the San Damiano Cross transform and inspire you as it did Francis, turning a self-centered spoiled young man into a saint who embraced the outcasts of this world and transformed the church. Registration: $70

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.
Ingrid Cyros is a workshop and retreat facilitator, and life-long artist whose passion is exploring the relationship between creativity and spirituality. She has also led classes to introduce the practice of integrating photographic image and journal keeping, to focus, to commemorate, heal, and celebrate. She has presented her personal photographic work, “Mourning Journal”, to professional, academic and religious groups, to encourage the use of art for processing loss. Ingrid earned a M.Div. and Certificate in Spiritual and Pastoral Care, at Andover Newton Theological School, in 2013.
Some people find themselves stuck in the past, a ruminating mind swirling round with regret. Others are occupied with fears of the future, worrying about change and how it will affect them. We run around trying to do this and that, while this precious moment “right now” is the only one that matters.

This Day Apart Retreat will allow us to be fully awake in our lives. The day will include walking by the lake or in the labyrinth; contemplative dialogue exploring thoughts and emotions and our reactions to them; experiencing our connection and appreciation for food; a body scan and silence with time to journal. You will be provided tools for living in the present moment, right NOW, noticing how the busy mind can actually hinder our bodies.

Registration: $70

Marie Rudzinsky has been studying, practicing and living mindfully for over 10 years. She has helped many people with MS, and runs mindfulness programs at Lake Quanapowitt in Wakefield, MA and surrounding areas. As a retreat facilitator, Marie will guide the group providing wisdom, experience and compassionate support. She is also qualified to teach the MBSR (Mind, Body Stress Reduction) program and trained with the UMass Center for Mindfulness Medical School.
Lee Ireland is a UCC pastor and Spiritual Director. She has been working with 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.
Healing and transforming our grief is a journey, not a destination.
The journey into healing asks us to weave our losses into the fabric of our lives. To do that, we need tools. This retreat will provide you with tools and insights for the healing journey.

Those who have suffered the death of a loved one may struggle to find their way. Many people experience grief as a heavy weight on their heart and physical body, that can feel overwhelming and exhausting. Where can we go to deal with this weight? Who wants to listen to our pain?

A Time Apart retreat at Rolling Ridge provides a soothing, healing, nurturing environment and time away from the stress of the world. An opportunity to go deeper into our experience, with support and guidance, to explore, honor and learn from the grief process.

Programming includes: Time by the fire, music, journaling, expressive art therapy, sacred movement, opportunities for massage and Reiki, mindfulness practice, contemplative silence, time in nature, walking in the woods, by the Lake or at the labyrinths.

Registration: $70 (Stay the night before, or the night after, and add on a dinner, a special evening program, and hot breakfast either Sunday or Monday: $119 per person additional.)

Anita Pandolfe Ruchman RN, MSN, has been a healing arts practitioner for over 40 years. She has a private practice in Rockport, Ma. called A Tender Place – mind, body, spirit therapy. Anita is a psychotherapist, midwife, body and breath-worker and bereaved parent. As the retreat facilitator, Anita will guide the group, providing wisdom, experience and compassionate support.

If you are interested but have questions or concerns, you can email thestaff@rollingridge.org or call 978-254-1027.
Jean Chandler is a retired college teacher of cognitive psychology and second language acquisition. She has long done lots of reading about theology and has had a regular meditation practice for more than a dozen years. The Old Cambridge Baptist church has encouraged lay leadership since the 1970s, and she has led many Bible studies there, some with her late husband who was an ordained minister. She has been fortunate to have been exposed to many different meditation traditions from Buddhist to Sufi to centering prayer. Because of her panentheistic theology and love of the natural world, she is active in advocacy for creation justice.
Safe Harbor:
Creating Sacred Space for LGBTQIA+ Spiritual Expression

Thursday, November 7, 2019 9:30am-3:30pm

For those of us who identify as LGBTQIA+, it is often not easy or even possible to be fully who we are in the context of practicing our faith. For many of us, this has created great sadness and disappointment, conflicts, or even rejection and isolation. This retreat will provide a safe space for persons who identify as LGBTQIA+ to explore with others what it means to be a person of faith and to actively practice that faith within the context of our lives.

Through large and small group discussions, times of silence and reflection, music, spiritual practice exercises, and simply being in the presence of one another—we will share our joys and struggles and learn from each other as we build community, connections, and trust. Registration: $70

Lisa Fagerstrom is a life-long United Methodist (currently “taking a sabbatical from the UMC” and attending a Unitarian Universalist Church). Lisa has over thirty years of experience in volunteer and paid positions within church leadership. She is the past Chair of the New England Annual Conference Commission on Religion and Race and an active member and supporter of the Reconciling Ministries Network. Lisa has a B.E. from Vanderbilt University and has pursued studies at Andover Newton Theological School. She is a graduate of the Gateways to God spiritual direction training program at Rolling Ridge.
Karen Kilty is a spiritual director, retreat and yoga leader and faith formation educator. She has a great passion for nurturing the awareness of God’s love, presence and promise in peoples lives.

As a graduate of Gateways to God, Spiritual Direction Program and Congregational Formation at Rolling Ridge Retreat Center and the Soul of Leadership program, through Executive Soul and the Shalem Institute, Karen has deepened her understanding of body, mind and spirit, offering this to those seeking a companion on their walk in faith.
COMING IN 2020 TO ROLLING RIDGE

The Institute of Spiritual Healing & Aromatherapy

A second Healing Touch cohort & a new Aromatherapy certification program.

Rolling Ridge is hoping to sponsor a pilgrimage to Spain on the Camino de Santiago in June of 2020.

If interested, contact Executive Director, Lawrence Jay at Lawrence.Jay@rollingridge.org

WE ARE MAKING PROGRESS!

We are grateful to our supporters for the generosity shown when we asked for help to address the heating crisis at the Ridge. If you’ve not yet contributed but would like to help, you can give online at www.rollingridge.org. The need is still great and the warm weather window is small. We have raised $14,285 of the goal of $50,000.

STAFF SPOTLIGHT

Tom Paolillo (Food Services Mgr.) and Julia Moore (culinary asst.) joined the Rolling Ridge team at the beginning of the year. Tom is originally from Long Island, NY, and Julia from San Diego, CA. The two have worked together for over five years, and between them share over 60 years of culinary experience. We are grateful for their vast expertise and warm and friendly presence.

Make sure to join us on Sunday, September 29, 2019 from 10am -4pm as we celebrate the 100th birthday of the house that Ethan Allen Built; the home of Rolling Ridge. Come and participate in the joyous ribbon cutting of the town lakefront trails along Lake Cochichewick. Celebrate the beauty that IS Rolling Ridge.

If you would like to schedule a tour or discuss booking a group retreat, contact Reservations Manager, Laurie Brown at 978-682-8815 ext. 4, or email her at laurie.brown@rollingridge.org.

If you would like to schedule a personal/private retreat, please contact Director of Guest Services, Lee O’Brien at 978-682-8815 ext. 3, or email her at Lee.Obrien@rollingridge.org.
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