Dear Friends,

When I was given the news back in high school that I needed to wear glasses, I remember being overcome with dread. Ugh. Although I knew I needed glasses to read the assignments on the chalk board, I hated how my glasses would slip down my nose on hot sweaty days and how they always seemed to get scratched up. For those who are cursed with poor vision, you know the catch 22 of needing to wear glasses but at times, not wanting them.

In the same way glasses help us physically see, often our spiritual eyes also need assistance to be able to have 20/20 vision. With an election year upon us and many changes and challenges ahead, people of faith need help to see clearly. We may not want to wear glasses or have our spiritual eyes checked, but now more than ever, we need to check our perspective so to have a clearer vision on how to live out the Divine love of God with everyone and everything during this time of us vs. them dualities.

We know that it is not easy. That is why our 2020 Day Apart Retreats at Rolling Ridge this winter and spring season are intended to help you find a 20/20 vision for this new year. We believe that we all need a safe community with like-minded spiritual companions to help us see as God sees and love as God loves so to live as people of hope and faith. This is what Rolling Ridge provides.

With 26 different offerings this season, we believe there is something for everyone, providing "spiritual eye wear" so you can see more clearly on the journey. And with Day Aparts focused on wellness, art and the Earth, we hope that you will think "Rolling Ridge" when it comes to quality spiritual programming that ministers to the whole person.

As our new year’s gift to you, if you register by February 15th, you will receive a $5 discount with coupon code 2020VISION.

May you find your 20/20 vision at the Ridge this year.

Peace,

Lawrence Jay
Executive Director
Do you receive the Daily Meditations sent by Richard Rohr and the Center for Action and Contemplation (CAC)?

- Have you read a book by Richard Rohr?
- Have you participated in the CONSPIRE conference hosted by CAC?
- Are you a graduate of the CAC Living School?
- Have you participated in a Men’s Right of Passage with Father Richard and Illuman?
- Are you “breathing underwater” or “falling upward” and seeking a safe community?
- Do you wonder where you fit into today’s spiritual landscape?
- Are you looking for community with others who have a unitive, non-dualistic, mystical heart?

If you answered “yes” to any of the questions above, we invite you to join us at our Richard Rohr Action and Contemplation small group on the second Sundays of the month from 3:00-4:30 pm. Each month we use lectio divina on one of Rohr’s Daily Meditations for a time of contemplative sharing that deepens our understanding and inspires our heart as we seek to integrate Father Richard’s message into our daily lives. Advanced registration is preferred, but not required. All are welcome. Please join us as you are able.
We live in a polarized nation.

With presidential impeachment, elections and decisions made this year will have an impact on generations to come. For those who seek peace and long for a better world for all people and for our planet, what are we to do? On President's Day, we invite you to join us for a unique retreat as we create a safe space to explore the issues which divide us as a nation and offer time and space for silence, reflection, prayer, and conversation.

Registration Fee: $70 (includes lunch)

We invite you to extend your time at the Ridge with an overnight retreat. Stay Monday night and join Mike Clark's Day Apart retreat on Tuesday, February 18th as he asks the question, “How would Jeremiah vote?” and invites us to consider how we are making decisions during this election year. Come for both Monday and Tuesday Day Apart retreats, enjoy Monday dinner, your overnight stay in a private room and breakfast on Tuesday. Cost: $199 per person

Lawrence Jay is the Executive Director of Rolling Ridge. An ordained American Baptist pastor, he is a graduate of the American Baptist Seminary of the West (DMin), the Franciscan School of Theology (MTS), Golden Gate Seminary (MDiv), and UCLA (BA Communications). Along with over 12 years of experience in camping and retreat ministry, Lawrence has also served as a senior pastor, church planter, youth pastor, and campus minister in the San Francisco Bay Area. A spiritual director, he also leads contemplative spirituality groups that foster deep listening.
HWJV? (How Would Jeremiah Vote?)

The answer is with his whole self, after struggling with his connection to his Higher Power, after facing honestly the unsettling claims of justice on his life, after coming to terms with his love/hate relationship with his people and his nation, and after acknowledging the cost to himself. This retreat will focus attention on the meaning of this rich resource for our own decisions in this challenging year of our own history. The words of the Old Testament Prophet, Jeremiah invites us to respond from our heart and soul rather than analyze from our mind.

Registration Fee: $70 (includes lunch)

We invite you to extend your time at the Ridge with an overnight retreat. Join us on President’s Day, February 17th as Lawrence Jay leads, “Being Presidentially Present: A Day of Contemplative Prayer & Conversation about our Nation’s Leadership”. Come for both Monday and Tuesday Day Apart retreats, enjoy Monday dinner, your overnight stay in a private room and breakfast on Tuesday. Cost: $199 per person

Mike Clark is a retired pastor who has been active in the peace and justice movement since 1965. His serious engagement with the Bible has led him to be part of the peace movement during the Vietnam era, work with William Sloane Coffin at Riverside Church on nuclear weapons issues, serve on the staff of Witness for Peace during the contra war in Nicaragua, document social experiments in Venezuela and elsewhere, and along the way commit civil disobedience some 14 times as one part of his work. He believes the prophet Jeremiah can offer honesty, hope, and a reality check during difficult times.
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.

FOR OVERNIGHT RETREAT: Arrival on Sunday, March 1st at 4:00 pm, with dinner at 6:00 pm. Departure on Monday, March 2nd at 3:30pm. Overnight retreat cost: $125 per person

Instead of an overnight, come for a Taize Lenten DAY APART RETREAT on Monday, March 2nd from 9:30am-3:30pm for $70

Lawrence Jay is the Executive Director of Rolling Ridge. An ordained American Baptist pastor, Lawrence is a California native, and a graduate of the Franciscan School of Theology and the American Baptist Seminary of the West in Berkeley where he did doctoral studies in eco-spirituality.

Danny Smith is a musician, pianist, singer, actor, director, performer from Seacoast NH, and is Music Minister at Main Street UCC in Amesbury, MA. Danny is a part time voice and piano teacher, Executive Director of "Voices of Distinction", and Director of Operations at Rolling Ridge.

Brian Bayer-Larson is a Massachusetts-based musician who has led Taize-style worship services for nearly 20 years. Brian first visited the Taize community in the spring of 2003 where he worked in the kitchen, helped lead his small group Bible study, and was lucky enough to be invited to dine with the brothers of the community. He even got to meet Brother Roger, Taize's founder, before he tragically died in 2005. In addition to leading worship services Brian is an active songwriter and performer who regularly plays music around the north shore. In 2017 he released his first album, Time to Go Home, which can be found on all streaming services. He is also an 8th grade social studies teacher, a happily married husband, and father to 3 beautiful children.
The Enneagram is an accurate portrayal of nine ways of perceiving life. Each personality style has amazing strengths and also limitations. Learn the 9 Enneagram Types with Herb acting out each type with hats, discover your type, and learn about how to relate effectively to each type, as well as the myriad of relationship combinations that can come when two or more types engage. Learn to be at home with every type and to develop each type within yourself!

Registration Fee: $70 (includes lunch)

The Enneagram is a model of the human psyche which is principally understood and taught as a typology of nine interconnected personality types. Even though each of us has all 9 types, one type is more basic to our motivation, thinking and behavior. It is eye opening to discover our core type and subtypes and how to best communicate with people who possess each of the others. Although its origins and history are convoluted, the Enneagram has been widely used in both business management and spiritual contexts through seminars, conferences, books, magazines, and DVDs. It is a recognized resource for leaders. In this year’s Enneagram series, we will first explore the basics of the Enneagram (3/10) then delve deeper into the relational and spiritual aspects that each of the 9 types offer (4/14). We will complete our series looking at how the Enneagram and Myers-Briggs are related (5/12). Participants may register for one or more of the events. The first retreat is not a prerequisite for the other two as the 9 types will be overviewed each time. If you want to understand people and their motivations, the Enneagram is a wonderful tool to better understand why people do what they do.

Individual Retreats cost $70 per person, Two Retreats: $130 per person (SAVE $10) Register for all three: $175 (SAVE $35)

Herb Pearce, is an individual, couples and family therapist and life coach, and an Enneagram and Myers-Briggs workshop leader. From Arlington, MA, he has a M.Ed. in Counseling. 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
The Spiritual Exercises of St. Ignatius (founder of the Society of Jesus, commonly known as Jesuits) are perhaps the most widely known and used exercises in conducting private directed retreats. The spiritual exercises engage one’s whole person – body, mind, and soul in reaching inward and outward in response to the movement of God in one’s life. St. Ignatius is famous for bringing his background of discipline, intellectual clarity, and determination to the spiritual life. The exercises provide a basic step by step approach to responding to God’s outreach to us in the life and teachings of Jesus through reflection and meditation, engaging our faculties of intellect, emotion, and will. The adaptability of the exercises allow for a variety of approaches in structuring retreats suited to different individuals.

This Day Apart Retreat offers presentations that will introduce the life and spirituality of St. Ignatius, and provide an overview of the Spiritual Exercises. There will be an opportunity to engage one of the exercises in a guided meditation session, with a follow up session to process the experience. Time will also be allotted for a private mediation on one of the exercises and a closing group session to process that experience.

Registration Fee: $70 (includes lunch)

Jim David, M.Div has served as a spiritual director and retreat director and presenter for over thirty years. He has conducted retreats based on the Ignatian Spiritual Exercises, including an introduction to Ignatian Spiritual Retreats. He has also used a Franciscan approach to silent retreat, as well as a variety of meditation based retreats. A priest of the Ecumenical Catholic Diocese of New England, Jim serves as its Bishop, and is also the co-pastor of St. Mary of Magdala Church in Harwich, MA.
Have you ever seen someone deal with any situation that comes their way calmly, with care and consideration? Have you ever looked at them and wondered how they accomplished that? What about an individual who has a sense of gratitude for all things around them? Do you ever wonder if you could learn how to do these things well? When we learn how to calm our bodies and minds, deal effectively with our emotions and treat others with kindness, dignity, and compassion, we have the ability to be part of making this world a better place! How can we learn these skills?

Compassionate Integrity Training (CIT) is a great place to start! CIT is a resilience informed program that cultivates human values as skills, so that we can thrive as individuals and be part of creating a better world. By learning skills to calm our bodies and mind, becoming more emotionally aware, learning to practice compassion for ourselves and others, as well as engaging with compassion in complex systems, we can build toward the ability to live our lives in accordance with what we value and believe is needed for a better, more compassionate world.

The day will include both large and small group discussion, experiential learning activities, solo reflective writing, mindful dialogue and contemplative practices. This retreat and the CIT program is valuable for participants of any faith tradition or no faith tradition! Registration Fee: $70 (includes lunch)

Judie Bryant is a Certified Facilitator of Compassionate Integrity Training (CIT). She firmly believes that compassion as well as integrity are values and skills that are deeply needed if we are to enhance our own and other’s well being. An ordained United Church of Christ pastor, she earned a Master of Divinity degree from Andover Newton Theological School in Newton Centre, MA, and has served two UCC churches in the last twenty four years. A Massachusetts native since birth, she is married to Geoff and they have three adult children, two grandchildren and two goofy dogs. Gardening is her latest obsession and reading is her passion. She is also a volunteer with Thrive Communities in Lowell, a community based response to the challenges faced by adults transitioning from incarceration.
Awakening:  Gifts of Spring Equinox
Thursday, March 19, 2020
9:30am-3:30pm

How is Divine Presence manifested in the cycles of trees, birds, frogs, our own lives? Spend time “Being” amidst nature: listening. This Day Apart Retreat will also include short presentations, contemplative dialogue, time to honor our awakening consciousness and a group experience of the labyrinth. Don’t forget to dress for the weather.

Registration Fee: $70 (includes lunch)

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.

Denise Turcotte, csc is a Sister of Holy Cross and resides in Manchester, NH. She obtained her Master’s Degree in Environmental Education from Antioch New England, taught at Notre Dame College, worked as a naturalist in Franconia Notch State Park and for NH Audubon. She participated in Earth Literacy Experiences at Genesis Farm in New Jersey and other workshops blending nature and spirituality. She has facilitated retreat days sharing her love of nature with others and co-facilitated the retreat: Mystical Perspective of Earth and Cosmic Consciousness.
God in Yoga incorporates breath prayers, scripture in yoga movement, anointing during meditation, a time to listen to God, and a different way to pray.

It approaches yoga through a Christian lens. Through this Day Apart, participants will meditate on God’s word through lectio divina.

Through God in Yoga, this retreat offers a way to alleviate the stress that is so much a part of today's world, bringing people to a place of calm, to rest in God’s loving arms. The day will help you find flexibility, stability and the self confidence that yoga brings with it.

Registration Fee: $70 (includes lunch)

Wanda Winnicki

attended Symmetry Yoga Vinyasa Flow 200+ hour teacher training, so she can teach yoga safely. She came to yoga to relieve some health issues ten years ago. She continues yoga to maintain a healthy life style. The spiritual element of yoga is a powerful part of her life both on and off the mat. She hopes to bring the joy of both God and Yoga to anyone who’s willing. God called Wanda to teach “God in Yoga” many years ago. She was asked to teach yoga at a women’s retreat and was well received in all cases. She used some of the breath prayers and one of the scripture with poses. She began teaching “God in Yoga” classes after completing yoga teacher. She is a Registered Yoga Teacher with the Yoga Alliance.
Faith & Art: Let’s Make Ukrainian Easter Eggs!

Wednesday, March 25, 2020
9:30am-3:30pm

With Retreat Leader:
Eliza Goodell

How can we deepen our journey of faith?
Whether it is to make unique Easter eggs or learn a craft which is soulful and community-building, this ancient art form ties together faith, spirituality, and unexpected beauty.

Participants will learn how to decorate eggs using a stylus, beeswax, and dyes.

Beginners are welcome and no prior artistic talent is needed. This workshop is intended for adults. Please wear comfortable clothing and bring an apron if you wish.

Materials and lunch are included in the retreat fee: $85

We invite you to extend your time at the Ridge with an overnight retreat, and join Lee Ireland’s Day Apart Retreat on Thursday, March 26 as she leads the retreat, “Pearl Creations: Discovering our Unfolding Story.” Come for both Wednesday and Thursday Day Apart Retreats, enjoy Wednesday dinner, your overnight stay in a private room and breakfast on Thursday.
Cost: $215 per person.

Eliza Goodell has studied art and psychology. She learned how to make Ukrainian Easter eggs about 25 years ago and has been giving workshops ever since. A photo of one of Eliza’s decorated eggs is in the July 2013 issue of Northshore Magazine in an article on bees, "Hive Talkin."
Pearl Creations:
Discovering our unfolding story

Thursday, March 26, 2020
9:30am - 3:30pm

With Retreat Leader:
Lee Ireland

Have you ever explored how pearls are created?
A grain of sand gets stuck inside an oyster's body, and to ease the discomfort, the oyster coats the speck in calcium carbonate to form a pearl.

In a time when women are experiencing a roller coaster of emotions with competing responsibilities, expectations, and discrimination, many female spiritual leaders are inviting us to see how priceless it is to give ourselves permission to take the journey within and connect with our own soul.

With "stuff" that can get stuck, our spiritual journeys lead us through different phases of discernment for these discoveries and to ease the discomfort. As we go deep, we learn how to see the events of our lives as those helping to create the pearl within.

We invite you to discover your pearl and celebrate the "rites of passage" that bring forth the beautiful creation that is you. *Registration Fee: $70 (includes lunch)*

Lee Ireland is a long-time Interim Pastor, having served in many churches in CT and most recently in Rowley, MA. She received her M.Div from Andover Newton Theological Seminary and trained as a Spiritual Director at Mercy Center, Madison, CT. She has worked in a women's prison and has served per diem as a hospital chaplain. Since 1990, she has had the joy of leading retreats. She is well aware of how life throws curve balls which distract us from our soul's journey as we focus on those things that lead us down dead-ends. We begin to regain wonder and gratitude as we chose to take retreats and learn how to listen within. During a retreat, we learn how to stay on our faith journeys and receive guidance from God and hear our heart and souls singing in unexpected moments. We then make new life choices that bring us greater peace within.
The creative journey through passion, death and new life

With Retreat Leaders:
Steve & Donna Mills

Tuesday, April 7, 2020  9:30am-3:30pm

The creative process parallels the Paschal Mystery. We start with a passion for an idea or image. We descend into the struggle of birthing that work. Finally, we declare, “It is finished,” and there is something entirely new. This Day Apart Retreat will provide an opportunity to take that Paschal journey exploring our own creative spirits.

Each session will begin with the time-honored tradition of Lectio Divina—reading and reflecting on a short scriptural passage. The Lectio experience will be enhanced by Visio Divina—incorporating reflections on one of Steve’s paintings based on the same scriptural passage. Finally, we will let the Holy Spirit move us into our own forms of creative expression (written or visual), with the option of discussing our insights and sharing our work. Some art materials will be provided, but feel free to bring your own.

Registration Fee: $70 (includes lunch)

Steve Mills  is an artist, writer, songwriter, and scientist, and has worked on many space cameras imaging the Earth and the universe. Steve believes that science can and should be just as creative as the arts. In his paintings he prefers classical archetypes drawn from stories in the bible or mythology. He projects these stories into the modern world, with today’s social issues—race, gender and economics.

Donna Mills  holds several coaching certifications — Kaizen-Muse™, ARTbundance©, and FranklinCovey©. She is also a certified hand analyst. Donna provides a safe space for her clients to explore their purpose and work through their creative blocks. She believes that beauty and creativity are part of our spiritual blueprint, and seeks to express those gifts in her own life through painting, sewing, writing, and connecting with others in meaningful ways.
Eating Mindfully can help us change our relationship to food, breaking the cycle of dieting once and for all. We become aware of what we are putting in our mouth and what healthy choices we are making for our bodies. We become curious about why we are eating and whether it is for emotional reasons or really hunger. We can also pay attention to when we are full or if we just eat to finish everything we have prepared. Self-Inquiry is a good mindful eating practice which can help you to understand situations and feelings that can inform your current eating habits. Mindful eating can help tell us a lot about our moods and help in determining a diet that’s best for you. Learn to experience the Joy of Eating in a new way. Reg. fee: $70

Mindfulness means being present in each moment, without judging the experience but rather investigating it with curiosity. In this season’s 3-part mindfulness series, we will dive deeper into habitual life patterns, how they are formed and why they arise. We will question our patters of eating (4/13). We will gain appreciation for body movement and our feet (5/11), and we will notice communication breakdown due to regular speaking and “not really listening” (6/8). These practices are some ways to bring mindfulness into our daily lives, as we live fully, and get out of life on auto pilot. Individual Retreats cost $70 per person. Two Retreats: $130 per person (SAVE $10) Register for all three: $175 (SAVE $35)

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.
There's nothing wrong with developing a healthy ego and at the same time seeing and freeing yourself from the limitations of the ego's demands, grasping and reactions. Our retreat leader, Herb Pearce, will go through each Enneagram type as a model of what a healthy ego looks like and how to develop the healthy traits of all nine types, with many tips to do the things we are all learning to do: being loving, passionate but detached, in witness to our minds and others' behaviors, in a relaxed but awake approach to life, letting go of demanding that anything be different than it is in this moment. *Registration Fee: $70 (includes lunch)*

The Enneagram is a model of the human psyche which is principally understood and taught as a typology of nine interconnected personality types. Even though each of us has all 9 types, one type is more basic to our motivation, thinking and behavior. It is eye opening to discover our core type and subtypes and how to best communicate with people who possess each of the others. Although its origins and history are convoluted, the Enneagram has been widely used in both business management and spiritual contexts through seminars, conferences, books, magazines, and DVDs. It is a recognized resource for leaders. In this year's Enneagram series, we will first explore the basics of the Enneagram (3/10) then delve deeper into the relational and spiritual aspects that each of the 9 types offer (4/14). We will complete our series looking at how the Enneagram and Myers-Briggs are related (5/12). Participants may register for one or more of the events. The first retreat is not a prerequisite for the other two as the 9 types will be overviewed each time. If you want to understand people and their motivations, the Enneagram is a wonderful tool to better understand why people do what they do.

*Individual Retreats* cost $70 per person, *Two Retreats: $130 per person (SAVE $10) Register for all three: $175 (SAVE $35)*

Celtic Spirituality is an ancient religious path that is as relevant to our time as it was to the Celts in 6th century. Grounded in natural world and open to the presence of God in all things, it offers a way to experience ourselves as known and cherished by a God that is close and personal yet still wild and untamed. In the year 2020, as the earth cries out for our care, Celtic Spirituality directs us to a relationship that is intimate and reciprocal, so that as we are healed by a closeness to nature and God, so too are we called to heal the water, air, land, and creatures of the Earth from the harm we humans have caused.

In this Day Apart, we will offer a simple description on what is Celtic Spirituality, including a hand-out and reading list for those who want to learn more. We will take a walk together around the land of Rolling Ridge, stopping to pray, sing or tell stories at places that might be felt as “thin places” to use a Celtic term, places where little seems to separate the seen and unseen. We will also lift up two aspects of Celtic Spirituality: The friendship known as anam cara (one’s soul friend) and the habit of blessing. The Celts would bless the start of the day and the end of the day, and all that lay in between. Registration Fee: $70 (includes lunch)

Tricia Brennan is a Unitarian Universalist parish minister who has served seven congregations in Massachusetts and Rhode Island primarily as an Interim Minister. Ordained in 2001, ministry is her second career. Her first was social work, where she worked with homeless families, founding and directing two shelters for homeless families and also directing a pro bono legal program that helped create affordable housing. Tricia has a BA in English from Holy Cross College, a Masters in Social Work from Columbia University and a Masters in Divinity from Andover Newton Theological School.

Jenny Rankin is a Unitarian Universalist minister. Born in Boston and raised as a Unitarian Universalist, she was ordained in 1988 and has served as a parish minister and college chaplain. Currently, she serves the First Parish in Lincoln as interim minister. During her years as Minister at First Parish in Concord, Jenny became a student of Transcendentalism, and has taught classes, lectured, and led walking tours and travel seminars on this strand of American spirituality. More recently, Jenny has been drawn to explore Celtic spirituality, reading widely, travelling and beginning to teach and lead groups on this topic.
Have you heard the Earth calling you? Have you visited a sacred site before? Have you ever walked a labyrinth? If your answer is no, please join us and experience something new. If your answer is yes, please come and embrace the familiar and discover deeper meaning as we search for how to serve Mother Earth in beneficial ways in our lives, our homes, and our communities. Walking the labyrinth will assist us in finding clarity for our particular Earth beauty mission.

April 22, 2020 will mark the 50th anniversary of the very first Earth Day. That memorable date in 1970 ignited millions of people to stand together protesting the detrimental damage the industrial development had caused over the previous 150 years. While changes didn't happen overnight, awareness spread steadily and thus, the EPA was initiated. The Earth Day movement has expanded with the current global event anticipating 1 billion people to participate. This retreat will kick off the 2020 Earth Week activities here at Rolling Ridge.

Everyone is encouraged to bring a rock (football size or larger) to the retreat to fortify and maintain the two labyrinths at Rolling Ridge, while infusing them with loving energy. The rock may represent your love gift to the Earth, a memory of a loved one, or any personal intention.

Registration Fee: $70 (includes lunch)

Dot 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. She found them to be both fascinating and energizing and walked them daily. 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.
Awaken to LIFE

Monday, April 27, 2020
9:30am-3:30pm

With Retreat Leader:
John Kiemele

Do your days feel crowded yet dull and life-as-less?

Do you ever find yourself saying, “there’s gotta be something more”?
Are you tired of sleep walking through life?

“Awaken to LIFE” is an interactive experience about coming fully awake and intentionally responsive to the Divine gift of Life in the present moment. Through a variety of conversations and contemplative spiritual practices, we intend to unlearn hitting life’s snooze button and to relearn living fully alive on purpose, leading to a LIFE of vibrant wholeness and wellness and meaning.

Registration Fee: $70 (includes lunch)

We invite you to extend your time at the Ridge with an overnight retreat, and join Henry Schoenfield’s Day Apart Retreat on Tuesday, April 28th as he leads the retreat, “Cultivating Hearts for Discernment”. Come for both Monday and Tuesday Day Apart Retreats, enjoy Monday dinner, your overnight stay in a private room and breakfast on Tuesday. Cost: $199 per person

From the Upper Great Plains to the urban shores of the Pacific Northwest to the New England Seacoast, John Kiemele has assisted individuals, small groups, classrooms and congregations with intentional soul care. John is a wellbeing educator and spiritual director who currently companions individuals, teaches various lifestyle classes, leads contemplative retreats, and also serves as Program Director at Rolling Ridge. Prior to his recent move to the Northeast, John founded and served as executive director of Selah Center, a dispersed community of contemplative companions in the greater Seattle area. Recognizing how intentional pausing and listening unlocks life, John strives to engage the whole person – body, mind, soul – in the lifelong process of living well. John received his PhD in education/spirituality from Talbot School of Theology, and holds post-doctoral certificates in Spiritual Direction, the Enneagram Spectrum, Wellness Coaching, and Mindful Self-Compassion. He is also an ordained pastor who has served congregations across the US and Canada. John enjoys spending time with his wife, Marissa, baking, walking, traveling, visiting cathedrals and monasteries, attending live theater, and rummaging through antique shops.
Living as we do in times of disruption and change, we often seek wisdom and guidance to find our way. And yet, our culture of noise, busyness, and distraction can make it difficult to discover the wisdom and guidance for which we long. The Christian tradition of discernment helps us to quiet our hearts and minds so that we can connect to the Wisdom that lies within — allowing us to cultivate hearts that are open and receptive to hear God’s gentle movements. In this Day Apart, we will look at some of the obstacles to discernment, consider the possibilities for integrating discernment and contemplative practice in our own lives, and most of all, take the opportunity to practice and reflect together. You will come away from this Day Apart with a deeper understanding of discernment as well as some concrete steps to integrate practices that nurture discernment in your daily life. 

Registration Fee: $70 (includes lunch)

We invite you to extend your time at the Ridge with an overnight retreat, and join John Kiemele’s Day Apart Retreat on Monday, April 27th as he leads the retreat, “Awaken to LIFE”. Come for both Monday and Tuesday Day Apart Retreats, enjoy Monday dinner, your overnight stay in a private room and breakfast on Tuesday. Cost: $199 per person

Henry Schoenfield is a trained Spiritual Director and ICF Certified Coach. He is passionate about working with faith leaders and institutions in times of change, transition, and transformation. Drawing on the spiritual wisdom of the Contemplative Christian tradition as well as other spiritual traditions, he helps people cultivate a space of deep listening for how God is calling them to meet the present moment with an open heart. He is an ordained United Church of Christ pastor and is currently serving as interim minister at the First Congregational Church in Stoneham, Massachusetts.
Beyond Difficult People: Telling the Difference between Merely Problematic or Pathological People

Wednesday, April 29, 2020
9:30am - 3:30pm
With Retreat Leaders: Norman Bendroth and Leslie Ann Chatfield

Local churches can encounter unresolved conflicts, stagnant church practices, grief and anxiety as well as a plethora of ghosts of hidden “secrets.” These “ghosts” may unexpectedly appear as we probe the system, hold up the mirror of self-reflection or ask difficult questions. Because they cause discomfort, church members can scapegoat others or “act out” in inappropriate behavior. Further, because churches are often welcoming places and conflict avoidant, difficult people or those with personality disorders can raise havoc in the congregation. This workshop explores ways to enter the emotional system while avoiding becoming a target of the anxiety. Through visual presentations, small group discussions, and case studies, participants will learn skills to be a compassionate, non-anxious presence in tense situations and have a grid for understanding people with certain personality disorders that tend to be attracted to our churches.

Registration Fee: $70 (includes lunch)

Norman Bendroth is an intentional interim minister ordained in the United Church of Christ. He has served non-profit agencies, settled churches and eleven interim pastorates for thirty-one years in a variety of capacities. He is a Board Certified Coach, Professional Transitional Specialist, and church and clergy consultant. He has received further training in Appreciative Inquiry, Mediation Skills for Church Leaders.

Leslie Ann Chatfield holds an M. Div. and is ordained in the United Church of Christ. She holds an MS in Special Education and holds current state certifications and endorsements. She has completed all but her dissertation towards a PhD in Existential Psychology. In addition, she served for over a decade as a licensed social worker as part of a multi-systemic therapy team with families and adolescents who are identified to be ‘at risk.’ Leslie has worked in education and ministry for thirty years.
Mindful Walking is a practice of lifting, placing, shifting, and noticing; perhaps looking at walking as a whole and unique experience. With this practice, we learn to bring the focal attention to the feet. Walking very slowly with deliberate intention, we pick up one foot, place it in front of the other, noticing the shifting weight, then bringing the same attention to the other foot. Like a child learning to walk, we take each step as if it was our first.

Mindful Walking is experiential learning. As we practice, how grateful we feel and how appreciative of our feet we become. By paying attention to the act of walking, we become mindful that our feet support and carry us day in and day out, from here to there, up and down stairs, and all the while we seldom give thought to the miracle they perform. Experience a new joy in everyday walking. Registration Fee: $70

Mindfulness means being present in each moment, without judging the experience but rather investigating it with curiosity. In this season’s 3-part mindfulness series, we will dive deeper into habitual life patterns, how they are formed and why they arise. We will question our patterns of eating (4/13). We will gain appreciation for body movement and our feet (5/11), and we will notice communication breakdown due to regular speaking and “not really listening” (6/8). These practices are some ways to bring mindfulness into our daily lives, as we live fully, and get out of life on auto pilot. Individual Retreats cost $70 per person. Two Retreats: $130 per person (SAVE $10) Register for all three: $175 (SAVE $35)

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.
Much has been written about the need to love ourselves before we can truly love another. This is probably true with forgiveness as well. Guilt and shame are often nothing more than hostilities that we hold against ourselves. They can also take the form of regret—punishing yourself over and over for a bad decision you have made or think you have made. In this Day Apart, you will discover where in your life you struggle with forgiveness, the mental health value of forgiveness and strategies to help you forgive yourself and others more easily.

The history of the world is plagued by dualistic thought: mind vs. body, humans vs. nature, God vs. the world, science vs. religion, country vs. city, male vs. female. The spiritual practice of making connections instead of disconnections erases such unhelpful distinctions. The universe is actually a web of dynamic relationships and this session is intended to help people realize that web.

Registration Fee: $70 (includes lunch)

Karen Edwards PhD was a Professor of Psychology for 40 years and taught Theories of Counseling, Group Psychotherapy, Cultural Psychology, and Psychology of Spirituality among others. She was a recipient of a Fulbright Hayes Scholarship to China.

Dr. Edwards was also a licensed individual and Family Therapist for 26 years. She was a co-creator for the Becoming Women of Wisdom Curriculum.
The Myers-Briggs Personality Type Indicator and the Enneagram are both models used to understand personality. Learn the basics of the Myers-Briggs Type Indicator and the correlation between the Enneagram and Myers-Briggs. Herb has worked as a psychotherapist with individuals, couples and families using both of these systems for over 30 years. They work together but are looking at completely different realms of personality. We will correlate the how the Myers-Briggs intersects with each Enneagram type and see the complexity and specialness of using both systems together. Discover your very unique Enneagram/Myers-Briggs type! Learn how to use both systems with friends and clients. Registration Fee: $70 (includes lunch)

The Enneagram is a model of the human psyche which is principally understood and taught as a typology of nine interconnected personality types. Even though each of us has all 9 types, one type is more basic to our motivation, thinking and behavior. It is eye opening to discover our core type and subtypes and how to best communicate with people who possess each of the others. Although its origins and history are convoluted, the Enneagram has been widely used in both business management and spiritual contexts through seminars, conferences, books, magazines, and DVDs. It is a recognized resource for leaders. In this year's Enneagram series, we will first explore the basics of the Enneagram (3/10) then delve deeper into the relational and spiritual aspects that each of the 9 types offer (4/14). We will complete our series looking at how the Enneagram and Myers-Briggs are related (5/12). Participants may register for one or more of the events. The first retreat is not a prerequisite for the other two as the 9 types will be overviewed each time. If you want to understand people and their motivations, the Enneagram is a wonderful tool to better understand why people do what they do. Individual Retreats cost $70 per person, Two Retreats: $130 per person (SAVE $10) Register for all three: $175 (SAVE $35)

Herb Pearce, is an individual, couples and family therapist and life coach, and an Enneagram and Myers-Briggs workshop leader. From Arlington, MA, he has a M.Ed. in Counseling. 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
During troubled times, Julian of Norwich, fourteenth-century wisdom figure and mystic, had a transformative experience at age thirty. Christ spoke tenderly to her and unfolded a series of revelations that his Cross was done for love and love was to be the meaning of her life.

*In this love, God made us.*
*In this love, God keeps us.*
*God will never allow us to be hurt*
*In a way that would destroy this joy.*

Together we will explore with Julian how our prayer life has evolved or changed as we transition from childhood into adulthood. Julian’s transformative visions offer wisdom for our own prayerful living.

There will be time for individual reflection, sharing in an atmosphere of trust, drawing on our own living experiences and enjoying time apart in the beauty of this place.

...you shall never learn anything except love from God.

Registration: $70 (includes lunch)

Rev. Paul Millin 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!
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 (includes lunch)

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 earned a doctorate in sociology from Boston College and an MBA from Northeastern University's Executive MBA program. Emily is the founder of Revive and Thrive Programs at www.reviveandthriveprograms.org.

Mary Childs is a Creative Arts Specialist whose extensive background working with artists to foster their creativity has led her to the understanding that Creative activities stimulate and support the brain and soul in surprising, unconventional, and gratifying ways. She has provided her services through Memory Cafes, Respite Programs on dementia friendly cruises with Holland America, and as a Facilitator through Revive and Thrive retreat programs.
Experience the vibrancy of spring by connecting to nature on this day long Forest Bathing retreat. Slowly walk, pause and de-stress on the beautiful grounds of Rolling Ridge. Give yourself the time to slow down and de-stress.

Follow your certified Nature and Forest Therapy guide through a series of sensory connection invitations to practice Forest Bathing and a new level of Nature Mindfulness. A hot, locally foraged tea will be served to complete the experience at the end of the day.

Please dress appropriately for the weather.

Registration Fee: $70 (includes lunch)

Opportunities for massage and body work, or spiritual direction are available at an additional fee. Ask about booking an overnight guest room and meals to create your own personal retreat.

Lisa Gwiazda discovered the magic and health benefits of Shinrin Yuko (Forest Bathing) when working on her certification in Mind, Body, Spirit through Massachusetts General Hospital. She is a Registered Nurse, Board Certified Holistic Nurse, Certified Forest Therapy Guide from the Association of Nature and Forest Therapy Guides and Programs and Wilderness First Responder. She believes the practice of forest therapy deepens and broadens our relationship with the world around us and has definitive healing properties.
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 Fee: Paddle retreat only, kayak or canoe included: $45
Paddle retreat only, bringing own kayak or canoe: $35
Space and Rolling Ridge kayaks or canoes are limited.

ADD ON! Create a personal retreat. Come on Friday afternoon, June 5, 2020 and stay overnight with dinner and breakfast for an additional $119 private room or $99 shared.

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.
Mindful Communication: Reaction vs. Response

Monday, June 8, 2020
9:30am - 3:30pm
With Retreat Leader:
Marie Rudzinsky

Marie likes to call Mindful Communication ‘Heart to Heart’. It’s perfect because Mindful Communication is speaking and listening, in the moment, from your heart. It’s having a discussion with someone noticing your feelings and then creating dialogue through love. Mindfulness is about being in the moment and in touch with your inner self. Mindful communication is being able to open up those channels of communication and be truly honest with yourself. Being honest with yourself is hard to do, often times it’s hard for us to face the truth. This Day Apart will teach you how to open communication channels, of the moment you are in, with others and with yourself. Experience communication in a totally different way with Love. Registration Fee: $70

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Certified Aromatherapist
3 Day Course
July 13-16, 2020

A joint partnership
ISHA (The Institute of Spiritual Healing and Aromatherapy) and Rolling Ridge Retreat and Conference Center are excited to expand ISHA programming in New England by offering Level 1 Certification in Aromatherapy.

The Institute of Spiritual Healing and Aromatherapy offers this program for students wishing to pursue a Certification in Aromatherapy. This level is an all-inclusive path towards certification, and consists of an on-site/hands-on class, reading, online home-work lessons, case studies, and written final exams.

This program was designed for the essential oil enthusiast, to explore the world of aromatherapy and its uses. A few of the professions that may benefit include wellness advocates, massage therapists, hospice and medical nurses, herbalists, energy healers, chaplains, health practitioners, and more. Visit www.rollingridge.org for more info.

Kate Petree, BME, LMT, CCA, HTSM-CP/I has a degree in Music Education with endorsement in Elementary Education and is a certified Montessori Directress. Her 28 years of teaching covered everything from preschool to college. In 2002, she became a Licensed Massage Therapist and discovered Healing Touch.
Families & individuals of all ages 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 through the various eco-systems at the Ridge and instill an appreciation of God’s gift of nature. Monday-Friday, Daily from 9:30am-12:30pm

REGISTRATION FEES:
Family Rate: Adults with Children (ages 4 and up): $99 each
No charge for children ages 3 and under
Child only (ages 7 and up) with drop off: $149
Adults only: $119

Coming July 13-17, 2020
Rolling Ridge is a sacred place of natural beauty, gracious hospitality, and inspiring spiritual programs, connecting all people, God, and creation. In addition to the events featured in this booklet, we offer space for group and private retreats, corporate training events, meetings, and special events. Find out more information about what Rolling Ridge has to offer at www.rollingridge.org.

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