THANK YOU for your support!!

NEW GROUPS AT ROLLING RIDGE

• Emmaus
• L’Arche USA
• Merrimack Valley Chamber of Commerce
• Erin Murphy Writing retreat
• New England Library Symposium
• Physicians for Human Rights
• Episcopal Diocese

We have open dates during the week - call us for a day meeting or an overnight retreat!

LATEST “GOING GREEN” IMPROVEMENTS

• Chimney Balloons & permanent dampers for our chimney
• New front loading, energy efficient washer & dryer
• New recycling program in the kitchen & dining room
• Insulation behind wall outlets
• “Green” Ice Melt

WHAT a Year!!

• Celebrated our 60th Anniversary with a celebration lunch and Wellness Expo
• Completed a Feasibility/Planning study for our future expansion
• Refinished hardwood floors in 8 rooms and the grand staircase.
• Developed a new, improved website and program flyer
• Celebrated a 14% increase in total revenue and finished the year in the black!
• Purchased new beds and dining room chairs
• Offered 30 Rolling Ridge programs, including standing room only crowd for Bishop’s Day
• Entered conversations with the Town of North Andover on improving our road and preserving open space.
• Completed an energy assessment and took steps to be more efficient and green

Come away to a quiet place... and rest awhile...

Sightlines– Views from the Director

“When the very air that we breathe seems infected with anxiety over war, poverty, the economy...we discover how a place of beauty and respite is no longer a luxury but rather more of a necessity.”

That sentence caught my eye as I read the newsletter from another retreat center. For sure, I want it to be true. I want people to think of a retreat as a necessity rather than a luxury. But is it true? In a recent Boston Globe article, scientists studying the brain have found that being in an urban environment impairs our basic mental process, whereas, a walk in a park or being in nature improves brain performance. “Studies have demonstrated that patients recover more quickly when they can see trees from their windows.” One psychologist suggests that immersion in nature can have a restorative effect on our over-stimulated urban brains.

In a separate article on creativity, author Anne Sibley O’Brien, says that creativity involves getting away from routine, breaking out of established patterns in order to look at things in a different way. “It’s hard to think outside the box from within it.” So, in these uncertain, anxious and often fearful times, Rolling Ridge plows the roads, fills the oil tanks, and keeps the doors open to welcome all to a time of restoration and creativity. Our world is in need of hope and new ideas that come from the depths of the soul and peace of God’s landscape. We celebrate that 4700 guests found their way to Rolling Ridge last year, using the beautiful grounds, the historic manor and refreshing pool for their meetings and events.

2008 was filled with many... during our 60th year. You have made significant ministry and growth possible! And we invite you to continue to support and keep coming to the Ridge– a place of restoration for weary brains and a place of hope and creativity for new ideas and new ways of living in peace.

Thank You. Bless You.

Larry J. Peacock

Rolling Ridge
Retreat and Conference Center

A VIEW FROM THE RIDGE

S P R I N G  2 0 0 9  v o l .  5,  i s s .  1

www.rollingridge.org  A VIEW FROM THE RIDGE
ROLLING RIDGE!

MEET THE CORE STAFF AT ROLLING RIDGE!

- **Danny Smith** – Office Manager & Program Administrator  
  Email: Danny@rollingridge.org (ext.11)
- **Alison Green Will** – Guest Services Coordinator  
  Email: AGW@rollingridge.org (ext.10)
- **Tobias Marx** – our new European-trained Chef Manager
- **Alaine Cormey** – Housekeeping Manager
- **Danny Hall** – Property Manager  
  Email:  GaryH@rollingridge.org (ext.14)
- **Alsine Cormey** – Housekeeping Manager
- **Hilton Cormey** – groundskeeper, housekeeper and many more in the kitchen!
- **Ellen Lewis** – bookkeeper

Our weekly staff includes: Ellen Lewis, bookkeeper, Hilton Cormey, groundskeeper, JoAnn Carketas, housekeeper and many more in the kitchen!

OUR WISH LIST

- China Cabinet/Hutch
- Dressers/desks for bedrooms
- New glassware for dining room
- Fans for guest rooms
- New Twin Blankets
- ATV for grounds
- Regular or Roll top chafing dishes
- Kayaks
- A Linksys Wireless router for the Merton suite
- Comfortable reading nooks/Rooms
- A Day Apart Rolling Ridge Program, coming April 14th.
- A special retreat to increase joy, enhance wellness, and restore balance to your life.  
  Four relaxing days in an historic New England manor on 38 wooded acres on Lake Cochichewick. Enjoy yoga, body prayer, drumming, sacred circle dance, prayer and music, massage, reiki, cranio-sacral therapy, prayer beads, coloring mandalas, poetry and prayer, juggling, labyrinth walking, canoeing, kayaking, classes on spiritual practices, and more! Call today for rates and availability!

Our curriculum used for our program is developed by New Earth Publishers, a cooperative group of denominational publishing houses. Rolling Ridge programs are open to all regardless of religious affiliation. For complete registration forms, visit our website at www.rollingridge.org, or call our Office at 978-682-8815. 

REGISTRATION DEADLINE IS MAY 31, 2009
WITH GRATITUDE AND THANKSGIVING TO OUR DONORS

We are grateful for your support in 2008! Your generosity benefits the many who find Rolling Ridge to be a place of rest and renewal, harmony, and healing. (If we have missed anyone, please call Danny in our office)

<table>
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<tr>
<th>Point of Pines Society</th>
<th>Retreat Society cont.</th>
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- Phil & Jane Bellomy
- Margaret Benefiel
- Larry Peacock & Anne Broyles
- Janice & Bob Cookson
- Cynthia Good
- Kerry & John Hamilton
- Kathryn Wilstein
- Barbara & Eugene Troxell
- UM Women of Melrose
- Mr. & Mrs. Wayne Underhill
- Flora Wuehnle
- Ron Delbene
- Gary Hall
- Carrie Lynch
- Danny Smith
- Shaheen Brothers
- Sherry Tupper
- UM Women of Melrose
- Mr. & Mrs. Wayne Underhill
- Flora Wuehnle
- Alexis & Seth Herren

- Erie Feustel
- Susan Foster
- Jerry Haas
- Kristen & Rodney Hollenbeck
- Diane Malecha
- Clinton Parker
- David Scott
- John & Barbara Simons
- Wanda Stahl
- John & Barbara Simons
- Wanda Stahl

- Dick & Barbara Bott
- Al & Cora Coleman
- Frank Falvey
- Kay & Bryan Gabbard
- John & Patricia Gooldsby
- Charles & Dorothy Green
- Susan Hassinger
- Marie Herrickson
- David & Catharine Hollenbeck
- Christine Lojko
- Carrie Lynch

- Paul & Betty Millin
- Bob & Evelyn Moore
- Maryann Nawrocki
- Leah & Walt Sauter
- Suzett Tenney
- Barbara & Eugene Troxell
- Sherry Tupper
- UM Women of Melrose
- Mr. & Mrs. Wayne Underhill
- Flora Wuehnle
- Alexis & Seth Herren

- Epworth UMC
- Eric Feustel
- Susan Foster
- Jerry Haas
- Kristen & Rodney Hollenbeck
- Diane Malecha
- Clinton Parker
- David Scott
- John & Barbara Simons
- Wanda Stahl
- John & Barbara Simons
- Wanda Stahl

- Oscar & Sophia Harrell
- Robert Good
- Oscar & Sophia Harrell
- John & Barbara Simons
- Wanda Stahl
- John & Barbara Simons
- Wanda Stahl

- Patrick & Linda Cady
- Judith DeGrenier
- Robert Good
- Oscar & Sophia Harrell
- Robert Good
- Patrick & Linda Cady
- Judith DeGrenier
- Robert Good
- Oscar & Sophia Harrell
- Robert Good
- Patrick & Linda Cady
- Judith DeGrenier
- Robert Good

- Friends Under $100
- Erich Feustel
- Susan Foster
- Jerry Haas
- Kristen & Rodney Hollenbeck
- Diane Malecha
- Clinton Parker
- David Scott
- John & Barbara Simons
- Wanda Stahl
- John & Barbara Simons
- Wanda Stahl

- Edith Smiley
- Bob & Evelyn Moore
- Maryann Nawrocki
- Leah & Walt Sauter
- Suzett Tenney
- Barbara & Eugene Troxell
- Sherry Tupper
- UM Women of Melrose
- Mr. & Mrs. Wayne Underhill
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- Susan Foster
- Jerry Haas
- Kristen & Rodney Hollenbeck
- Diane Malecha
- Clinton Parker
- David Scott
- John & Barbara Simons
- Wanda Stahl
- John & Barbara Simons
- Wanda Stahl

THANK YOU for your support!!

COME AWAY TO A QUIET PLACE... AND REST AWHILE...

WITH GRATITUDE AND THANKSGIVING TO OUR DONORS

A Sabbatical ends. Reflections from Rev. Marcelle Dotson

My sabbatical began July 1, 2008 and already I am at the mid-point and beginning preparations to conclude this sabbatical year. It has been an incredible year thus far and I am truly grateful to Larry Peacock and all the staff at Rolling Ridge for their hospitality and my incorporation into life at “The Ridge.” I am also very grateful for their patience and forbearance towards my requests and suggestions!

Although I have loved having this time for reflection and listening to the voice of God, having heard God’s call, I am eager to “be back in the saddle” and carrying out the work God has in store for me in the coming year. In mid-June I will be relocating to Wilkes-Barre, PA to do a new-church start for the growing ethnic-minority population.

In addition to the call to the new church start, God has also been speaking in relation to my original reason for taking sabbatical: becoming more attuned to the circumstances and needs of those in poverty. I was able to make two trips to Rwanda to visit the child I sponsor through Compassion International and not only did I have the opportunity to spend time with this incredible little boy, but I was also given insights into the pressing need for all us who follow the way of the Christ to be more familiar with and sensitive to the plight of those in poverty. My understanding of poverty has deepened as well as broadened, and I come away from that experience—and others, with a commitment to assist my new congregation to develop and grow in their response to the poor.

To help them to understand that a response to poverty has to be more than just words, but one of a deep sense of compassion: Compassion that moves us to love the poor in more sacrificial ways; moving beyond words to more of a transformation within our lifestyles; finding ways of consuming and wasting less, and having more appreciation for whatever food is placed in front of us. Remembering always, that great labor was expended on many levels in order to produce that food, and that which we might throw away at one meal is far more than many people will eat in one week. I suspect that my views and understanding will continuously be challenged and changed during the three months that I spend volunteering in Guatemala, working with Camino Seguro—an organization that works with the people who live at the dump in Guatemala City. But all the experiences will be part of the ministry I bring to the new church.

Sabbatical time has been a fabulous time; a time of rest and renewal, a time of challenge and conviction, and a time of preparation for the adventure that lies ahead. As we would say on the Camino de Santiago, “Ultreia!” Roughly translated as, “Onward with God to our destination!”

WON’T YOU PLEASE HAVE A SEAT?

On a bitter cold February morning, three students and Harvard Landscape Institute professor Margie Brown, tromped through the snow and talked with Ridge staff to begin their research and design work. By May 1st, plans and drawings will be presented to Board members look forward to seeing completed projects in May.

HARVARD AT ROLLING RIDGE

The chairs are here! The fundraiser to honor Rev. Ralph York is complete, and the new seats in our dining room and oval room are beautiful and ready to be enjoyed. Many thanks to all who donated to complete our mission.
BOOK A RETREAT

A New Fellowship

Companions of the Ridge is a fellowship of men and women who recognize the importance of places of retreat and seek a reciprocal relationship with Rolling Ridge that extends beyond attending a single event.

A Circle of Support

Companions of the Ridge form an essential circle of support, bringing their spiritual strength, their insights and their encouragement to the ministry of hospitality. Companions of the Ridge receive opportunities for retreats, worship, prayer, and encouragement for living a life of compassion, Sabbath rest and renewal, and caring relationships with others and creation.

THE CARPET PROJECT

The 60 new dining room chairs are very comfortable and look great! Thank you. But now we notice the carpet doesn’t look so great. Our next project is to replace the dining room and fireplace room carpet and hopefully the carpet in the Tyson meeting room. These are the spaces that all our guests use and we want to improve the quality of our welcome.

We are looking at recycled material carpet squares. Purchase a square or two! You may make the gift in memory of someone special. Cost for one square foot is: $7.50. We have 2780 square feet to carpet in the three areas. ($20,850.00) Designate “Carpet Fund” on the enclosed envelope.

WALL OF BLESSINGS

A retired pastor from Michigan, who found out I was now at Rolling Ridge, sent me a brief note.

Just had to let you know that as a high school junior attending a youth leadership camp at Rolling Ridge I made my decision to enter the United Methodist ministry. Can see the big tree between the main house and fountain where it took place? - Paul Blomquist
A View from the Ridge

Sightlines–
Views from
the Director

Ten people gathered in a circle to consider how a remarkable diary of a Dutch woman who died in a concentration camp might shed some light on keeping faith and hope alive in difficult times. It was one of 40 plus programs that Rolling Ridge offers to help us all live with joy and hope, connected to what is deep inside us and to the Holy One who is beyond and within.

A retreat center offers programs and hospitality seeking to be an oasis in the midst of the bumps, bruises and busyness of contemporary life. Sometimes we feel the victims of what Howard Thurman calls, “the mass attack of disillusion and despair.”

So we gather in circles of hope, looking for ways to survive and thrive, sustain and gain, carry on and move ahead. One practice that helps is slowing down and noticing. At the recent contemplative photography retreat, the leader instructed the retreatants to take their cameras out and sit with their subject before taking the picture. Learn to “receive” a picture, not just take lots of photos. They slowed down, noticed, appreciated.

Again Howard Thurman, “It is just as important as ever to attend to the little graces by which the dignity of our lives is maintained and sustained. Birds still sing...and the heart is still inspired by the kind word and the gracious deed.”

Another practice that sustains us is cultivating times of solitude. Thomas Merton writes, “solitude is to be preserved, not as a luxury, but as a necessity.” Where are the spaces where you stop and breathe? It can be as brief as the moments at a traffic light or as long as a walk along a beach or through the woods or on a labyrinth. A time with no agenda but to be open to wonder, beauty, mystery, life.

Rolling Ridge is a peaceful alternative to “disillusion and despair.” We invite you to walk the trails or labyrinth, attend a program, schedule a retreat, or just sit for a minute and find something for which to give thanks. You’ll feel better and more alive to “be”, as Gandhi wrote, “the change you want to see in the world.”

Larry J. Peacock

- An Interrupted Life: The Diaries and Letters of Etty Hillesum 1941-1943
- Life goes on, Howard Thurman in Meditations of the Heart
- Thomas Merton, Conjectures of a Guilty Bystander
A VIEW FROM THE RIDGE

PROGRAM CALENDAR
(for details visit www.rollingridge.org)

OCTOBER
- Oct. 27: Letting Go: the Gift of Forgiveness 9:30am-3:30pm
- Oct. 28: Finding Balance in Turbulent Times 9:30am-3:30pm
- Oct. 29: Soul of Pastor, Soul of Place 9:30am-3:30pm
- Oct. 30: Healing Power of Story, part one 9:30am-3:30pm
- Oct. 31: Harnessing the Healing power of Story pt.2 9:30am-3:30pm
- Oct. 31: A Day of Healing– for Cancer Survivors and Care-Givers 9:00am-4pm

NOVEMBER
- Nov. 1: FALL ARTS AND SOUNDS 9:00am-3pm
- Nov. 3: Good Grief 9:30am-3:30pm
- Nov. 4: Enneagram 9:30am-3:30pm
- Nov. 18: Breathing New Life into Prayer 9:30am-3:30pm
- Nov 18: Drumming for Joy 7pm-8:30pm

DECEMBER
- Dec. 1: In Darkness, Seeing a Light (advent retreat) 9:30am-3:30pm
- Dec. 5: Rolling Ridge Holiday Craft Fair 9am-3pm
- Dec. 9: Drumming for Joy 7pm-8:30pm

JANUARY
- Jan. 11: Drumming for Joy 7pm-8:30pm
- Jan. 26: Finding Your Voice 9:30am-3:30pm

FEBRUARY
- Feb. 2: Four Keys to Leadership 9:30am-3:30pm
- Feb. 9: Drumming for Joy 7pm-8:30pm
- Feb 10: Enneagram 9:30am-3:30pm
- Feb. 23: Nurturing Passionate Spirituality (Bishop’s Day) 9:30am-3:30pm

MARCH
- March 2: Healing Arts 9:30am-3:30pm
- March 3: Companions on the Way: Eckhart Tolle 9:30am-3:30pm
- March 8: Drumming for Joy 7pm-8:30pm
- March 8: Living in the Heart of God 9:30am-3:30pm
- March 9: Storytelling 9:30am-3:30pm
- March 16: Dance as Prayer 9:30am-3:30pm
- March 23: Intercession 9:30am-3:30pm
- March 24: The Fifth Gospel 9:30am-3:30pm

APRIL
- April 13: Gratitude– 12 Steps 9:30am-3:30pm
- April 13: Drumming for Joy 7pm-8:30pm

MAY
- May 3: Mommy Ministers 9:30am-3:30pm
- May 10: Drumming for Joy 7pm-8:30pm
- May 11: Awakened Heart 9:30am-3:30pm
- May 18: Psalms and Writing 9:30am-3:30pm
- May 19: Spirit Books 9:30am-3:30pm

NEW GROUPS AT ROLLING RIDGE
- Amigos de los Americas
- North Andover Cultural Council
- Transformation Center
- Ananda Yoga
- Andovers Artists Guild
- School Year Abroad
- Massachusetts Campus Compact
- St. John’s Korean UMC
- Compassion Listening Project
- Hyde Square Task Force
- St. Elizabeth’s Episcopal Church
- Matt Talbot AA Retreat

FALL RENEWAL DAYS
Book your Fall Renewal Day now by calling our office at 978-682-8815. Come for the day, rest in a private room, walk the labyrinths, read a book, walk the hiking trails. Fall Renewal Day fee: $25. Add a gourmet lunch for $13.

“A True Oasis of Quiet Beauty and Gracious Hospitality”
Christmas Craft Fair

AND Toy Drive (Children & Teens!)

9am - 3pm

Saturday, December 5, 2009

Rolling Ridge
Retreat and Conference Center

660 Great Pond Road
North Andover, MA
978-682-8815
www.rollingridge.org

Holiday decoration sponsored by Natural Designs of Plaistow, NH
CHRISTMAS CRAFT FAIR

The 3rd Annual Rolling Ridge Craft Fair on Saturday, December 3, 2009 features a wide selection of jewelry, clothes, and gifts for every person on your holiday list. Crafters will be in seven rooms on two levels from 9am to 3pm.

Enjoy your shopping by stopping for a chair massage from one of the practitioners from the Ridge Wellness Center. Feast on delicious food from Chef Tobi and the Rolling Ridge kitchen. Savory and sweet items will delight all ages.

Bring a toy and participate in our first toy drive to benefit the North Andover and Methuen Family Self-Sufficiency Programs. The RSS program works with low income families to help them break the cycle of poverty. Please bring an unwrapped toy and don’t forget the teens! Toys and donations go to needy children in the Merrimack Valley.

CHRISTMAS AT THE RIDGE

Want to celebrate a successful year with your leaders or group or church? Come for a special feast at Rolling Ridge with culinary specials from Chef Tobias Marx:

Starters

- Chestnut and Mushroom Soup with Smoked Pancetta
- Chicory, Pear & Walnut Salad w/ old Vermont Stilton

With Your choice of Main Entree:

- Roast Duck Breast w/ pickled cherries & sprouting broccoli
- Tranche of Salmon w/ roasted celery hearts & clam vinaigrette
- Ravioli of wild mushrooms, pumpkin & goat cheese

Finish with

- Pumpkin Infused Crème Brulee
- Eggnog Crème w/ Chocolate Biscotti

These are a sample of the specials for your group. Call us to book a date and select a menu. A winter Barbeque is also available. Three-course dinner and Barbeque menus range from $29 to $36 per person.
BE WELL– Ridge Wellness Center

The programs and the environment of Rolling Ridge contribute to a sense of peace and well-being. An important component of wellness is care for the body and the new Ridge Wellness Center is beginning to take shape.

Twelve persons offer various services in the healing arts or body therapy. Many of these 12 were at “Ridgefest”—our fall wellness open house in September. Free introductory sessions to massage, healing touch, reiki, reflexology, and chair massage were offered to over 75 guests in the course of the day. There were lines of people who took advantage of these services.

The body therapists are also developing gift certificates— a healing present that will be appreciated by many on your list. The wellness committee is offering several special programs this fall on the “Healing Power of Story” and “A Day of Healing— for Cancer Survivors and Care-Givers.”

You may book a massage, cranio-sacral therapy, reiki, foot reflexology and more by calling Carrie Lynch at 978-806-6090 or the Rolling Ridge office at 978-682-8815. Go to www.rollingridge.org/programs for a complete brochure of our wellness offerings.

THE WISE UNDERTAKER

I heard a story about a wealthy man who died. Town members were very curious about their formerly reclusive businessman. One boldly asked the undertaker, “Can you tell me how much he left behind?” The wise undertaker replied, “All of it.”

We can make a difference in the world by giving to the groups, programs, causes that we believe in. We are honored and grateful when you choose Rolling Ridge to be one of the organizations you support. Your financial gifts enable us to offer programs, provide scholarships and renovate facilities.

All gifts are tax deductible. Gifts may be made at our website or by calling the office at 978-682-8815.

If you would like to talk about including Rolling Ridge in your will or financial plans, please call our Director, Larry Peacock. Our giving leaves our mark on the world, our gifts can be a lasting legacy benefiting others. Thank you for your support.

RENOVATION PROJECTS

Thanks to a grant from the New England Conference of the United Methodist Church, Rolling Ridge is repairing gutters, stucco and roofs to improve and preserve the building. If you would like to contribute to the renovation project (which is larger than available funds) please send a check or use your credit card and designate it for our building renovations.
BREAKTHROUGH, the summer 2009 theme, invited youth to discover the ways Jesus transformed relationships and situations. Senior Highs heard stories of the call to ministry from Rolling Ridge Director, Larry Peacock and area pastor Benjamin Abrahams. Middle School youth played 3 versions of musical chairs, moving from excluding people to including everyone to sit on the last chair or at least a lap leading to the chair. Elementary youth walked the labyrinth and made “God’s eyes” to remind them of God’s presence on the journey.

Of course, there was swimming, worship at Point of Pines, capture the flag, banquets, dancing, Bible discussions. One sad note, the cross that was put together and erected at Point of Pines by the Senior High, was snapped off and carried away after camp. It will be replaced to mark Point of Pines as a place of prayer. Want to help? Call Larry Peacock.

Camp dates are scheduled for next year– join in the fun and learning. Breakthrough to friends and faith.

SUMMER CAMP 2010, MARK YOUR CALENDARS

Elementary Weekend Retreat: July 9-11, 2010
Middle School Camp: July 11-15, 2010
Senior High Camp: August 1-5, 2010

We are also exploring a “work week” camp. Let Larry Peacock know if you are interested.
THE ROAD PROJECT

August 4th, the North Andover Planning Commission gave Rolling Ridge the go ahead to pursue a design and plan to open the lower road, the original entrance into the 38 acres. Surveyors are checking the width of the road, measuring sight distances and gathering materials for the road design. DK Engineering of NH is guiding the professional details and drawings. We are thankfully moving forward.

COMING TO NEW ENGLAND?

“Received the Ridge news today and wish I had a spa day and time to visit you. Why aren’t you next door?”

-Ron in Tennessee

Dear Ron,

Keep us in mind as you plan your travels. A plane ride can bring you to our door. Recent persons making a private retreat came from Louisiana, New Jersey, Florida, New Hampshire. Call us. Visit us on the web.

THANK YOU!

To Calvin Ebinger, who built 10 new benches for Rolling Ridge as part of his Eagle Scout program.

To Aram, Azniv, and Adrineh Nalbandian for their donation of two oriental rugs which now grace the library and oval room floors.

To Wilmington United Methodist Church for the donation of two oriental rugs which now grace the sitting room and Moses meeting room floors.

THE RIDGE WISH LIST

- KAYAK
- BLANKETS
- BEDS
- UTILITY CART
- GOLF CART
- CHAPEL CHAIRS
- ROCKING CHAIRS
- PATIO UMBRELLA
- PATIO TABLES AND CHAIRS
- STANDARD SIZE PILLOWS
- TWIN MATTRESS PADS
- COFFEE TABLES
- RIDING LAWN MOWER