

Rolling Ridge

† Retreat and Conference Center

SUMMER/FALL 2009



AUGUST

- August 6 A Day of Peace
Hiroshima survivors & the
Hibakusha Peace Project
9:30am-3:30pm
- August 6 Peace Walk 7pm-8:45pm

SEPTEMBER

- Sept. 3 Intensive Ministry Reflection
- Sept 13 RIDGEFEST 2009!
- Sept 18 Leadership: soul connections
9:30am-3:30pm
- Sept 28 Praying with Circles
9:30am-3:30pm
- Sept. 29 Drumming for joy
7pm-8:30pm
- Sept. 29 Writing your Faith stories
9:30am-3:30pm
- Sept. 30 The Art of Storytelling
9:30am-3:30pm

OCTOBER

- Oct. 1 Contemplative Photography
9:30-3:30pm
- Oct 3 Drawing Near to God
- Oct. 7 Companions on the Way-
Etty Hillesum
9:30am-3:30pm
- Oct. 7 Suffering, Healing, & the
spiritual journey
7pm-8:30pm
- Oct.20 Drumming for joy
7pm-8:30pm
- 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 pt.1
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. 3 Good Grief
9:30am-3:30pm
- Nov. 4 Enneagram
9:30-3:30pm
- Nov 7 Drawing Near to God
- 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. An Advent Retreat
9:30am-3:30pm
- Dec 5 Drawing near to God
- Dec. 5 Holiday Craft Fair

A Day of Peace, Hiroshima survivors & the Hibakusha Project

August 6, 2009 9:30am-3:30pm

The Hibakusha Peace Project is an opportunity to reflect on the memory of Hiroshima with the hope of transformation. It is a series of collage portraits of A-Bomb survivors by Jane Smith Bernhardt accompanied by their stories and poems.

Retreat Leader: Jane Smith Bernhardt

Early Registration: \$48 After 7/31: \$55

Peace is Every Step, an evening Labyrinth walk

August 6, 2009 7:00pm-8:45pm

A meditative, prayerful process, labyrinth walking in company with others, each on their own spiritual journey is an invitation to experience Peace in every step. Walk for yourself, for another, for a community, or for the world.

Retreat Leader: Paul Millin

Early Registration: \$15 After 7/31: \$20

Drumming for Joy

Come and enjoy the uplifting, joyful, healing power of drumming. The drumming circle is a place where we experience deep connection to the spirit and feel the truth that we are all one.

No experience with drumming is necessary. Drums and rhythmic instruments will be provided, but if you have a drum or rhythm instrument of your own, bring it along!

Leader: Jane Gossard

Drumming Programs are offered on these dates from 7pm-9pm: 9/29, 10/20, 11/18, and 12/9.

Early Registration: \$15/ \$20 at the door.

Intensive Ministry Reflection

September 3, 2009 9:00am-3:30pm

With the demands of congregational ministry today, it is difficult for clergy to maintain perspective, energy and self-direction. This professionally-led ministry reflection day will provide a setting where a pastor may receive both individual and peer support, and regain a sense of clarity.

Retreat Leader: Alice Mann

Early Registration: \$290 After 8/27: \$320

Leadership: Soul Connections

September 18, 2009 9:30am-3:30pm

This day long, experiential workshop will gift you with an abundance of resources and experiences that quite possibly could impact your leadership style for a lifetime!

Retreat Leaders: Margaret Benefiel & Melissa Timberlake

Early Registration: \$55 After 9/11: \$65

Praying with Circles

September 28, 2009 9:30am-3:30pm

See how the Holy One might be speaking to you in the mandala or sacred circles that are symbols of wholeness in all faith traditions. There will be time for quiet and the opportunity to voice what emerges as a result of creating our mandala.

Retreat Leader: Nicollette Wellington

Early Registration: \$48 After 9/20: \$55

Writing your Faith Stories

September 29, 2009 9:30am-3:30pm

The workshop will focus on writing from a personal perspective. Participants will have an opportunity to discuss the nature of writing as part of their own spiritual journeys, but will also think about how to frame what they write in a way that benefits others.

Retreat Leader: W.Scott Campbell

Early Registration: \$48 After 9/22: \$55

The Art of Storytelling

September 30, 2009 9:30am-3:30pm

This workshop is an introspective, interactive workshop geared towards the educator, minister or engaged layperson who is interested in exploring, developing and practicing storytelling skills.

Retreat Leader: Lani Peterson

Early Registration: \$48 After 9/23: \$55

Contemplative Photography

October 1, 2009 9:30am-3:30pm

In this workshop we will spend a short amount of time discussing how we can use our cameras as tools of contemplation to express our vision and idea in a photograph. The major part of the day will be spent actually making photography. We will wrap up by sharing the images we made during the day.

Retreat Leader: Tom McMillan

Early Registration: \$48 After 9/24: \$55

Companions on the Way: Etty Hillesum

October 7, 2009 9:30am-3:30pm

In our quiet day, we will let the images of Etty's amazing journey interact with our own personal challenges. Where do we find hope in these times...? Where is our God? With Etty we will hold the questions that allow us to be human in seasons of inhumanity.

Retreat Leader: Jane Smith Bernhardt

Early Registration: \$48 After 9/29: \$55

Suffering, Healing, and the Spiritual Journey

October 7, 2009 7pm-8:30pm

This is an evening workshop where we will look at the topics of human suffering and healing from the perspective of the Kabbalistic "universes" of the Jewish mystical tradition

Retreat Leader: Susan Van Drie

Early Registration: \$15 After 10/1: \$20

Letting Go: the Gift of Forgiveness

October 27, 2009 9:30am-3:30pm

We will explore how forgiving is often a greater gift to the forgiver than to the forgiven. You will not be required to forgive anyone, just to be open to exploring and reflecting. Our focus will be on the spiritual process and gifts of forgiveness.

Retreat Leader: Karen Lewis Foley

Early Registration: \$48 After 10/20: \$55

Finding Balance in Turbulent times

October 28, 2009 9:30am-3:30pm

The day will offer opportunities for private reverie, centering practice, prayer, creative visualization, group brainstorming, nourishing food and conversation. Each participant will create a vision board to take home to help lock in new awareness and manifest desired changes.

Retreat Leader: Grace Durfee

Early Registration: \$48 After 10/20: \$55

Abundant Life: 2 Retreats for a Better Life. Book "Letting Go" and "Finding Balance" and stay over for \$195 incl. meals!

Soul of Pastor, Soul of Place

October 29, 2009 9:30am-3:30pm

During this Day Apart, pastors will have an opportunity to explore provocative thinking about the power of place, from theology and other disciplines. We will discern together what may be distinctive in the character of their own "place" today.

Retreat Leader: Alice Mann

Early Registration: \$48 After 10/22: \$55

Harnessing the Healing Power of Story, Part 1

-an introduction for Medical, Mental Health, and spiritual care-givers

October 30, 2009 9:30am-3:30pm

Through lecture, demonstration, discussion and hands-on experience, this workshop will explore the active ingredients of why and how story can be used as a healing art.

Retreat Leader: Lani Peterson

Registration: \$80 CEU Fee: \$20

Harnessing the Healing Power of Story, Part 2

October 31, 2009 9:30am-3:30pm

In part 2 of this workshop, the exploration of healing story is taken to a deeper level. Picking up with the intention of helping another to shift a paradigm, Part 2 will discuss in depth how to expand a "thin story" into a "thick story" that can hold the whole person.

Retreat Leader: Lani Peterson

Registration: \$80 CEU Fee: \$20

SAVE \$40 Register for Both "Healing Power of Story" and book an overnight at Rolling Ridge for only \$ 235.00 incl. meals!

A Day of Healing- for Cancer Survivors and Care-Givers

October 31, 2009 9am-4pm

This workshop is a rest from the struggle. It is a time to open up to our deep reservoirs of healing energy in the context of a loving community of understanding. Come ready to relax and enjoy yourself.

Retreat Leaders: Jane Gossard, Marlys Edwards, and Fran McCormick

Early Registration: \$75 After 10/24: \$85

Good Grief: A Sacred Sadness and a Holy Healing

November 3, 2009 9:30am-3:30pm

Through presentation, reflection on experience, time by oneself and in community sharing, we will grow in seeking God's presence in times of loss and ways of offering compassionate companionship to grieving persons.

Retreat Leader: Paul Millin

Early Registration: \$48 After 10/27: \$55

Self- Discovery: An Enneagram Guide to Personalities, Relationships And Healing

November 4, 2009 9:30am-3:30pm

Based on practical human psychology, the Enneagram is a tool that helps us release our limited points of view, create more access to our gifts and abilities and leads to more effective and satisfying personal relationships. Join noted clinical psychologist Andrew Hahn for a day of self discovery.

Retreat Leader: Andrew Hahn

Registration: \$48 After 10/29: \$55

Breathing New Life into Prayer

November 18, 2009 9:30am-3:30pm

This workshop will offer a fresh look at and understanding of prayer, and will be appropriate for people from any religious/spiritual tradition, or none. Participants will learn a form of healing prayer that comes from being as honest and attentive to where they find themselves in the moment as possible.

Retreat Leader: Susan Van Drie

Early Registration: \$48 After 11/10: \$55

In Darkness, seeing a Light: An Advent Retreat

December 1, 2009 9:30am-3:30pm

How can we make our journey to Bethlehem this Advent and welcome new life at Christmas? With Joseph and Mary as companions, share in sacred stories as guiding stars to look for signs of grace and God's presence in our time.

Retreat Leader: Paul Millin

Early Registration: \$48 After 11/25: \$55

Register Today for any and all of the offered programs at Rolling Ridge by calling 978-682-8815, or visit us on the web at www.rollingridge.org, or email thestaff@rollingridge.org. All programs with complete brochure pdf's are available on our web site.

Give the gift of life
As we host the



Blood Drive
from 10am-3pm

RIDGEFEST '09
September 13, 2009

All day Wellness and Music Festival

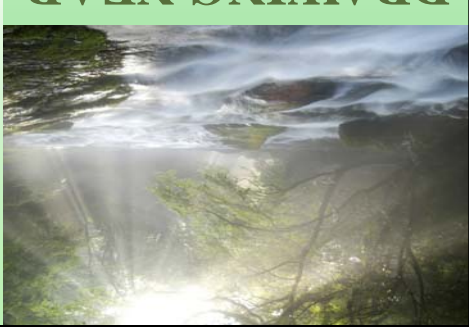
showcasing:

- Local Christian bands
- Local Musicians
- Massage *
- Reiki *
- Drumming
- Outdoor BBQ *
- Blood Pressure check
- Family Events
- Tours of the mansion
- Labyrinth Walks
- Storytelling

FREE ADMISSION*

*these events require purchase

ROLLING RIDGE PROGRAM OFFERINGS
AUGUST THROUGH DECEMBER, 2009



**DRAWING NEAR
TO GOD**

**An Eight Month Journey
of Spiritual Deepening**

In this eight month program, participants will explore their personal spiritual journeys in a group setting, and learn about and practice a variety of spiritual disciplines. These well-tested tools lead to a greater awareness of the Divine in all of life. Each session will include worship, presentation, discussion, personal practice and reflection time. Participants will be assigned readings in preparation for each session. All the leaders are trained spiritual directors and retreat leaders. Participants will also be encouraged to be in spiritual direction while in the program. Program runs from October 2009, to May, 2010.

With my whole being, I thirst for the Living God.
Psalm 42:2

About our Leaders

Margaret Benefiel, Ph.D.,
Margaret teaches at Andover Newton Theological School. CEO of ExecutiveSoul.com, Dr. Benefiel also has served as Chair of the Academy of Management's Management, Spirituality, and Religion Group. Over 500 executives, managers, and other leaders have participated in her seminars and courses. She is the author of *Soul at Work: Spiritual Leadership in Organizations* (Seabury Books, 2005) and *The Soul of a Leader: Finding Your Path to Success and Fulfillment* (Crossroad, 2008), and has also written for *The Leadership Quarterly*, *Management Communication Quarterly*, *Managerial Finance*, *Journal of Organizational Change Management*, *Organization*, *Personal Excellence*, *America*, *Presence*, *The Way*, *Studies in Spirituality*, *Radical Grace*, and *Faith at Work*. She is a member of Beacon Hill Friends Meeting in Boston and lives in Boston with her husband. She enjoys hiking, reading novels, and scuba diving in her free time.

Jane Smith Bernhardt
Jane is an artist, writer, and actress who has integrated spirituality and social transformation in a series of original exhibits and performances. She performed her original solo adaptation of Etty Hillesum's letters and diaries ("Love, Etty") at Auschwitz, as well as in the Netherlands, England, and many parts of the U.S. She has led numerous retreats and workshops and is a graduate of interfaith Guild for Spiritual Direction. For more information on Jane's work, visit her website at www.janebernhardt.com.

Rev. W. Scott Campbell
Scott is the pastor of the Harvard-Epworth United Methodist Church in Cambridge, MA. He writes a regular column for *The Progressive Christian* called "Scott Campbell on Faith." His column has twice won awards from The Associated Church Press. He has contributed to a number of books, including *Unfinished Business*, *Hardball on Holy Ground*, *United Methodism@ Risk*, and *The Ice Cube is Melting*. He is an adjunct faculty member at Harvard Divinity School where he teaches a course on United Methodist polity and leads a theological reflection section called "Meaning Making."

Grace Durfee, PCC, PMC
Grace is a Professional Certified Coach, Professional Mentor Coach, trainer, writer, and speaker who helps busy professionals, small business owners and career changers achieve success while enjoying more balanced lives. She is author of *Balance with Grace: Celebrate the Kaleidoscope of Life*. Read and subscribe to her free monthly newsletter (www.balancewithgrace.com/newslet.html) and read about ways to find balance through connection at her blog (www.balancewithgrace.com/blog)

Maryllys Edwards
Marylys is a retired English teacher from Phillips Academy where she taught writing to students grades 9 through 12. As a cancer survivor, she has discovered the healing powers of writing poetry using structures that nearly guarantee success no matter what level of experience.

Rev. Karen Lewis Foley
Karen is a Unitarian Universalist Minister, spiritual director and writer. Ordained in 1988, she served congregations in Massachusetts until 2006, during which she enjoyed leading small groups, especially in spiritual growth and discovery, and leading retreat activities. In recent years she has focused increasingly on spiritual direction and retreats, completing the Shalem Institute Spiritual Guidance program in 2004, and Shalem's Retreat and Contemplative Prayer Group program in 2009

Jane Gossard
African drummer and inspirational storyteller, Jane Gossard has performed at a variety of venues in the Greater Lawrence area. People of all ages enjoy the voice of her drum as Jane shares "Drumcalling", a powerful story of love and self-discovery that describes how the African djembe drum became part of her life.

Andrew Hahn, Psy.D.
Andrew is a licensed clinical psychologist. He received his B.A. in Social Studies/ Psychology from Harvard University and his doctorate in Clinical Psychology from Hahnemann University. He is certified by Helen Palmer to teach the Enneagram and has also been a faculty member in the graduate counseling program at Leslie College and Northeastern University. Dr. Hahn has a private practice in Lexington, MA, and speaks, teaches, and leads healing groups internationally.

Rev. Alice Mann
Before joining the staff of the Alban Institute in 1995, Alice served for two decades in the dual roles of pastor and nationally recognized consultant-trainer in the field of parish development. She has worked in depth with clergy, congregations and denominational staff on challenges such as incorporating new members; redeveloping struggling churches; defining denominational roles in growth and revitalization; breaking through size plateaus; and deepening the congregation's spirituality.

Fran McCormick
Fran is a semi-retired art specialist and still active artist, teacher and poet. Her interests include sharing art, bookmaking, writing and exploring. She is a cancer survivor and has been a caregiver several times. Fran finds great energy in creative pursuits, especially in the making of art.

Rev. Tom McMillan
Tom is Senior Pastor of West Parish Church, UCC, in Andover and an enthusiastic amateur photographer with almost thirty years experience. He has studied personal vision for photographers and landscape photography at the Maine Photographic Workshops and has taught adult education classes on photographic techniques.

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North Andover, MA 01845



Rev. Paul D. Millin
Paul is the director of Living Water- Spirituality for Daily Life and Vocation. He is a retired United Church of Christ Pastor, having served churches in Massachusetts and New Hampshire. After completing Shalem Institute's Individual Spiritual Guidance Program, he now offers a ministry of spiritual companionship. Paul also leads retreats and offers workshops in spiritual growth practices, including chanting, Celtic Spirituality, and labyrinth walking.

Lani Peterson
Lani is a psychologist, storyteller, public speaker and personal coach. She has extensive experience working with individuals, groups and organizations on the use of story as a healing art, a leadership tool, and a powerful medium for personal growth, connection and change.

Melissa Mains Timberlake
Melissa has turned her personal passions and experiences into a wide variety of speaking/workshop topics which inspire others to make spirituality real, tangible and practical. She has an extensive background in both radio and television production. For years, she was the producer of a national radio broadcast which aired on over 500 stations throughout North America. In Chicago, she landed the job of co-host of the award winning nationwide television talk show, *You Need to Know*. She has performed extensively with traveling drama repertoire troupes and for the past 20 years has joined her husband, Doug, in the ever hilarious 2-person improvisation event: *The Comedy Café*. Melissa also enjoys writing and has co-authored 3 books along with a variety of other published assignments. She is a certified professional coach who loves helping people find their compelling life purposes.

Susan Van Drie
Susan is a licensed independent clinical social worker in Massachusetts and a graduate of A Society of Souls' four-year training program in Integrated Kabbalistic Healing (www.kabbalah.org). She has many years' experience as a psychotherapist, is trained in Reiki, and has worked as a hospital chaplain and in various spiritual leadership roles. She holds a master's degree in both clinical social work and religious studies from the University of Chicago.

Nicolette Wellington
Nicolette is an artist, retreat facilitator, and religious educator with an M.A. from Andover-Newton Theological School and an apprentice of the Labyrinth Guild of New England. Currently working with elders in a daycare setting, Nicolette facilitates Advent and Lenten quiet traditions at the Boxborough United Church of Christ where she is a member and enjoys being a part of the dynamic team of the Christian Education Committee. She designs innovative Communion Worship and church school curricula for young people.

GREEN MAILING??

If you'd like to continue to receive our program updates and newsletters, but would prefer to save our environment and the cost of postage and receive them *electronically*, email us with "make me green" in the subject line.
mail to: thestaff@rollingridge.org

**Yes, I want to help Rolling Ridge serve our global community
by providing gracious hospitality and vibrant programs.**

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PROGRAM OFFERINGS, AUGUST THRU DECEMBER, 2009 Please display for others to see!!