

Making a Retreat

- Come with an open mind and open heart. God is never very far from any one of us.
- It is all right to rest and take naps. Most of us live on the edge of exhaustion.
- Bring a journal or some way to record reflections, questions, dreams.
- Dress casually. Breathe deeply. Pray for openness even as you drive to and then walk into the retreat center.
- It is alright to keep silence, take long walks, read a little or a lot, fast from food and distractions, sing your prayers, ask yourself questions like “Who am I and where is God calling?”

“The call to make a retreat is a call to live, a call to know God through love, through worship and through silence.”

Gilbert Kilpack

Please call 978-682-8815 for rates and available dates or visit our website at www.rollingridge.org.

WELCOME TO ROLLING RIDGE ***A Place of Peace and Renewal***

Rolling Ridge is a retreat and conference center open to people of all faiths, and to a wide variety of groups who seek a time of rest and reflection, who desire new resources for living, who long for space to listen or to plan and create.

Rolling Ridge sponsors monthly retreats and programs focusing on spiritual formation and hosts many groups for day or overnight events. Private rooms for personal retreats are also available.

The 38 acres of woods, rolling hills and lakefront and the 40 room Georgian estate provide the setting and accommodations for you or your group. Rolling Ridge is a ministry of The New England Conference of The United Methodist Church. The Director, Rev. Larry J. Peacock, and the staff look forward to welcoming you.

Directions to Rolling Ridge may be found on our website, www.rollingridge.org. Our center is located approximately 25 miles northwest of Boston.

Rolling Ridge Retreat and Conference Center

660 Great Pond Road
North Andover, MA 01845
www.rollingridge.org
978-682-8815
Email: thestaff@rollingridge.org

RETREATS

Private, Directed and Group



A retreat is an opportunity for transforming...for soulwork
Cynthia Hirni

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The Need for Retreats

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

Tom Gedeon

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

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

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

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

Kinds of Retreats

Private Retreats...

provide time for you to be with God in a supportive and contemplative atmosphere. They are uniquely designed by each individual retreatant. The Thomas Merton Suite is set aside for individuals (or a couple) who wish to spend one or several days on their own. Food service may be available if other groups are in residence or a small kitchenette with microwave, toaster oven and refrigerator is available.

Renewal Days...

provide an opportunity for individuals to have a week-day retreat at the Ridge for reflection and meditation. Lunch is available.

Directed Retreats...

are more structured and guided with the help of a spiritual director who is a listening and supportive person. The frequency of direction sessions varies at the request of each individual. Rev. Larry Peacock, Rolling Ridge Executive Director, is available to help you set up a directed retreat.

Group Retreats...

are programs offered by Rolling Ridge or other groups to which an individual comes and joins in the agenda of the day. These retreats usually include worship, silence, sharing, input and meals. Programs offered by Rolling Ridge can be found online at www.rollingridge.org Group retreats can range from 10 people to 60 people.

Resources at Rolling Ridge

Whether you come for a private, directed or group retreat or a renewal day, Rolling Ridge offers facilities and services to support you on the spiritual journey.

Spiritual Direction and Massage

You may contract with a spiritual director or massage therapist to enhance your retreat experience. Advance arrangements should be made through our Guest Services office.

The Labyrinth

A prayerful walking path is nestled in the trees, overlooking the Lake. A brochure gives a description and helpful guidance. Finger labyrinths are also available.

Meditation Spaces

Benches at the Peace Pole and Point of Pines lakeside chapel provide outdoor meditation places. Inside, there is a small meditation room with kneeling benches, chair and an altar, and the Oval Room for reading, journaling or taking meals in private.

Library

Spirituality books, a fireplace and soft chairs create a warm place for reflection.

Walking Paths and Swimming Pool

The half mile lake path is open most of the year, the swimming pool from late June to Labor Day. A kayak and 2 canoes may be checked out in summer.