

FALL 2008 CALENDAR



Celebrating our 60th Year!!

SEPTEMBER

- Sept 4 Intensive Ministry Reflection
9:30am-3pm
- Sept 20 Rolling Ridge's 60th Anniversary
Celebration 10am-3pm
- Sept 27 Drawing Near to God
8:45am-3pm
- Sept 29 Companions on a journey: William
Sloane Coffin 9:30am-3pm
- Sept 30 Writing: Deeply Contemplative, Wildly
Creative 9:30am-3pm

OCTOBER

- Oct 1 The Enneagram: Advanced Workshop
9:30am-3pm
- Oct 4 Going Deeper
- Oct 7 Aliveness: Aligning Actions and Faith
9:30am-3pm
- Oct 20 Mindfulness & Christian Contemplative
Practices 9:30am-3pm
- Oct 25 Drawing Near to God
8:45-11:45am

NOVEMBER

- Nov 6 Intensive Ministry Reflections
9:30am-3pm
- Nov 8 De-Stress II
9:30am-3pm
- Nov 13 Call to Simplicity
9:30am-3pm
- Nov 18 Discover your Divine Flame: Remember-
Renew-Rejoice 9:30am-3pm
- Nov 22 Drawing Near to God
8:45-11:45am

DECEMBER

- Dec 2 On the Way to Bethlehem
9:30am-3pm
- Dec 6 Going Deeper
- Dec 9-11 Advent Retreat

COMING IN 2009

- Jan 24 Story Telling as Healing
- Jan 27 Diet, Discipline & Discipleship
- Feb 21. "Soul Food" Our Faith, Our Food,
Our Life
- Feb 24 Companions on the Way-
Howard Thurman
- Mar 10 Praying the Lord's Prayer
- Apr 14 The power of Gratitude
- Apr 28 Companions on the Way
John Wesley
- May 5 Mysticism of the Everyday
- June 9 Labyrinth Walk

For complete PDF of all programs, visit our NEW web site at www.rollingridge.org and click on "programs".

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

Intensive Ministry Reflection

Alice Mann

September 4 and November 6, 2008 9:30am-3pm

The professionally-led ministry reflection days provide a setting where a pastor may receive both individual and peer support, and regain a sense of clarity. The structure is simple. Just four pastors will gather with Alice Mann for a full day of group reflection, individual coaching, and discretionary time to rest, journal, or plan. Includes lunch. \$320

Drumming for Joy

Jane Gossard

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!

Drumming Programs are offered on these dates from 7pm-9pm:

Tuesday, Sept. 23, Tuesday, Oct. 14, Tuesday, Nov. 18, and Tuesday, Dec. 2. \$15 advance/ \$20 at the door

Companions on the Journey: William Sloane Coffin

Rev. Mike Clark

September 29 9:30am-3pm

When Bill Coffin died in 2006, the US and the world lost one of the great prophets of the 20th century. Over the course of his life, he served in the US military, worked for the CIA, was the chaplain at Yale University, was prosecuted by the US government for encouraging young men to resist the draft during the Vietnam war, offered leadership during the civil rights movement, organized churches and synagogues against the nuclear arms race and continued to be engaged with his faith and the world until the day he died. He was a pastor and a prophet, teacher and an activist, preacher and writer. Our times together will reflect on Bill's witness to the times in which he lived, and the lessons for us in our own time and place.

\$40 advance/ \$45 at the door

Writing: Deeply Contemplative, Wildly Creative

Rev. Dr. Margaret Benefiel, Rev. Steve Garnaas-Holmes

September 30 9:30am-3pm

Deeply Contemplative (Morning) Do you yearn to connect your writing with your spirituality? Do you wish that writing weren't such an isolated task? Come apart for a time to discover how your writing can be spirituality grounded and connected to spiritual community.

Wildly Creative (Afternoon) Poetry as Prayer: "We do not know how to pray as we ought, but the Spirit intercedes for us with sighs too deep for words (Rom. 8.26).

In both prayer and poetry we enter the borderland between mystery and clarity, between what we know and what we cannot say. Both prayer and poetry invite us into silent presence. We will explore reading and writing poetry as a contemplative practice, a kind of lectio divina of life. Participants do not need any familiarity with poetry, nor experience writing. We'll just play with words. \$40 advance/ \$45 at the door

The Enneagram: The Advanced Workshop

Herb Pearce

October 1 9:30am-3pm

This workshop assumes a basic knowledge of the nine types of the Enneagram. We'll cover more deeply the instinctual subtypes and sub-categories of the Enneagram— wings, stress and secure types, parental types, and look at your history of growth within your type and how you have related to different types. We'll look at ways to grow psychologically and spiritually and how to develop the best traits of all nine types. \$40 advance/ \$45 at the door.

Aliveness: Aligning Actions and Faith

David Rynick, CPC

October 7 9:30am-3pm

When our actions are in alignment with what is most deeply true for us, we experience a sense of aliveness and joy that is quite apart from the specific results of those actions. We live directly into the mystery of who we are called to be. But how do we do this? How do we learn to live our faith in the midst of our present circumstances?

In this Day Apart, we will learn and practice some specific tools and strategies for living your faith in a deeper way in your life. Using mindfulness meditation, we will cultivate our connection to our faith in the form of the aliveness of *this* moment. And we will use some simple coaching techniques to create specific action steps that are aligned with what we most love. \$40 in advance, \$45 at the door.

Mindfulness & Christian Contemplative Practices

Ethel Fraga

October 20 9:30am-3pm

"Mindfulness and Christian Contemplative Practice" is a mini retreat which invites people of all faiths or no faith, who desire to live contemplatively, to support each other in applying simple yet profound Mindfulness practices from Christian and Buddhist traditions to help transform the ordinariness of our lives into deliberate, grounded, and devoted living. We will support each other in allowing the Divine to sacramentalize our every day lives. \$40 in advance/ \$45 at the door

Destress II

Rev. Dr. Margaret Benefiel, Rev. Debora Jackson, Kerry Hamilton

November 8 9:30-3pm

Do you long for a life of balance and spirit? Do you find your work stressful, rushed and without heart? Is there too much to do, too little time to do it all in, and a lack of energy to do it all with? .De-Stress II: Spirit at Work is a day for those seeking to capture and engage their spirits at work, and to find ways to eliminate stress from their lives. \$100

Call to Simplicity

Rev. Dr. Jean Wright

November 13 9:30am-3pm

The Call to Simplicity day apart will include readings, time for silence and reflection, and group sharing. The focus will be developing spiritual tools and practices that will empower one's desire for simplicity in daily life. In spiritual life and ancient writings, this was understood as involving a "conversion of the affections". We will consider and reflect upon this particular way of wisdom as it provides a strong foundation for an invitation to greater simplicity in practice; particularly as we approach Christmas within a consumerist society.

\$40 in advance/ \$45 at the door.

Discover your Divine Flame: Remember-Renew-Rejoice!

Jane Korins/ Michele Tamaren

November 18

This full day workshop explores the holy spark within each of us: the flame that knows both sacred sorrow and divine joy. Participants are invited to reflect on how sorrow and joy are as inexorably linked as the thorns and the blooms of the rose. We invite participants to examine the essence of their own sacred spark. How did we receive it? How do we recognize it? And how do we share our holy gifts? We will Remember, Renew, and Rejoice as we discover our uniqueness, learn to appreciate and expand our light, and then help to illuminate the path for others. \$40 in advance/ \$45 at the door.

On the Way to Bethlehem, An Oasis

Rev. Paul Millin

December 2 9:30am-3pm

On the way to Bethlehem, Mary and Joseph were traveling with a group. Stopping to rest at an oasis for rest and refreshment of body and spirit was important. Traveling companions share food to nourish their bodies for continuing the journey. Under the canopy of night time stars, the heart stirs with wonder and the mind slips into quiet reflection. How does the experience one comes from connect with what one is moving toward? Where is the sacred thread woven through the tapestry of this moment? How is the Holy One speaking a life giving word? What is being born in me to cherish and nurture into fullness of life? \$40 in advance/ \$45 at the door.

Attending to Stillness and Hope, an Advent Retreat

Rev. Marcelle Dotson

Rev. Larry J. Peacock

December 9-11

In the darkness of the season, in the silence of Mary's womb, new life grows, hope takes shape and angels prepare choruses of great joy. This three day Advent retreat is about listening to the whispers of God, attending to hope and new life that is often only dimly felt, and finding ways to rekindle deep joy. Come away from rush and hurry and revel in a gentle pace, quiet worship, good food and new friends. Each day will include worship, times of silence, opportunity for prayer and movement, and creative art expression. Massage and Reiki are available for an additional fee. Call our guest services office at 978-682-8815 for rates and availability, or email agw@rollingridge.org.

Drawing Near to God

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.

Four Quarterly Saturday Retreats to deepen your Faith walk

Going Deeper

Discovering the support and structure you need for your spiritual journey is the goal of "Going Deeper". The four retreats will take you on a path to identifying, developing, and claiming the spiritual practices that will sustain your journey. Historically, this is called "a rule of life" and each participant will create their own. Each retreat will include input from the leaders, sharing, worship, meditation, and practice. Readings and monthly reflection papers will be assigned between retreats.

Rolling Ridge is a retreat and conference center open to individuals 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 a monthly "Day Apart" retreat series. These programs offer opportunities for spiritual formation based on a variety of topics. Additionally, there are seasonal multiple day retreats for rest and renewal.

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, United Methodist Church. Rev. Larry J Peacock, and the staff look forward to meeting you.



About our Leaders

Rev. Alice Mann

Before joining the staff of the Alban Institute in 1995, Alice Mann served for two decades in the dual roles of local 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.

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.

Rev. Mike Clark

Rev. Mike Clark is the pastor of St. John's UMC in Watertown, MA and is also the Peace with Justice Coordinator for the New England Annual Conference. He has been actively engaged in social justice work for more than 40 years, and for 20 years he served in a variety of national staff positions with church-related organizations. In 1978 he was hired by Bill Coffin, then Senior Minister at The Riverside Church in New York, to be the Co-Director of the Riverside Church Disarmament Program. He worked side by side with Bill for 5 1/2 years.

Rev. Dr. Margaret Benefiel

Margaret is CEO of Executive Soul and teaches at Andover Newton Theological School in Boston, in the area of spirituality and organizational leadership. Margaret speaks widely, leads seminars and retreats, and offers coaching and spiritual direction to executives and organizations. She is the author of *Soul at Work* and *The Soul of a Leader*. www.executivesoul.com.

Rev. Debora Jackson

Debora brings 20 years of advanced technology development, organizational management and spiritual grounding to her current work as an ordained member of the clergy and Senior Pastor of the First Baptist Church in Needham. Debora is the founder of The Renewal Group, a consultancy focused on revitalizing organizations after downsizing and maximizing employee engagement.

Kerry Hamilton, CPCC

Kerry brings over 30 years of business and senior management experience in the agency and corporate worlds to her personal and executive coaching practice. Throughout her career, Kerry is committed to doing strategically sound, creative and results-oriented work in ways that honor the teams and people engaged in the work. Kerry is interested in the dynamics that lead to individual empowerment, personal and professional growth, creativity, wisdom and humor.

Herb Pearce

Herb is an individual, couples and family psychotherapist, and Enneagram and Myers-Briggs trainer. He also leads couples communication weekends. With over 28 years experience working with many thousands of people and many organizations, Herb has coached people on truly understanding gender and personality differences and how to relate to those differences. He is a leading expert on the Enneagram and is the author of *The Idiot's Guide to Power of the Enneagram*. Herb can be contacted at herb@herbpearce.com, or through his web site at www.herbpearce.com.

David Rynick CPC

David is a life and leadership coach who works with individuals and organizations to help them clarify what is truly important and take effective action to realize their visions. He is also an ordained Zen teacher and co-founder of the Boundless Way Zen Community. David has worked with churches and religious seekers in many traditions. His passion is supporting people to uncover their gifts and use them in service of the world. David can be contacted at David@RynickCoaching.com or through his web site www.RynickCoaching.com.

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PROGRAM OFFERINGS, SEPTEMBER--DECEMBER 2008



Ethel Fraga

Ethel is both a Centering Prayer Facilitator/Presenter and an Instructor of Jon Kabat Zinn's Mindfulness Based Stress Reduction course. Over 40 years of contemplative practice, she has made extended retreats with many wonderful teachers including Fr. Bede Griffiths, Fr. Thomas Keating, Thich Nhat Hahn, and Sharon Salzberg. She presently serves on the Board of Contemplative Outreach of New England.

Rev. Steve Garnaas-Holmes

Steve is the pastor of Bow Mills United Methodist Church in Bow, NH. He writes *Unfolding Light*, a daily reflection of poetry, prayers, stories, and odd thoughts via email. (unfoldinglight@hotmail.com)

Rev. Dr. Jean Wright

Jean is a graduate of the Shalem Spiritual Direction Program and is affiliated with the American Baptist and United Church of Christ denominations. She has several years of pastoral ministry experience as well as being a Licensed marriage and Family therapist. She is the co-author of "How to get referrals: Strategic Marketing for Mental Health Professionals", John Wiley & Sons, 2000. She is an experienced retreat and workshop facilitator. Jean is a member of the program committee at Rolling Ridge.

Jane Korins

Jane is the director of Pastoral Care for the North Shore Medical Center in Salem, MA. She graduated from Harvard Divinity School with a Master of Theological Studies and is a trained spiritual director. She and her staff provide pastoral care to patients and their families and develop and lead pastoral care education for chaplaincy students and volunteers. She is a frequent speaker in the North Shore area.

Michele Tamaren

Michele is a spiritual director, writer, presenter, and personal coach. She trained in spiritual direction at the Claritas Institute Interspiritual mentor Training Program with Dr. Joan Borysenko. Michele taught special education for more than 25 years.. wrote the book *I Make a Difference: Building Self-Esteem and Sensitivity in the Inclusive Classroom*. Michele has presented self-esteem workshops throughout the country and Canada for schools, hospitals, universities, and national professional conferences.

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.

Rev. Marcelle Dotson

Marcelle is an ordained United Methodist pastor, and has served as the District Superintendent for the Metropolitan Boston/South District and then as the District Superintendent for the Northern Maine District. Marcelle also served churches in Teaneck NH, Manchester, CT, and Dorchester, MA. She is a member of the Order of Saint Luke, within the United Methodist Church, and an associate of the Anglican Order of St. Helena. Marcelle is currently on a year-long sabbatical learning about and engaging in issues of poverty.

Rev. Larry J. Peacock

Larry is the Executive Director of Rolling Ridge, an author, retreat leader and spiritual director. For 20 years he has been active with the Academy for Spiritual Formation and has led retreats and seminars across the country. A sabbatical year living with Quakers in Philadelphia taught him much about befriending silence. He served United Methodist Churches in England, Michigan, and California before coming to New England in 2005. He is the author of "Openings: A Daybook of Saints, Psalms, and Prayer".