

Fall 2010



# Rolling Ridge

† Retreat and Conference Center

## A VIEW FROM THE RIDGE

### TESTIMONY

*I was a recent participant at the homeopathic conference held at Rolling Ridge. I'd like to thank the staff for their wonderful hospitality. I was greeted warmly and shown to my room as if I was an honored guest. The chefs provided some of the best food I've ever eaten. Their sensitivity to dietary restrictions, aesthetics of presentation, and variety was awesome. The accommodations were peaceful, lovely, and quiet.*

Blessings,  
-Patricia Hechmer, VT  
homeopath

**ROLLING RIDGE**— a place for your overnight retreat or conference, a special space for your day meeting. Our new sales and marketing staff, Michelle Poulen, will design a meeting package to meet your needs and budget.

### DECEMBER GROUP SPECIALS!!

Offering overnight groups our CMP (Complete Meeting Package) at 20% discount off all rates. CMP includes dinner upon arrival, full breakfast and lunch the following day, continuous beverage service and meeting room. Audio visual and high speed internet access is complimentary. Please call Michelle Poulen at 978-682-8815, ext. 12.

### Sightlines- Views from the Director



A Lot Can Happen in Nine Months!

Certainly we know about the miracle of birth and the nine month journey to welcome a new child to this world, but looking back on these past nine months, I stand amazed at the continuing transformations happening at Rolling Ridge. Here is a thumbnail sketch of improvements:

- January** - 20 new mattresses are purchased to continue to upgrade accommodations for overnight guests
- February** – new bathroom floors for the women and men on first floor
- March** – 60 new chairs for Moses and Niantic meeting rooms, and wifi throughout the whole building
- April** – work re-commences on the new gutters and downspouts and is completed by June
- May** – the pool house and Ridge Wellness Center receive all new double pane, insulated windows
- June** – the overgrown foundation of the former boat house is cleared and becomes a new picnic area called the Lakeside Landing
- July** – the inside of the Moses building, meeting room and bedrooms are painted, hardwood floors uncovered and refinished and meeting room dividers removed.
- August** – a new sewer line solves the perennial problems we have been having.

We are grateful to you for responding to our appeals and to the New England Conference and the Conference Trustees for significant funding of improvement projects. Most of the large projects were completed with funds outside the regular budget.

Besides the building improvements, we also welcomed our first summer youth mission week, dedicated and opened the new Ridge Wellness Center, and hosted three art shows in the Lakeside Gallery.

Among all that is good, we still face daily challenges meeting the needs of our guests and managing our budget. It has been a difficult financial year for us in this struggling economy with several large groups postponing or canceling their yearly retreats. The Board of Directors, the staff and I count on your prayers and support to keep doing this ministry of hospitality. As one donor wrote, “Rolling Ridge is such a bright spot in our landscapes of uncertainty during these uncertain times.” We celebrate what we have been able to do and welcome your gifts and prayers to continue to be a “bright spot.”

Lamy

# A VIEW FROM THE RIDGE

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What people are saying after a “Day Apart”:

*“Thanks for the wonderful retreat. This special site is getting some much deserved attention and it feels like a place that nurtures my soul. Thank you.”*

*“What a precious opportunity to refresh and restore one’s self in a beautiful environment along with thoughtful people. A perfect way to drink living water for the journey of life.”*



## 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 DAY APART” PROGRAM CALENDAR (for details visit [www.rollingridge.org](http://www.rollingridge.org))

### OCTOBER

Oct. 26	Gratefulness: praying our way to wholeness	9:30am-3:30pm
Oct. 27	Advanced Enneagram	9:30am-3:30pm

### NOVEMBER

Nov. 2	Silence, sound and Spirit: Chanting	9:30am-3:30pm
Nov. 3	Bearing the Light in the midst of trauma	9:30am-3:30pm
Nov. 4	Bright side of living- cancer recovery	9:30am-3:30pm
Nov. 16	Finding Grace through the body’s wisdom	9:30am-3:30pm
Nov. 17	Tears and Anger- Laments	9:30am-3:30pm
Nov. 17	Drumming for Joy!	7:00pm-8:30pm

### DECEMBER

Dec. 7	To the heart of Bethlehem/advent retreat	9:30am-3:30pm
Dec. 7	Drumming for Joy!	7:00pm-8:30pm

### JANUARY, 2011

Jan. 25	Next Year you won’t be so overwhelmed	9:30am-3:30pm
Jan. 25	Drumming for Joy	7:00pm-8:30pm

### FEBRUARY

Feb. 1	Drinking from Love’s Hands	9:30am-3:30pm
Feb. 22	Drumming for Joy!	7:00pm-8:30pm

### MARCH

Mar.7	Practicing small deeds of Courage	9:30am-3:30pm
Mar. 23	Enneagram Retreat	9:30am-3:30pm
Mar. 28	Drumming for Joy!	7:00pm-8:30pm

### APRIL

Apr. 5	Life Story as Healing Journey	9:30am-3:30pm
Apr. 9	Caring for the Caregiver- a retreat for YOU	9:30am-3:30pm
Apr. 25	Drumming for Joy!	7:00pm-3:30pm

### MAY

May 12	Spirit Dancing, Body Speaking	9:30am-3:30pm
May 17	A walk with Jesus and Scripture	9:30am-3:30pm
May 24	Drumming for Joy!	7:00pm-8:30pm
May 25	Rhythm and Embodying the Word	9:30am-3:30pm

### JUNE

June 20	Drumming for Joy!	7:00pm-8:30pm
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## COME AND MEET the new “MOSES”



**It was the two hottest days in July.** A team of 8 Rolling Ridge employees took Moses by storm and completely emptied the building. The walls and ceilings were all repainted. The floors were all restored and refinished, the bedding was all replaced, the window treatments are all new. The tired Moses Hall is now revitalized. With five bedrooms, and 14 beds, Moses awaits you! In addition to being clean and new, it is quiet, private, and has its own meeting space downstairs from the bedrooms. It makes for the perfect retreat house for the smaller group. (The larger dormitory room on the 3rd floor is still there too if you have a group of up to 30 people.)



## SECOND ANNUAL “RIDGEFEST” A HUGE SUCCESS!



Photo courtesy of Lawrence Eagle Tribune

**The day began with the ribbon cutting** for the new “Ridge Wellness Center” at noon. Town Dignitaries and local supporters, friends, and clergy gathered to share in the joyous event. Soon after, the grounds of Rolling Ridge came alive with storytelling, drumming, folk music, Wellness Vendors, Tai Chi, labyrinth walks, nature walks, a fabulous selection of food and pastry at the Ridge Café, Holistic singing, and opportunities for 15 minute massages for only \$10! There was magic in the air as more than 250 people strolled the grounds, took in the wonderful energy, and shared in the success of this second annual community event. If you missed it, please look for us again next fall!

## OPEN SPACE – LAND PRESERVATION - RENOVATION

Rolling Ridge continues to work with the Town of North Andover to preserve open space on the 38 acres. In May the Town voted to approve buying a Conservation Restriction on a portion of the open space of Rolling Ridge. New England Annual Conference is reviewing the documents which will pay Rolling Ridge some needed funds and place a building restriction on certain areas of the property.



One of the students from the Harvard Landscape Institute is continuing her work on the historic landscape by preparing a treatment and maintenance plan for the Courtyard at Rolling Ridge. This is her graduation project for completion of her studies at the Boston Architectural College and the Arnold Arboretum. Maureen O'Brien brings a law background and keen insight into the historic significance of Rolling Ridge and the work of Fletcher Steele.

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### LASTING LEGACY

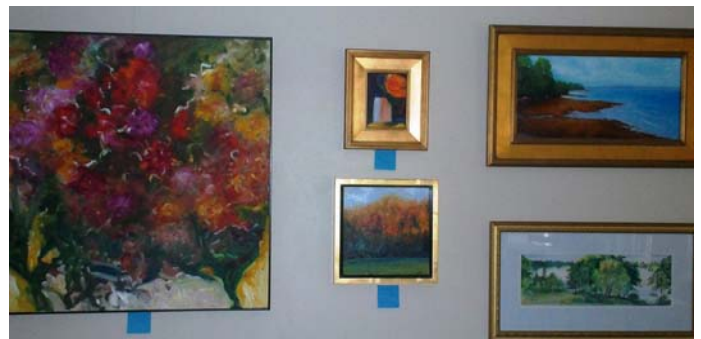
Last December, my father died. Since my mother died several years before, the estate was now to be settled. Beside leaving some funds to three children, my parents, a working class family from Flint Michigan, left \$100,000 to four charities. We three children were amazed and thrilled at the good stewardship of my parents and the generous way they provided for gifts to a camp and three religious charities. With good planning, we can make a difference.

In cooperation with the United Methodist Foundation of New England, Rolling Ridge has the ability to work with individuals and families on creating a legacy that will benefit Rolling Ridge for years to come. Estate planning, wills and trusts, charitable gifts are some of the many ways to support the ministry of Rolling Ridge. Important tax benefits are available for donations to Rolling Ridge, a tax exempt charity of the New England Annual Conference, United Methodist Church.

I look forward to talking with you about including Rolling Ridge in your estate planning.

Lamy

### LAKESIDE GALLERY



The new fall show, “Gratitude”, is now on display in the dining room. Twenty plus paintings from the Andovers Artist Guild show the glories of this season of thanks.

The Lakeside Gallery is open Monday – Friday from 9-5 and by appointment.

All the paintings are for sale and benefit the artist and Rolling Ridge.

A new winter show will be displayed in December.

*Reflect upon your blessings, of which every (one) has plenty, not on your past misfortunes, of which all have some.*

-Charles Dickens.

## CLEAN OUT THE CLUTTER!!

Sometimes it just takes a little effort to be rid of some tired energy. What did one ever do before *Craigslist*? In a matter of days, we found new homes for many “retro” treasures that used to reside at Rolling Ridge. We cleaned out and cleaned up. Now that we have, we realize there might be some of you out there who also need to clean out and clean up. Here are some things that we sure could use if you don't need it anymore:

- Bedside tables/nightstands
- Rocking chairs for the porch
- Table lamps, floor lamps
  - Area rugs
  - Nice wall mirrors
  - Two rollaway beds
- Wood dressers for guest rooms

**OR** perhaps you would like to make a donation in honor or memory of someone and we could purchase:

- Picture hanging system for the Lakeside Gallery
- Lighting system for the Lakeside Gallery
- Chafing Dishes, regular or rolltop
- Ramekins
- Twin Sized Head boards
- Ceiling Fans & Chandeliers for Tyson Hall
- ATV for grounds
- Induction Burner



“Start cleaning house. Each piece of emotional clutter you clear out will bring you closer to your soul.”

-Melodie Beattie

## SUMMER CAMP 2010

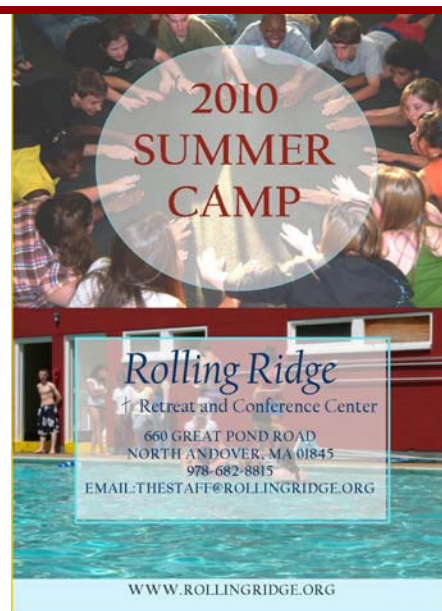
- "I enjoyed it while growing closer to God"
- "this place is beautiful and fun"
- "It's been the highlight of my summer"

These were some of the comments of the kids who played, sang, swam and learned at Middle School Camp this past summer. Four new leaders added crafts, a shadow puppet show, and music to the usual schedule of games, worship, swimming and eating. Thanks to Will Green, Melissa Yosua-Davis, Matt Willis-Good and Lisa Fagerstrom and CIT Alison McLeod for leading the summer program on “Be A Hero”.

### Senior High Mission Week

A new senior high program, partnered with United Methodist Reach Out Mission by Youth, was held at Rolling Ridge in July. After breakfast, 23 youth and young adults went to the Merrimack Valley to work on seniors' homes, doing repair and painting and building ramps. Returning to Rolling Ridge, weary but happy to be of service each day, they swam, ate, played and worshiped and then prepared to follow such a rhythm for a whole week. Rolling Ridge was pleased to host a new venture that touched the lives of seniors citizens who needed help and blessed the lives of youth who put their faith into action.

Watch for dates for next summer's programs for youth.



## HOLIDAY LUNCHEON MENU

### Warm Starters (Select One)

Minestrone  
Seafood Bisque  
Homemade Chicken & Leek  
Cream of Broccoli & Cheddar  
Creamy Butternut Bisque

### Salads (Select One)

Caesar  
Seasonal Garden  
Caprice (Mozzarella, Basil & Tomato)  
Marinated Artichoke Hearts with  
Asparagus & Roasted Red Peppers  
Marinated Grilled Vegetables with Aged Balsamic  
Spicy Chickpea & Edamame

### Entrees (Select Two)

Walnut & Maple Glazed Salmon  
Slow Roasted Garlic Infused Roast Beef  
Cranberry Stuffed Turkey Breast  
Baked Crab Encrusted Haddock  
Pineapple Glazed Honey Spiral Ham  
Apple & Cinnamon Stuffed Pork Roast  
Wild rice, Cranberries & bean Stuffed Acorn Squash

### Accompaniments (Select Two)

Garlic Mashed Potatoes  
Maple Glazed Baby Carrots  
Sautéed Assorted Root Vegetables  
Cranberry & Almond infused Rice Pilaf  
Asparagus Almandine  
Roasted Garlic Fingerling Potatoes

All Items Accompanied by Warm Rolls & Butter  
Coffee & Tea Service  
Chef's Choice of Dessert

## HOLIDAY LUNCHEONS AT ROLLING RIDGE

Honor your staff, bring a church group, thank your supporters, bring your closest friends – come to Rolling Ridge for a wonderful Holiday meal. The Ridge will be decorated for the season with a holiday flair by Natural Designs of Plaistow, NH, including new outdoor lighting.

We have menu choices from Chef Rebecca and a price to meet your budget.



\$14.99 per person  
10 person minimum  
Served Buffet Style only



## Ridge Wellness Center Dedicated



September 19<sup>th</sup>, the community gathered to dedicate the new Ridge Wellness Center in the transformed apartment above the pool house. The new meeting space and two treatment rooms are simply and peacefully decorated and provide the setting for caring for the mind body and spirit.

The Ridge Wellness Center therapists are: Carrie Lynch, Ricia Fleming, Uli Knapp, Gerry Smeets Anson, Jan Whitten, and Kim Adami.

Here are excerpts from Executive Director Larry Peacock's remarks at the dedication:

The opening of the new Ridge Wellness Center is a significant achievement.

Five years ago I asked some members of the Rolling Ridge board to recommend a massage therapist who might be occasionally available if a guest would want a massage. Since that time, how we have grown !!!

Then, we had one person who was only occasionally called.

Today, the new Ridge Wellness Center has 6 therapists who are regularly called.

Then we had only one room, which was shared with the spiritual direction room.

Today, the Ridge Wellness Center has its own space here, not only one room but a whole floor with a welcome area and two lovely rooms.

Then we could only offer bodywork to Rolling Ridge retreatants staying on the grounds of Rolling Ridge.

Today, the Ridge Wellness Center is equipped to reach out to offer renewing bodywork to members of our larger community, in North Andover and our surrounding communities.

With the opening of The Ridge Wellness Center we expand our commitment to caring for the body mind and spirit of the guests who come to Rolling Ridge, to this true oasis of quiet beauty and gracious hospitality.

*To book a massage or body work at the Ridge Wellness Center, call 978-806-6090 and speak with Carrie Lynch. Available therapies include: Massage , Relaxation Massage, Therapeutic Massage , Muscular Therapy, Energy Alignment, Cranio-Sacral Therapy, Reiki, Healing Touch, Reflexology, Hot Stone Massage , Polarity Therapy, Chair Massage, "Body Story", Healing Drum, Muscular Therapy Treatment, Deep Tissue Massage, Shiatsu, Compassionate Touch, Spiritual Ministry, Prepare for Surgery workshop.*

## BOARD NEWS

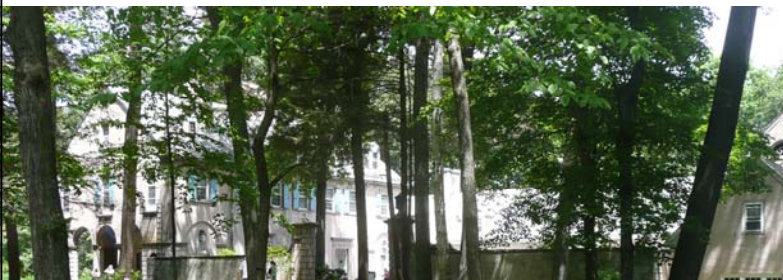
In May, the Board of Directors of Rolling Ridge voted to work with architect Iric Rex of Davis Square Architects in planning and designing the expansion of Rolling Ridge. The future goal is to increase from 22 bedrooms to 35 bedrooms and baths and add an elevator.

In September, the Board authorized the Executive Committee to interview candidates for leading a capital campaign. The Board also adopted a goal of raising \$10,000 by the end of the year as a sign of their commitment to the ministry of Rolling Ridge.

## RECENT GROUPS STAYING AT THE RIDGE:

- Boston Center for Community & Justice– Lead Boston and “In It”
  - Cambridge Youth Council
  - New Light Portland UMC
- New England Homeopathic Association
  - Phillips Design
- Malidoma Some (African spiritual teacher)
  - Friends Meeting at Cambridge
  - Gordon College

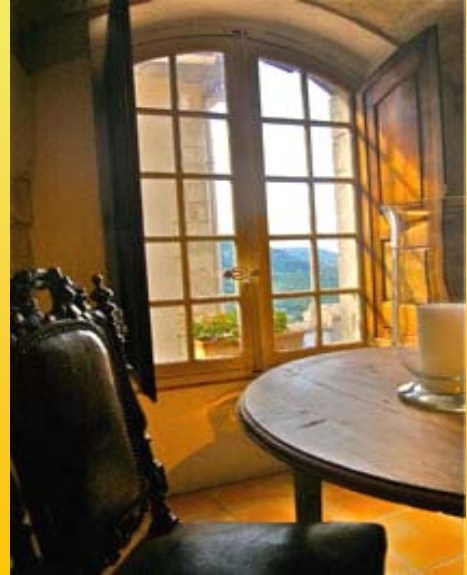
## NEW WEBSITE ON THE HORIZON!



Make sure to keep an eye on us!

[WWW.ROLLINGRIDGE.ORG](http://WWW.ROLLINGRIDGE.ORG) is getting another face lift! Isn't technology wonderful? We hope that you'll find the new site easier to navigate, more informative, and a site to behold!

## WRITER'S RETREAT SPACE



### ARE YOU A WRITING TEACHER OR A MENTOR WRITER LOOKING FOR A PLACE TO HOLD A RETREAT?

Rolling Ridge can accommodate 20 people in single rooms and 40 people in double accommodations and provide all the support you need so you can bring your own program and schedule. The Ridge will provide excellent food, meeting spaces, audiovisual equipment and other resources.

#### TESTIMONY

*We felt welcome from the moment of arrival and every staff person was cheerful and accommodating. The food was beyond anything we hoped for, and I know our vegetarian colleagues loved the options they had. Even before arrival, Alison did a wonderful job of making the planning easy. I couldn't imagine we could have had a better location for our national gathering.*

-Erin Murphy  
Literary Agency