

FALL-WINTER/2009-2010



### Check out that painting!

Forty plein air artists gathered on one of the few sunny days in June to paint this European-styled estate. Billed as “A Glimpse of Europe”, over 150 people in the community showed up to watch the artists, dine on fabulous food, and tour the estate.

Rolling Ridge inspired beautiful paintings and twenty artists brought their newly framed works back and thus the Rolling Ridge Art Gallery began. Watercolors, oils and acrylics fill the walls of the dining room. Four paintings have been sold with proceeds going to the artist and Rolling Ridge.

The Andovers Artist Guild has promised to bring new art to the Ridge so we'll have an ongoing art show. The new art emphasis has already brought local seniors to the Ridge for a lunch and talk by some of the artists.

In November, artists will be invited to paint again at the Ridge during “Fall Arts and Sounds”- a community event featuring poets, musicians and artists at Rolling Ridge.

For more information about visiting the Rolling Ridge art gallery, to schedule a luncheon and artist talk, or to paint at the Ridge, call 978-682-8815, or email [LPeacock@rollingridge.org](mailto:LPeacock@rollingridge.org).

# Rolling Ridge

† Retreat and Conference Center

## 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

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## 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.

## PROGRAM CALENDAR (for details visit [www.rollingridge.org](http://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	
May 18	Psalms and Writing	9:30am-3:30pm
May 19	Spirit Books	9:30am-3:30pm

# Christmas Craft Fair

AND Toy Drive (Children & Teens!)

Benefits North Andover & Methuen Family  
Self-Sufficiency: “Breaking the cycle of poverty.”

9am-3pm

Saturday, December 5, 2009

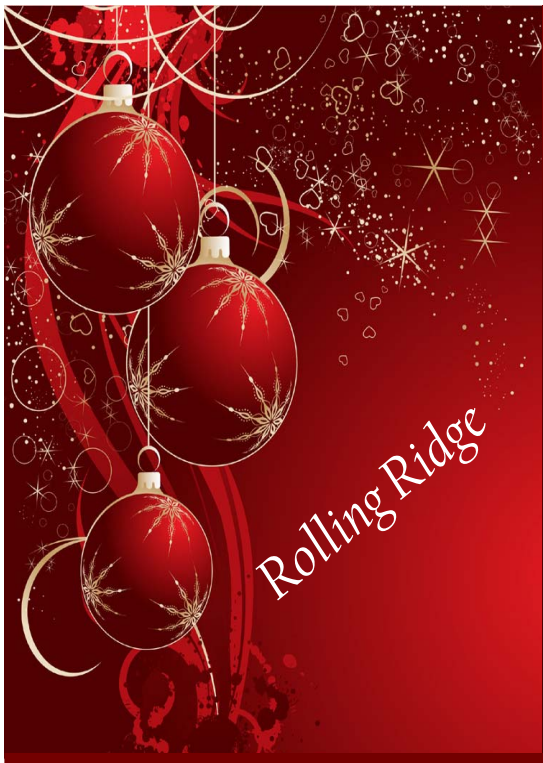
*Rolling Ridge*

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660 Great Pond Road  
North Andover, MA  
978-682-8815

[www.rollingridge.org](http://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*

*or*

*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*

*or*

*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](http://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.





## SUMMER CAMP 2009

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.



### 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

### 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.