

A Sacred and Beautiful Space  
 Set Apart for Rest and Renewal  
 Discovery and Community  
 www.rollingridge.org

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Rolling Ridge United Methodist Conference  
 Center  
 660 Great Pond Road  
 North Andover, MA 01845

**THE ROLLING RIDGE STORE**

Newly designed t-shirts and sweatshirts with the Rolling Ridge logo are now available.

T-shirts are sand colored with the logo screenprinted on the left chest. Hooded sweatshirts are light grey with the logo also on the left chest.

**T-shirts are \$15 each or 2 for \$25    Sweatshirts are \$28 each or 2 for \$50**  
**Save \$3 and buy one of each for \$40**

**Fair Trade Coffee and Hot Cocoa mix** from Equal Exchange are also available:  
 Regular \$6.00 per pound    DeCaf \$7.00 per pound    Cocoa \$5.00 per 12 oz. tub

To purchase any of our Rolling Ridge or Equal Exchange items contact our office at 978-682-8815 or email us at [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org).



Volume 3, Issue 1  
 MARCH, 2008



ROLLING RIDGE RETREAT AND CONFERENCE CENTER

**Views from the Ridge**

*Rolling Ridge*  
 † Retreat and Conference Center

**SIGHTLINES—Views from the Director**

God is breathing gently, God never hurries, Is never anxious or pressing, God just waits, breathing gently upon us with great tenderness, until we look to God— And, knowingly, Nod—  
 Edwina Gateley, source: *I hear a seed Growing*.



I have been anxious lately, even pressing and hurrying. I have good reasons. Several long term staff members were leaving and I needed to have new persons soon. Plus, several trips reduced the number of hours I was seated at my computer, taking care of business. But anxious and worry don't usually produce good results.

In the midst of "to do" lists, God invites a pace and acknowledgement that this moment is all that I have and reminds me of a great tenderness and wise guidance that is present and waiting for me. Just nod. Look toward God. And nod.

I think a retreat center is a place where we recover the time and the ability to listen and look for God. And nod. It is learning to trust the inner wisdom that comes from silence and contemplation. Nod to the One who calls us by name and loves with great tenderness.

When we take the time, when we honor the moment and look for God's grace, our lives and decisions flow with greater harmony and extend God's peace to the world.

Though poet Mary Oliver has not been to Rolling Ridge, (at least I don't think so!) she writes about trees and the value of taking a retreat in their midst. It is another way to nod to God who invites us to go easy and to shine.

"When I am among the trees"  
 When I am among the trees, especially the willows and the honey locust, equally the beech, the oaks and the pines, they give off such hints of gladness. I would almost say that they save me, and daily.

I am so distant from the hope of myself, in which I have goodness and discernment, and never hurry through the world, but walk slowly, and bow often.

Around me the trees stir in their leaves and call out, "stay awhile". The light flows from their branches.

And they call again, "It's simple", they say, "and you too have come into the world to do this, to go easy, to be filled with light, and to shine".

See you at the Ridge! Keep nodding, and Shine!

*Larry*

## UPCOMING ROLLING RIDGE PROGRAMS!

*Spiritual, Renewing, and Uplifting. Call, Email, or visit us on the web*

MARCH	31	Sacred Circle Dance	Leader: Dr. Steve Fisher
APRIL	1	Day Apart: Speech as Practice, Art and Communion	Leader: Rev. Victoria Gaskell
	12	Soul Friendship– Discovering the gifts of St. Brigit of Kildare And the Celtic Tradition of anam cara	Leader: Rev. Paul Millin
	14	Drumming for Joy	Leader: Jane Gossard
	15	Day Apart: Living Authentically: A workshop in Discernment	Leader: Phillip Petree
	16	Day Apart: The Enneagram– Understanding and Expanding Your personality style and Improving your relationships. (rescheduled from 2/13)	Leader: Herb Pearce
MAY	1	Intensive Ministry Reflection	Leader: Alice Man
	6	Day Apart: The Heart of Leadership: Leading with Spiritual Awareness	Leaders Margaret Benefiel and Larry Peacock
	13	Drumming for Joy	Leader: Jane Gossard
	12-15	OASIS– A Spiritual Spa	
JUNE	3	Day Apart: Pilgrimage of Soul: Discovering the Gifts of St. Brendan the Navigator	Leader: Rev. Paul Millin
	16	Day Apart: Sacred Manuscript of Nature	Leader: Rev. Karen Lewis Foley

*New programs- Mark Your Calendars!!!*

*Watch for a summer Evening Labyrinth Walk w/ Labyrinth facilitator Paul Millin  
Look for an October Program with David Rynick of Rynick Coaching!*

NOV	6	A Day Apart for Busy People– The call to Simplicity:	Leader: Dr. Jean Wright
	18	A Day Apart: Discover your Divine Flame: Remember, renew, rejoice!	Leaders: Michele Tamaren & Jane Korins
DEC	2	A Day Apart: Advent Retreat	Leader: Paul Millin
	9	Advent Day of Rest & Contemplation	Leader: Larry J. Peacock

PLUS Retreat Days

*Looking for a place to Read, Write, to pray...to BE?*

*Come to Rolling Ridge! The Thomas Merton Suite is perfect for an individual retreat. A place to read and write, a place to rest and reflect. It is an oasis of quiet. Call us to schedule your time, whether for 2 days or 10,*

*come to Rolling Ridge.*

## RENOVATION PROJECTS

### I. THE BEDROOM PROJECT

The six bedrooms in the main house have been repainted and we have purchased 16 new mattresses! To complete each room we need new color coordinated window blinds and curtain valances, as well as new bedding. Cost for each room: \$1400. Call us to choose your room, or buy one new Hunter Douglas roller shade for \$240.

### II. THE FLOOR PROJECT

We want to bring the first floor and stairs back to their original stunning entrance welcome. We have the first gift of \$1000 for new tile in the front entrance. Estimated cost for refinishing the stairs and new tile: \$15,000. Or buy one or more tiles at \$25 each.

### III. THE ROAD PROJECT

This winter, with thawing, freezing, and much snow and rain, has wreaked havoc with our road. We have contracted with an engineer to design a new road. We don't have total costs yet, but preparation work of drawings and mapping will total \$17,000. Any size donations are welcome!

### IV. THE CHAIR PROJECT

Fifty-six dining room chairs are creaking after years of service. We need 80 new chairs for our dining room. Here is your chance to "endow" a chair in your honor, or someone special to you. Estimated cost: \$90 per chair.

**CALL OR EMAIL ROLLING RIDGE, [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org). Our Director, Larry J. Peacock will be happy to speak with you about our renovation projects and the vision for a restored Rolling Ridge.**

### BOOK A RETREAT

Do you belong to a group looking for a place to hold a retreat or conference? Are you looking for a place to hold a staff lunch and planning meeting? Do you want to get away for some rest and renewal?

Come to Rolling Ridge! Call us for your meeting needs. We have a DLP projector available for your PowerPoint presentation; we have WIFI for your computer work; we have quiet space for you to relax. Our staff is trained to meet your needs.

Call 978-682-8815 x11 or email [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org) to check availability.





## OASIS – A SPIRITUAL SPA

MAY 12-15

A special retreat to refresh, renew, and re-energize your life!!

This is a unique Rolling Ridge program offering each participant a massage, yoga classes, spiritual direction, drumming, classes on wellness, stress reduction, meditation, poetry, and opportunity to walk the labyrinth, kayak on the lake, or explore the estate. Gourmet meals are served in the lake-view dining room. Healing touch and foot reflexology services are also available.

A gift for your well being. Four days of care and nurture. Cost is \$475 for a private Room, \$425 for a double room, or \$300 for a commuter. Can only come for one day? Come for a taste of Oasis on Tuesday or Wednesday, 9:30am to 9pm for \$95– includes yoga, meals, and classes.

## GOODBYES AND BLESSINGS

We give thanks for all the **CAROL RABS** did for Rolling Ridge and wish her well in her new job in Cambridge. Carol held the office and guest services position for over 2 years, and organized our office procedures, greeted guests, and jumped in where needed.

**TONY RUSSO**, our facilities Manager will be leaving at the end of March for warmer climates. We are grateful for his computer savvy and technical know-how, which recorded and improved our care and management of the building and grounds  
**CARRIE FLAHERTY**, our Chef Manager has taken a teaching job and is now cooking for us in the evenings and weekends. We are glad she is still serving up great food at Rolling Ridge!



## NEW STAFF AT ROLLING RIDGE!

### MEET ALISON GREEN WILL (guest services);

Before joining the staff at Rolling Ridge, Alison worked for the Unitarian Universalist congregations of; All Souls in New York City, Arlington Street Church in Boston, and First Parish in Lexington. Her career as a religious professional was primarily focused on hospitality and membership, as well as youth work. Alison is also a knitting teacher and a knitwear designer.

### MEET DANNY SMITH (administrative assistant);

Danny comes to us with an extensive background in restaurant/hospitality and retail. An accomplished musician, director, and performer, Danny is the Minister of Music at the Main Street Congregational Church, UCC in Amesbury MA, and is the executive director of his own chorus, "Voices of Distinction". In addition to working at the Rolling Ridge, he also teaches private Piano and Voice in his hometown of Kingston, NH.

### MEET GORDON BREIDENBACH (chef manager);

A Veteran of various acclaimed restaurants over the Boston area for the last 27 years, Gordon brings his expertise to bring the Rolling Ridge a variety of fresh new looks, with the freshest of fruits and vegetables, and a desire to use local products and local farms, in addition to a renewed interest in organic products. Come to Rolling Ridge to experience the finest in Breakfast, Lunch, and Dinner!! "Bon Appetit!"

## GOING GREEN

We continue to make steps in being good stewards of our buildings and land. In 2007 and earlier this year we have:

1. Installed low-flow showerheads
2. Switched to T-8 Fluorescent tubes which take less energy
3. Changed many lights to compact fluorescent bulbs
4. Unplugged appliances when not in use
5. Recycled our boxes in a special bin which has greatly reduced our trash pickups
6. Recycled office paper, plastic & bottles

P.S. We are so pleased with our low-flow showerheads that we now have them for sale at Rolling Ridge. Call us!

## A WISH LIST

- ◆ Regular or roll-top chafing dishes
- ◆ CD/Tape Boombox
- ◆ 3 new computers and server
- ◆ Twin-size blankets
- ◆ ATV for the grounds
- ◆ New dressers for the bedrooms
- ◆ Toaster Oven
- ◆ A Linksys wireless router

To make a donation or get more information about our wish list, please contact us at 978-682-8815 or by email at [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org)

## Partners Co-Sponsored Programs



On April 2nd we will co-sponsor a program with Kairos Spiritual Life Center and Bethany House of Prayer for spiritual directors. The 9:00-3pm program will be at Rolling Ridge with Susan Lennox leading participants in Bio-Spiritual focusing for spiritual directors.

On April 27-28, Rolling Ridge will provide the housing for a South Church, UCC program on Celtic Spirituality with Philip Newell from Iona, Scotland.

Visit our web site for more information. We are grateful to partner with others in extending our ministry.

## NEW GROUPS AT ROLLING RIDGE

We are happy to have welcomed or be welcoming the following new groups to the Ridge.

- Conference of Baptist Ministers
- Christ United Methodist– Lawrence
- North Andover Rotary Club
- Bodyworks Retreat
- UCC Clergy women's retreat
- Northeast Center for healthy communities
- Drishti Yoga
- Several Private Retreats and Writing Retreats

We still have many weekday openings for day meetings or overnight retreats. Contact us to schedule a date for your group.

## A DAY APART FOR BUSY PEOPLE

Come and join us for a day away from the “busy-ness” of life. “DAY APART” retreats focus on a variety of topics and offer opportunities for spiritual and personal growth.

### March 31 *Sacred Circle Dance* Leader: Dr. Steve Fisher

Sacred Circle Dances are simple, graceful, contemplative dances that help us slow down, come to center and participate in the Great Mystery. They help us tap into our gratitude for, and connection with inner peace, with one another, with the earth and the natural cycles of life. They call us from busyness into refreshment and help nurture our journeys toward wholeness and union. The tradition of such dances is an ancient one with deep spiritual underpinnings. Our fare this evening will include folk dances from different cultures as well as contemporary pieces. 7-8:30pm

### April 1 *Speech as Practice, Art, and Communion* Leader: Rev. Victoria Gaskell

The quality and integrity of our speech determines the quality and integrity of our relationships: with God, with ourselves, and with one another. Come away to explore the power of speech to transform our lives, our relationships, and our communities. Through the teaching of the New Testament and through games, discussion, and individual reflection, in a safe and supportive environment, we will consider different kinds of speech, how and what we really communicate through our speech practices, how we can change our speech to accomplish more of what we want, and how we can better address conflict. Please wear comfortable clothes and bring a Bible and writing materials. Aside from designated periods of presentation, discussion, and lunch, this is a silent retreat, as speech begins with and emerges from silence. 9:30-3pm

### April 12 *Soul Friendship-Discovering the Gifts of St. Brigit of Kildare and the Celtic tradition of anam cara* Leader: Rev. Paul Millin

Brigit was an abbess of a double community (men and women) and may have been consecrated as a bishop. Both men and women received her guidance and leadership. Her life was lived with a profound sense of Christ's friendship with us. Bridgit's spiritual discernment and compassion continued the Celtic tradition of having an anam cara (soul friend). Remembering some soul friends and their gifts provide a time for tending the fire of Christ's friendship. A Saturday morning retreat, 9:15-11:45

### April 15 *Living Authentically: A Workshop in Discernment* Leader: Phillip Petree

Through the use of practical exercises, Phillip Petree, a retreat facilitator, will help us examine our values, desires of the heart, and personal strengths, which will lead us to greater self knowledge and, therefore, help us make key decisions in our lives. This is for anyone seeking to find greater meaning in life. 9:30-3pm

## SUMMER PROGRAM FOR CHILDREN & YOUTH

“Handle with Care”- Our program theme for 2008 invites the participants to deepen their understanding of what it means to live in a loving relationship with God, each other, and Creation. Come to Rolling Ridge for swimming, fun, worship, games, and connecting with Friends and God.



Elementary Weekend Retreat July 11–13, for children who have completed grades 3-5, Directed by Lori & Jason Bergman

Junior High Camp July 13–17, Directed by Rev. Jeff Hunt



Senior High Camp August 3–7, Directed by Patti Coffill

REGISTRATION DEADLINE IS JUNE 1ST!!

Call for a registration form or visit on line. Rolling Ridge Summer Programs are open to all, regardless of Religious Affiliation. Don't miss out on the fun! Call today to register: 978-682-8815 or email [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org).



## 60TH ANNIVERSARY CELEBRATION!

ROLLING RIDGE IS TURNING 60!! Come join the festivities on September 19-20 when we celebrate a glorious past, and move toward a BOLD future!

A special Alumni Banquet on Friday night, with Rolling Ridge Speakers, including Rev. Jim Todd, Dave Hollenbeck, (invited) and others who lift up the life changing memories and experiences of Rolling Ridge.

On Saturday, gather for morning prayers and afternoon vespers at Point of Pines. Enjoy a “wellness expo” all day long, and join in a Celebration Lunch, and Launch into the Future with speakers Cynthia Good and Larry J. Peacock. Saturday evening, stay for an international buffet and a circle of song.

We'll also be recognizing persons who went into the ministry after youth camps and conferences, and celebrating couples who met at Rolling Ridge. Call us to tell us how your life is different because of Rolling Ridge. Nearly a Half Million young people have been blessed by Rolling Ridge!!!

Watch for more Details.

## THANK YOU TO OUR DONORS!!

When we cast our bread  
Upon the waters,  
We can presume that someone downstream  
Whose face we may never see  
Will benefit from our action,  
Even as we enjoy  
The gifts sent to us  
From a donor upstream.

**-Maya Angelou**

*We are grateful for your support in 2007! Your generosity benefits the many who find Rolling Ridge to be a place of rest and renewal, harmony, and healing.*

### Point of Pines Society (\$1000 and above)

Phil & Jane Bellomy  
Cynthia Good & Alan Pratt  
Frederick M. Swed Jr.  
Margaret Benefiel  
Larry Peacock & Anne Broyles  
Kerry & John Hamilton

### Renewal Society (\$250-\$499)

Robert & Lucia Bucklin  
Al & Cora Coleman  
Robert Jonas  
Paul Millin  
Walter & Leah Sauter  
Judith DeGrenier

### Friends (under \$100)

Dan & Jan Rosemergy, Greg Kepferle & Jean Blomquist, Alice & William Wimer, Brian Shultz & Joyce Descantis, Ruth Oduor, Herbert Schumm, Robert & Kimberly Belvin, Linda Douty, Kenneth & Mitzie Welch, Sam & Rachel Fisher, David Hollenbeck, Allen & Sara Ewing-Merrill, Diane Malecha, and Robert Ernst.

### Rejuvenation Society (\$500-\$999)

Robert Good  
Judy & Ken Proctor  
Steve Swafford & Timothy Cline  
John Peacock  
John Mogabgab & Marjorie Thompson  
John Serdensky



### Retreat Society (\$100-\$249)

Jim & Mary Todd  
Richard Harding  
Patrick & Linda Cady  
Kay & Bryan Gabbard  
Aricia Halley  
Eric Feustel  
Tom & Carol Feikls  
Sophia & Oscar Harrell  
Bruce & Carol Copeland  
Robert Cummings  
Brenda Haskell  
Charles & Dorothy Green  
Alton & Corazon Coleman  
Ron DelBene  
Liz Anderson  
1st Melrose UMC-UMW  
Flora Wuellner  
Herb Taylor  
Tom & Harriet Rogers  
Christine Hamilton

### In Kind Donations

John & Amanda Lewis  
Rich Peacock  
Tony Russo  
Carrie Flaherty  
Claire Childress  
Ron DelBene  
Carol Rabs

**-To everyone who helped  
make our Christmas fair  
such a success!!**

## DAY APART RETREATS (continued)

**April 16**      *The Enneagram-Understanding and Expanding Your Personality Style, and Improving your relationships*      **Leader; Herb Pearce**

The Enneagram is a system of knowledge that explains 9 different personality types and how each type experiences their world in their own unique way. You'll understand yourself and how to relate to others in ways that are much more effective, taking into account the validity of your world and theirs. **9:30-3pm**

**May 6**      *The Heart of Leadership: Leading with Spiritual Awareness*

**Leaders: Margaret Benefiel and Larry Peacock**

In twenty-first century America, leaders are rewarded for their drive, decisiveness, productivity, and long work hours. What would it mean for a leader to cultivate the inner life, to step off the treadmill, to take time apart for personal reflection? What would leadership arising from a core of spiritual groundedness and compassion look like? Join us for a day apart to explore an alternative view of leadership. During this retreat, you will have an opportunity for personal reflection along with small group discussion and spiritual exercises that draw from the fields of spirituality, management, and leadership studies. Participants are invited to bring their own leadership experiences into the discussion, and imagine whether there is such a thing as humility in strong leaders. **9:30-3pm**

**June 3**      *Discovering the Gifts of St. Brendan the Navigator*      **Leader: Rev. Paul Millin**

Brendan was deeply affected with the Celtic spirit of adventure. He left what was known and well-loved to discover what lay beyond the horizon. He sensed the unfurling of the Wild Goose, the Celtic symbol of the Holy Spirit. The metaphor of journey is often used for the spiritual life. Learning to trust and hope in God's providential care and guidance also marks our spiritual pilgrimage. **9:30-3pm**

**June 16**      *Sacred Manuscript of Nature*      **Leader: Rev. Karen Lewis Foley**

How does the Great Mystery at the Heart of Life-whether you name it God or something else-reach you through the natural world? Is it always benign-glorious sunsets and gentle rain? What about natural disasters? Is God in the whirlwind? Come explore where and how you have experienced-or may yet discover-the sacred in the natural world. We will use text, imaging, meditation and prayer to get in touch with our lives in nature. If weather and your spirit permit, you may want to walk the labyrinth outdoors during a break after lunch! **9:30am-3:00pm**

*All "Day Apart" retreats have a registration fee of \$45 at the door. Advance registrations received 2 weeks prior to each event are \$40, you save \$5. Your registration fee includes a gourmet lunch, snack and all day beverage service. Events run from 9:30 a.m.-3:00 p.m. You can register and pay online using your credit card at [www.rollingridge.org](http://www.rollingridge.org). Downloadable registration forms and brochures about each program are also available on our website. For more information, call our office at 978-682-8815 x 11 or email us at [thestaff@rollingridge.org](mailto:thestaff@rollingridge.org)*

**COME EARLY...STAY LATE**

Consider making one of our DAY APART events into a retreat stay. Come the night before or stay the night after or consider a DAY APART as part of a multi-day directed or self-directed retreat. You can even add spiritual direction or a massage to your retreat experience. Call Guest Services at 978-682-8815 X10 to check availability.

## EVENINGS AT THE RIDGE

Drumming—Once a month, join Jane Gossard for our drumming circle from 7 pm to 8:30 pm, with refreshments following. No previous drumming experience is necessary. Bring a drum if you have one, or use one of Jane's.



**Monday Nights: March 10  
April 14  
Tuesday, May 13**

### SACRED CIRCLE DANCE

Gentle, simple, graceful, contemplative dances that help us slow down and open up to God's love and Gratitude.

March 31 7-9pm, including refreshments  
All evening programs are \$15 advance registration/  
\$20 at the door

## SUMMER PICNICS



*There are still openings for church groups, business groups, families and individuals to host picnics at Rolling Ridge this summer. We can host picnics from 15 to 300 and our pool can accommodate up to 75 swimmers at a time. Grills are available for your use, or let us cater your barbecue for a reasonable cost.*

*Come Enjoy the healing beauty of Rolling Ridge. To check date availability, contact our Guest Services Coordinator, Alison Green Will at 978-682-8815 X10 or by email at [AGW@rollingridge.org](mailto:AGW@rollingridge.org)*

## Another transition- A new Future



Between 1948 and 1955, Rolling Ridge made a transition from a private mansion to a social mission- a center for the young to grow in faith. It required adding a large dining room, converting the garage to meeting rooms, and putting in beds for 80 people.

It is time for a new transition, from a youth oriented "camp" to an adult oriented, youth friendly retreat center with first rate accommodations and service. The Rolling Ridge Board of Directors has hired Demont & Associates to conduct a study, as once again it will take vision and funds to make the transition. A new retreat lodge, expanded dining room and meeting rooms, a chapel, and making the building accessible and "green" are part of the vision for the future.

Call us if you'd like to know more and read our statement of need. Demont will be conducting interviews this spring. We invite your thoughts, ideas, and prayers.

## SUMMER RENEWAL DAYS

9:30 a.m.—5:00 p.m.

### A self-directed day of renewal

Use our labyrinths and walking trails

Go kayaking or canoeing

Spend reflection time in our library, common rooms or outdoor worship space.

Enjoy a leisurely swim (after 3:45 p.m.)

Free wireless internet access is available

Gourmet Lunch is included

**Fee: \$40 per person**

For an additional fee of \$60 for a 1 hr. service we can arrange Body Therapy Services including therapeutic massage or CranioSacral Therapy

Private Spiritual Direction is also available for a fee for \$40.

*Please register in advance. Body therapies and spiritual direction are based on availability.*

RENEWAL DAYS ARE AVAILABLE Mondays: 6/23, 6/30, 7/7, 8/11 & 8/25

Tuesdays: 6/17/6/24, 7/1, 7/8, 8/12 & 8/26

Wednesdays: 6/18, 6/25, 7/2, 7/9, 8/13 & 8/27

Thursdays: 6/19, 6/29, 7/3, 8/14, & 8/28

Fridays: 6/20, 6/27, 7/18, 8/8, 8/15, and 8/29

## SLEEPY'S DELIVERS!!



**We want to thank SLEEPY'S of Salem, NH for giving Rolling Ridge a great deal on 24 Sets of Mattresses and Box Springs! A special thank you to Chris who gave many hours without commission to provide us with the best mattresses at the lowest price.**

## SCHOLARSHIPS-UNDERWRITING

Over ninety-five percent of our income comes from fees guests pay. Some would-be guests cannot afford to come to this sacred place.

Will you help us grow our scholarship? Will you help us underwrite a program? We want people to experience this special and holy place.

Call Larry J. Peacock, Director at 978-682-8815 to make a donation for scholarships or to underwrite one of our retreats.