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*Calling All Christian Bands and Music Ministries*  
Rolling Ridge is seeking potential bands and musicians for it's first ever  
**RIDGEFEST 2009, COMING this September 13th.**

- All day festival showcasing local Christian bands, musicians, and Music Ministries
- PLUS a Wellness Expo, featuring local healing professionals
- BBQ and Family Events



**NEW GROUPS AT ROLLING RIDGE**

- Emmaus
- L'Arche USA
- Merrimack Valley Chamber of Commerce
  - Erin Murphy Writing retreat
  - New England Library Symposium
  - Physicians for Human Rights
    - Episcopal Diocese

We have open dates during the week- call us for a day meeting or an overnight retreat!

**LATEST "GOING GREEN" IMPROVEMENTS**

- Chimney Balloons & permanent dampers for our chimney
- New front loading, energy efficient washer & dryer
- New recycling program in the kitchen & dining room
  - Insulation behind wall outlets
  - "Green" Ice Melt

SPRING 2009 vol. 5, Iss. 1



# Rolling Ridge

† Retreat and Conference Center

## A VIEW FROM THE RIDGE

### Sightlines- Views from the Director



"When the very air that we breathe seems infected with anxiety over war, poverty, the economy...we discover how a place of beauty and respite is no longer a luxury but rather more of a necessity."

That sentence caught my eye as I read the newsletter from another retreat center. For sure, I want it to be true. I want people to think of a retreat as a necessity rather than a luxury. But is it true?

In a recent Boston Globe article, scientists studying the brain have found that being in an urban environment impairs our basic mental process, whereas, a walk in a park or being in nature improves brain performance. "Studies have demonstrated that patients recover more quickly when they can see trees from their windows." One psychologist suggests that immersion in nature can have a restorative effect on our over-stimulated urban brains.

In a separate article on creativity, author Anne Sibley O'Brien, says that creativity involves getting away from routine, breaking out of established patterns in order to look at things in a different way. "It's hard to think outside the box from within it." So, in these uncertain, anxious and often fearful times, Rolling Ridge plows the roads, fills the oil tanks, and keeps the doors open to welcome all to a time of restoration and creativity. Our world is in need of hope and new ideas that come from the depths of the soul and peace of God's landscape.

We celebrate that 4700 guests found their way to Rolling Ridge last year, using the beautiful grounds, the historic manor and refreshing pool for their meetings and events. 2008 was filled with many highlights & accomplishments as you can see in this newsletter.

We are grateful for your prayers and support during our 60th year. You have made significant ministry and growth possible! And we invite you to continue to support and keep coming to the Ridge- a place of restoration for weary brains and a place of hope and creativity for new ideas and new ways of living in peace.

Thank You. Bless You.

Larry J. Peacock

### WHAT a Year!!

- Celebrated our 60th Anniversary with a celebration lunch and Wellness Expo
- Completed a Feasibility/Planning study for our future expansion
- Refinished hardwood floors in 8 rooms and the grand staircase.
- Developed a new, improved website and program flyer
- Celebrated a 14% increase in total revenue and finished the year in the black!
- Purchased new beds and dining room chairs
- Offered 30 Rolling Ridge programs, including standing room only crowd for Bishop's Day
- Entered conversations with the Town of North Andover on improving our road and preserving open space.
- Completed an energy assessment and took steps to be more efficient and green

# A VIEW FROM THE RIDGE

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Join us on May 14-17 for Alive, Headled & Whole; A special retreat to increase joy, enhance wellness, and restore balance to your life. Register Today!!

The year's at the spring  
And day's at the morn;  
Morning's at seven;  
The hillside dew-pearled;  
The lark's on the wing;  
The snail's on the thorn;  
God's in His heaven-  
All's right with the world!

-Robert Browning



"The Power of Gratitude"

A Day Apart Rolling Ridge Program, coming April 14th.

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

### MARCH

March 19 Bishop's Day on Passionate Spirituality 9:00am-3:45pm  
March 24 Drumming for Joy 7pm-8:30pm  
March 31 Writing your Memories 9:30am-3:30pm

### APRIL

Apr. 14 The Power of Gratitude 9:30am-3:30pm  
Apr. 14 Drumming for joy 7pm-8:30pm  
Apr. 28 Companions on the Journey: John Wesley 9:30am-3:30pm

### MAY

May 5 Mysticism of the Ordinary 9:30am-3:30pm  
May 14-17 Alive, Healed & Whole  
May 16 Drumming for joy 7pm-8:30pm

### JUNE

June 2 Walk with Joy! A labyrinth experience 9:30am-3:30pm  
June 8 Relaxing into God & the Beauty of Creation 9:30am-3:30pm

### JULY

Youth and Children Camps See page 7

### AUGUST

August 6 Peace Retreat 9:30am-3:30pm  
Labyrinth Walk 7pm-8:30pm

### SEPTEMBER

Sept 28 Praying with Circles 9:30am-3:30pm  
Sept 29 Writing your Faith Stories 9:30am-3:30pm  
Sept 30 Storytelling 9:30am-3:30pm

### OCTOBER

Oct 1 Contemplative Photography 9:30am-3:30pm  
Oct 7 Companions on the Way: Ety Hillesum 9:30am-3:30pm  
Oct 27 Finding Balance with Grace 9:30am-3:30pm  
Oct 28 Letting Go: the Gift of Forgiveness 9:30am-3:30pm

### NOVEMBER

Nov 4 Enneagram 9:30am-3:30pm

### DECEMBER

Dec 1 Advent Retreat

## Alive, Healed, and Whole

May 14-17, 2009

*A special retreat to increase joy, enhance wellness, and restore balance to your life.*

*Four relaxing days in an historic New England manor on 38 wooded acres on Lake Cochichewick. Enjoy yoga, body prayer, drumming, sacred circle dance, prayer and music, massage, reiki, cranio-sacral therapy, prayer beads, coloring mandalas, poetry and prayer, juggling, labyrinth walking, canoeing, kayaking, classes on spiritual practices, and more! Call today for rates and availability!*

## 2009 SUMMER PROGRAM FOR CHILDREN & YOUTH



Rolling Ridge invites children and youth who have completed Grade 3 through Grade 12 to join us this summer for "BREAKTHROUGH", our 2009 Summer Program.

We are offering 3 programs:

### ELEMENTARY WEEKEND RETREAT (completed grade 3-5)

July 10-12 Registration Fee: \$185

An introduction to the "camp" experience, our weekend retreat is for children who have completed Grades 3-5. Activities include swimming, games, crafts and storytelling and an evening campfire.

### MIDDLE SCHOOL CAMP (having completed grades 6-8)

July 12-16 Registration Fee: \$365

### SENIOR HIGH CAMP (having completed grades 9-12)

July 26-30 Registration Fee \$365

Our longer camp programs for youth includes time for swimming, outdoor activities and time with friends plus discussion groups and work projects. A special activity for the Junior High is a dance on Wednesday night and for Senior High it's a dinner banquet and talent show.

"BREAKTHROUGH" is this year's program theme. What would it have been like to meet Jesus? In his journeys across Palestine Jesus met a wide range of people. In story after story, Jesus pulled down walls of prejudice, offered release from bondage, and provided loving attention to the forgotten and healing to the sick. These encounters resulted in a breakthrough- a chance to move beyond the present situation into a life-changing experience. "Breakthrough" will explore a series of biblical stories that tell of these transforming encounters with Jesus.

The curriculum used for our program is developed by New Earth Publishers, a cooperative group of denominational publishing houses. Rolling Ridge programs are open to all regardless of religious affiliation.

For complete registration forms, visit our website at [www.rollingridge.org](http://www.rollingridge.org), or call our Office at 978-682-8815.

**REGISTRATION DEADLINE IS MAY 31, 2009**

### MEET THE CORE STAFF AT ROLLING RIDGE!

Danny Smith- Office Manager & Program Administrator

Email: [Danny@rollingridge.org](mailto:Danny@rollingridge.org) (ext.11)

Alison Green Will- Guest Services Coordinator

Email: [AGW@rollingridge.org](mailto:AGW@rollingridge.org) (ext.10)

Gary Hall- Property Manager

Email: [GaryH@rollingridge.org](mailto:GaryH@rollingridge.org) (ext.14)

Alsine Cormey- Housekeeping Manager

Tobias Marx- our new European trained Chef Manager

who comes from the Westin Hotel where he was the

Executive Sous Chef. (ext.15)

Our weekly staff includes: Ellen Lewis, bookkeeper,

Hilton Cormey, groundskeeper, JoAnn Carlotto,

housekeeper and many more in the kitchen!

### OUR WISH LIST

- China Cabinet/Hutch
  - Area Rugs
- Dressers/desks for bedrooms
- New glassware for dining room
  - Fans for guest rooms
  - New Twin Blankets
  - ATV for grounds
- Regular or Roll top chafing dishes
  - Kayak
- A Linksys Wireless router for the Merton suite
  - Bedroom pillows and throw pillows
    - Cozy sitting chairs
    - Double Bed frame
    - Table or Floor lamps
- Is Rolling Ridge in your will?

**WITH GRATITUDE AND THANKSGIVING TO OUR DONORS**

*We are grateful for your support in 2008! Your generosity benefits the many who find Rolling Ridge to be a place of rest and renewal, harmony, and healing. (If we have missed anyone, please call Danny in our office)*

**Point of Pines Society**

**\$1000 and above**

Phil & Jane Bellomy  
Margaret Benefiel  
Larry Peacock & Anne Broyles  
Janice & Bob Cookson  
Cynthia Good  
Kerry & John Hamilton  
Kathryn Wilstein

**Rejuvenation Society**

**\$500-\$999**

Judith Proctor  
John & Joan Serdensky

**Renewal Society**

**\$250-\$499**

Patrick & Linda Cady  
Judith DeGrenier  
Robert Good  
Oscar & Sophia Harrell  
William & Elaine Magowan

**Retreat Society**

**\$100-\$249**

Dick & Barbara Bott  
Al & Cora Coleman  
Frank Falvey  
Kay & Bryan Gabbard  
John & Patricia Goolsbey  
Charles & Dorothy Green  
Susan Hassinger  
Marie Henrickson  
David & Catharine Hollenbeck  
Christine Lojko  
Carrie Lynch

**Retreat Society cont.**

**\$100-\$249**

Paul & Betty Millin  
Bob & Evelyn Moore  
Maryann Nawrocki  
Leah & Walt Sauter  
Suetta Tenney  
Barbara & Eugene Troxell  
Sherry Tupper  
UM Women of Melrose  
Mr. & Mrs. Wayne Underhill  
Flora Wuellner

**Friends**

**Under \$100**

Epworth UMC  
Eric Feustel  
Susan Foster  
Jerry Haas  
Kristen & Rodney Hollenbeck  
Diane Malecha  
Clinton Parker  
David Scott  
John & Barbara Simons  
Wanda Stahl  
Cristy Tremblay  
Roman Ziombra  
Kathleen Trotter  
Mitzie Welch  
Frank & Linda Williams  
Alice Wimer

**In Kind Donations**

Thom Galen  
The Ad King  
Wendy Knight

**In Kind Donations cont.**

Ron Delbene  
Gary Hall  
Carrie Lynch  
Danny Smith  
Shaheen Brothers.

**Rev. Ralph York**

**Chair Donations**

Alsine & Hilton Cormey  
Bruce & Phyllis Maxwell  
C.Donald Roettger  
Charlton City UM Men  
Dick Banks  
Frank Falvey  
Frederick & Sarita Marland  
Gardner & June Cook  
Gertrude Spiller  
Herbert Hayes  
Janice & Bob Cookson  
Jim & Mary Todd  
Joan Cameron  
John & Joan Serdensky  
John Belyea  
June Cookson  
Larry Peacock  
Mike & Karen Manna  
Neil Harper  
Oscar & Sophia Harrell  
Phil & Jane Bellomy  
Ralph & Martha Barcroft  
Rev. Dr. Ronald Delbene  
Rev. Edward & Bonnie Wynn  
Rev. Joe & Marilyn Crocker  
Richard & Myrna Evans  
Richard & Shirley Harding  
Richard & Nancy Harvey  
Robert Banks  
Shirley & Peter Wilson  
Suemi Clark  
William & Elaine Magowan

**UNDERWRITE A PROGRAM- FUND A SCHOLARSHIP**

Your support keeps our programs affordable and available to those who need a time of rest & renewal. Take a look at our exciting fall line-up and make a donation to support these programs. Call Director, Larry J. Peacock at 978-682-8815 to make a specific donation or use the enclosed envelope to make a gift to the general fund.

**A Sabbatical ends. Reflections from Rev. Marcelle Dotson**

My sabbatical began July 1, 2008 and already I am at the mid-point and beginning preparations to conclude this sabbatical year. It has been an incredible year thus far and I am truly grateful to Larry Peacock and all the staff at Rolling Ridge for their hospitality and my incorporation into life at "The Ridge." I am also very grateful for their patience and forbearance towards my requests and suggestions!

Although I have loved having this time for reflection and listening to the voice of God, having heard God's call, I am eager to be "back in the saddle" and carrying out the work God has in store for me in the coming year. In mid-June I will be relocating to Wilkes-Barre, PA to do a new-church start for the growing ethnic-minority population. In addition to the call to the new church start, God has also been speaking in relation to my original reason for taking sabbatical: becoming more attuned to the circumstances and needs of those in poverty. I was able to make two trips to Rwanda to visit the child I sponsor through Compassion International and not only did I have the opportunity to spend time with this incredible little boy, but I was also given insights into the pressing need for all us who follow the way of the Christ to be more familiar with and sensitive to the plight of those in poverty. My understanding of poverty has deepened as well as broadened, and I come away from that experience--and others, with a commitment to assist my new congregation to develop and grow in their response to the poor. To help them to understand that a response to poverty has to be more than just words, but one of a deep sense of compassion: Compassion that moves us to love the poor in more sacrificial ways: moving beyond words to more of a transformation within our lifestyles; finding ways of consuming and wasting less, and having more appreciation for whatever food is placed in front of us. Remembering always, that great labor was expended on many levels in order to produce that food, and that which we might throw away at one meal is far more than many people will eat in one week. I suspect that my views and understanding will continuously be challenged and changed during the three months that I spend volunteering in Guatemala, working with Camino Seguro--an organization that works with the people who live at the dump in Guatemala City. But all the experiences will be part of the ministry I bring to the new church.

Sabbatical time has been a fabulous time; a time of rest and renewal, a time of challenge and conviction, and a time of preparation for the adventure that lies ahead. As we would say on the Camino de Santiago, "Ultreia!" Roughly translated as, "Onward with God to our destination!"

**Won't you please  
have a seat?**



The chairs are here! The fundraiser to honor Rev. Ralph York is complete, and the new seats in our dining room and oval room are beautiful and ready to be enjoyed. Many thanks to all who donated to complete our mission.

**HARVARD AT ROLLING RIDGE**



On a bitter cold February morning, three students and Harvard Landscape Institute professor Margie Brown, tromped through the snow and talked with Ridge staff to begin their

research and design work. By May 1st, plans and drawings will be presented to show the historical preservation and restoration possibilities that fit a retreat center. Original plans, photographs and documents are being studied and genealogical research begun on the early owners. Already, 1907 plans have been discovered and a photo of Tyson Living Room complete with sofas, table lamps, and wall pictures.

We eagerly await their next visit in March with Robin Karson, the biographer of Fletcher Steele and authority on his landscape design, will be present. Staff and Board members look forward to seeing completed projects in May.

## Ease on down the Road

Rolling Ridge continues conversations with the Town of North Andover on restoring the lower, original entrance road. Funds to repair the road are always welcome!

## Summer Picnics

Summer is the perfect time to come to Rolling Ridge for a group picnic, a relaxing swim, a time of outdoor fun and fellowship.

Bring a group on a Saturday or Sunday and enjoy the 38 acres, the large swimming pool and a picnic under the majestic shade trees. There is plenty of room for volleyball, relay races, baseball, soccer, and outdoor games. Families, religious groups, reunions, business groups of 15 to 300 are welcome.



Or, come during the week for an evening picnic and swim. Our chef can create a special barbecue for your group. Certified lifeguards are provided for each pool event.

For availability, contact Guest Services Coordinator, Alison Green Will at 978-682-8815 x10 or agw@rollingridge.org.

## Rolling Ridge Email Club

During a recent computer upgrade in our office, the email database was compromised and we are in the process of rebuilding our email club. If you're not already receiving emails and would like to, email thestaff@rollingridge and enter "resubscribe".

## Personal 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.

Free wireless internet access is available. Gourmet lunch is included. \$45 per person

Add on therapeutic massage, reiki, or craniosacral therapy for an additional \$60 fee.

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

Call 978-682-8815 to register in advance. Body therapies and spiritual direction based on availability. Renewal days available

Monday-Friday, May through September

## A Story of Giving

Once some children went to camp. The parents were camp counselors. Now the grandchildren have discovered the special place. On their 50th anniversary, the parents set up a permanent endowment fund through the United Methodist Foundation of New England to benefit the camp. Family and friends are invited to make tax-deductible gifts to the fund.

Has your life been touched by Rolling Ridge? Would you like to leave a family legacy like this true story? Contact Director, Larry Peacock (978-682-8815/RevLPeacock@rollingridge.org) to explore ways to bless Rolling Ridge and those we serve with your legacy gift.

## Bishop's Day on Passionate Spirituality

Our second annual retreat/workshop to encourage a deeper spirituality and provide resources for local churches to be centers of spiritual renewal. Keynote by Bishop Peter Weaver and 8 different workshops.

March 19, 2009 from 9am-3:45pm

Call 978-682-8815, email at thestaff@rollingridge.org, or register on line at www.rollingridge.org Space is limited to 70 people. Call or email soon!!

## Guests Say...

- "What a beautiful setting, elegant house and delicious menu."
- "The experience put other workshops to shame- location and food and cost were fantastic. I will be watching for future events at Rolling Ridge."
- "Rolling Ridge is a breath of fresh air!"
- "My family and I used your grounds for a family outing. Not only did we enjoy the setting tremendously but also the courteous reception and the extraordinary service."

## 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 AGW@rollingridge.org to check for availability.

## THE CARPET PROJECT

The 60 new dining room chairs are very comfortable and look great! Thank you. But now we notice the carpet doesn't look so great. Our next project is to replace the dining room and fireplace room carpet- and hopefully the carpet in the Tyson meeting room. These are the spaces that all our guests use and we want to improve the quality of our welcome.

We are looking at recycled material carpet squares. Purchase a square or two! You may make the gift in memory of in honor of someone special. Cost for one square foot is: \$7.50. We have 2780 square feet to carpet in the three areas. (\$20,850.00) Designate "Carpet Fund" on the enclosed envelope.

## WALL OF BLESSINGS

A retired pastor from Michigan, who found out I was now at Rolling Ridge, sent me a brief note.

"Just had to let you know that as a high school junior attending a youth leadership camp at Rolling Ridge I made my decision to enter the United Methodist ministry. Can see the big tree between the main house and fountain where it took place?"  
-Paul Blomquist

I am interested in knowing who else decided to enter ministry while at Rolling Ridge, whether under the big tree or not. Drop me a line as we begin a "Wall of Blessing," naming those who heard the call to ministry at Rolling Ridge. -Larry

## COMPANIONS OF THE RIDGE

### A New Fellowship

Companions of the Ridge is a fellowship of men and women who recognize the importance of places of retreat and seek a reciprocal relationship with Rolling Ridge that extends beyond attending a single event.

Companions follow the way of Christ who balanced a life of prayer and times apart with a deep compassion for the lost, hurting, and forgotten.



### A Circle of Support

Companions of the Ridge form an essential circle of support, bringing their spiritual strength, their insights and their encouragement to the ministry of hospitality.

Companions of the Ridge receive opportunities for retreats, worship, prayer, and encouragement for living a life of compassion, Sabbath rest and renewal, and caring relationships with others and creation.

Companions of Rolling Ridge will receive occasional emails and a quarterly newsletter about the ministries of Rolling Ridge., and receive personal invitations to the Companions retreats. Companions will be remembered in prayer at Rolling Ridge prayer services.

To receive additional information on being a Companion of the Ridge, contact Director, Larry Peacock at 978-682-8815 or email RevLPeacock@rollingridge.org.