

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 lake front 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. The Director, Rev. Larry J Peacock, and the staff look forward to meeting you

**Rolling Ridge welcomes individuals and groups for day or overnight meetings and events. Call 978-682-8815
email: thestaff@rollingridge.org**

TO GET TO ROLLING RIDGE

From BOSTON

Travel north on Interstate Route 93. Take the exit for Rte. 125. Turn right off exit and follow Rte. 125 to the junction of Rte. 114. Turn left onto Rte. 114. At next traffic light turn right onto Rte. 125. At next traffic light turn right onto Andover Street. Continue on Andover Street to Olde North Andover Center. Go across traffic circle onto Great Pond Road. Unitarian Church will be on your left, Top of the Scales Restaurant on your right. Stay on Great Pond Road past church, go through next intersection and continue straight. At stop sign turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

From THE NORTH SHORE

Travel west on Route 114. In North Andover turn right onto Johnson Street. Continue on Johnson Street to 4th right. Turn right onto Marbleridge Road. Continue on Marbleridge Road which becomes Great Pond Road for approximately 2 miles. Rolling Ridge is on your left.

From RTE 495

Take Exit 43 (Mass Ave). If coming from the South, Go right off the end of the ramp. If coming from the North, go left at the end of the ramp. Go thru 2 sets of lights to the Rotary in Old North Andover Center. Go 3/4 around the Rotary and exit onto Great Pond Road. (Unitarian Church will be on your left, Hay Scales Restaurant on your right.) Follow on Great Pond Rd. to a stop sign. Turn left, this is where Great Pond Road continues. Follow Great Pond Road for approximately 1/2 mile to Rolling Ridge on the left, just past North Andover Country Club.

DE-STRESS II: Spirit at Work



**Saturday, November 8,
2008**

**Retreat Leaders;
Dr. Margaret Benefiel
Rev. Debora Jackson
Kerry Hamilton**

**9:30am-3:00pm
A Co-Sponsored Event by
Rolling Ridge and Executive Soul**

Rolling Ridge
† Retreat and Conference Center

660 Great Pond Road
N.Andover, MA 01845
978-682-8815
www.rollingridge.org
thestaff@rollingridge.org

DE-STRESS II: Spirit at Work



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. If you yearn to create more balance and meaning in your work-life, if you long to bring your talent, energy and spirit to your work, and to making a difference in the world, this workshop is for you. This day is the continuation in the series of De-Stress workshops, open to all.

At Rolling Ridge, in this beautiful natural space, Retreat Leaders will guide participants through ways to nurture and grow spirit at work. Like planting a seed and nurturing it and tending to its growth, this day of reflection will clear the space in the earth for the seed, help participants to plant seeds of spirit and water those seeds, and finally, create grounded and spiritual ways to nurture and harvest the seeds of spirit at work.

Through exercises, personal reflections and group activities, participants will learn spirited and practical ways to plant and grow the seeds for minimizing stress; bringing spirit into their lives and into their workplaces.

Participants of last year's De-Stress: Spirit at Work will find a fresh experience with more tools and experience to incorporate into daily life to continue to deepen the experience of spirit at work.

Registration includes all program costs, use of the facility, lunch and all-day beverage service.

RETREAT LEADERS: DR. MARGARET BENEFIEL, PH.D REV. DEBORA JACKSON KERRY HAMILTON

Margaret Benefiel, Ph.D., 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: Spiritual Leadership in Organizations*.

Rev. Debora Jackson, M.Div., 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, 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.



REGISTRATION FORM DE-STRESS II SPIRIT AT WORK

SATURDAY, NOV 8, 2008 9:30AM-3:00PM

Registration fee: \$100 register by 10/19 and save \$10!

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

EMAIL _____

PHONE _____

How did you hear about this event?

Direct Mail from Rolling Ridge _____

Local Church Posting _____

Spiritual Directors office _____

Rolling Ridge Web Site _____

Email from Rolling Ridge _____

New England Conference Communication _____

Other _____

Make checks payable to Rolling Ridge

Pay by Credit card: M/C, VISA, or DISCOVER

Card # _____

Exp _____ Signature _____

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