



"How can I stay present to this world – the light and the dark – while still keeping an open loving heart: Who ever promised me the world would be perfect... I need to set a different course by reminding myself that humankind has always been flawed...and Love and light continue to exist anyway."

~ Ann O'Shaughnessy, former co-editor of "Heron Dance," founder of soulflares.org

Come away to the winter woods of Rolling Ridge Study Retreat for a weekend of quiet contemplation and centering through the arts. Sometimes all we can do is allow the questions and the darkness to envelope us, hoping to learn from them even as we long for light. We will seek illumination in poetry and sacred writings, in explorations with watercolor, in listening to evocative melodies that touch our heart-strings. Perhaps we shall dance, card wool, fold origami star lanterns, and create calligraphy bookmarks. Together we will remind ourselves that we can set a different course and stay present to this world.

Rolling Ridge comprises 1400 acres of protected land nestled between the Appalachian Trail and the Shenandoah River. In winter, the animals of the woods hunker down, conserving energy and sustaining themselves on stored resources. The ground seems cold and hard and yet underneath the soil seeds lay waiting to emerge. Come into the warmth of the Retreat House, gather round the fire with a circle of kindred spirits, share resources, and nurture dormant seeds of the heart.



Facilitator: Linda DeGraf lives at Rolling Ridge, has a passion for creative arts, and enjoys nurturing circles of community. Persons from all faith traditions are warmly welcome.

Cost: includes Fri. supper to Sun. lunch and a \$15 materials fee

- o \$215 – single room
- o \$165/person –shared room (invite a friend if you like)
- o Some scholarship funds available as needed

For further info, please contact Linda DeGraf at lindajdegraf@gmail.com or call 301-789-9097. For more about Rolling Ridge Study Retreat and to register, please visit www.rollingridge.net.