

Aging with Grace ...

Tapping the Inner Fire of Wisdom, Vulnerability, Fortitude & Experience



October 30 - November 1, 2014

Rolling Ridge Retreat Center – North Andover, MA

“The perspective that comes with aging enables us to look back, only to discover that the gifts of personal transformation had often occurred through times that we thought were the darkest.”

You Are Invited

Please join me for a weekend retreat where we will explore the subject of women and aging through the framework of spiritual grounding in community. None of us is completely immune to the pervasive cultural messages that measure a life well lived as a reflection of perpetual vitality, unlimited success, and the ability to push beyond limitation through sheer force of will.



When the inevitable realities of aging begin to surface, we are often surprised by

feelings of anxiety, avoidance, or an underlying sense of dread. There are few avenues to help us process the challenges of aging, both as a physical and psychological life transition, but also as a spiritual passage – a *threshold crossing* – into the richness of mid-life and moving into elder-hood. Failing to mark this transition as an honoring of accomplishments and wisdom accrued, we run the risk of slowly becoming invisible or marginalized.



Come celebrate the *gift of life throughout the lifespan*, where we will engage in discussion and group experiences that will challenge assumptions about women and aging. The gift of aging can offer a new sense of freedom if we are willing to let go of old patterns, grieve losses and disappointment, and find support and encouragement to move into new

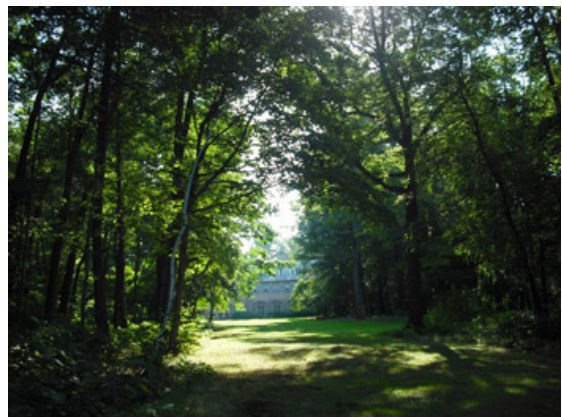
iterations of being and creating. Join us as we gather collectively to find our voices, harness our strength and *personal power*, and trust in our wisdom.

What to Expect

- ◆ Community connection in a beautiful setting
- ◆ Participation in ritual process
- ◆ Interpersonal group discussion
- ◆ Quiet time in nature for inner reflection and restoration
- ◆ Identification of patterns and behaviors that distract us
- ◆ The possibility of a transformational experience

What to Bring

- ◆ Sacred objects for group altar
- ◆ Layered clothing
- ◆ Comfortable walking shoes
- ◆ Toiletries
- ◆ A story to share that describes a spiritual calling or a sense of your deeper purpose



About Rolling Ridge Retreat Center

Nestled on a peninsula surrounded by Lake Cochichewick in North Andover, Massachusetts, the 40 room Georgian estate on 38 acres of woods, rolling hills and lakefront is an ideal setting for gathering together, offering time for group connection, personal reflection, and restorative time in nature. Rolling Ridge Retreat Center opens its doors to any and all people seeking spiritual refreshment and contemplation.



The Facilitator



Patricia Gianotti is a licensed psychologist with over thirty years of experience offering both individual and couples therapy. She is the Founder of the Center for Spiritual Integration, an organization dedicated to the exploration of spiritual and psychological integration. She is also co-author of *Listening with Purpose: Entry Points into Shame and Narcissistic Vulnerability*. She has been a featured guest on New Hampshire Public Radio speaking on the topic of Forgiveness and can be reached at drgianotti@comcast.net.

Registration

Please register early for this retreat, as space is limited. Participants can request single, double, or triple room occupancy.

Six meals will be provided including: dinner on Thursday; breakfast, lunch, and dinner on Friday; and breakfast and lunch on Saturday. Check-in time is between 4:00-5:00 on Thursday. We will begin with an introductory gathering after dinner, which is served at 5:30, followed by an evening session. Friday begins with breakfast at 8:30, followed by a full day and evening session. On Saturday, we will have a

morning session followed by lunch, which will be served at 12:30. We will conclude with a closing ceremony. The retreat ends no later than 4:00 p.m. on Saturday.

Cost

Retreat costs include room accommodations, six meals, and all retreat materials.

A \$200.00 deposit is required at the time of registration. Deposits are non-refundable two weeks prior to the retreat. A \$50.00 handling fee will be charged for cancellations prior to the two-week deadline.



Single Room Occupancy	\$525.00
Double Room Occupancy	\$475.00
Triple Room Occupancy	\$395.00 – with en-suite bathroom

To register, contact Patricia Gianotti at drgianotti@comcast.net. Checks should be made payable to: THE WOODLAND GROUP, LLC.

Please mail checks to:

Patricia Gianotti
155 Lafayette Road, Ste. 3
North Hampton, NH 03862



“Many of us learn to do our ‘survival dance,’ but we never get to our actual ‘sacred dance.’ Moving into the second half of life is learning the steps of our own sacred dance. This requires listening to the still quiet voice, honoring the soul’s calling, and taking that leap of faith. “

~ Bill Plotkin