

## RESOURCES FOR SPIRITUAL GROWTH

### Advent Quiet Morning at Trinity—Saturday, December 4, 9:00-12:00.

**“Make Your Home in Me”:** We will start with coffee and a treat at 9:00, then log in to a live-streamed program at 9:30, offered jointly by our Diocese and the Diocese of Western Mass. The presenter is the Rev. Dr. Margaret Bullitt-Jonas—a very well-known and respected spiritual teacher. The morning will include times of silence and guided meditation, presentations and small group conversation, and also free time for solitary prayer in the church. (If you would prefer to participate at home, we can provide you with the registration link.)

### Worship Services from Washington National Cathedral—many days and times!

Our National Cathedral offers a rich schedule of online/YouTube worship opportunities—daily (15 minutes), Sunday, and seasonal. <https://cathedral.org/worship/> Each Sunday, the YouTube version of the service is available at 11:15. If you can't get to Trinity, this is a wonderful option to participate in the wider church, and experience a cathedral-style service. Our National Cathedral has a diverse staff of clergy, musicians, and guest preachers. They blend together excellent Jazz, Gospel, and Classical selections in a wonderful tapestry.

### Rolling Ridge Retreat and Conference Center—North Andover (5 min drive from Butcher Boy shopping center) [www.rollingridge.org](http://www.rollingridge.org)

Rolling Ridge is a historic facility with beautiful grounds with a wide array of high quality, **in-person and online programs** for spiritual growth. For example, every third Thursday from 11 to noon, there is a **free online group called “Soul Care”**—which offers a guided contemplative prayer experience. Personal sharing an option but not required.

Individual **self-directed Day Retreats** are available year-round. \$60 per person, 9:00 am to 5:00 pm. You will be assigned a private meeting room, and have use of the Rolling Ridge Center, including trails, labyrinth, library, outdoor chapel, meditation benches, open meeting spaces, and kayaks (unless other groups are in the House). Add-ons (for a fee) can include a conversation with a spiritual guide, a massage, or a plated lunch. **Day plus overnight** costs \$75-\$95. Helpful staff always available to address needs.

### Adelynrood Episcopal Retreat and Conference Center—Byfield, MA.

<https://www.adelynrood.org/schedule-of-events/>

Offering some online programs at this time; planning to open more fully again with in-person programs and personal retreats in 2022. An economical option for a self-directed overnight or multi-night retreat--\$60 per night including meals.

### Pray-As-You-Go <https://pray-as-you-go.org/home/>

Daily downloadable session of 10-13 minutes, combining music, scripture and some questions for reflection. Helps you to become more aware of God's presence in your life, listen to and reflect on God's word, grow in your relationship with God. The style of prayer is based on Ignatian Spirituality. The content is different every day, but always the same basic format.