



Collage by Doug Van

# *Singing the Trees*

*A return to chant, nature, and soul at Rolling Ridge*

**April 22-24, 2022**

with Leah and David Rampy

Lindsay McLaughlin

*"When I am among the trees...they give off such hints of gladness.  
I would almost say that they save me, and daily." Mary Oliver*

*"Music expresses that which cannot be put into words  
and that which cannot remain silent." Victor Hugo*

Standing tall in majesty and wildness, the trees beckon. Moving in rhythm with wind and rain, these strong and pliable pillars flow with a song of life that offers wisdom and joy. In this place where language fails, music invites us into an ever-deeper relationship with all beings – and with our heart's longing. Join us as we sing and chant, listen to the music around us, and walk in the companionship of trees. You need not consider yourself a singer nor even feel that you can carry a tune; all are welcome to join in!

Rolling Ridge is 1400 acres of protected land nestled between the Appalachian Trail and the Shenandoah River.

Trails wander through the forest, over stony brooks and yes, under the oaks, maples, tulip poplars,  
and many others who make their home here.

The Retreat House is a lovely and simple cabin in the woods, a shared space with kitchen, dining area, living room  
and enough bedrooms to sleep up to 14. Camping is also an option.

*Leaders: David Rampy has sung in opera houses around the world and taught vocal music to individuals of all ages. He enjoys helping others open to music as a spiritual practice. Leah Rampy is an experienced retreat and pilgrimage leader with a strong interest in creation spirituality and contemplative leadership. Lindsay McLaughlin has been leading retreats that explore nature and soul at Rolling Ridge for more than a decade.*

Retreat begins at 5 pm on Friday (supper included) and ends after lunch on Sunday.

Cost (includes six meals, lodging, and program):

- \$310 - single room
- \$260 - shared room (come with a friend or partner)
- \$225 - camping (bring your own tent)

Must show proof of full vaccination and  
negative COVID test before arrival.

Registration and more information at [www.friendsofsilence.net](http://www.friendsofsilence.net). Or email [lindsay.mclaughlin66@gmail.com](mailto:lindsay.mclaughlin66@gmail.com).