

The Center



JANUARY
2010

Community Center Foundation

"A place for celebration, enrichment and healing"

<http://www.thecenterpalos.org>

(708)361-3650

Get Rid of What You Don't Want to Make Room for What You Do!

We have a wonderful tradition at our Yule Log service every Christmas. As we light the giant log in our fireplace, everyone is given a small evergreen twig. We pause a moment to think about the past year and the events in our lives. Many are good and we want to save those thoughts and feelings...grow them. Others however, are not...mistakes we've made, harboring of resentments, guilt and misgivings. Those are negative feelings and thoughts that clutter our mind and affect our psyche and outlook on life. It would be beneficial to let those feelings go. Skip Ross, a motivational speaker, has a simple statement that I like. He says "Get rid of what you don't want to make room for what you do." Another way of looking at it is a sort of cleansing of the mind. We go about our lives cleaning our houses...there is the big spring cleaning where we get rid of all sorts of things we don't have any use for anymore. We clean our cars, organize our offices, and straighten up the yard. Why would we think our mind any different? It needs cleaning too. There are lots of things over the year that go into one's mind that just don't need to be occupying our most precious and sacred space. Why carry them around? And so it is in the Ceremony of the Twigs we put those negative feelings into that twig and we walk up to the blazing Yule Log and toss that twig into the fire. It's a symbolic Christmas tradition I truly enjoy and have partaken in for the last forty years. I have let go many a resentment, forgiven others, and forgiven myself at the hearth of that burning log.

Of course, we can clean our minds any time we choose. Those who practice the principles and methodology of Alcoholics Anonymous do this daily. That's not a bad idea – to clean your mind every night of negative thoughts and feelings – let them go and turn it over to God. Some of us may do this weekly as we sit in quiet meditation at church before the service begins. The point is...do it! When needed...do it! We will be far better in having the ability to receive, be open to and aware of the good things that come our way every waking moment...and they do!

This is the beginning of a new year. One of the most awesome God-given gifts to being human is that we can think our way into a new way of acting. We can fine tune our outlook or completely overhaul it. We can begin right now. We have all been given this ability. Today is the first day of the rest of your life! Make it the very best, for yourself, and for others around you. Always look for the good things in others – find the very best in them and you will find the very best in you. Happy New Year!

Farm and Nature Discovery Preschool At The Center

At The Center's nature-based preschool there is so much to look at, see through, imagine if, and experience through each season. We meet Early Childhood Academic goals through the resources of our working farm, woods, trails, ponds and acres of wide open nature waiting for us to investigate. Our "hands-on" philosophy can mean anything from holding a baby duck to growing a plant from a seed.

During the month of December, we had our live nativities, which the children and families always enjoy. This year, we were lucky enough to have wonderful weather. Our theme was The Giving Tree and we celebrated Christmas, Kwanzaa, Hanukkah, and Id. We also had a surprise Santa here to participate in our book exchange with the children. Our school also collected 46 shoeboxes full of toys for Operation Christmas Child. These boxes are shipped to remote areas all over the world for underprivileged children who wouldn't ordinarily receive gifts.

Registration for fall, 2010 takes place during the month of January for current students and begins February 1, 2010 for new students.

Our preschool is for children ages 3 – 5, who love learning about our environment and the world around them.

For further details, a brochure or a tour, please call Kristin at the Preschool at (708) 361-8933



Winter Wonderland at The Children's Farm

Saturday, January 9th

Enjoy a winter wonderland puppet presentation at The Children's Farm's Anderson Activity Center. The puppet show will begin at 1:00 p.m. in the Great Hall followed by farm viewing from 1:30p.m. to 2:30p.m. Afterwards, we will return to the Great Hall for cookies and hot cocoa. Come join us for an enjoyable winter afternoon! \$4.50 admission for ages 2 and up.

The Children's Farm is otherwise closed on the weekends until March. Please plan to visit the farm on weekends from 1:00 - 4:00-p.m. in the spring.



2010 Farm and Ranch Camp at The Center

The Center has offered an experiential, wonderful opportunity for young people to learn and play and grow at its farm and woods since 1936. Children grades 4th-7th attend Farm Camp, teenagers grades 8th and 9th attend Ranch Camp, and teenagers grades 10th-12th attend our Senior Outdoor Leadership (SOL) program. Each program is overnight for 12 fun filled days. The camp program includes horseback riding, arts and crafts, hayrides, farm animals, nature hikes, games, songs, fun and laughter. Additionally, the SOL program includes adventures off sight such as hikes, canoeing, and camping. In all, 160 young people are able to participate in eight weeks of outdoor fun each summer.

NOW IS THE TIME for campers to apply for a spot for the summer. All it takes is a call to The Center to receive further information and registration forms. New this year, you can also download an application right from our website www.thecenterpalos.org.



**WE INVITE YOU TO APPLY FOR
CAMP NOW!**

Session 1 - June 20 - July 2

Session 2 - July 4 - July 16

Session 3 - July 18 - July 30

Session 4 - August 1 - August 13

IT'S NOT TOO LATE TO GET A NEW CENTER CALENDAR FOR 2010!

This year's 2010 calendars contain illustrations of area gardens by Lois Hrejsa and her Pen and Ink students. Sonya Snyder once again edited the calendar, which contains drawings from the summer Plein Aire sketch trips led by Lois Hrejsa. The calendars cost \$7 each and contain dates for The Center 2010 activities as well as the beautiful drawings .

TUESDAY LUNCHEONS

12:00 Noon - 2:00 p.m.

Each Tuesday, we invite you to join us for a delicious luncheon followed by an enriching program. Advance reservations are always required by the Sunday before the Tuesday luncheon. **Luncheons cost \$15.** Call The Center office for reservations: 361-3650. Both the luncheon and the program are always delightful.

Tuesday, January 5: To Everything A Season... (extended program, until 3 pm)

We invite you to join us for a mini-retreat to start the New Year. Chris Hopkins and Lois Lauer will review Bonnie Thurston's "To Everything a Season--A Spirituality of Time," in which Thurston reflects on the mystery of time and our need to give our spirits time to "catch up." Chris and Lois will invite participants to think about how we use time and to make space for sacred time in our crowded lives. We hope you'll join us for this time of discussion, reflection, and meditation.

Tuesday, January 12: A Tribute to Sinatra

Professional vocalist Mike Brown Sr. of Minooka performs as Old Blue Eyes with a variety of songs to take us on a trip down memory lane. He's promised to sing Sinatra's "My Way," *his way*, and you are sure to love it. Join us for this tribute to one of America's most popular voices.



Tuesday, January 19: High Adventure in the Grand Canyon

Local adventurer Bob Moffitt will tell tales and show slides of his amazing two 18-day and 21-day raft trips down 245 miles of the Grand Canyon. He camped along the river each night, hiked the magnificent side canyons, saw sparkling waterfalls, and paddled through roaring rapids. Bob is retired from work, but not from his outdoor pursuits--he still actively pursues awesome adventures in some of nature's most beautiful country.

Tuesday, January 26: Dances of Peace

Rev. Nancy Pfalzgraf of Plainfield will introduce us to the timeless tradition of sacred dance, and then will invite willing participants to join her in these universal dances of peace. The dances use simple music, lyrics, and movements to touch the spiritual essence within ourselves and others. No musical or dance experience of any kind is required and everyone is welcomed to join in. Participation, not presentation, is the focus. Participants join hands forming a circle with Nancy, who teaches the words, melody, and movements for each of the dances, which focus on peace and harmony and the unity of all the spiritual traditions of the Earth. Nancy is a minister of the Plainfield Congregational Church.

WINTER RETREATS

You deserve a break! Treat yourself to a retreat... Now is the time to register!

2010 WOMEN'S PERSONAL GROWTH RETREAT: Energize your new year!

Friday, January 22, 5 p.m. – Saturday, January 23, 5 p.m.

Social worker Judy Wiggins will introduce us to the energy fields which surround us, and how we can become aware of that energy for healing, well-being, and spiritual growth. As always, the retreat includes time for group interaction, personal reflection, and cozy fireside fellowship, plus fresh-air walks in the woods with program director Lois Lauer. Retreat cost: \$116 per participant includes accommodations, meals, leadership, and all materials. Individual massages and Reiki treatments available for an additional fee.

WOMEN'S CONTEMPLATIVE/CREATIVE RETREAT: Quotes from the Heart!

Friday, February 26, 5 p.m., to Saturday, February 27, 5 p.m.

We all hear great sayings and wish we could remember these profound or witty thoughts. This new retreat is a chance to create a small book and fill it with your favorite quotes. So gather up all those slips of paper hanging on your fridge or under a pile on your desk, and join us for a fun and meaningful weekend. The retreat focuses on warm fellowship, creative experience, and personal reflection, plus winter walks in the hopefully-snowy woods. Retreat cost: \$116, includes leadership, 3 meals, accommodations, and retreat supplies. Retreat leaders: Artist Marge Boyd and program director Lois Lauer.



WINTER ART SCHEDULE 2010
THE LOG CABIN CENTER FOR THE ARTS
An Expression of the Creative Spirit



Classes and workshops for adults and children in fine arts and folk arts
At The Center 12700 Southwest Highway Palos Park, IL 60464 (708)361-3650



The programs at the Log Cabin Center for the Arts are partially supported by a grant from the Illinois Arts Council, a state agency.



CHILDREN, FAMILY, AND TEEN CLASSES

LOG CABIN ART FOR KIDS!

- | | |
|------------|---------------------------|
| Grades K-1 | Instructor: Jessie Schaar |
| Grades 2-3 | Instructor: Sarah Heflin |
| Grades 4-8 | Instructor: Amy Bennett |

Every Saturday morning our Log Cabins are filled with the creative energies of young artists. The young people delight in these hands-on opportunities to see and express the beauty of life and nature surrounding them at The Center. The classes are kept small to encourage individual self-expression. Drawing, printmaking, pottery, papier-mâché, painting, papermaking, and more!

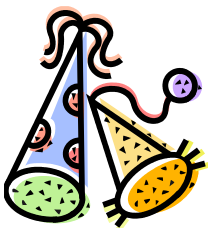
Drawing is the basis of the fun and varied projects created by young artists in the Log Cabin classes. The natural areas of The Center's farm and woods provide fascinating subject matter, plus inspiration and sometimes the raw materials for our children's classes. Enthusiastic instructors teach the children to use a variety of artistic media and techniques. Each season of the year offers new projects and new areas to explore, and so kids are encouraged to return session after session.

New 6 week sessions begin Saturday mornings, January 16 and March 6, 9 am and 10:30 am
Choose either the 9 a.m. – 10:30 a.m. class, or the 10:30 a.m. – 12 noon class

Class Fee: \$66 per 6 week session



LOOKING FOR A CREATIVE BIRTHDAY PARTY?



The art center is available for Saturday and Sunday afternoon birthday parties. Our children's art instructors organize fun and creative projects for the party. Each party guest creates a project to take home, plus contributes to a group project for the birthday boy or girl. You supply the cake and balloons. We supply the creative fun! \$10 per child plus a \$2 - 5 per child supply fee for chosen projects. Talk to one of the art teachers or call Lois Lauer to schedule your child's party today!

FAMILY ART

Instructor: Shari Wenzel

All family art workshops include hands-on creative projects which allow for individual expression combined with cooperative family effort.

Sunday afternoon, January 24, 2-3:30 p.m.: Snow-ART! Celebrate Mother Nature this winter...Create snow candles, winter birdfeeders, and other snow-flaky surprises.

Sunday afternoon, February 14: Heart-ART! Celebrate Valentines Day as a family, creating handmade paper and mosaic frames for your Valentines.

Sunday afternoon, March 14: Egg-ART! Prepare for Easter early this year, with egg dying and other egg crafts!

Class Fee per workshop: \$6 per person.

Coming Up in the Spring: We are looking forward to a new outdoor wood-fired kiln, being constructed by Tom Hill, on the grounds behind the art center. Stay tuned for more information in the spring newsletters about a build-the-kiln weekend workshop, and then in future newsletters about wood-fired pottery classes.

TEEN POTTERY

Instructor: Tom Hill (www.artisttomhill.com)

6 week sessions begin Monday nights,
January 11 and March 1, 6:30 -8:30 p.m.

Teens age 13-17 are invited to join Tom Hill in the pottery studio to create pieces by hand and on the wheel. In six weeks students will make several clay pots and other items of their choice. Both new students and experienced potters are welcome. **Class Fee: \$78 plus \$15 materials fee**

ADULT CLASSES AND WORKSHOPS

Each winter, the Log Cabins are filled with the busy hum of creative adults. The adult classes feature hands-on opportunities for creativity and the development of excellent artistic skills as students learn both the techniques and joys of creative expression. We have a superb teaching staff and a group of volunteer hostesses who welcome students into the warm and supportive atmosphere of the log cabins. The Center's beautiful environment is used as a source of inspiration and even as a source of supplies for some classes. We believe in the therapeutic benefits of creativity and in the celebration of beautiful expression. We welcome adult art students of all skill levels.

PEN AND INK DRAWING

Instructor: Lois Hrejsa

6-week sessions begin Thursday mornings, January 14 and March 4, 9:00-11:30 a.m.

Pen and Ink classes include instruction and critique in shape, value, texture, shading, shadow, composition, and perspective. Pen and Ink is an interesting way to focus on basic drawing, with the added interest of stark black and white contrast. Students learn to capture with their pens what they see and feel. Lois Hrejsa welcomes students of all levels to work in pen & ink, or, if they choose, in pencil, colored pencil, and charcoal. Beginning students will start with simple exercises, while those with drawing experience will be encouraged to work on further development of techniques, landscape drawings, portraits, and individual style. **Class Fee: \$98 for 6 week session List of required supplies available in office.**

WATERCOLOR PAINTING

Instructors: Lois Hrejsa and Lenox Wallace (www.lenoxwallace.com)

6 week sessions begin

Wednesday evenings, January 6 and February 24, 6:30 – 9:00 p.m.

Thursday afternoons, January 14 and March 4, 1:00 – 3:30 p.m.

Thursday evenings, January 7 and February 25, 6:30 – 9:00 p.m.

The watercolor classes feature expert critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more. The Wednesday evening class, taught by Lenox Wallace features structured lessons for beginning watercolorists. The Thursday evening class, taught by Lenox Wallace, is an ongoing class of experienced painters, each working individually with occasional guidance and critique. The afternoon class, taught by Lois Hrejsa, will provide instruction in techniques, color mixing and theory, washes, light and shadow, etc, for beginning painters, while ongoing students will receive advanced assignments and also have the opportunity to further explore watercolor with attention to their particular area of interest. **Class Fee: \$98 for 6 week session. List of required supplies available in office.**



POETRY

Facilitator: MaryAnn Grzych

Every other Friday, beginning January 8, for 6 sessions, 9:15 - 11:45 a.m.

Under MaryAnn Grzych's guidance, the poetry class shares and supportively critiques each others' works, as they learn together to express significant feelings and ideas through their writings. New participants are welcome to join. **Workshop Fee: \$49 for 6 class sessions**

CREATIVE WRITING: *Finding your Voice through Writing*

Instructor: Frank Coughlin

6 week sessions begin, Wednesday afternoons or evenings, January 6 and February 24, 1-3 p.m. or 6:30 - 8:30 p.m.

Writer/poet Frank Coughlin, helps students work on short stories, memoirs, editorials, journaling, and maybe even the beginning of a first novel! In class, students write and work on written exercises, and share and critique each other's writings in a fun and supportive atmosphere. No previous writing experience is necessary. New students are welcome to attend the first class before committing to 6 weeks. Check out the class website: www.want-to-be-writer.blogspot.com. **Class fee: \$78 for each 6 week session**

PAPERMAKING

Instructor: Marilyn VandenBout (www.vbartworks.blogspot.com)

2 Wednesday evenings, January 27 and February 3, 6:30 – 8:30 p.m.

The fun and creative art of making textured handmade papers is the focus of the papermaking classes. Just in time for Valentine's Day, Marilyn will help students create cards and stationery for every occasion--make them now and have them ready when they are needed. **Class fee: \$26 plus \$10 materials fee**

STONEWARE POTTERY

Instructor: Karen Stasky

6-week sessions begin Thursday evenings, January 28 and March 18, 6:30 – 8:30 p.m.

Under the guidance of potter/nature-lover Karen Stasky, students make strong professional-looking stoneware pottery, often embellished with nature designs. Students create beautiful stoneware bowls, mugs, and vases, in addition to interesting decorative pieces. New students can expect to learn a variety of hand-building techniques and returning students can learn to throw pots on one of the wheels. **Class Fee: \$78 plus \$15 materials fee for 6 week session**

WOODCARVING

Instructor: Keith Miller

6 week sessions begin Wednesday evenings, January 6 and February 24, 6:30 – 8:30 p.m. or Thursday mornings, January 7 and February 25, 9:00 – 11:00 a.m.

Woodcarving students learn and practice the tools and techniques of different styles of woodcarving in the round, using basswood and butternut. Master carver Keith Miller humorously and capably teaches his students to produce beautiful animals, objects, and faces. Each new student makes 3-6 projects such as a goose, a shoe, an egret, and miniature people. Returning students may design their own projects. **Class Fee: \$78 per 6 week session. Wood and bench knives are available for purchase in class for approximately \$25.**



COLLAGE

Instructor: April Schabes

(www.aprilsart.blogspot.com)

6 week sessions begin Wednesday mornings, January 13 and March 3, 9:30 a.m. – 12 noon

Artist April Schabes leads this creative class in which she encourages you to experiment with color and composition to create your own mixed-media collages. April sees collage as an opportunity to “play in your own world of artistic expression with a fun and easy art form!” **Class Fee: \$98 per 6 week session.** List of required supplies available in office.

BASKETMAKING

Instructors: Jane Dwyer (evenings) and Ann Fowler (mornings)

6 week sessions begin Monday mornings, February 15, 9:30 – 11:30 a.m. or Thursday evenings, February 4 and March 25, 6:30 – 8:30 p.m.

New basket students start out making easy and beautiful wood-bottomed baskets, with their choices of colored trim. Everyone's turns out great! Basketry students continue on to learn techniques for weaving a variety of shapes and sizes of baskets. After their first session, students choose their own projects in consultation with the instructor. Students can expect to make 2-3 baskets in 6 weeks, depending on their style and choice of projects. **Class Fee: \$78 per 6-week session, plus \$25 materials fee per 6 week session.**

CALLIGRAPHY

Instructor: Marge Boyd (www.penandpaints.blogspot.com)

6 week sessions begin January 11 and March 8, 1:00 – 3:30 p.m. (skip 1/25)

Calligraphy students work on the beautiful art of fine lettering. In the course of a year of calligraphy classes, you will learn the graceful uncial, italic, and book-hand styles of writing. You construct a small book in whose pages you add lettering and other decorations. **Class Fee: \$98 per 6 week session. List of required supplies available in office.**

PAPER AND BOOK ARTS

Instructor: Marge Boyd

Three new workshops especially designed for collage and paper artists. Come and make beautiful papers to be used with your collaging or for the book we'll create in the third workshop.

Friday afternoon, February 5, 1 - 3:30 p.m.:

PASTE PAPER

Friday afternoon, February 19, 1 - 3:30 p.m.:

GESSO-PAINTED PAPER

Friday afternoon, March 5, 1 - 3:30 p.m.:

ACCORDION FOLDED FLAG BOOK

(lettered with poem "Just for Today")

Workshop fees: \$16 per workshop plus \$6/day materials fees for Feb 5 and 19, and \$3 for March 5.



QUILTING

Instructor: Denise Dulzo

6 week sessions begin Wednesday afternoons, January 13 and March 3, 1-3 p.m.

Create a four 9-patch block sampler, to be used as a baby quilt or wall hanging. We encourage you to bring a sewing machine to piece your blocks, but you may also use hand-stitching. Everyone will do the final quilting by hand.

Class Fee: \$ 78. Purchase your own fabrics and batting before the first class. A list of required fabrics and supplies is available in the office.

WEAVING

Instructor: Nettie Botts

6 week session begins Wednesday morning, February 10, 9:00 – 11:00 a.m.

Weaver Nettie Botts teaches students on convenient portable 4-harness table looms, which they use to create beautiful woven scarves and other items. Each new weaver makes a sampler and then is assisted in choosing projects of their own design and color scheme. Returning students and experienced weavers may choose their own projects, on either the table looms or the floor looms. **Class Fees: \$78, plus \$10 materials fee for new weavers. Students will purchase own threads and yarns for future projects.**

GOURDCRAFT

Instructor: Karen Caldwell(www.picturetrail.com/karencaldwell)

DRAGON GOURDS*: Monday afternoon/evening, January 18, 1:00 – 3:30 p.m. or 6:30 – 9 p.m. (see note below**): **For adults and teens age 13 and up.** Create your own fanciful dragon from a gourd and lots of embellishments.??

LEAF BOWLS and BIRDHOUSES*: Monday afternoon/evening, February 15, 1 – 3:30pm or 6:30 – 9pm. (see note below**): Create a unique bowl or birdhouse, using assorted paints, inks and glazes to color the designs, and a protective coat for a finishing touch.

EASTER/BERRY BASKETS*: Monday afternoon /evening, March 22, 1:00 – 3:30 p.m. or 6:30 – 9 p.m. (see note below**): Create a delightful gourd basket decorated for the season.

Class Fee: \$17 per workshop plus \$15 materials fee per workshop.

*Early registration is necessary in order for Karen to have your gourd type or size ready for you.

Check out samples of Karen's gourds at www.picturetrail.com/karencaldwell.

NOTE: On gourd workshop days, the class room will be open from 1 pm to 9 pm so if you have already attended a class with Karen and have an unfinished gourd at home, you may want bring it during that time to finish the project, burn a design, add a rim, or other embellishments. There will be patterns, tools, rimming materials, beads, available. Register as a Follow-up student. **Follow-up student fee: \$6.50 per hour plus \$5 materials fee.

SILVER JEWELRY WORKSHOPS

Instructors: Sonya and Dan Snyder

--3 week session begins Monday evening, January 11, 6:30 – 9 p.m.: Learn the basics for creating two lovely pieces of silver jewelry. Beginner projects may include a pendant and whimsical pin. Returning students select a project of their choice. **Class Fee: \$49 plus \$35 materials fee**

--1 week Valentine Workshop, February 8, 6:30 - 8:30 p.m.: Create a valentine pendant or earrings for yourself or to give to a special friend. **Workshop Fee: \$13 plus \$10 materials fee.**

We are hopeful that the new lapidary shop will be ready for a class in March or April. The students will be able to cut and polish their own stones for jewelry.



REED AND PAPER FOLKARTS

Instructor: Lois Lauer

Wednesday afternoon/evening, January 13, 1-2:30 p.m. or 6:30 - 8 p.m.:
SPIRAL SNOWFLAKES

Wednesday afternoon/evening, February 10, 1-2:30 p.m. or 6:30 - 8 p.m. :
WOVEN HEARTS

Create two simple-to-make but amazing-to-see snowflakes (January) or hearts (February), one each month of wood and one of paper, to decorate your windows for the season. **Workshop fee: \$10 per workshop plus \$2 materials fee per workshop**

PAPER-CRAFTS

Instructor: Ann Fowler

Tuesday, March 9, 9:30 – 12 noon

Each student will create four unique spring greeting cards for St. Patrick's Day, Easter, and a spring birthday. You can check out Ann's delightful cards in the Fellowcrafters gift shop in the lodge. **Class fee: \$16 plus \$6 materials fee.**

FAITH BRACELETS

Instructor: Linda Harty

Thursday evening, March 25, 6:30 - 7:30 pm

Make a beautiful bracelet with colored beads, each color representing an element of your faith. Linda has designed this bracelet for the Lenten season and is confident that you will easily be able to create it and love wearing it. **Class fee: \$20, includes all materials**

Pre-registration is required for all Log Cabin classes and workshops. Class and materials fees are due at time of registration. All class fees include a \$10 non-refundable, non-transferable registration fee. No refunds or transfers of fees are available for cancellations made less than 24 hours prior to the beginning of class. To register by mail, send check and the following information: Name, address, phone, email, name and date/time of class, and if registration is for a child, send birthdate and grade in school this fall, plus parents' names and emergency contact information.

Mission Statement of the Center

The Center is an exercise in human spirit. It is a sanctuary that exemplifies selfless love, beauty, harmony, and brotherhood above all else.

Through these ideals we...

Help people reestablish and strengthen the spiritual and emotional foundations of their lives.

Reach out with care and faith to enliven the human spirit with that consciousness of God's ever presence.

Reconnect people with the natural world, encouraging appreciation and responsible stewardship of our environment.

Nurture and restore balance and growth in people's lives.

Present total experiences through the use of wholesome, traditional, and cultural activities.



Winter Events at The Center Join Us!



EMERSON HILL NIGHT: The Men of A-Chord!

Sunday evening, January 17, 5:30 p.m. dinner, followed by 6:30 p.m. performance

The Men of A-chord are a Christian men's choral group who will provide a concert of sacred music for our January Emerson Hill night program. Good friends Chris Dykstra and Bill Graham sing with this group of men from the south and west suburbs. We'll begin the evening with dinner and then enjoy this ministry of beautiful music.

Emerson Hill Dinner costs \$15 and requires advance reservations.



SPIRITUAL COMPANIONSHIP

A spiritual companion helps others freely explore what God is doing in their lives and guides them toward determining their own response. Spiritual companionship is not psychotherapy, although a person in therapy may also seek spiritual companionship, in order to explore how God's call and compassion are present during life's toughest moments. We all need the love, support, and witness of other travelers on this, our spiritual journey. Spiritual Director Kathy Fontaine donates her time and expertise to The Center, by offering her one-on-one spiritual companionship services to anyone seeking spiritual direction through prayer, meditation, and dialogue. Kathy asks those who see her to give a suggested donation of \$20/hour, which she donates to the camp scholarship fund. Please, call the office at any time for details about setting up appointments with Kathy, who is here as a spiritual companion all day every Tuesday.



SUNDAY VESPERS IN THE CHAPEL

Every Sunday, 4:30 p.m.

We invite you to join us each Sunday for an inter-denominational worship service of music, meditation, and prayer, led by Rev. Frank Sanders and Chris Hopkins. The Chapel stands on the highest point of The Center's grounds, and symbolizes the underlying spirituality of all Center programs.

REIKI

Sunday, January 31, 5:30 – 7:30 p.m. - *at the Anderson Center at the farm*

Reiki (pronounced Ray-Key) is a gentle, relaxing and peaceful form of energy healing, especially beneficial for those suffering from physical or emotional pain. Reiki Master and Social Worker Judy Wiggins will be joined by fellow Reiki practitioners to offer their healing services, asking a suggested donation of \$10 per participant to The Center. Advance registration is necessary; as participation is limited. Until the 15th of the month, registration is limited to new participants in our Reiki program. After that time, returning participants may register for any remaining spaces. Meet at the Anderson Center at the farm.

MIND-BODY FITNESS

Monday evening, January 25, 6:30 – 8 p.m., at the Anderson Center at the Farm

Wellness/fitness educator Pam Johnson leads this weekly experience, using the NIA mind-body technique-but will be travelling most of January. She'll return on January 25th and looks forward to seeing you then - *please call on Jan 25 to confirm.*

JANUARY-FEBRUARY ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, February 21, beginning with 4:30 p.m. Vespers.

All January and February anniversary couples are invited. The evening will begin with a Vespers Service at 4:30 in the Chapel. After Vespers, the couples will enjoy a gracious candlelight dinner in the lodge, and then return to the Chapel for the Renewal of Wedding Vows. To make a reservation for dinner and renewal of vows ceremony, please send \$70, to be received no later than February 8.

Fellowcrafters Members



Carol Alesia



Betty Hostetter



Mabel Anderson



Gladys Bain



Aldona Brazis



Mary Crosetto



Jane Didier



Marilyn Douros



Ann Fowler



Judy Goebel



Annmarie Henry



Sally Lustig



Carol Rodrian



Blanche Sanders



Mary Stancik



Jule Wagner

FELLOWCRAFTERS GIFT SHOP

Happy New Year from the Fellowcrafters! With this new year, it seems like a good time to acquaint everyone with these talented and generous ladies who meet twice per month to create the items for sale in the Gift Shop. Following is a description of **some** of the items each lady makes:

Blanche Sanders: floral arrangements, quilted wall hangings, coin/penny art wall hangings

Mabel Anderson: kitchen towels, T-shirts and sweatshirts with fabric yoyo's

Gladys Bain: Christmas ornaments, crewel embroidered pictures, crayola box holders, crocheted necklaces, and knit baby bibs

Aldona Brazis: kitchen towels--lots of them!

Mary Crosetto: dolls, felt turkeys, crocheted snowflakes, and tooth fairy pillows

Jane Didier: knit baby sweaters, booties, and caps; knit adult scarves and caps, Easter egg cozies, and knit adult booties

Marilyn Douros: crocheted baby blankies, potholders, Halloween ghost magnets, Christmas angels, bookworm bookmarks, scarves, and adult booties

Ann Fowler: greeting cards, note cards, hanging postcards, and baskets

Judy Goebel: light bulb Christmas ornaments, felt turkeys, felt Christmas ornaments, Wilbur and cat magnets, and Easter egg cozies

Anna Marie Henry: beaded fleece scarves, crocheted necklaces, Christmas ornaments and pins, tooth fairy pillows, gardening angels, kitchen towels, and dog bandanas and toys

Betty Hostetter: kitchen towels, potholders, and little wooden dolls

Sally Lustig: table runners, cloth gift bags, book covers, aprons, needle caddies, tote bags, hot sauce bottles dressed in sombreros and ponchos, dish soap bottle dresses, coasters, and neck pillows

Carol Rodrian: plastic canvas table decorations, wall hangings, magnets, Christmas treetop angels, and knit sweaters and afghans

Mary Stancik: pins, plastic canvas baby blocks, and Christening bonnets

Jule Wagner: beaded jewelry, bingo birds, pillows, Christmas ornaments, and walnut snowmen

Marge Zahrenhusen: knit mittens and berets and Christmas decorations

Carol Alesia: knit and crocheted scarves and neck warmers, knit baby bibs, crocheted necklaces, and Christmas ornaments

As you can tell, this is a very busy and productive group of ladies!! We hope you will make a New Year's resolution to visit the Gift Shop and to come away with some of their handmade treasures!

You can join this generous group of ladies for a new year of creativity!

Fellowcrafters meet twice each month to make items to sell in the gift shop.

1ST and 3RD Tuesdays, January 5 and 19, 10 am – 2 pm

“ARTIST’S WAY” CIRCLES: Studying Tara Brach's *Radical Acceptance*

Facilitated by Linda Whittaker

Course Overviews: Tuesday Feb 9, 10:30 - 11:30 a.m., and Wednesday February 10, 7-8 p.m.

(No-charge, no-commitment necessary, for overview sessions, but please pre-register).

12 week classes begin:

Tuesday mornings, February 16, 9:45 – 11:45 a.m.,

Wednesday evenings, February 17, 7:00 – 9:00 p.m.

Students are asked to read the first assignment before the Feb 16 and 17 classes.

Radical Acceptance is a practical and profound book about opening to the reality of other people, living in love, and finding the light within ourselves. The author Tara Brach is a Buddhist teacher, therapist, a mother and a woman and she brings all this into her writing.

Social Worker/therapist Linda Whittaker facilitates the discussions and sharing as she guides participants through the inspiring readings and exercises in each class. Linda has facilitated Artist's Way groups for over ten years and is committed to creating a safe and respectful environment, which allows group members to discover/recover their creative spirits. *For more information about Linda Whittaker, go to her web page at: www.psychologytoday.com and type 60461 in the FindTherapist box.*

Join us on Tuesday mornings or Wednesday evenings this winter, and be part of this exciting creative journey. Class fee for each 12 week class: \$130. Students also need to purchase the textbook for their class (available online or at some local bookstores).

TOASTMASTERS: For a New Confident You in 2010!

Wednesday evenings, January 6 and 20, 7:00 p.m.

If you are interested in improving and practicing your public speaking skills, we invite you to join our supportive group. We take turns leading the meetings and giving speeches, and we have fun doing it. We're all in this effort together and gain confidence from the encouragement of each other. We invite you to come as a guest to the next meeting and to consider becoming a Center Toastmaster.

COUNSELING AND REIKI

Judy Wiggins, MSW is a Licensed Clinical Social Worker and Reiki Master and is available for counseling at The Center. Judy provides individual counseling to children, adolescents, adults and couples and helps people who are seeking to deepen their spiritual nature. Judy is available during the evenings and weekends. Please call 815-210-3348 for more information or to schedule an appointment.

NATURE PHOTOGRAPHY FORUM:

the photography of Jim Brandenburg

Sunday, January 24, 2-3:30 pm

Nature Photography Instructor Rick Steffen is offering monthly get-togethers this winter for photography enthusiasts and those looking for photographic inspiration. We will watch and discuss amazing films of outstanding nature photography. Please call The Center to say you will attend.



WOMANTALK COFFEE HOUR!

Tuesday, January 26, 10 a.m. – 11:30 a.m.

WOMANTALK! is a wonderfully nurturing and supportive women's discussion group, led by Mary Ann Grzych, and focusing on the month's readings in Sarah Ban Breathnach's "Simple Abundance," "Romancing the Ordinary," and "Moving On" books, or any other inspirational resources that ladies would like to bring to share. The focus of Womantalk is on learning to live authentically, joyfully, simply, and gratefully. Womantalk Coffee Hour cost: \$5. Please call to reserve a spot.

GREAT DECISIONS DISCUSSION GROUP: The Arctic--New Challenges and New Opportunities

Sunday, January 10, 6:30 – 8:00 p.m.

Great Decisions is a Sunday evening monthly discussion group for folks interested in broadening their knowledge and understanding of the world. Dick Richards will facilitate this discussion on topic #4 which examines U.S. policy related to resource potential, navigation, national security, and commercial changes occurring as the Arctic ice cap melts. Briefing sheets are available in the office. Please call to let us know you are planning to attend.

MEDITATION: ATTENDING THE SILENCE

Every **Tuesday evening**, 5:30 p.m.- 6 p.m. in the parlor (Beginning January 5th)

Every **Thursday morning** 9:00 a.m.-9:30 a.m. in the parlor (Beginning January 7th)

Please join Chris Hopkins for a brief period of silent mediation each week. Come whenever you are able.

EXPLORING YOUR SPIRITUALITY:

Tuesday evenings 6:30 p.m.-8:00 p. m.

January 5, 12, 19, 26 & February 2, 9, 16, 23

The focus of our reading and discussion will be Joan Chittister's book: **In Search of Belief**. Chittister reflects upon the faith statements within the Apostles Creed. How do you feel about them? Do you wonder about any of them? Do you ever feel as if you ought to keep silent? Please join us for an open and lively conversation facilitated by Chris Hopkins. The book is available at The Center office or through Amazon.com. No cost, but registration is necessary.

GATHER ROUND THE TABLE

Sunday evenings, 6:30 pm-8:00 pm. January 10 & 24

This gathering is a circle of conversation and prayer. We remember when Jesus broke bread with his disciples and friends and we do the same. We welcome all to spend a brief time of deepening their relationship with God. Please join us! This gathering is facilitated by Lois Lauer and Chris Hopkins.

FARM AND RANCH CAMP WINTER REUNION

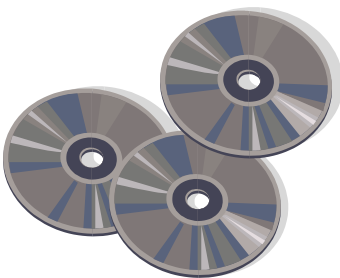
Sunday, January 3, 5:30 – 7:30 pm

Instead of our regular family night program, this month we will be hosting a reunion for all campers, staff, and friends early in January, with hopes of the summer staff still being home for their holiday breaks. We will have dinner, show a slideshow, and share stories of last summer's experiences at camp. Farm and Ranch Camp and our Senior Outdoor Leadership (SOL) program are outstanding opportunities for young people ages 9 through 17 to spend 2 weeks in the healthy and fun atmosphere of the farm and woods. Both past and prospective campers and families are invited to attend, and are invited to bring along their camp photo albums or scrapbooks to share. A free will offering will be collected in lieu of a family night dinner fee. **Dinner reservations required—we expect a crowd and need to be prepared.**

COMING NEXT MONTH: Cabaret Dinner: Saturday, February 13, 5:30 pm

"Espresso Chicago" with Claudia Hommel and her Cabaret quartet.

Claudia returns with her wonderful quartet who delighted us last year, to again bring us luscious four-part harmonies, sidekick duos, un peu d'amour from the Paris cabaret, American showtune classics, and, as always, a great 5-course dinner menu. Advance tickets are required (\$38) and will be available January 15.



New DVD all about The Center now available. Our new DVD is now available in the Fellowcrafters gift shop. You'll enjoy more than 350 beautiful photos set to fun music, detailing a few of the things we do here in the course of a year. (One DVD couldn't come close to showing everything!)

The DVD is yours to take home for a donation of your choosing, to The Center .

Miracle on 127th Street

"We can only appreciate the miracle of a sunrise if we have waited in the darkness."

Anonymous

Even in its middle stage, the disease of alcoholism/addiction is like living in darkness. The spirit has been gone for some time and now the mind is focused on nothing but alcohol/drugs. Very soon the body will shut down. All hope has been lost.

The following is a letter from a recent Pathway graduate:

How does one begin to write about the miracles he received and be graceful enough to put them into words?

On July 9th, 2008, I was on the beginning of my journey, although I believed that I was at my end. From the South Suburban Council on Alcoholism and Substance Abuse, a phone call was made on my behalf to The Center. Michael Wiggins, our Pathway Program director, set up an interview and three weeks later, I was in Pathway. This was the start of many awakenings and miracles. These miracles continue to bless me today, and I know The Center and Pathway made me spiritual enough to receive them. In AA and NA we are given twelve steps to rebuild and live our lives. They help us to become the true spiritual beings we are. The Center and Pathway helped me in my journey by nurturing and guiding me.

By way of example here are steps two and three:

Step Two. Came to believe that a power greater than ourselves could restore us to sanity.

*Step Three. Made a decision to turn our will and our lives over to the care of God **as we understood Him.***

I was almost lost in the insanity of my alcoholism. Pathway and The Center showed me people who knew, or were learning, a way of living which included selfless acts and clarity of thought and action. These things can only come from one source: a power greater than themselves. These examples made me become willing to turn my will and life over to this power so prevalent at The Center.

This is a miracle. Where there was no hope, hope was restored. So many people loved and nurtured me because they cared. Miracles abound.

The director of the Pathway Program took a shy, scared and lost man and taught him strength and conviction of character. He does that to every man who crosses his path. He brought me to this point in my life: I'm filled with Christmas-morning excitement every day. Thank you, Michael Wiggins!

I'm on my own again, but never far away. I'm renewed and reborn in mind, body, and spirit. I'm truly blessed to be a son of The Center. My hope is to give back so freely the love and respect given me, to help in all ways the Pathway Program and The Center.

The War is Over.

*Love and Thanks,
Your Son Always,
Don*

"A miracle is an event which creates faith. That is the purpose and nature of miracles."

George Bernard Shaw

Over the years, here at The Center, I have been blessed to witness the creation of faith on many, many occasions.

Michael J. Wiggins - CADC
Pathway to Sobriety Program Director

Thoughts from Frank... Why if all things being equal and we don't try to go up or down, do we tend to go down? If there are mountains in this world there have to be valleys. If there is good in this world there has to be bad. If there is positive in this world, there has to be negative. If both positive and negative are available to us, why is it so much easier to tend towards the negative?

I do have some ideas as to the answer - but only ideas. One idea is that we live in a negative world. We seem to like the negative. We like "stoplights" and not "go lights." We like "alarm clocks" and not "opportunity clocks." We like negative news and not positive news (every newspaper that published on the premise of only publishing positive news has gone broke). Our laws are based on what we cannot do and not on what we can do. We often tell our children "don't do that" and not "do that." We seem to like the negative.

Well, this is January. Traditionally, in January we think of what we are going to do for the coming year. There are any number of things I could do to make a better life for me and those around me. Blanche reminds me of one thing, "Don't be negative." When I come home don't bring in all the things that are wrong. What is right? Well, my response is often, "I have to do something about what is wrong." And then I think - do I have to do it here?

Recently, I came across a little article entitled "The Trouble Tree." I read it and reread it. Why not try this out? I quote it for your benefit. It is a good idea for me. Maybe it would work for you.

The Trouble Tree

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pickup truck refused to start.

While I drove him home, he sat in stoney silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.

After opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles, and he hugged his two small children and gave his wife a kiss.

Afterward, he walked me to my car. We passed the tree, and my curiosity got the better of me. I asked him about what I had seen him do earlier.

"Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing for sure, troubles don't belong in the house with my wife and the children. So, I just hang them up on the tree every night when I come home. Then in the morning, I pick them up again."

"Funny thing is," he smiled. "When I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before."

Author Unknown



Fellowship Corner

Ryan Tripenfaldas

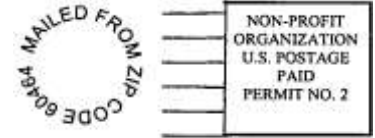
As a Pathway alum, I truly enjoy returning to The Center as a volunteer but for me it is much more than that. It's a chance to give back a small portion of a gift I was so generously given. From helping at the festivals to working with a great group of people at the pathway breakfasts, it's a chance to be with family & friends but truthfully I really do love it.

Getting outside of oneself and giving to others is what it's all about. And having fun at the same time, what a bonus. Thank you so much Ryan. The Center Staff



Ryan (Blackhawks hat) and friends

The Center



The Chicago Southwest Suburban Community
Parish and Community Center Foundation
12700 Southwest Highway, Palos Park, IL 60464
708-361-3650



<http://www.thecenterpalos.org>
email: centerpalospark@sbcglobal.net



ADVANCE DATES FOR YOUR NEW 2010 CALENDAR

- February 13: Valentine Cabaret Dinner
- April 3: Easter Egg Roundup at the Farm
- April 4: Easter Sunrise Service
- April 11: Sheep to Shawl at the Farm
- May 2: Spring Tea
- May 15: South Cook County 4H Horse Show at the Farm
- May 23: Jazz in the Pines
- June 5: Summerfest at the Farm
- July 24: South Cook County 4H Fair at the Farm
- September 3 and 4: Rummage Sale
- September 11: Barn Dance
- September 25: Fall Festival at the Farm
- October weekdays: Pumpkin picking 3-5 pm
- October weekends and Columbus Day Pumpkin picking 10am - 4 pm
- October 29-30: Haunted Farm
- November 7: Annual Meeting
- December 12: Bob Cratchit Dinner
- Dec 19: Bethlehem at the Farm
- December 22-23: Yulelog Services

