

NEW NEW NEW
We now accept credit cards!

January
2011

The Center



Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650

<http://www.thecenterpalos.org>

(708)361-3650

For all that has been, thank you!

For all that will be, yes!

-Dag Hammarskjold

Ahh....January....

Thanksgiving is long gone, Christmas has just passed. Except for a few left over pine needles stuck in the rug, perhaps you have already neatly packed all your decorations away.

But as we pack our ornaments and decorations away, do we also pack away our Christmas cheer? Do we take our willingness to give help to those with less and fold it nicely in bubble wrap for safe keeping? Do we store "Peace on Earth" in a lovely storage box until we hang it over the mantel again next year?

Christmas is not just a season that comes once a year, but a way of living our entire lives. Perhaps this year we could do one thing each day to keep the Christmas spirit alive in our hearts. Perhaps we could begin by acknowledging all that we already have in our lives. Gratitude is a wonderful way of beginning the New Year! Being grateful heals the soul, opens our eyes and enlarges our hearts. When we are grateful it is just about impossible to be worried or resentful or cynical. So let us begin this New Year being grateful for everything that has been.

And although I am not one for New Year's resolutions, the beginning of a New Year is a wonderful time to begin once again. Actually, every day is a new beginning. The great jazz musician, Miles Davis, once said: "My future starts when I wake up every morning." Each day you wake up is a new day. Each hour you are alive offers you an opportunity to be the person you desire to be. Moment by moment you are once again offered the chance to do what you truly believe in...do it! Be it! Live in a way that next year at this time you can look back on 2011 and say, "Thank you!" Of course there will be times when you will not succeed, but don't get stuck in what didn't happen or what you didn't do...the next moment appears, tomorrow dawns and you have a brand new opportunity to act differently and to be different. When we seriously set our intention to do good, to be more compassionate, more generous and more peaceful, we become a part of a Spirit greater than ourselves. When we consciously ask God to be a part of our lives and say "yes" to being a part of God's life, we get connected to God's flow of energy, power and Spirit through which amazing things happen. *This* is the Christmas Spirit. When we can each say "Thank You!" and "Yes!" then Peace on Earth will flourish and Good Will to all will be our reality. May it be so.

Chris Hopkins

ADVANCE DATES FOR YOUR NEW 2011 CALENDAR

February 12: Valentine Cabaret Dinner
April 3: Sheep to Shawl at the Farm
April 23: Easter Egg Roundup at the Farm
April 24: Easter Sunrise Service
May 1: Spring Tea
May 14: 4Her's Horse Show at Farm
May 22: Jazz in the Pines
June 4: Summerfest at the Farm
July 23: South Cook County 4H Fair
September 2 and 3: Rummage Sale
September 10: Barn Dance
September 24: Fall Festival at the Farm
October weekdays: Pumpkin picking 3-5 pm
October weekends and Columbus Day: Pumpkin Days 10 am - 4 pm
November 13: Annual Meeting
December 11: Bob Cratchit Dinner
Dec 18: Bethlehem at the Farm /Pilgrimage to the Manger
December 23: Yulelog Service

Special Events in January...

EMERSON HILL NIGHT: The Music of the Beatles!

Sunday evening, January 16, 5:30 p.m. dinner, followed by 6:30 p.m. concert

Pianist Eugene Kwok's impressive memory and stirring piano renditions of Beatles tunes turn back the clock at our January Emerson Hill night. Playing piano since he was five years old, Eugene knows more than 1200 songs from memory, and will play a prepared repertoire of about 25 Beatles hits, plus take requests from the audience. He puts each song into context by introducing it with a few historical facts, as well as trivia about the Beatles. Join us for a fun and nostalgic evening of great 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 Monday.

REIKI

Sunday, January 30, 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.

WOMANTALK COFFEE HOUR!

Tuesday, January 25, 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" 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.



Center Cinema *The 400 Blows* (1959) 98m B/W

Film Classics Shared and Discussed

Friday January 7, 6:30

Antoine is about 12. He's poor. His mom's self-absorbed and his step-father is indifferent. Antoine's teachers think he's just a troublemaker. He hightails it out for the streets of Paris and gets into a bit of trouble with the law. Probably the most beloved and accessible film of the French New Wave, *The 400 Blows* is as wondrous a breath of fresh air as it was fifty years ago. Roger Ebert calls it "one of the most intensely touching stories ever made about a young adolescent." Come see it and share it with other film lovers. Lively discussion to follow. We'll bring popcorn. Free.

MEDITATION: Attending the Silence

Every Tuesday evening, 5:30 p.m.- 6:00 p.m. in the parlor.

Every Monday & Thursday morning 9:00 a.m.-9:30 a.m. in the parlor.

Please join Chris Hopkins for a 20 minute period of silent meditation each week. Come whenever you are able.

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GATHER ROUND THE TABLE

Sunday evening, January 9th & 23rd, 6:30 p.m. in the parlor. This gathering is a circle of rich conversation and prayer, in the style of the house churches of early Christianity. 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. We gather in a circle of mutuality, open and inclusive—please join us!

MERTON: A Film Biography

Tuesday, January 4th at 6:30 p.m. (or) Thursday, January 6th at 10:00 a.m.

In his lifetime, Thomas Merton was hailed as a prophet and censured for his outspoken social criticism. For nearly 27 years he was a monk of the austere Trappist order, where he became an eloquent spiritual writer and mystic as well as an anti-war advocate and witness to peace. Join us as we watch this one hour documentary and engage in a lively discussion to follow. Registration requested.

A FIELD OF COMPASSION

Tuesday, January 11th at 6:30 p.m. (or) Thursday, January 13th at 10:00 a.m.

Our new spirituality offering will be a discussion group based upon *A Field of Compassion* by Judy Cannato. In this excellent book, Ms. Cannato engages our current scientific understanding of the world and discusses how our Christian beliefs might be understood in light of these understandings. Ms. Cannato could be considered a colleague of Brian Swimme and Thomas Berry. This will be a 6 week discussion group. There is no cost to this program, but registration is requested. You will need a copy of the book.

VESPERS IN THE CHAPEL

Every Sunday, 4:30 p.m.

Please join us each week for a nondenominational service of music, meditation and prayer led by Rev. Chris Hopkins. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. *All are welcome!*

JANUARY-FEBRUARY ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, February 20, beginning with 4:30 p.m. Vespers.

Whether you were married in our chapel, a grand cathedral, or a courthouse, if you were married in January or February, we invite you to this beautiful evening of celebrating and renewing your marriage commitment. The evening begins with a Vespers Service at 4:30 p.m. in the Chapel. After Vespers, you will enjoy a gracious candlelight dinner in the lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, send \$70 for dinner for two, to be received no later than Feb 7.

Planning ahead? The next Anniversary Dinner is scheduled for March 27.

Join TOASTMASTERS: For a New Confident You in 2011!

Wednesday evenings, January 5 and 19, 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. For more information, see Dave Sanders, Frank Sanders, or Lois Lauer



**CHEF JULIE'S COOKING SCHOOL: Pulled Sugar
Thursday afternoon, January 13, 2-4 pm**

Join Chef Julie as she shows you how to make amazing creations from pulled sugar. The sugar mixture is heated, poured out to cool, and, literally pulled into shapes. She'll share and demonstrate her recipe as well as her techniques. Everyone will learn the art of pulling the sugar, and we'll all join in the fun of creating a tray of delightful looking roses! Cost: \$25, includes demonstration, hands-on practice, and sampling! Pre-registration required.



**New! CREATIVE MOVEMENT CLASSES FOR YOUNG CHILDREN
6 Thursdays, beginning January 20, 9:15 - 10 a.m.**

Ages 15 months (must be walking) - 23 months

In the Anderson Center at the farm. Jamie Spirakes loves to move and to teach kids the joy of dance. In this class children will develop gross motor skills, communication and social play through props, instruments, and dancing. In this sensory motor-based class children will jump, skip and wiggle their way to becoming independent movers, shakers and thinkers! Jamie has an extensive background as a dance teacher and educator, and we are delighted that she has chosen to join us in offering this new opportunity for young children. We are starting with this age class first, and hoping to expand into other age ranges as the season progresses. Coffee will be served to moms in the adjoining room, so that the children can enjoy an independent experience. Class Fee: \$60 for 6 weeks



**NATURE PHOTOGRAPHY FORUM: the photography of Joel Sartore
Sunday, January 23, 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, beginning with National Geographic photographer Joel Sartore. Please call The Center to say you will attend so we can plan seating.

FELLOWCRAFTERS GIFT SHOP

The peacefulness and beauty of the winter season surrounds us, and The Center looks especially idyllic, so we hope you stop in the Fellowcrafters Gift Shop in the Main Lodge soon. There you will find warm hand knitted hats, scarves, and neck warmers. Our jewelry collection continues to grow, and included in the selection are hand beaded bracelets, necklaces made from recycled newspaper, and pins and necklace pendants created from—pumpkin seeds!! We always carry kitchen towels in seasonal motifs, which would look so pretty hanging in your kitchen. Please remember the shop when you need cards—we have a new supply of wonderful, one-of-a-kind greeting and note cards—some having the image of our beloved Wilbur on the covers. The Fellowcrafters wish you a very happy, healthy, and peaceful New Year!

Also available in the gift shop: **Mark Walker's movie of The Center**, portrayed through the eyes of Ernest Warner, the farmer who donated his land to The Center in 1932. Sean O'Keeffe deftly plays the role of Ernest Warner, and poignantly, and often humorously, tells the story of The Center. Mark is eager for folks to share this DVD with their friends, and is suggesting a donation of \$10 per copy.

"ARTIST'S WAY" CIRCLES: Facilitated by Linda Whittaker

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

12 week classes begin:

Tuesday mornings, February 15, 9:45 – 11:45 a.m.,

Wednesday evenings, February 16, 7:00 – 9:00 p.m.

Students are asked to read the first assignment before the February 15 and 16 classes.

Tuesday morning group: book TBA

Wednesday evening group: studying Julia Cameron's "Artist Way," described as a "journey to a more joyful life."

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 Find Therapist 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 in advance of their class, available online or in local bookstores. Wednesday class meets at the farm's Anderson Center.

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

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MIND-BODY FITNESS

6 Monday evenings, beginning January 17, 7:00 – 8:30 p.m., at the Anderson Center at the Farm

Wellness/fitness educator Pam Johnson is back to lead this popular weekly experience, using the NIA mind-body technique, which includes the stillness of Tai-Chi, the dynamic poses of yoga, the explosive power of martial arts, and the grace and spontaneity of ethnic dance. Pam offers an opportunity to listen and be in-tune with your body, to learn how it feels to be in balance without aches and pains, able to move freely like a child, to experience grace and beauty in movement, to reconnect with your breath and yourself, and to peel through layers of stress. This class is beneficial for all fitness levels and is designed for the beginner as well as for those who have taken some form of mind-body classes already. Class fee for 6-week session is \$72. Please preregister by January 14.

COMING NEXT MONTH: Cabaret Dinner: Saturday, February 12, 5:30 pm

“A Parisian Love Song” with Claudia Hommel and her musicians

Claudia returns with her clear and beautiful voice, her romantic songs from Paris, and her sometimes zany antics, to bring us an evening of great entertainment, accompanied, as always, by a great 5-course dinner menu, prepared by new chef Julie. Advance tickets are required (\$38) and will be available January 15.

CENTER SINGERS: will not meet in January, but look forward to both returning and new singers at 7pm Monday night rehearsals in February.

IT'S NOT TOO LATE TO GET A NEW CENTER CALENDAR FOR 2011!

This year's 2011 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 2011 activities as well as the beautiful drawings .



WINTER RETREATS

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

WINTER PEACE RETREAT: Peacebuilding

Friday, January 21, 5 p.m. – Saturday, January 22, 5 p.m.

Led by Chris Hopkins, Lois Lauer, and May Mesco

Join us for an engaging weekend of exploring the concept of peace --in our own lives and in the world. We'll look at the amazing examples of leaders like Mahatma Gandhi, Martin Luther King, Nelson Mandela, and others who have changed the world with their non-violent pursuit of justice. We'll hear the story of little Japanese Sadako who tried to make 1000 peace cranes before she died after Hiroshima, and then even make our own origami cranes (probably not 1000!) with May. We'll walk Chris' huge labyrinth to reflect on our personal peace journeys. We'll have time for contemplation, relaxation, and fellowship, as well as creativity and fun. Cost per participant is \$116 which includes leadership, accommodations, meals, and all major supplies. Early registration is advised!

PERSONAL GROWTH RETREAT: Writing a *legacy of your values*

Friday, February 18, 5 p.m. – Saturday, February 19, 5 p.m.

Retreat leaders: Eileen Kerlin Walsh, Beth LaMie and Lois Lauer

You will be invited to reflect upon your life's journey, and write your own personal "Ethical Will," which is "a personal legacy that transmits your non-material assets...your values, your story, the lessons life has taught you, the information that is too valuable to risk being lost." Using this wonderful description by author Susan Turnbull, Eileen and Beth will help you to write meaningful letters--to your children, to yourself, perhaps to the world. The weekend will include time for reflection and writing, time for inspiring guidance, time for walks in the woods, and of course, time for fellowship, fun, and relaxation. Eileen Kerlin Walsh is a personal growth seminar leader, inspirational speaker, and practicing estate lawyer. Beth LaMie is an international lecturer, author, and personal historian. Cost per participant is \$116 which includes leadership, accommodations, meals, and all major supplies. Early registration is advised!

JANUARY-FEBRUARY ART SCHEDULE 2011

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 AND FAMILY CLASSES

LOG CABIN ART FOR KIDS!

Grades K-1 Instructor: Jessie Schaar
Grades 2-3 Instructor: Sarah Heflin
Grades 4-8 Instructor: Maggie Martin

Every Saturday morning our Log Cabins are filled with the creative energies of young artists. The kids 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 the young artists. 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.

Please note: we've switched to 8-week instead of 6-week sessions for this semester.

New EIGHT week session begins Saturday morning, January 8, 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: \$88 per 8 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

SNOW-ART! Sunday, January 9, 2-3:30 p.m.

Celebrate the beauty of snow by creating artistic snowflakes, soap snowmen, and more!

FOR THE LOVE OF CHOCOLATE: Sunday, February 13, 2 – 3:30 p.m.

Spend some time creating a special chocolate treat for your loved one, a see-through heart filled with "love," and other artistic valentines.

All family art workshops include hands-on creative projects which allow for individual expression combined with cooperative family effort. *Class Fee per workshop: \$6 per person.*

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 you 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.

SNOWFLAKE ART!

Instructor: Lois Lauer

Wednesday afternoon, January 12, 1-2:30 p.m.

Paper snowflakes--Spirals and Cutouts—Remember the snowflakes you cut out of paper as a child? Join us at this fun workshop where we will use patterns and exacto knives to create the same snowflakes, but with far more intricate detail. We'll also create simple but amazing-to-see spiral cut-snowflakes. Great for decorating your windows at Christmas! A fun workshop—come and enjoy!

Class Fee: \$10 plus \$2 materials fee.



LAPIDARY

Instructors: Dan and Sonya Snyder and Dave Sanders

5 Tuesday afternoons, beginning January 11, 1:30 – 3:30 p.m.

Lapidary rocks! That's what it's all about -- polishing rough chunks of rock into gleaming gemstones. Our new lapidary studio is filled with rock saws and water-cooled wheels on which you'll learn the basics of cutting and polishing stones into beautiful "gems." *Class Fee: \$65 plus \$10 materials fee.*

PAPERMAKING

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

2 Wednesday evenings, January 26 and February 2, 6:30 – 8:30 p.m.

The fun and creative art of making beautiful papers is the focus of the papermaking classes. You will create hand-made papers for cards and stationery, sculpted with hearts and flowers for Valentines and the coming spring. *Class fee: \$26 plus \$10 materials fee*

STONEWARE POTTERY

Instructor: Karen Stasky

6-week session begins Thursday evening, January 27, 6:30 – 8:30 p.m.

Under the guidance of potter/nature-lover Karen Stasky, you'll make strong professional-looking stoneware pottery, often embellished with nature designs. You'll 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.*

WOODCARVING

Instructor: Keith Miller

6 week sessions begin Wednesday evening, January 12, 6:30 – 8:30 p.m. and Thursday morning, January 13, 9:00 – 11:00 a.m.

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 you 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. Wood and bench knives are available for purchase in class for approximately \$25.*



COLLAGE

Instructor: April Schabes (www.aprilsart.blogspot.com)

6 week session begins Wednesday morning, January 12, 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. List of required supplies available in office.*

BASKETMAKING

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

6 week sessions begin Monday morning, February 21, 9:30 – 11:30 a.m. or Thursday evening, February 3, 6:30 – 8:30 p.m.

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

STORY JEWELRY

Instructor: Catherine Myers

Monday evening, January 24, 6:30 – 8:30 p.m.

Storyteller Catherine Myers will help you create beautiful personalized “story jewelry.” You choose beads and stones (from Catherine's amazing collection) to represent personal aspects of your life. If you have a beloved but broken piece of jewelry, perhaps a keepsake from a relative, you can incorporate some old stones into your new jewelry *Class fee: \$13 plus \$15 materials fee*



CANCER AWARENESS BRACELETS

Instructor: Linda Harty

Monday evening, February 7, 6:30 - 8 pm

Make a beautiful bracelet with colored beads and a cancer-ribbon charm. Different types of cancers have their own ribbon colors, and you can choose which you would like to represent on your bracelet. *Class fee: \$10, plus \$15 materials fee.*

SOAP ART!

Instructor Lois Lauer

Wednesday afternoon or evening, February 9, 1 - 2:30 p.m. or 6:30 - 8 p.m.

Create your own glycerin heart-shaped soaps, in both clear color and transparent pink. We'll even put printed messages in some of them! This is an easy project and makes a fun Valentine gift or addition to your own home! While we wait for the soap to harden, we'll munch on Valentine cookies and drink tea in front of the cozy log cabin fire. *Class Fee: \$10 plus \$5 materials fee.*

PAPER-CRAFTS

Instructor: Ann Fowler

BIRTHDAY CARD WORKSHOP: Tuesday, February 22, 9:30 – 12 noon

Use a variety of papercraft techniques to create two feminine and two masculine birthday cards. *Class fee: \$17 plus \$6 materials fee.*

PEN AND INK DRAWING

Instructor: Lois Hrejsa

6-week session begins Thursday morning, January 13, 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. You learn to capture with your pen what you see and feel. Lois Hrejsa welcomes students of all levels to work in pen & ink, or, if you choose, in pencil or colored pencil. 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. List of required supplies available in office.*



WATERCOLOR PAINTING

Instructors: Lois Hrejsa and Lenox Wallace

(www.lenoxwallace.com)

6 week sessions begin Wednesday evening, January 12, 6:30 – 9:00 p.m.

Thursday afternoon, January 13, 1:00 – 3:30 p.m.

Thursday evening, January 13, 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 your particular area of interest. *Class Fee: \$98. List of required supplies available in office.*

POETRY

Facilitator: MaryAnn Grzych

Every other Tuesday, beginning January 4, 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 you learn together to express significant feelings and ideas through your writings. New participants are always welcome!

Workshop Fee: \$49.

CALLIGRAPHY

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

6 week session begins Monday afternoon, January 10, 1:00 – 3:30 p.m.

Come and learn 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. List of required supplies available in office.*

QUILTING

Instructor: Denise Dulzo

6 week session begins Wednesday afternoon, January 12, 1-3 p.m.

Create a small quilted 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. *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, January 12, 9:30 – 11:30 a.m.

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

KNITTING: *Make a Scarf and a Hat!*

Instructor: Laurie Lortz

6 week session begins Thursday evening, January 13, 6:30 – 8:30 p.m.

Whether you are a beginner or an experienced knitter, new instructor Laurie Lortz is ready to teach you to create your own cozy scarf and hat. At the first class, she'll get you practicing knitting stitches on scraps of yarn, and then she'll help you choose patterns and yarn for your project. Beautiful fair-trade yarns will be used, which Laurie will help you purchase by the second class of the series. New knitters will learn the basics, and more experienced students can learn new stitches and ways of working with yarn. *Class Fee: \$78.* Bring a pair of #8 knitting needles. Students purchase yarns and patterns through the instructor after the first class.

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, plus parents' names and emergency contact information.

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. Our theme was Spirit of the Season and the kids did many holiday projects. We also had a surprise Santa here to participate in our book exchange with the children. January is the month we take a look at how different animals hibernate and explore what the animals in our own barn are doing and how they stay warm.

Registration for fall 2011 takes place during the month of January for current students and begins February 1, 2011 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

TUESDAY LUNCHEONS

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

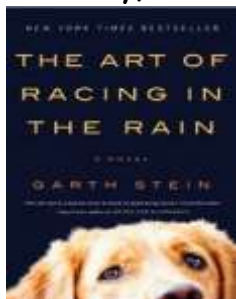
Each Tuesday, we invite you to join us for a delicious luncheon followed by an enriching program. Advance reservations are always required by the Sunday before the Tuesday luncheon. Luncheons cost \$15. Call The Center office for reservations: 361-3650. Both the luncheon and the program are always delightful.

Tuesday, January 4: Journey to Alaska....by road!

This summer Pat and Bill Burger drove 10661 miles in their RV on the Alcan Highway to Alaska. That's a long trip! Pat will share her pictures and tales of the adventure at our first luncheon of the new year. Join us for an armchair travel on this fascinating journey from Chicago to Alaska.



Tuesday, January 11: Book Review: The Art of Racing in the Rain



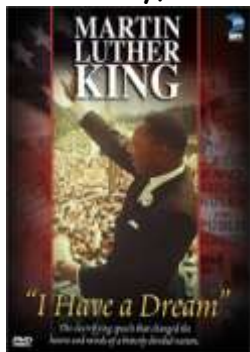
Pastoral director Chris Hopkins will review this fascinating novel by Garth Stein, narrated by a race car driver's philosophical dog who sees the world with wry humor, a sense of wonder, and otherworldly depth...the story rings with truth. This is a book for anyone who has ever looked into a dog's face and seen the wisdom of an old soul in his sweet brown eyes. It's a heartfelt story of hope, redemption, and the transformative power of love." The Art of Racing in the Rain is a beautifully crafted and captivating look at the wonders and absurdities of human life...as only a dog could tell it.

Tuesday, January 18: EFT -- Emotional Freedom Techniques

Personal performance coaches Tom Masbaum and Linda Nyberg will demonstrate and discuss the healing technique of EFT, which involves tapping with your fingertips on acupuncture meridian points, for relief of both emotional and physical problems. Tom and Linda will show us how to apply this mind-body technique, known as "acupuncture without needles," to our own bodies. Tom and Linda believe in the Mind-Body connection and claim to have helped over 3500 people with their healing techniques. Come and find out how you might be able to "tap" into health.



Tuesday, January 25: "I Have a Dream!"



"I have a dream today." On August 28, 1963, Martin Luther King spoke these words as he addressed a crowd of more than 200,000 civil rights protesters gathered at The Lincoln Memorial in Washington, DC. In honor of the birthday month of Dr. King, we'll view a DVD of this passionate non-violent civil rights leader's life and work. The 60 minute "I have a Dream" film includes news footage of his famous speech, as well as a brief look at the violence surrounding the civil rights movement in the 60's. Although the video ends with King's death, it still leaves the viewer feeling uplifted with Robert Kennedy's memorial address, pleading with Americans to hold on to Dr. King's views and adopt them as their own. Join us as we look back on this inspiring leader's most memorable moments, and reflect on the result of his work in our world today.



*2011 Summer Camp is Right Around the Corner...
WE INVITE YOU TO APPLY NOW!!*

For the 75th consecutive summer...

The Center is once again offering a wonderful opportunity for children to learn, play, and grow! Farm and Ranch Camp and our Senior Outdoor Leadership program are outstanding summer opportunities for young people ages 9 through 17 to spend 2 weeks in the healthy and fun atmosphere of the farm and surrounding woods.

All of our summer campers spend 12 wonderful days and nights attending our overnight, nature and animal based camps. Younger children (ages 9-12) join our Farm Camp, teens (ages 13-14) enjoy our horse based Ranch Camp, and older teens (ages 15-17) participate in our Senior Outdoor Leadership program.

The Center's camping programs include horseback riding, arts and crafts, hayrides, farm animals, songs, nature hikes, games, fun, friendship, and lots of laughter! In all, 160 young people are able to participate in eight weeks of outdoor fun each summer.

NOW IS THE TIME TO APPLY! Do you know someone, ages 9-17, that could benefit from a life enriching experience like this one? If so, please call The Center for more information.

NEW NEW NEW
 We now accept credit cards!

2011 Summer Camp Schedule

FARM CAMP	RANCH CAMP	SENIOR OUTDOOR LEADERSHIP
I June 19 – July 1	I June 19 – July 1 (Girls)	I June 19 – July 1 (Girls)
II July 3 - July 15	II July 3 - July 15 (Boys)	II July 3 - July 15 (Boys)
III July 17 – July 29	III July 17 – July 29 (Girls)	III July 17 – July 29 (Girls)
IV July 31 - Aug 12	IV July 31 - Aug 12 (Boys)	IV July 31 - Aug 12 (Boys)





**Winter Wonderland
 At The Children's Farm
 Saturday, January 8th**



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

A Message from Michael Wiggins

Change or die! What if you were given that choice? For real. We're talking actual life or death now. Your own life or death. What if a trusted authority said you had to make difficult enduring changes in the way you think and act? If you didn't, your time would end soon...a lot sooner than it had to. Could you change when change really mattered? When it mattered most?

Yes, you say?

Try again.

You're probably deluding yourself. You wouldn't change.

Don't believe it? You want odds?

Here are the odds, the scientifically studied odds; nine to one. That's nine to one against you. How do you like these odds? This revelation unnerves many people. Take the healthcare crisis in the United States. The root cause of the healthcare crisis is that the healthcare system hasn't changed for decades, and the medical establishment still can't figure out what to do about it.

A relatively small percentage of the population consumes the vast majority of the healthcare budget for diseases that are very well known, and by and large, behavioral. That is, they're sick because of how they choose to live their lives, not because of environmental or genetic factors beyond their control. I'm talking about smoking, drinking, eating, stress and not enough exercise. Needless to say, change is difficult for everyone.

We ask the gentlemen in the Pathway program to change. Change or die! Quite obviously their choices and behaviors were not good up to this point. Change the way you think and you can change the way you act.

At The Center, while working with our staff and our volunteers, these gentlemen are shown ways to change. Through the Twelve Step program of A.A., they are given "direction" on how to make difficult and enduring changes in their lives.

It is said that fear is a great motivator. Fear of losing jobs, relationships, health, freedom and even life doesn't keep alcoholics from drinking. Behavior change happens mostly by speaking to people's feelings. That's what The Center, the Pathway program, do best! It touches people's hearts.

The key to change...is to let go of fear.

It's all about love,



Michael Wiggins



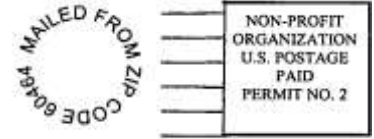
Fellowship Corner Don Shannon

So many times I've found myself just amazed by the many signs of God's spirit present here at The Center. From seeing the little kids at preschool in the morning to the big kids in the Art Cabins at night. The teachers with students, clergy with parishioners, counselors with clients, employer with employees, volunteers with hours, moms and dads with children, and God's presence apparent in all of this. To be apart of this wonderful community, The Center and Pathway program leave me with one thought, "It Really is a Wonderful Life."

Don we appreciate very much your presence here at The Center. It is wonderful to have you in our lives. Especially coming from a program we all care deeply about. You give back. Thank you The Center Staff

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

Clicking here will take you to our secure PayPal donation page:

Donate



NEW NEW NEW
We now accept credit cards!

**Please Save The Date: Camp Benefit
A Night to Linger 2
Thursday, February 24, 2011
7:30 - 10:30pm
At Hackney's in Palos Park
9550 W. 123rd St.**

Join us in a night of honoring Farm and Ranch Camp's 75th Anniversary at The Center. Let's celebrate its success, share memories, and raise money for the Camp Scholarship Fund. The night will be filled with a silent auction, raffles, hors d'oeuvres, a slideshow, and fun. \$10 advance tickets are required. Proceeds benefit the Camp Scholarship Fund, helping send children to camp who otherwise would be financially unable to attend. For more info & tickets: 708.361.3650 and www.thecenterpalos.org/nighttolinger.html

