

# January 2013

## The Center



**Community Center Foundation**

*"A place for celebration, enrichment and healing"*

<http://www.thecenterpalos.org>

(708) 361-3650

The Center gives people of all faiths, backgrounds, and ages the space to dream, grow, and become fully alive—physically, mentally, emotionally, and spiritually.

## A NEW YEAR

When I think back on my fifty-three New Year's Eve experiences, I can certainly remember a lot of parties. I was in Times Square, New York, one year and watched the ball drop. A couple of times I had to work, once on an oil rig out in the middle of nowhere in Wyoming. I've slept through several. However, my most memorable New Year's Eve was a very simple one. My daughter Lauren was seven years old and somehow that night it was just she and I. At 11:00 we ventured out into the woods and made our way back to Hidden Lake. There's a large Bur Oak tree right on the bank and we sat down under that oak. It began to snow and we looked out on the lake – so peaceful and quiet – you could hear the snowflakes hit the ground. Sometimes the snow came down so hard it would white-out the silhouette of the tree-line on the other side of the lake. Everything disappeared into a sea of white. I remember we didn't talk much; it seemed both of us were just caught up in how beautiful the world could be sometimes. Then the sound of fireworks began, slow at first, crescendoing into a marked moment – the new year was upon us. We heard someone banging pots and pans...that made us laugh out loud. She asked me "Why do people do that?" I said "You've got to do something!" Then both of us screamed out at the top of our lungs "Happy New Year!" We got up, brushed the snow off of us, and made our way back through the woods and up the hill to my house.

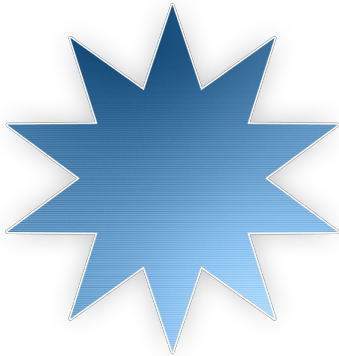
That New Year always warms my heart when I think about it. It's the one I remember and cherish the most. With all the "to do" we sometimes think we must have in our lives – it's really the uncomplicated simple moments, maybe...the pure moments that mean the most. When I think back on what moves me or stirs my heart, they are the simplest of experiences. I remember going on walks in the summer rain with my mother as a child. I remember Dad and my brother and me climbing a hill and sitting down on a rock ledge looking out over the mountains – we were just hanging out together – the three of us. I remember Mary and me cantering our horses so fast through the woods, beating branches out of our way to stay on. I truly remember these times. They are the moments, the memories that linger on my mind. They make me feel good about life. These experiences cost nothing...but in my mind...they are priceless.

The New Year is upon us. Some of us have made big plans for 2013. We've made resolutions, some simple, and some quite an undertaking. Some of us are doing better than ever and some of us are completely starting over. It's a time of the year we reflect back and make choices about what we're going to do. What are we going to do differently this year? I ask myself what has been most rewarding in my life. Sometimes I think things will make me happy – but things are short-lived – they really don't make me happy. What brings the most happiness in my life is spending time with the ones I love. That can be today, tomorrow, anytime and anywhere. I think if you ponder this awhile it would have to be at the very top of your list too!

May God richly bless you and your loved ones this New Year!

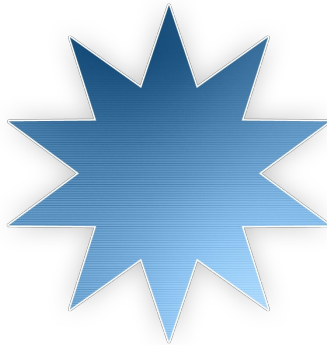
Sincerely,

*A huge and heartfelt Thank You!!  
Please support our sponsors in the New Year:*

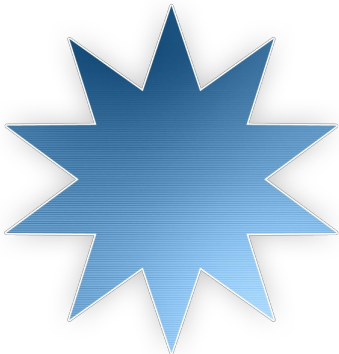


Butler Orthopaedics

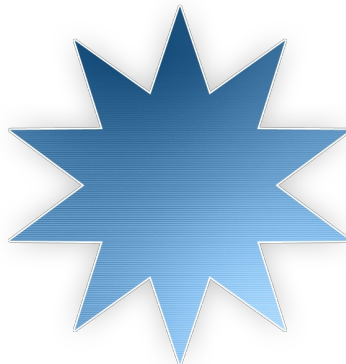
15300 West Avenue  
Suite 300  
Orland Park, IL 60462



5505 West 127th Street  
Crestwood, IL 60445



123rd and LaGrange Road  
Palos Park, IL 60464  
& other Chicagoland locations



**Diane S Trennert Insurance Agency**  
9712 South Roberts Road  
Palos Hills, IL 60465

# Special Events in January...

## FELLOWCRAFTERS

Perhaps by the time you are reading this article, snow will have fallen! And maybe some cold temperatures have occurred too. Well, that's what winter is all about anyway, isn't it?! The Fellowcrafters shop is well stocked with cozy hats, headbands, gloves, scarves, and slippers to keep you warm and toasty all winter long. We have many brand new items in the shop such as snowflake poems with sparkly, crocheted snowflakes attached. For your days of winter cooking, there are cute aprons and useful hot pads. And you can always count on the shop to carry pretty hand stitched towels and knit dishcloths. So why not come to The Center for a walk in our magnificent woodlands and be sure to stop in and warm up in the Gift Shop in the Main Lodge. It is always open from 9-5 everyday and all evenings except Tuesday and Thursday. The Fellowcrafters would like to wish you a New Year filled with much joy, good health, and peace.

## WOMANTALK COFFEE HOUR!

Mon, Dec 31, 10 a.m. - 12 noon: New Year's Eve Brunch and December Discussion (RSVP!)

Tues, Jan 29, 10 a.m. – 11:30 a.m.: January Discussion and Coffee (RSVP)

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. No fee, but please call to reserve a spot.

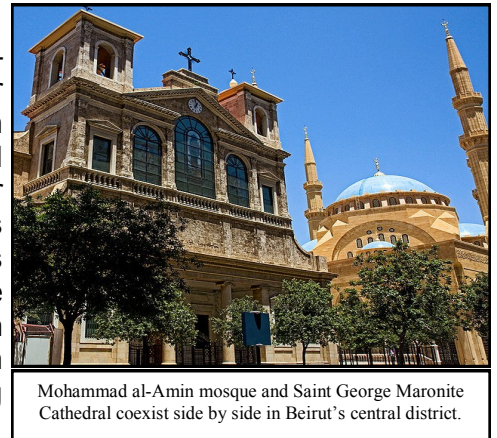
## EMERSON HILL NIGHT: "Letters from Lebanon"

Sunday evening, January 13, 5:30 p.m. dinner,

followed by 6:30 p.m. program

Carol Stoub and Marthyann Brandt bring us a 2-women play, using letters which take us into the relationship between a mother and her daughter who are half a world apart, each traveling in her own way, each one growing in her life and faith. This is a true story, in which Carol Stoub plays herself, as a 19 year old college student immersed in other cultures and faiths in Beirut, Lebanon and beyond. Marthyann plays Carol's mother back home, anxiously awaiting letters from abroad as she goes through her life in Amarillo, Texas. Carol and Marthyann are Elders and Deacons of the Western Springs and LaGrange Presbyterian Churches and are both members of the Interfaith Reading Group with women from the Bridgeview Mosque. Please join us for a fascinating and educational evening on Emerson Hill.

Dinner costs \$16 and requires advance reservations.



Mohammad al-Amin mosque and Saint George Maronite Cathedral coexist side by side in Beirut's central district.

## 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.



## REIKI

Sunday, January 27, 5:30 – 7:30 p.m. – *in the fireside room of the lodge*

Reiki is a gentle, relaxing and peaceful form of energy healing, especially beneficial for those suffering from physical or emotional pain. Reiki practitioner Sharon Butler 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.



## JANUARY-FEBRUARY ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, February 17, 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 \$75 for dinner for two, to be received no later than Feb 4.

*Planning ahead? The next Anniversary Dinner is scheduled for March 3.*

Join TOASTMASTERS: For a New Confident You in 2013!

Wednesday evenings, January 2 and 16, 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 or Lois Lauer.



## NATURE PHOTOGRAPHY FORUM

Sunday, January 20, 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. On the third Sunday of January, February, and March, we will watch and discuss amazing films of outstanding nature photography. Please call The Center to say you will attend so we can plan seating.

CENTER CINEMA: We will be taking a short break from Center Cinema....Stay tuned for future films!!

**"ARTIST'S WAY" CIRCLES:** *These two wonderful courses are intended for anyone who wants to live creatively and joyfully—they are not about painting or other specific art forms, they are about the "art of living!"*

**Course Overviews:** *Want to find out what this is all about before you make a commitment? Come on Tuesday, Feb 19, 10:30 – 11:30 a.m., or Thursday, Feb 21, 10-11 a.m. to learn about the programs and meet the other participants. No fee, no commitment for the overview sessions, but please call to register.*

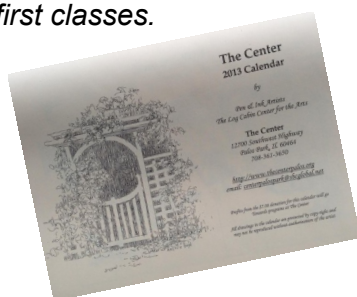
**A Study of Happiness:** *12 Tuesday mornings*, beginning February 26, 9:45 – 11:45 a.m.

Students with previous Artist's Way experience are invited to study a book about happiness, title TBA in Feb newsletter. Social Worker/therapist Linda Whittaker facilitates group's discussions and sharing, as she guides participants through the inspiring readings and exercises in each class. Linda has facilitated Artist's Way groups for the past 20 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](http://www.psychologytoday.com) and type 60461 in the Find Therapist box.*

**Artist's Way:** *12 Thursday mornings*, beginning February 28, 10 1.m. -12 noon.

Artist Robin Neumann will lead students on Julia Cameron's original *Artist's Way* journey, a guided process to uncover, foster, and maintain a creative life spirit. Robin began her artistic connection to The Center as a child in Marion Nielsen's classes for young artists. She has studied art education at the U. of Wis., has participated in Artist's Way groups for the past 8 years, and is a wonderfully creative and talented visual artist. She looks forward to helping students at The Center connect to their inner creative spirit in a safe and respectful environment through the inspirational readings, discussions, and exercises of the *Artist's Way*.

Join us on Tuesday or Thursday mornings this winter, and be part of this exciting creative journey to a more joy-full life. Class fee for each 12 week class: \$136. Pre-registration is required. Students also need to purchase their textbook online or at a local bookstore *and are asked to read the first assignments before the first classes.*



**IT'S NOT TOO LATE TO GET A NEW CENTER CALENDAR FOR 2013!**

This year's 2013 calendars contain illustrations from the summer Plein Aire sketch trips. The calendars cost only \$7 and are a delightful collection of artwork by Lois Hrejsa and her students.



## **WINTER RETREAT**

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

**2013 WOMEN'S WINTER RETREAT:** *Simple Indulgence: Healthy Self-Care*

Friday, January 25, 5 p.m. – Saturday, January 26, 5 p.m.

Led by Donna Desai, with Lois Lauer, Carolyn Redding, and Jan Sylkatis

A weekend to pamper yourself, body and soul. Therapist Donna Desai will lead us in exploring the whys and ways of healthy self care, while wardrobe coach Carolyn Redding helps us figure out how to look our best, and massage therapist Jan Sylkatis how to feel our best! Friday evening we'll enjoy group sessions with the leaders, while Saturday will include lots of time for individual massages, wardrobe consulting, and speaking personally with Donna, plus time for reflection, fellowship, journaling, collaging, walks in the winter woods, and fun! Cost per participant is \$116 which includes leadership, accommodations, meals, and all major supplies. Individual sessions cost additional fees, (30 min/\$30) paid directly to Jan or Carolyn. Longer massages available Friday afternoon by appointment.

Early registration is advised!



## For your spiritual enrichment.....

### **Meditation: Attending the Silence**

Every Tuesday *evening*: 5:30 pm- 6:00 pm

Every Monday\* and Thursday *morning*: 9:00 am-9:30 am

\*Our Monday morning meditation will be offered specifically for the intention of peace in the world. Please join Chris Hopkins for a 20 minute period of silent meditation each week. Come whenever you are able.

### **Gather Round the Table**

Sunday evening, January 6<sup>th</sup> & 20<sup>th</sup> 6:00-7:30 pm

At least once a month we gather in circle for rich conversation and authentic prayer. We remember when Jesus broke bread with his disciples and friends and we do the same. Please join us in the Parlor of The Lodge.

### **Vespers in the Chapel**

Every Sunday, 12:30 pm & 4:30 pm

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!*

### **Monday Morning Book Club    Monday, February 11th 10am-11:30am**

This month's conversation centers on: *The Greatest Prayer* by John Dominic Crossan. The Lord's Prayer (the Our Father as some know it) is the only prayer that Jesus ever taught. Crossan (who is an esteemed historical Jesus scholar) offers a bit of history and scholarship so that we can understand how this prayer sparked a revolution. Registration is requested.

### ***Family Service Sunday***

January 13th at 10:00 am

Please join us as we gather outside (please dress appropriately) behind the Lodge on the west side of Southwest Highway for this family friendly service. Our theme for January is 'JOY!' What better way is there to start the New Year? Let's pause with our children to celebrate all the many reasons for joy in our lives. And, of course, we will share a bit of hospitality together, because Jesus *always* ate with his friends!

### **3M Mornings each Sunday morning: 11:00 am-12:00 pm**

We live in a fast paced, very busy world! Much is being written about how all of our activity and all of our technology is affecting our physical, emotional and spiritual health. Much is also being written about the positive affects of meditation and mindfulness practices for adults *and* children. **3M** (Meditation, Mindfulness and Miracles) **mornings** are designed for families to meditate together and do a 'mindful' activity together. On the first Sunday of the month, those who are new to meditation are invited to come at 9:30am for instruction prior to 3M. *Registration is required for the instruction session only.* Questions may be directed to Chris Hopkins: 361-3650.

## **NEW SPIRITUALITY OFFERING!**

***Things Hidden: Scripture as Spirituality***  
by Richard Rohr, ofm

**Beginning Tuesday evenings, January 8<sup>th</sup> 6:30 pm (or) Thursday morning, January 10<sup>th</sup> 10:00 am**

Rohr presents a different sort of Bible study. This one 'connects the dots' as he likes to say. Rohr believes that unless we know the 'Great Themes of Scripture' we will have trouble seeing the Divine Wisdom that is offered among the very human mess that is also in Scripture. We will study one chapter a week so the reading will be quite manageable and the conversation is guaranteed to be lively! The fee is \$50.00 for this 10 week study.

# 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 \$16. Call The Center office for reservations: 361-3650. Both the luncheon and the program are always delightful.

**Tuesday, January 1: Happy New Year! NO Luncheon.**

**Tuesday, January 8:** Be the Best You Can Be!

Certified Guided Imagery Practitioner Carole Wilson will introduce us to the basic idea of guided imagery and then invite us to experience it, taking us on a guided journey of deep relaxation and deliberately directed day-dreaming. A great way to start the new year! Please join us.

**Tuesday, January 15:** Mountains, Moose, and Miracles!

Avid nature photographers Dan Morley and Rick Steffen ventured into the highlands of Colorado this fall, and bring us their amazing photographs of the mountain peaks, moose, colorful trees, sunsets, and autumn magic of Rocky Mountain National Park and Grand Lake. This is sure to be a delightful afternoon!



**Tuesday, January 22:**

A Beginners Guide to the Golden Age of Radio

Steve Darnall (host of Those Were the Days on WDCB and publisher of Nostalgia Digest) will give us a look at some of the biggest shows and stars to emerge from the early years of radio, with sound clips and stories that illustrate how radio became America's great source of news and entertainment and its first mass medium, transforming the United States of America from 48 states into a national listening community.

**Tuesday, January 29:** Knitting!

Our newest art teacher, Georgann Ring, will discuss the hows and whys and history of the art of knitting and will display examples of her amazing collection of hand knit scarves, sweaters, shawls, and socks (yes---she even knits ALL her own socks!). If you think you might like to join Georgann's new class which begins Feb 4, this is an opportunity to get a sneak preview. If not, please just come and meet Georgann and admire her collection of exquisite knits!



## COMING NEXT MONTH:

**Tuesday Luncheon, Feb 5: Biking through Holland with Bob Hoel!**

**Sunday, Feb 10, 5:30 p.m. JAZZ TRATTORIA!**

with Darlene Baresch and musicians, and a 5 course Italian dinner!

We've decided to offer an evening of Jazz and Italian cuisine for this year's special Valentine evening. Many of you already know and love Darlene and her musicians from our annual May outdoor jazz concert. When they were forced indoors by rain 2 years ago, everyone said, please do that again: their music is amazing with the grand piano and the acoustics of the lodge. And so we are looking forward to an evening of great entertainment, accompanied, as always, by a scrumptious 5-course dinner menu, prepared by chef Laura and served at tables around the stage in the great hall by Don Shannon and his smiling wait-staff!



Advance tickets are required (\$40) and will be available January 15. We make an advanced seating arrangement for this event, so please indicate your preference of table companions when you register.



Drawing  
by  
Lois Hrejsa

## JANUARY-FEBRUARY ART SCHEDULE 2013

### 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

**Attention: Ongoing Students!**

**Win-Win 10% discounts available**

**for students who register and pay by Jan 15**

**for 3 consecutive sessions of a 5-6 week class,**

**January through May.**

**It's a win-win because you get a discount,**

**and The Center gets your help with its lower wintertime cash flow.**

### CHILDREN AND TEEN CLASSES

#### POTTERY HOLIDAY WORKSHOP!

Instructor: Laura Milkert

*A creative and fun way to spend your holiday break!* (for grades 4 through 12!)

2 Fridays, December 28 and January 4, 4-5:30 p.m.

Join former camp director Laura Milkert for a creative pottery workshop. We'll hand-build the objects from clay on Dec 28, and return to glaze with sparkling colors on Jan 4. The pottery will be ready for pickup after being glaze-fired in the kiln in January.

Class Fee: \$21 (includes glazing session) plus a \$5 material and kiln fee

#### LOG CABIN ART FOR KIDS!

Drawing, printmaking, pottery, papier-mâché, painting, papermaking, and more!

6 Saturday mornings beginning January 12

Choose either the 9 a.m. – 10:30 a.m. class, or the 10:30 a.m. – 12 noon class

Our enthusiastic art teachers invite kids to develop their artistic talents and to learn new ways to express their creativity. Kids have tremendous creative energy and our experienced teachers know how to channel and enhance it! The young people delight in these hands-on opportunities to see and express the beauty of life and nature surrounding them at The Center. Each season of the year offers new projects and new areas to explore. The classes are kept small to encourage individual self-expression. Class Fee: \$72, includes all supplies, and each session ends with an art show of the students' creations.

*Thanks to the Brighton Collectibles Americana campaign, scholarships for kids and teen art are now available, based on financial need.*



#### TEEN CLASSES

Instructor: Heather Young

Teen Pottery (grades 7-12)

6 Monday evenings, beginning Jan. 7, 6:00- 7:30 p.m.

Art instructor Heather Young is an excellent potter and invites artistic teens to pursue their creative yearnings in the pottery studio. Heather will offer instruction in both hand-building techniques and throwing pots on the wheels. Class Fee: \$78 includes all supplies.

TEENS are also allowed to register for some adult classes. Please inquire.



## ADULT CLASSES AND WORKSHOPS

### PEN AND INK DRAWING

Instructor: Lois Hrejsa

6-week session begins Thursday morning, Jan. 10, 9:00-11:30 a.m.

Enjoy instruction and critique in shape, value, texture, shading, shadow, composition, and perspective, as you learn basic drawing, with the added interest of stark black and white contrast. Or you may choose to use pencil, colored pencil, or charcoal. Learn to capture with your pen what you see and feel. Beginner? Start with simple exercises. Experienced? Work on further development of techniques, landscape drawings, portraits, and individual style. Class Fee: \$103. List of required supplies available in office.



### WATERCOLOR PAINTING

Instructors: Lois Hrejsa and Lenox Wallace  
([www.lenoxwallace.com](http://www.lenoxwallace.com))

6 Wednesday evenings beginning Jan 9, 6:30 – 9:00 p.m.

or 6 Thursday afternoons beginning Jan 10, 1:00 – 3:30 p.m.

or 6 Thursday evenings, beginning Jan 10, 6:30 – 9:00 p.m.

Critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more. Wednesday evenings with Lenox Wallace feature structured lessons for beginning watercolorists. Thursday evenings with Lenox Wallace are for experienced painters, each working individually with occasional guidance and critique. Thursday afternoons with Lois Hrejsa, include instruction in techniques, color mixing and theory, washes, light and shadow, etc, for beginning painters, while ongoing students receive advanced assignments and further explore their particular area of interest. Class Fee: \$103 for 6 week session. List of required supplies available in office.

### POETRY

Facilitator: MaryAnn Grzych

Friday Jan 4, then 1st and 3rd Tuesdays for 6 sessions, 9:15 - 11:45 a.m.

Share and supportively critique each other's work, as you learn together to express significant feelings and ideas through your writings. New participants are always welcome!

Workshop Fee: \$52 for 6 class sessions

### QUILTING

Instructor: Denise Dulzo

6 Wednesday afternoons beginning Jan 9, 1-3 p.m.

Bring your own sewing machine and your own choice of fabrics. Join our merry group of quilters, as you learn to design your project, cut your fabrics, piece them together, add batting and backing, and stitch it all together to create a baby quilt, wall hanging, or other pieced fabric project. Class Fee: \$ 84. Purchase your own fabrics and batting before the first class. A list of required fabrics and supplies is available in the office.



### STONEWARE POTTERY

Instructor: Karen Stasky

6 Thursday evenings beginning Jan 17, 6:30 – 8:30 p.m.

Make strong professional-looking stoneware pottery, such as beautiful stoneware bowls, mugs, and vases, in addition to interesting decorative pieces. Beginner? Learn a variety of hand-building techniques. Returning student? Learn to throw pots on one of the wheels. Class Fee: \$84 plus \$15 materials fee

### SILVERSMITHING

Instructor: Dan Snyder

6 Tuesday afternoons, beginning Jan 15, 2-4 p.m.

Want to learn the art of silver-smithing? This is an intermediate/advanced class in which you learn to design, saw, file, solder, and polish silver in order to create beautiful sterling silver jewelry pins, pendants, brooches, bracelets, and more. Class fee: \$84. Materials fee: Students can expect to pay \$40-\$50 in silver costs, to be paid directly to the instructor.

### SILVER JEWELRY

Instructor: Dave Sanders

6 Tuesday evenings, beginning Jan 15, 6:30 - 8:30 p.m.

Our rock hound executive director has created some magnificent pieces of jewelry by grinding rocks into beautiful gemstones and setting them into sterling silver pendants. Dave is offering to help you do that too. If you've been a lapidary student, bring your polished stones. If not, Dave will provide stones.

Class fee: \$84. Materials fee: Students can expect to pay \$40-\$50 in silver costs, to be paid directly to the instructor.

## BASKETMAKING

Instructors: Jane Dwyer (evenings) and Ann Fowler (mornings)  
6 Thursday mornings beginning Feb 7, 9:30 – 11:30 a.m.  
or 6 Thursday evenings beginning Jan 10, 6:30 – 8:30 p.m.  
(Skip 1/24 and 2/21)

Begin by making an easy and beautiful wood-bottomed basket with your choice of colored trim. Continue on to learn techniques for weaving a variety of shapes and sizes of baskets and choose your own project 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: \$84, plus \$25 materials fee per 6 week session



## WOODCARVING

Instructor: Keith Miller

6 Wed evenings beginning Jan 9, 6:30 – 8:30 p.m.  
or 6 Thurs mornings beginning Jan 10, 9:00 – 11:00 a.m.

Learn and practice the tools and techniques of woodcarving in the round, using basswood and butternut. Create beautiful animals, objects, and faces. If you're new to woodcarving, you'll make 3-6 projects such as a goose, a shoe, an egret, and miniature people. If you're experienced, you may design your own projects. Class Fee: \$84. Wood and bench knives are available for purchase in class for approximately \$25.

## COLLAGE

Instructor: April Schabes ([www.aprilsart.blogspot.com](http://www.aprilsart.blogspot.com))

Level 1: 6 Monday mornings beginning Jan 7, 9:30 a.m. - 12 noon  
Level 2: 6 Wednesday mornings beginning Jan 9, 9:30 a.m. – 12 noon

Experiment with color and composition to create your own mixed-media collages... an opportunity to "play in your own world of artistic expression with a fun and easy art form!" Level 2 is for advanced students continuing with collage, altered books, and mixed media projects. Class Fee: \$103. List of required supplies available in office.

## CALLIGRAPHY

Instructor: Marge Boyd ([penandpaints.blogspot.com](http://penandpaints.blogspot.com))

6 Monday afternoons, beginning Jan 7, 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: \$103. List of required supplies available in office.

## WEAVING

Instructor: Nettie Botts

6 Wednesday mornings, beginning Jan 9, 9:30 – 11:30 a.m.

New weavers: learn the basics while making a sampler - then design and complete a project of your choice. Returning weavers study and weave a project in the pattern weave of your choice. Class Fees: \$84, plus \$10 materials fee for new weavers. Students purchase own threads and yarns for future projects.

## **New!** BEGINNING KNITTING\*

Instructor: Georgann Ring



6 Monday evenings, beginning Feb 4, 6:30 - 8:30 p.m.

Master knitter Georgann Ring joins our art staff to bring instruction in the wonderful world of knitting. Beginners will learn to use the knit and purl stitches, to cast on and bind off, to manage simple increases and decreases, and to read a simple pattern while completing their first two knitting projects, a dishcloth and a then a scarf. Class Fees: \$84. Students should bring a ball of Sugar n' Cream yarn, light solid color, and a pair of 10", size 9 knitting needles, aluminum preferred. Yarn for second project will be determined in

class and purchased by each student.

\*Experienced knitters: Although we are starting with a beginners' class, Georgann is extremely capable of teaching very advanced knitting skills, and plans to welcome knitters of all levels in future classes. Look for details in the March newsletter.

## LAPIDARY

Instructors: Larry Rothenberg (mornings) and Sharon Byrne (evenings)

5 Monday mornings, beginning Jan 7, 9 - 11 a.m.  
or 5 Wednesday evenings, beginning Jan 9, 6:30 - 8:30 p.m.

Turn rough hunks of rock into beautifully polished gemstones. Create a pair of round or oval stones, and then advance to more complex designs. Class Fee: \$70 plus \$10 materials fee.

## STAINED GLASS

Instructor: Harry Meneghini

6 Monday evenings beginning Jan 7, 6:30 - 8:30 p.m.

Create beautiful stained glass pieces, by learning the principles of glass design and color and the techniques of cutting and soldering, using both lead came and copper foil to join the pieces of glass. Start with simple projects, and eventually design your own windows, pictures, and lamps. Class Fee: \$84. A list of glass and supplies which will need to be purchased by each student will be distributed the first day of class, or may be obtained at The Center office, although Harry suggests waiting until after the first class to make any purchases.



## GOURDCRAFT

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

Monday, March 18: Easter Baskets, Bowls, or Bird Houses

Choose 1-3:30 p.m. or 6:30 - 9 p.m.

Class fee: \$18 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](http://www.picturetrail.com/karencaldwell).

\*\*NOTE: The class room will be open from 1pm to 9pm 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. Class Fee: \$7 per hour plus \$5 materials fee.)

(Next class: April 15: Thunder Drums or Birdhouses--look for details in Feb newsletter...register after Feb 1)

## PAPERCRAFTS: CARDMAKING

Instructor: Ann Fowler

Create beautiful cards, sometimes whimsical, sometimes heartwarming, by folding, cutting, gluing, and arranging layers of papers.

Tuesday morning, Feb 26, 9:30 a.m. - 12 noon

Think Spring! (flowers, flowers, flowers! 4 cards made with napkins, small tiled papers, and embossing.)

Class fees: \$18 per workshop plus \$6 materials fee per workshop

## MANDALAS

Instructor: Robin Neumann

6 Wednesday afternoons, beginning Feb 6, 1-3:30 p.m.

Learn to make intricate beautiful circular designs. The first 2 weeks will focus on Valentine mandalas!

Class fee: \$103. List of required supplies available in office.

## PAPERMAKING

Instructor: Marilyn VandenBout ([www.vbartworks.blogspot.com](http://www.vbartworks.blogspot.com))

Wed evening, Feb 6, 6:30 - 8:30 p.m.

Create handmade paper with pressed flowers, to be used as a Valentine and envelope or gift box.

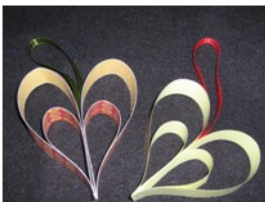
Class fee: \$14 plus \$5 materials fee

## MEMOIR WRITING WORKSHOP

Instructor: Beth LaMie ([www.bethlamie.com](http://www.bethlamie.com))

6 Thursday afternoons beginning Feb 7, 1-3 p.m. Discover and preserve your own family stories

Class Fee: \$84 (+ \$10 workbook fee to be paid directly to instructor in class).



## HEARTS AND SNOWFLAKES WORKSHOP

Instructor: Lois Lauer

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

Join us for a fun and easy workshop of making seasonal decorations of stiff white and red cardstock paper, folded, cut, and fastened into intricate snowflake and heart designs! Workshop fee: \$14, includes all supplies.

**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 birth date and grade in school, plus parents' names and emergency contact information.**





## **PATHWAY TO SOBRIETY AT THE CENTER**

"From the day we arrive on the planet and blinking step into the sun  
There's more to be seen than can ever be seen ~more to do than can ever be done  
Some say, eat or be eaten Some say, live and let live  
But, all are agreed as they join in the stampede ~You should never take more than you give."

Words from a beautiful song "Circle of Life." I was brought up on the principles ~ do unto others before they do unto you, and take, take, take, and give nothing back. These ideas led me away from the sun and into a dark, dark place. The only things I saw were things that I could have or take. The only 'doing' I did was sinking in my own quicksand.

"Some of us fall by the wayside and some of us soar to the stars  
And some of us sail through our troubles and some have to live with the scars  
There's far too much to take in here ~ More to find than can ever be found  
But the sun rollin' high through the sapphire sky  
Keeps the great and small on the endless round In the circle of life  
It's the wheel of fortune It's the leap of faith  
It's the band of hope Till, we find our place  
On the path unwinding, yea The Circle of Life."

For years I had fallen by the wayside, unable to get through my troubles. By a leap of faith, God led me to "a band of hope" and I found my place ~ on a 'pathway' unwinding. Today, I live with scars of yesterday, but not in shame, in a new found humbleness-the gift of being teachable.

I thank all of you! Michael

Today we have fourteen men in Pathway ~ a "band of hope" seeking a new direction in their journey of life. These men have my respect. It takes courage to change! Another wonderful year in Pathway. We had our first annual golf outing fundraiser to raise money to remodel the Pathway bathroom facilities. The present bathroom has two showers, one toilet and a sink. The new facility will have four showers, two toilets, and two sinks. We plan construction beginning January, 2013.

Thank you to all who helped make this possible. We had another full alumni retreat in September, a wonderful yearly event. Pathway meetings on Thursday nights continue to be very well attended, the alumni sharing with the current residents, giving them their experience, strength, and hope. Our open breakfast meeting on Sundays is a great way for all to learn that there is recovery. My friend and colleague, Don Shannon, became a certified associate addiction professional. Today we have a stronger, broader counseling team.

It's All About Love,

Michael Wiggins, CADC  
Pathway Director and Counselor

## ***2013 Summer Camp is Right Around the Corner...WE INVITE YOU TO APPLY NOW!!***

The Center is once again offering a wonderful opportunity for children to learn, play, and grow! Farm and Ranch Camp, Senior Outdoor Leadership, and Farm Explorers Day Camp are outstanding summer opportunities for young people entering grades 2<sup>nd</sup> – 12<sup>th</sup> to spend time in the healthy and fun atmosphere of the farm and surrounding woods. The Center's camping programs include horseback riding, arts and crafts, hayrides, farm animals, songs, nature hikes, games, fun, friendship, and lots of laughter!

Our summer campers spend either 5 days, 5 nights or 12 nights attending our nature and animal based camps.

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

### **12 NIGHT PROGRAM**

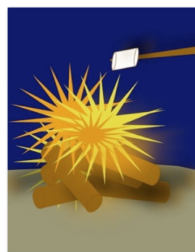
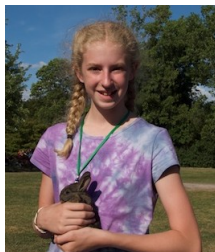
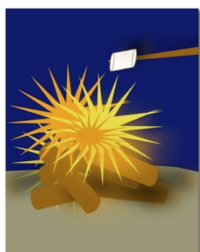
<b>Farm Camp for grades 5<sup>th</sup>-7<sup>th</sup></b>	<b>Ranch Camp for grades 8<sup>th</sup>-9<sup>th</sup></b>	<b>SOL for grades 10<sup>th</sup>-12<sup>th</sup></b>
FARM CAMP	RANCH CAMP	SENIOR OUTDOOR LEADERSHIP
____ I June 16 - June 28	____ I June 16 - June 28 (Girls)	____ I June 16- June 28 (Girls)
____ II July 7 - July 19	____ II July 7 - July 19 (Boys)	____ II July 7 - July 19 (Boys)
____ IV July 28 - Aug. 9	____ IV July 28 - Aug. 9 (Girls)	____ IV July 28 - Aug. 9 (Girls)
12 NIGHT FARM CAMP FEE \$1000	12 NIGHT RANCH CAMP FEE \$1150	12 NIGHT SOL PROGRAM FEE \$1150

### **5 NIGHT PROGRAM**

<b>Farm Camp for grades 4<sup>th</sup>-7<sup>th</sup></b>	<b>Ranch Camp for grades 8<sup>th</sup>-9<sup>th</sup></b>
FARM CAMP	RANCH CAMP
____ III July 21 - July 26	____ III July 21 - July 26 (girls)
5 NIGHT FARM CAMP FEE \$550	5 NIGHT RANCH CAMP FEE \$675

### **DAYTIME ONLY PROGRAM**

<b>FARM EXPLORERS</b> Entering grades 2 <sup>nd</sup> -6 <sup>th</sup>	<b>EXTREME FARM EXPLORERS</b> Entering grades 3 <sup>rd</sup> -7 <sup>th</sup>
____ July 1 – July 5 9am – 4pm Monday - Friday	____ July 21 – July 26 5:30pm-9pm – Sunday, 21 <sup>st</sup> 9am-9pm Tuesday, 22 <sup>nd</sup> – Thursday 25 <sup>th</sup> 9am-5pm Friday, 26 <sup>th</sup>
FARM EXPLORERS FEE \$300	EXTREME EXPLORERS FEE \$450





## Junior Farmers Spring Kick-Off Session

4 weeks - \$48

Miss Kay is welcoming all junior farmers to participate in the 2013 Spring

Kick Off Session. This 4 week session will run during the month of March and will focus on preparing our farm for spring babies! Junior Farmers will build nests for the chickens, ducks and geese and will spend time preparing our animals for the warmer weather. Come join us as we welcome spring to the farm!

### Choose a Session:

#### Ages 3-6

Saturday 10:00-11:00am or 11:30-12:30pm Beginning March 2<sup>nd</sup>

Monday, Tuesday or Wednesday 10:00-11:00am or 1:30-2:30pm Beginning February 25<sup>th</sup>, 26<sup>th</sup> or 27<sup>th</sup>

#### Ages 6-8

Saturday 2:00-3:00 Beginning March 2<sup>nd</sup>

#### Ages 6-12

Monday, Tuesday or Wednesday 4:00-5:00 Beginning February 25<sup>th</sup>, 26<sup>th</sup> or 27<sup>th</sup>

#### Ages 9-12

Saturday 3:30-4:30pm Beginning March 2<sup>nd</sup>



## Farm and Nature Discovery Preschool at The Center

December was a wonderful month here at Farm and Nature. We enjoyed our nativities which are always a huge hit with the parents. The farm staff and volunteers do such a wonderful job with the presentation, and it always adds to the holiday spirit. We also had Santa visit the children and do a book exchange with them. He even stayed to enjoy cookies and milk. We did lots of Christmas crafts and enjoyed the farm during the first winter month. During the month of January our theme will be "Happy Hiding," which introduces the children to hibernation. We will see how the animals at the farm spend their chilly days in the barn. In addition, we will learn which animals hibernate and what it means.

The month of January not only welcomes a new year, but is registration for current families. You may register your child for their second year here or a sibling coming for the first time. On February 1<sup>st</sup> we will begin open registration. Now is the time to schedule a tour or have information mailed to you. Don't miss out on a wonderful opportunity for your child and the chance for your family to share such an incredible place. Please call Kristin at 708-361-8933.





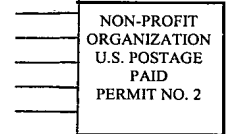
## Fellowship Corner: Niel Hlavatovich

Having been asked why I stay connected to Pathway, and The Center, my response is simple. I'm able to stay out of myself, and simply do what is required of me. Sobriety would mean very little if I were to just go to meetings and go home. By getting involved with my brothers (and sisters) in this journey, sobriety becomes a shared experience. In this life, all we have is each other. What we possess means nothing unless we give it away of our own volition. I learn as much from a person with 25 years as I do from someone just beginning to become aware in their first few months. The fellowship we share as a group allows us an open forum for sharing what works and what hasn't. Therein lies the deep value of this simple program. I'm very fortunate to have the experience of getting to know the men of Pathway and receiving from them as much or more than I can modestly give. By volunteering at The Center and doing any task that has been asked of me, quietly and humbly, I successfully keep my ego at bay. Anytime I am on the grounds at the Center, I am clearly at home. I will selfishly return and unselfishly give anything I have. I have been gifted with some very unique and endearing people in this program; most I call my good friends. My life is not perfect, but it is better without drink or drug. If I'm able to show one recovering drunk or addict, then I succeeded in doing what was freely shown to me. Thank you for allowing me to be a part of what you do.



*Neil, we really appreciate your presence here at The Center. It is wonderful to have you in our lives. You give back. Thank you—The Center Staff*

It's not too late to make a year-end contribution to The Center. Please click here to donate.



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](mailto:centerpalospark@sbcglobal.net)

## ***A Night to Linger, 2013***

A fundraiser to help  
more children  
experience summer camp

***February 21st, 7:00pm***

**Admission \$10**

**at  
Hackney's Restaurant**

**Great prizes!**

**Raffles, fun, &  
a silent auction!**

