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

“PLANTING A SEED”

One of the earliest memories I have as a child is crawling around in a patch of Spring Beauties. My mother had let me wander down to Camp and I can remember just plopping down in the middle of them. It was a beautiful spring day, the sun was shining, and I was fascinated by how many there were. I would lower my head just to the point where all you could see was a carpet of pink flowers. Everything was just right to create a moment that I still vividly remember to this day.

Another childhood memory of mine was during Farm Camp one year. It was night and we were sitting around a picnic table over at the farm. Evelyn Drews, the program director, was pointing out constellations to us and we were laughing hysterically. How they ever came up with these animals for star constellations was simply beyond us. Then someone saw what they thought was a shooting star; a point of light slowly moving across the sky. The laughter stopped. Evelyn told us it was a satellite. We gazed in wonder as it silently passed over. Wow! A satellite! Ever since then I have always been fascinated with the sky at night. I appreciate the full moon. I feel lucky when I see Venus and Mars at the same time, the same night.

We all have these certain childhood memories and they can have a profound effect on shaping who we are. I like to think of them as seeds – moments in our life that have high impact, planted in our younger years and nurtured throughout our journey of life. I have not become a botanist, nor am I an astronomer, but I do have a love for the woods and all their beauty and what goes on in the sky at night. I always look up! Those memories have become a part of who I am. I take every opportunity to plant seeds in the life of my daughter. As parents, we are naturally inclined to do that…and we depend on others too…our own parents, teachers and friends.

Which leads me to The Center. We are in the business of planting seeds. Over half our programs involve children.

At The Center, a teenager in horse group can come over after school, saddle up their horse and ride through our fields. Farm and Nature schoolchildren make the long journey through the woods to the maple tree ravine and go on a creek walk. Junior Farmers show off their savvy with the farm animals to their parents. Ranch Campers ride their horses away on a twenty-mile overnight campout. SOL campers canoe down the Fox River and swim in water holes. Young children make their first clay sculpture and proudly show it off at the art show. Horse Group teens finish their riding routine at the horse show and receive a standing ovation from their peers and parents.

That is what our youth programs are about…promoting positive, growing and successful experiences for kids. We plant seeds. We provide unique opportunities for children to be something completely their own, a setting where they can risk, try, and just be.

If you agree with what we are doing here at The Center and want to help us out, there are many ways you can. You can volunteer at the farm. We are always looking for volunteer tour guides. You can send a child who needs assistance to camp on a scholarship. Take an art center class, renew your wedding vows in our chapel, come to one of our weekly Tuesday luncheons, take a walk on our grounds and woods and relax. We welcome you with open arms and who knows, we might plant a seed in you!
Spirital Offerings:

Meditation!
Attending the Silence Tuesday evenings 5:30 p.m. - 6 p.m. or Thursday mornings 9 a.m. - 9:30 a.m.
Every year when the holidays roll around, perhaps you say: “This year it will be different! This year, I will be different! I won’t get caught up in the commercialism… I won’t drive myself crazy trying to please everyone and live up to everyone’s expectations. This year, I’m going to do something meaningful for me. This year, I will meditate even during the very busiest of times.” Meditation is a different experience, a different energy when you meditate with others. Please give yourself a gift this holiday season and join us for a 20-minute period of silent meditation each week so you can find out for yourself! Come whenever you are able.

Loving-Kindness Meditation  Monday mornings 9 a.m.- 9:45 a.m.
Our Monday morning meditation is a Loving-Kindness meditation. It is not a silent meditation, but a group prayer for peace in the world beginning with ourselves. Because as the Dalai Llama once said: “We can never obtain peace in the outer world until we make peace with ourselves.” Please join us as we engage this world and life changing prayer! Come whenever you are able. Questions may be directed to Chris Hopkins, 708-361-3650

Mindfulness  Sunday mornings 11 a.m. – noon
Mindfulness: the practice of being present to what is with kindness and curiosity. For anyone who has tried, they can tell you that it is easier said than done! Come gather with others who seek to be truly present to their lives. Find the support, guidance and companionship that you need, whenever you are able. No registration necessary. These Sunday morning sessions are team led by Dan Morley, Patty Parker, Kitty Riggenbach and Georgina Taylor. All are welcome! **Please note Mindfulness will not meet on November 18!

Spirituality 101  Tuesday evenings, 6:30 p.m.- 8 p.m. (or) Thursday mornings, 10 a.m.- 11:30 a.m.
We continue our exploration of Sr. Joan Chittister’s newest book, The Time is Now. Newcomer’s are always welcome! No need to purchase the book for November. Classes are $8 each. It would helpful if you would call ahead of time.

Sunday Service  Every Sunday, 8:30 a.m.
Reminiscent of the early house churches, this gathering will meet in the Parlor (rather than the Chapel) and incorporate meditative music, silence, prayer, the Scripture reading for the day, and a reflection on the reading. All are welcome!

Vespers in the Chapel  Every Sunday 12:30 p.m. & 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!

Communion Sunday  Nov. 3, 12:30 p.m. & 4:30 p.m.
On the first Sunday of each month (except December) Communion is offered at both of our Chapel services. Volunteers are needed to help set up for Communion as well as helping to distribute it. If you are able and interested, please contact Chris Hopkins. ALL ARE WELCOME!
*Please note: we always have a non-alcoholic cup & gluten free bread.

Anniversary Dinner And Renewal Of Vows: Sunday, Nov. 3, beginning with 4:30 p.m. Vespers
No matter where you were married, if you tied the knot in November, you are cordially invited to a beautiful evening of celebrating and renewing your marriage commitment. Please join us by beginning your evening with Vespers Service at 4:30 pm in the Chapel. After Vespers, you will enjoy a gracious (and delicious!) candlelight dinner in the lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, send $90 for dinner for two, to be received no later than Monday, October 31.

Family Service Sunday  Nov. 10 ~ 10 a.m.
Please join us as we gather outdoors in the Lodge on the west side of Southwest Highway for this family friendly service. Our topic will be ‘Gratitude’ (what else would we talk about in November?!). And we will share a bit of hospitality together, because Jesus always ate with his friends!

Grateful Gatherings!  Sunday, Nov. 17 ~ 3 - 4 p.m.
In co-operation with Gratefulness.org, you are invited to join with other kindred souls who desire to live their lives in gratitude. Living grateful is so much more than remembering to say “thank you.” It is all about seeing the whole of life as a gift. Our topic for October is “contentment”. Ahhh…now isn’t that lovely, right before the holidays? Registration is not necessary and a free will offering will be greatly appreciated! Any questions may be directed to Dan Morley at 708-361-3650.
THANKSGIVING DAY COMMUNION SERVICE  
NOVEMBER 28  
WAYSIDE CHAPEL  
9:30 a.m.
You and your family are invited to join us for a very special Chapel Communion Service. As we prepare to celebrate with family and friends around our dining room tables, perhaps you can join us around Christ’s table to give thanks for all God’s blessings. There will be fellowship to follow in the Lodge.

LABYRINTH OFFERINGS
A Gratitude Walk ~ Sunday, Nov 3 ~ 10 a.m.
This labyrinth walk will focus on Gratitude…of course! It is the month of Thanks-giving. Please join us as we explore the many reasons we notice for giving Thanks. The walk will take place rain or shine!

And just to give you peek into December:

PILGRIMAGE TO THE MANGER  
Saturday, Dec. 7 at 5:30 p.m.
As always we start in the Lodge where we will don head Judean head scarves in order to follow Mary and Joseph on their pilgrimage to the manger. Bring warm coats, mittens, etc., for the walk across the bridge to the farm. The shepherds with their sheep and the Magi on horseback will join us on the pilgrimage. The Rev. Chris Hopkins will lead us in scripture and carols, as we each experience again the Miracle of that first Christmas. It is truly a special night for both children and adults. A free will donation is greatly appreciated. All proceeds support the mission of the Center.

CHOIR CHRISTMAS CANTATA  
Sunday, Dec. 8, 12:30 and 4:30 p.m. (as the Vespers service)
This year the Center Singers will offer the Christmas Cantata: “A Family Christmas.” A cantata is a musical telling of the Christmas story. It is a beautiful way to observe a very holy season. Please join us!

ADVENT CHAPEL SERVICES
This year, Advent begins on Dec. 1. Our beloved Wayside Chapel takes on the special beauty of the season during the season of Advent. Adorned with greenery and candlelight, the Chapel is especially welcoming. With song and prayer we reflect upon the stories of Christmas.

The themes for each week are:

♦ December 1  The Birth of Jesus
♦ December 8  Christmas Cantata
♦ December 15  The Coming of the Shepherds
♦ December 22  The Coming of the Magi
♦ December 24  The birth of Jesus the Christ into our world and our lives!

3 p.m. Children’s Service (Anderson Center)
4:30 p.m. Candlelight Communion Service (The Lodge)

PLEASE NOTE:
THERE WILL ONLY BE ONE ADULT SERVICE ON CHRISTMAS EVE AND NO CHAPEL SERVICES ON CHRISTMAS DAY
PROGRAMS OFFERED EVERY MONTH

CENTER SINGERS: Did you know that "singing and laughter" are good for us in many ways? Also, did you know that you can experience that on Monday nights at The Center? The cost is minimal, your time for an hour. The group's name is Center Singers! Please join us if interested at 5:30 in the Forest View Room. The next Vesper singing that involves the choir is Sunday, Nov. 10 at 4:30. The Center Singers will sing not only at 4:30 Vespers, but participate in the Annual Meeting that evening.

CENTER CINEMA is returning soon!

MEN’S POINT OF VIEW (POV):
The group meets Tuesday, Oct. 22 in the Lodge at 7 p.m.
The group will discuss “Man’s Search for Meaning” by Viktor Frankl, hosted by Jay Malhotsa. Invite a friend—New members welcome!!!

TOASTMASTERS CLUB: Learning to Communicate
Wednesdays, Nov. 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 of speechmaking students. We take turns leading the meetings, giving speeches, critiquing speeches, and having fun doing it. We’re all in this effort together and would love your participation. Contact Lois Lauer for more information.

WOMANTALK COFFEE HOUR!
Tuesday, Nov. 26, 10 a.m. – 11:30 a.m.
WOMANTALK! is a wonderfully nurturing and supportive women’s discussion group, led by Mary Anne O’Callaghan, 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 in advance to say you are coming.

CHRISTMAS WREATHS FROM THE CENTER:
Balsam fir handmade wreaths with red velvet bows
24" ($22), 36" ($33), 48" ($44), 60" ($55) wreaths.
If you already ordered your wreaths, don't forget to pick them up Nov. 29 or 30 at the farm pavilion. We may have some extra unreserved wreaths. Call today!

CHRISTMAS TEAS IN THE LOG CABIN ART CENTER:
heartwarming, cozy and delicious!
December 6, 7, 8, 12, 13, 14, and 15, 2 - 4 p.m. each party
Join us for this joyous and charming tea held in our rustic log cabin art center with a glowing fire in our fireplace. Our hostesses will prepare a delicious assortment of tea party fare for you to choose from and serve an herbal tea created from herbs grown in Lois’s garden at the farm. A heartwarming story will be shared by the fire and each guest will have an opportunity to make Christmas potpourri so that they can take home a bit of the Log Cabin’s warm and cozy holiday ambience.

Advance registration required: $34 per person

Did you know.......That if you already have an Amazon account, you can log into Amazon Smile with the same log in, choose The Center as your charity, and a donation will be made to The Center for every purchase made??

Please search: The Center Palos Park Illinois
(Chicago Southwest Suburban Community Parish and Community Center Foundation)
AUTUMN RETREATS AT THE CENTER
You deserve a break! Treat yourself to a retreat....
Register today to assure your spot in one of these wonderful weekends!

FALL NEEDLEWORK/CRAFTS RETREAT
Saturday, October 26, 9 a.m. – 4 p.m.
Calling all people who love to work with their hands! If playing with yarn, thread, craft materials, etc. is your creative outlet and you yearn to “get away from it all”, come join Georgann Ring (our knitting/weaving instructor) for a fun-filled day in the Forest View Room. The lighting is excellent, the scenery serene, and the food is beyond compare. If you knit, crochet, weave, embroider, cross stitch, needlepoint, do beading, enjoy craftwork, etc., be sure to put this date on your calendar. All are welcome! Retreat fee: $55 includes leadership and lunch/ 24-hour advance registration is required.

WOMEN’S CHRISTMAS RETREAT:
Preparing Our Hearts and Our Hearths for Christmas
Saturday, November 30, 9 a.m. to 8 p.m.
We gather for our very popular 25th annual women’s Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts and gourmet treats, fireside fellowship, and time for reflection, this women’s retreat is always a wonderful way to get in the spirit of the season. A day full of creativity and Christmas Spirit! Retreat leaders: Heather Young and Lois Lauer.
Retreat cost: $80 which includes leadership, 2 meals and retreat supplies. Preregistration required (early advised!)

Horse Corral Renovation – UPDATE!! –
We must start by saying THANK YOU!! In just one short month we have been able to fundraise $10,000 towards the cost of our corral renovation. Our horses are such an important part of our farm and it is wonderful to know that our fellowship agrees and wants to help with this very needed improvement project. $10,000 is a lot of money however it is only 1/3 of our projected cost. We’re still looking to raise another $20,000 by the beginning of November so that we can get this project completed before winter hits.

Would you please consider contributing to this great cause? No contribution is too small! If we can get just 200 more people to pledge $100, we can meet our goal! Contributions can be mailed to The Center, c/o Horse Corral Renovation.
Thank you!
Farm and Nature Discovery School

School is busy, busy, busy. Lots of happy, smiling kids running around both inside and out. I love to see the hallways filled with children’s artwork. It has been a great first few months with terrific weather. We have been all over the farm and explored everything from the pumpkin fields to the pine forest and from the log cabins to ranch camp. The weather has been wonderful this fall. We are getting ready to have a wonderful month studying Birds. This is one of my all-time favorites. After going to workshops on birds, I have gained such an appreciation for all things birds. We try to instill that in our students this month.

Expect to see homemade birdfeeders hanging around. We will also be having our Thanksgiving feast this month, which is a treat for all of us. Our parents contribute all the food and the students enjoy everything from turkey to pumpkin pie and everything in between. We are so grateful for our parents who work side by side with us for the students. There are a few openings, so you are interested in a tour or information for next fall, please call and we can mail a brochure or schedule a tour.

Kristin 708-361-8933 or farmandnature@sbcglobal.net

Come Celebrate this Holiday Season with our WINTER HOLIDAY JUNIOR FARMER SESSION!

Come join Farmer Paul for a four-week winter holiday junior farmer session. This new session will begin early November and go through the beginning of December. These four weeks will focus on preparing our animals for the cold weather and getting into the Christmas spirit. The conclusion of this session will be reenacting a live nativity with our very own farm animals! Leroy, our donkey, will carry ‘Mary’ to the manger, shepherds will bring goats, cows and sheep to visit baby Jesus, and the angels and wisemen will all be there as well. The live nativity reenactment is certainly an event you don’t want to miss! Preregistration required.

Choose a Session: $58/4 WEEK SESSION – Beginning November 8, 9, 11 & 12

Ages 3-6
Monday 1-2pm Beginning Nov. 11
Tuesday 10-11am or 1-2pm Beginning Nov.12
Friday* 10-11am or 1-2pm Beginning Nov.8
Saturday*
10-11am or 11:30am-12:30pm Beginning Nov.9
Ages 7-12
*Saturday 2:00-3:00 Beginning Nov.9
Monday or Tuesday 4:00-5:00 Beginning Nov.11 or 12

* Due to Thanksgiving, Friday and Saturday classes will not meet on Nov. 29 & 30

Gratitude Friday At The Children's Farm
Friday, Nov. 29 ~ 1 p.m. - 3 p.m.

Guests will do a Thanksgiving craft, the animals will be awaiting visitors, hayracks will be running and a bonfire will be ready for marshmallow roasting! It will be a wonderful Fall day at The Farm!

Admission $8/person for ages 2 and up
Leave a lasting legacy….Include The Center in your estate plan.

Did you know it costs nearly $5,000 a day to fund The Center? While we strive to maintain our buildings and grounds to make it look like we might not need money, in reality we do depend on charitable contributions to continue our operations. As always, we also depend on a lot of love and elbow grease to keep things running smoothly.

Today, your charitable giving to The Center is an outstanding way to give voice to your values and priorities in our community. It is also vital to the continued operation of the programs that we all know and love—about one-quarter of our operating budget is financed through charitable contributions.

In the future, by including The Center in your estate plan right now, you can help ensure our operations for years or even generations to come. Recent legacy gifts have made possible repairs and capital improvements that would have been very difficult in their absence. If you have any questions about leaving The Center a gift from your estate, please contact Executive Director Dave Sanders.

SHOPPING EARLY FOR CHRISTMAS?

Consider these gifts that benefit the recipient AND The Center!

♦ Sustainably raised meat, eggs and honey from our SAGE program
♦ A gift certificate to an art class, retreat, summer camp, annual family farm pass, or other Center program
♦ Bring a friend or give tickets to a Christmas tea, luncheon, or dinner
♦ Make a gift to The Center in honor of someone you love by making a charitable contribution.
♦ Shop at the Fellowcrafters Gift Shop...often! The shop is filled with lots of wonderful hand-knitted, hand-crocheted, hand-sewn, and hand-crafted items....all waiting for you to fall in love with them and take them home---for gifts and for your Christmas decorating!
♦ Shop at the Christmas Art show and Bazaar on Nov. 24
♦ Buy a fresh Christmas wreath or log reindeer from The Center
♦ Shop on The Center's eBay site: http://stores.ebay.com/The-Shop-at-The-Center-Palos-Park

Mark your calendars for the....

Holiday Farm FUN-ction
Saturday, Dec. 14, 1 p.m. - 3 p.m.

Come join us for a day in winter wonderland on the farm! Children will have an opportunity to visit with all of their favorite animals, as well as meet with Santa Claus and take a photo. Then, head inside to warm up and drink complimentary hot cocoa. Families can then enjoy decorating holiday cookies and making ornaments. Admission $8, under 2 are free
TUESDAY LUNCHEONS Noon - 2 p.m.

Every Tuesday at The Center, we have a delicious luncheon followed by an enlightening program on travel, nature, art, book reviews, personal growth, world affairs, spirituality, or other topics of interest. **Cost is $24. Please make reservations by the Sunday before the luncheon and payment is requested at the time of reservation.** (Please note - If you reserve over the phone, there will be a 3% charge added to the $24.00 fee for the luncheon.)

Nov. 5 We Will Survive: Emily Post, The Bag Lady Papers, and You Look Fine, Really! with Jenny Riddle

Jenny Riddle gives you the coping mechanisms of three very different women. As Emily Post, Jenny will set you straight on which fork to use first at a formal dinner, but you will be surprised at some of Emily’s advice in Laura Claridge’s biography Emily Post: Mistress of American Manners. In the second short review, you’ll meet Alexandra Penney whose book The Bag Lady Papers shows what one person suffered in the Madoff “rip-off” scandal. Finally, Jenny will put a smile on your face as she dramatizes Christie Mellor’s book, You Look Fine, Really.

Nov. 12 Julia Child: My Life in France with Lynn Rymarz

Historical storyteller Lynn Rymarz will enlighten you about how Julia discovered her passion for cooking French food in her late 30’s after she married Paul Child and moved to Paris. Hear Julia’s own words as she describes her love of French food and how she became determined to learn how to cook it. Follow her journey into French culture, including her visits to the local markets and her cooking classes at Le Cordon Bleu.

Nov. 19 A History of The Center with Dave Sanders & Mark Walker

In celebration of The Center's 84th anniversary, Mark Walker has put together a video/slide show focusing on the mission and meaning and programs of The Center. The presentation by Dave & Mark contains a slide show of Center activities for the past year. Come and enjoy a celebration of the vibrant life and work of The Center.

Nov. 26 Stories of Thanksgiving and Gratitude with Marilyn Rea Beyer

Storyteller and poet Marilyn Rea Beyer has spent a lifetime speaking in public, teaching, hosting on a public radio music station, and performing poems and stories of her writing heroes. In recent years, she began to weave her own life tales into a loose collection she calls “Chicagolandia.” A native of the East Side, she grew up mostly in Lansing, Illinois. That’s where her stories begin. After more than 30 years in the Boston area, Marilyn returned to Chicago for good and is deeply grateful to be back!
Classes and workshops for adults and children in fine arts and folk arts

THE CENTER’S ANNUAL HOLIDAY ART SHOW!
Sunday, November 24, noon – 4 p.m.
Held throughout The Main lodge and cabins!

Our holiday art show is our biggest art show of the year featuring the beautiful work of the instructors and students of our Log Cabin Center for the Arts. If you ever wondered what kind of art gets created here in our log cabin art studios this day sums up the creativity and knowledge of our talented teachers. The annual show is an afternoon to get in the Christmas spirit, perhaps to buy a few unique Christmas gifts or decorations, to support our art center participants with your enthusiasm and appreciation of their art, and to enjoy an afternoon of wonderful fellowship at The Center. The Fellowcrafters gift shop will be stocked full of wonderful handmade items. We will have our traditional handmade log reindeers for sale as well. We hope you join us for this festive afternoon!

November 2019 Schedule of Art Classes

Art Classes for Children

AFTER SCHOOL ART FOR KIDS
Instructor: Heaven Newsom
Four Mondays beginning Nov. 18, 4:30 - 5:30 p.m.
Students will work on a variety of arts and crafts projects including pottery, sculpture, painting drawing and more! Grades 1-8
Class fee: $40 plus a $10 materials fee

LOG CABIN ART FOR KIDS
Instructor: Heather Young
Four Saturday mornings beginning Nov. 2
Kindergarten through 2nd Grade: 10 a.m. - 11:30 a.m.
3rd through 8th Grade: 11:30 a.m. - 1 p.m.

A world of art and nature for kids! Classes are held in our log cabin art studios and outdoors; the majority of projects are inspired by the natural beauty of The Center’s grounds. Within each session students may work on a variety of art projects such as painting, drawing, jewelry, sculpture, pottery, crafts, and more. Each session ends with a fun art show! Class Fee: $55 plus a $15 materials fee
NEW!!! TEEN POTTERY
Instructor: Kendyl Arden
Four Wednesday nights beginning Nov. 20, 6 – 7:30 each night (grades 6-12) (no class Nov 27)
Students will work primarily on the potter’s wheel learning how to create a variety of pottery pieces such as cups and bowls. On the last class students will paint their pieces with ceramic glazes that upon firing in the kiln will create a shiny colorful surface. Parents are welcome to register for this class along with their child. Class fee: $60 plus a $15 materials fee

Adult Art Classes
Teens are able to register for most adult classes, please inquire with interest

AUTUMN / WINTER FOLKARTS WORKSHOPS:
With grapevines, herbs, cornhusks, evergreens, berries, and more.
Tuesday afternoons 2 - 4 pm or evenings 6 - 8 pm
Join Lois Lauer this fall for fun workshops in which you’ll create great nature-themed decorative crafts. No experience or previous skills needed. The workshops are fun immersions into the worlds of art and nature! *Contact Lois at loislauer@sbcglobal.net if you would like to help gather branches, pinecones, grapevines, etc. from the woods and the farm on Monday afternoons for the Tuesday classes. Others are welcome to just arrive at class ready to enjoy the creativity!
Class fee per workshop: $20 plus $5 materials fee

♦ HAND DIPPED CANDLES AND PINECONE HOLDERS
Nov. 5, 2 – 4 p.m. or 6 – 8 p.m.
You’ll hand dip a pair of red wax candles and decorate wooden candle holders with a variety of small pine cones and acorns. All fresh from the woods!

♦ GERMAN PAPER STARS AND PRAIRIEGRASS STARS
Nov. 19, 2 – 4 p.m. or 6 – 8 p.m.
You will create straw stars for use as tree toppers or window decorations and then fold paper into intricate stars dipped in a light coating of wax.

♦ ANTIQUE TIN BELLS Dec. 3, 2 – 4 p.m. or 4 - 6 p.m.
Using tin can lids, you’ll create a chain of antique looking tin bells, which you’ll nestle in a be-ribboned swag of balsam fir branches for your front door. Please bring work gloves, needle nose pliers, pruners and 12 tin can lids, we will have extra lids if you don’t have enough)

BOOK PUBLISHING: THE NON FICTION BOOK PROPOSAL
Instructor: Melanie Holmes
Saturday, Nov. 2, 9:30 a.m. – 12:30 p.m.
Well-written Book Proposals sell nonfiction books. Full stop. This is what publishers require for nonfiction. It tells them about your idea, why you are the person to write the book, your intended audience, and much more. The Book Proposal shows your professionalism, and it gets your foot in the door. Do you have a nonfiction idea for a book? From self-help to memoir, this genre continues to boom. Join award-winning author Melanie Holmes as she discusses the "how-to's" of this important step in getting published. For those who attend the class, there is an optional add-on feature—for $40 (paid to the instructor), Holmes will evaluate your Book Proposal (five pages or less) via email within 1-2 weeks of the class.
Workshop fee: $30

CALLIGRAPHY
Instructor: Marge Boyd
Five Monday afternoons beginning Oct. 28, 1 - 3 p.m.
Class will start with lettering with a pen and also learn unique calligraphy styles done with pen and markers. Also learn to construct a book with decorated pages and a favorite quote. List of required supplies available in our office, teacher will have calligraphy pens and points for sale. Class fee $90
CARD MAKING WORKSHOPS: Instructor: Janice Schmid
Workshop fee: $20 Materials fee: $7, per class

♦ **HOLIDAY CARDS** Wednesday, Oct. 30, 1 – 3 p.m.
In this class you will make a Thanksgiving card and some Christmas Cards. Iris paper folding techniques will be featured on at least one card.

♦ **THANKSGIVING SPINNER CARDS** Wednesday, Nov. 20, 1 – 3 p.m.
Make a Thanksgiving Spinner Card and some unique Christmas cards using ribbon, Mylar and sequins.

♦ **CHRISTMAS CARDS** Wednesday, Dec. 18, 1 - 3 p.m.
Make a variety of Christmas Cards as well as a stocking stuffer.

COLLAGE
(Advanced class, open to students who have previously taken classes with April only)
Instructor: April Schabes
Five Wednesday mornings beginning Oct. 30, 9:30 a.m. – noon
Continue on your fun journey with April into the world of collage! April will have fun projects planned like always experimenting with papers, paints, images and text. Class fee: $110

COLLAGE
(Open to beginning or intermediate students)
Instructor: April Schabes
Five Monday mornings beginning Oct. 28, 9:30 a.m. – 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!” Class Fee: $110.

COLORED PENCILS
Instructor: Arlene Tilghman
Four Wednesday afternoons beginning Oct. 30, 1 – 3:30 p.m.
Intimidated by paint? Then learn to create beautiful artwork with colored pencils. Class will cover various papers and pencils to use plus techniques in composition, shading, layering, and blending. There will be demonstrations, still life set ups, and using your own photos to create from. Supply list with tips for beginners available in the office. Class fee: $90

CREATIVE ART JOURNALING
Instructor: April Schabes
Meets the last Friday of each month throughout the year, noon – 3 p.m.
November class will meet Nov. 22
Create a colorful artistic record of your days, your thoughts, your experiences - through words, collages, photos, poems, magazine images, drawings, watercolor and a fun project to add to your journal each month! No excuses! New students welcome! Class fee: $135, for the entire 2019 year or $15 per class

EXPRESSIVE ARTS WORKSHOP: THE ART OF DE-STRESSING
Instructor: Karen Signore
Saturday, Nov. 16, 1 - 4:30 p.m.
Gear up for the holiday season by taking some time out to enjoy relaxing, meditative drawing and writing, dominant/non-dominant hand journaling techniques, collage, intuitive movement and guided meditation. Through these processes you will learn simple, effective tools for releasing stress and tension, cultivating relaxation and inner peace, processing stressful situations and creating visual affirmations for positive change. No prior art or writing skills or experience needed. This workshop is based on The Creative Journal Expressive Arts method (CJEA) developed by Lucia Capacchione, PhD, A.T.R. Workshop fee: $35 plus a $3 materials fee

KNITTING 101 - AND BEYOND!
Instructor: Georgann Ring
Six Monday nights beginning Oct. 28, 6 - 8 p.m. (no class Nov. 25) or
Six Friday mornings beginning November 1, 9:30 - 11:30 a.m. (no class Nov. 29)
Beginning knitters will learn knitting basics as well as correcting mistakes, making a yarn chart, and locating yarn and pattern sources while making a spa cloth, then a project from a suggested collection. Beginning students should bring a ball of Sugar ’n Cream yarn and a pair of 10” U.S. size 8 (5mm) knitting needles. Experienced knitters will choose their own projects and learn more advanced knitting techniques through class discussions and demonstrations. Class fee: $105

LAPIDARY
Instructor: Larry Rothenberg
Six Monday mornings beginning Oct. 28, 9 -11 a.m. or
Six Monday evenings beginning Oct. 28, 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: $125 Stones can be purchased from our instructor for projects.
METALSMITHING FOR JEWELRY  
Instructor: Mary Michaelson  
Six Tuesday nights, beginning Oct. 29, 6:30 – 8:30 p.m.  
By working with silver, copper or brass students can create either a silver ring or pendant. Learn the basics of metalsmithing such as sawing, filing, sanding and soldering. Advanced instruction will be given to continuing/advanced students. Class fee: $105 plus a $35 materials fee.

OIL PAINTING  
Instructor: Arlene Tilghman  
Four Friday mornings starting Nov. 1, 9 – 11:30 a.m.  
Learn the technique of oil painting in this open studio class for students with all levels of experience. Painters will work on their own independent project with guidance from the Instructor. Demos on various topics plus instruction in composition and color will be offered. Beginners will initially start with a monotone palette using a reference given by the Instructor while others work from a reference of their choice. Supply lists available at registration for both beginners and experienced painters. Class fee: $90.

PAPERMAKING WORKSHOPS  
Instructor: Marilyn VandenBout  
Workshop fee: $20 plus a $5 materials fee per workshop

♦ COLORS OF FALL Wednesday, Oct. 30, 6:30 – 8:30 p.m.  
Learn the art of papermaking with colored recycled paper pulps, natural fibers and pressed fall leaves. Your handmade papers could be used in future art projects or even framed on their own.

♦ WINTER / HOLIDAY PAPERMAKING Wednesday, Nov. 20, 6:30 – 8:30 p.m.  
Learn the art of papermaking and create some snowflakes and embossed designs that could be used as holiday ornaments, cards or incorporated in future art projects.

PAPER ORNAMENTS  
Instructor: Barb Thompson  
Saturday, Dec. 7, 9:30 a.m. – noon  
By using colorful papers and even book pages Barb will show students a variety of paper folding techniques to create some Christmas ornaments. Class fee: $25 plus a $3 materials fee.

PASTEL PAINTING WORKSHOP  
Instructor: Susan Flanagan  
Saturday, Nov. 16, 9:30 a.m. – noon  
If you have wondered what it is like to paint with soft pastel (chucks), this workshop is for you! Soft pastel is an enjoyable and easy drawing or painting medium. It is versatile and very forgiving! This pastel class is appropriate for beginners who will be shown the basics of creating an underpainting and then different ways to apply pastel to create a simple painting. Participants will also be shown how easy it is to make corrections.  
Workshop fee: $27  
Materials fee: $3

POTTERY ON THE WHEEL  
Instructor: Kendyl Arden  
Four Monday nights beginning Nov. 25, 6 - 8:30 p.m.  
Learn the process of creating pottery on the potter’s wheel. Students will create a variety of pieces such as cups, bowls, pots and more. On the last day of class students will paint their pieces with special glazes that will be fired in the kiln to create a shiny glass coating. Class fee: $95 Materials fee: $25

STACKED RINGS JEWELRY WORKSHOP  
Instructor: Liz Credio  
Friday Nov. 15, 6:30 – 8 p.m.  
Create intricate stacked rings out of copper wire, no two are the same. You can leave it natural copper or add patina to change the look. Workshop fee: $15 plus a $4 materials fee.

WEAVING  
Instructor: Georgann Ring  
Six Wednesday mornings beginning Oct. 30, 9:30 - 11:30 a.m. (no class Nov. 27)  
Beginning weavers will learn to weave a scarf on a rigid heddle loom. Then explore intermediate techniques on the rigid heddle loom while weaving a sampler or set of coasters. Supply list for the first project available in the office. Purchase yarn before first class. Experienced / returning weavers use our table or floor looms or bring their own loom. Study and weave a project in the patterns of student’s choice with instructor guidance. Class Fee: $105.

WOODCARVING  
Instructor: Larry Rothenberg  
Six Thursday mornings beginning Thursday Oct. 31, 9:00 –11:00 a.m. (no class Nov. 28)  
Learn and practice the tools and techniques of woodcarving using a variety of types of wood. Create beautiful animals, objects, and faces. New students will make 3-6 projects such as a bird, a shoe, an egret, and miniature people. If you’re experienced, you may design your own projects. Class Fee: $105. Wood and bench knives are available for purchase in class (approximately $25 for wood and bench knives).
WREATHMAKING - a circle of fresh greens for Christmas!  
Instructor: George Mitchell 
Monday evening, Nov. 25, 7 – 9 p.m.
Let professional floral designer George Mitchell help you to create a beautiful fresh balsam fir wreath complete with pinecones and a red velvet bow, just in time for the Christmas holidays. Class fee: $20 plus $16 materials fee. (bring your own pruners)

Many of our art classes run in sessions that started in October and taper off as we get closer to Christmas. Here is our sneak peak of 2020 art classes, registration is open!

Art and Journaling for Inner Awareness with Karen Signore, six Thursday afternoons starting Jan. 23, 1:00 – 3:30 p.m. (free info session on Jan. 16, 1:00 – 3:30) class fee: $130 plus a $5 materials fee

Basket making with Jane Dwyer, six Thursday nights starting Feb. 6, 6:30 -8:30 p.m. Class fee: $105 plus a $35 materials fee

Calligraphy with Marge Boyd, six Monday afternoons starting Jan. 13, 1:00 – 3:00 p.m. Class fee: $105

Collage with April Schabes six Mondays starting Jan. 13, 9:30 am – noon, or six Wednesdays starting Jan. 15, 9:30 – noon. Class fee $130

Drawing with Lois Hrejsa, six Thursday mornings starting Jan. 9, 9 – 11:30 a.m. Class fee: $130

Knitting with Georgann Ring, six Monday nights starting Jan. 6, 6:00 – 8:00 p.m. or six Friday mornings starting Jan. 10, 9:30 - 11:30 a.m. Class fee: $105

Lapidary with Larry Rothenberg, six Monday mornings starting Jan. 6, 9:00 – 11:00 a.m. or six Monday nights starting Jan. 6, 6:30 – 8:30 p.m. Class fee: $125

Metalsmithing for Jewelry with Mary Michaelson, six Tuesday nights starting Jan. 14, 6:30 – 8:30 p.m. Class fee: $105 plus a $35 materials fee

Oil Painting with Arlene Tilghman, six Friday mornings starting Jan. 10, 9:00 – 11:30 a.m. Class fee: $130

Quilting with Denise Dulzo, six Wednesday afternoons starting Jan. 15, 1:00 – 3:00 p.m. Class fee: $105

Stained Glass with Harry Meneghini, six Wednesday nights starting Jan. 8, 6:00 – 8:00 p.m. Class fee $120

Watercolors Six Wednesday nights with Lenox Wallace starting Jan. 8, 6:30 – 9:00 or six Thursday afternoons with Lois Hrejsa starting Jan. 9, 1:00 – 3:30 p.m. Class fee: $130 per class

Woodcarving with Larry Rothenberg, six Thursday mornings starting Jan. 9, 9:00 – 11:00 a.m. Class fee: $125

Pre-registration is required 24 hours in advance 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 for a class, you can stop in our main office or call 708-361-3650. Registration for an art class at The Center authorizes The Center to use photos or videos of students for promotional uses.

Nov. 2, 10 a.m. - Noon ~ Receiving from Your Angels: Practice 1
Creating a Daily Devotional Practice
Come join Angel Professional, Jill Kempner for a workshop dedicated to Angels. Jill's workshop will help you understand that your Angels love you unconditionally and are always with you sending you streams of love and healing. Jill will outline how the creation of a daily devotional practice of an open heart and prayer can help you receive from your angels. The group will focus on how setting a clear intention to receive your angels love can focus your mind and "aligns you with the divine " . Through the use of angel oracle cards your intuition can be opened so you can trust the angelic messages you are receiving. Meditating with your angels helps you relax your body and mind so you both give and receive unconditional love, first for yourself and then others. Receiving from your angels on a daily basis helps you trust divine order and unlocks the hidden blessings, gifts and miracles in each moment.
REJUVENATE YOURSELF AT THE CENTER

GENTLE YOGA CLASSES
Instructor: Carolyn Harms

Due to popular demand we have added one more Gentle Yoga class on Tuesday nights, please note the times have been adjusted to accommodate both classes

- Three Tuesday evenings, beginning Dec. 3, 5:15 – 6:30 p.m. or
- Three Tuesday evenings, beginning Dec. 3, 7 – 8:15 p.m.
- Three Thursday evenings, beginning Dec. 5, 6 - 7:15 p.m.
- Three Friday mornings, beginning Dec. 6, 10:30 -11:45 a.m.

Gentle Yoga classes are a great place to take it slower and still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle Yoga uses classical hatha postures with slight variations to accommodate all levels of yoga students. Dress in comfortable clothing; bring a yoga mat. Classes are held in the Forest View Room of the Main Lodge. Pre-registration required. Class fee: $35 for each 3-week session

CHAIR YOGA
Instructor: Carolyn Harms

Three Friday mornings starting Dec. 6, 9 – 10 a.m.

Chair Yoga is one of the gentlest forms of Yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many benefits of Yoga without having to get up and down from the floor. Benefits include increased balance, strength, range of motion and stress reduction. The last day of class will end with a fun holiday celebration including healthy snacks to end the year. Class fee: $35

S’MORE YOGA WORKSHOP
Instructor: Carolyn Harms

Friday night Oct. 25, 6:30 – 8:30 p.m.

Enjoy an hour of gentle yoga with Carolyn in the Forest View room then make your way over to our fire pit for campfire camaraderie and s’mores! Workshop fee: $25 plus a $5 materials fee

ESSENTIAL OILS FOR BEGINNERS/ HOLIDAY USES
Instructor: Carolyn Harms

Saturday, Nov. 9, 1:00 -3:00 p.m.

The holidays can be a stressful time and learning the many uses of essential oils can improve your mindset and health this season. Carolyn will provide a homemade treat made with essential oils. Brush up on oil basics and add some flair to your holidays. Class will take place in Log Cabin 3. Workshop fee: $20 plus a $5 materials fee

BODY PRAYER YOGA
Instructor: Celeste Santiago

Four Sunday mornings starting Dec. 1, 9 a.m. – 10 a.m. (no class Dec. 15)

Yoga is more than just physical movement. Come explore what it means to use your body as a form of devotion to connect to the deepest parts of ourselves and, in turn, to others. This hatha style yoga class will link movement, breath, alignment and meditation to create a practice that blends physical movement and spiritual intention. Some yoga experience helpful but not mandatory. Join us in the beautiful Forest View room with amazing panoramic wooded views! Dress in comfortable clothing, bring a mat and water bottle. Class fee: $44 or $13 per class drop in rate if class isn’t full

CANDLELIT YOGA WORKSHOP- 108 SUN SALUTATIONS
Instructor: Celeste Santiago

Friday night, Nov. 22, 7 – 8:30 p.m.

In Yogic tradition, the number 108 has several sacred meanings. We will use this number in accomplishing 108 sun salutations for a true body transformation experience! Be prepared to feel powerful and ready to handle the holiday season with this heart pumping, lung expanding yoga workshop. This is best for those who are currently physically active and with yoga experience. Workshop fee: $20

TAI CHI
Instructor: Trudy Erikson

Four-week session starts Monday, Nov. 4, 10 – 11 a.m.

Practice the ancient art of meditative movement to cultivate Ultimate Ch’i (energy), balance and serenity. The contrasting powers of yin and yang are expressed in slow, free flowing movements, creating harmony between the internal and the external body and mind. Beginners and experienced practitioners are welcome. Class is held in the beautiful forest view room of the lodge. Class fee: $35 for a four-week session or a $10 drop in rate per class, if class is not full. Save 10% on a package of three sessions or 15% off on a package of 5 sessions. Call for appointment availability.

GONG BATH
Facilitator: Debbie Jacobs, Vibrational Sound Therapy Certified Practitioner

Sunday, Nov. 17, 6 – 7 p.m.

Spend an evening immersed in the serene sounds and vibrations of the gong, accompanied by singing crystal and Tibetan bowls. Relax on your yoga mat and allow these ancient healing sounds and vibrations to wash over and through your body to deepen your state of relaxation. Don’t forget to bring your yoga mat, pillow and blanket to maximize your relaxing experience. Held in the beautiful Forest View Room. Fee: $20
REIKI HEALING SESSIONS  Reiki is a gentle energetic healing method which balances, harmonizes and restores the body, mind and spirit. It promotes deep relaxation and stress reduction as it strengthens the flow of energy in the body, clearing energy blocks, balancing the chakras, strengthening the immune system and facilitating self-healing. Reiki Master Practitioner Karen Hart Signore will provide a safe, supportive, nurturing environment to assist you in going inward and relaxing deeply so you can receive all of the benefits of the Reiki session. We have gift certificates for sale in the front office if you would like to treat a friend. $70 for an hour session, or $100 for a 90 min session.  Save 10% on a package of three sessions or 15% off on a package of 5 sessions.  Call for appointment availability.

*See art section of the newsletter for Expressive arts classes for inner awareness and personal growth*

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**SAGE Fall Harvest**  
**Farm to Table Dinner & Fundraiser**

**Saturday, Nov. 16, 6 p.m.**  
in The Lodge at The Center

Please consider joining us for our fifth annual, Farm to Table SAGE fundraiser dinner. Our autumn-themed dinner will be wonderfully prepared by The Center's chefs and each course will highlight ingredients that were lovingly and naturally grown on our farm this year! No chemicals or pesticides were used in the growing process and all animals were free-ranged and naturally fed.

Dinner menu to include garden soup, fresh green salad, homemade breads, a natural, free-range turkey feast and pumpkin pie.

$75 per Ticket includes dinner and donation  ~ Call 708.361.3650 for tickets

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**HOLIDAY TURKEYS**  
Pasture Raised ~ Non-GMO Fed ~ Free to Forage

We have a very limited quantity of our 2019 heritage breed, holiday turkeys for sale. Weights range from 15-25 lbs. and are sold at $8/lb.

Please email inquires to Amy at thechildrensfarm@sbcglobal.net
We invite you to our eighty-sixth Annual Meeting
Sunday, November 10, 2019
The meeting begins with a memorial Vespers Service at 4:30 p.m. followed by a complimentary supper served at 5:30 p.m.
The meeting begins at 6:30 p.m.

Please join us.

R.S.V.P.
(708)361-3650