

# December 2022

*The Center*



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

**Community Center Foundation**

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

**(708) 361-3650**

## Pondering Emmanuel

Have you ever tried to make sense of the way God was working in your life but ended up feeling confused...at least in that particular moment? You are not alone. Twice in the beginning of Luke, we are told that Mary kept revolving in her mind what the angel Gabriel's greeting meant and what the shepherds' stories foretold as they witnessed the incarnation of Christ in a Bethlehem stable over 2,000 years ago.

Luke 2:19 says that "Mary treasured and pondered all these things in her heart". I am not so sure my initial response to an angel's presence or the shepherds' visit would be **pondering**, but Mary leads by example. In her Advent devotional, Expecting Emmanuel, Joanna Harader writes that "Mary took in the significance of those holy moments into her being and held them tenderly, with curiosity, gratitude, and wonder". She continues: "Pondering suggests a calm center, a certain interior spaciousness, an ability to step back to a place of perspective and contemplation."

With December being a busy month of Christmas preparations and holiday gatherings, it may be difficult to imagine yourself stopping long enough to reflect on the meaning of Christ's birth and its relevance to your life now... However, I invite you to set aside time each day during Advent to center yourself in God's Presence. Pausing for 10 minutes to read the following Christmas blessing, to listen for God's response to a question you desire to ask, to ponder God's immeasurable love for you...

Mary intentionally stilled her heart to connect with what God was working in her life, and she treasured the gift of grace she was receiving. May we do the same in these holy days of Christmas and experience the mystical hope Christ's life still brings.

### **Christmas Blessing from Mary**

"Dear one, I wish you had been there:  
to see the startling light,  
to hear Gabriel's brazen promise;  
to journey into the hill country,  
to receive Elizabeth's bold blessing;  
to look with the Spirit's eye,  
to sing of joy and justice that echoes through the ages.

Oh how I wish you had been there:  
with sore feet, aching back,  
Joseph's encouraging words,  
and Bethlehem on the horizon;  
with, finally, a place to rest,  
then the pain (the pain!) and the pushing,  
and the baby—my baby—bloody and perfect in the manger.

I would love for you to have been there,  
gathered with the shepherds  
who had somehow found their odd sign  
in this scene of me and Joseph  
and my swaddled child.

But you were not there, then.  
You are here, now.  
I cannot offer you the baby to hold and rock and smell.  
So I offer you these words to wrap tenderly in cloth,  
and to lay in the manger of your heart:

In all that God calls you to do and to be,  
may you have courage  
to say yes  
to the mystery.

In times of excitement, grief, joy, and fear,  
may you have loved ones  
to offer companionship and blessing.

In the labor of creation,  
may you be strong,  
may you be flexible,  
may you know joy.

May you, beloved child,  
ponder deeply each divine message you hear,  
whether from angel or shepherd.  
May you ponder and treasure  
every gift you receive from the holy hand of God.”



◆ *Expecting Emmanuel: Eight Women Who Prepared the Way* by Joanna Harader <https://a.co/8hQdwRJ>  
Happy pondering...and may the Presence of Christ birth new hope in your heart this Christmas!

Shalom,

*Nancy M. Nemeth-Morris*

## Spiritual Offerings

### SERVICES

#### **Sunday Vespers - 8:30 a.m. in the Forest View Room**

Reminiscent of the early house churches, this gathering incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and preparing for Christmas, and you are invited!

#### **ADVENT CHAPEL SERVICES at 12:30 p.m.**

Our beloved Wayside Chapel takes on the special beauty of the Christmas season as it is decorated with greenery and candlelight. Join us in song and prayer as we celebrate Christ's coming and reflect upon the stories of Christmas.

The Sunday Themes for each week are:

- ~Dec. 4 The Coming of the Shepherds
- ~Dec. 11 Christmas Cantata
- ~Dec. 18 The Coming of the Magi

#### **~Dec. 24 (Saturday) The Birth of Jesus the Christ into our World and Our Lives**

#### **3 p.m. - Children's Christmas Service**

Please join us as we gather in the Great Room of the **Anderson Center** (on the east side of Southwest Highway) to celebrate Jesus' birthday! We will read the story of His birth, sing a couple of Christmas Carols, and share His birthday cake. Also, since it is a birthday party, please bring food items for the Palos Township Emergency Food Pantry as a gift for the newborn babe. We hope to see you there!

#### **4:30 p.m. - Candlelight Communion Service in the Lodge**

Seating is limited for the Communion service on Christmas Eve. We ask that everyone who plans on attending register on our website - [www.thecenterpalos.org/Christmas\\_Eve\\_RSVP/](http://www.thecenterpalos.org/Christmas_Eve_RSVP/)

#### **Please Note:**

**There will only be one adult service on Christmas Eve and  
No chapel services on Christmas Day.**

### **PILGRIMAGE TO THE MANGER, Saturday, Dec. 3 at 5:30 p.m.**

We start in the Lodge where we will dress with Judean head scarves in order to follow Mary and Joseph on their pilgrimage to the manger. Bring warm coats and mittens 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. 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.

### **Advent Labyrinth Walk, Monday, December 5 at 5 p.m.**

Advent is a time to spiritually prepare for Christmas. With that in mind, please join us as we walk the Labyrinth remembering and anticipating the birth of the Christ. This walk will take place no matter what the weather might be, but please register with Rev. Chris ([revc@thecenterpalos.org](mailto:revc@thecenterpalos.org)).

### **CHOIR CHRISTMAS CANTATA, Sunday, Dec. 11 at 12:30pm - Vespers in The Great Hall**

This year The Center Singers will offer the Christmas Cantata as the Vespers Service: "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!

### **OUTDOOR YULE LOG SERVICE**

**at The Children's Farm on Thursday, Dec. 22 at 6:30 p.m.**

***Advance reservations required.***

***Sign up at [https://thecenterpalos.org/yule\\_log-rsvp-2022/](https://thecenterpalos.org/yule_log-rsvp-2022/)***

The Yule Log Service is a lovely evening at The Center, featuring Christmas carols, Scripture, stories, and a variety of old-fashioned traditions. The highlight of each service is the lighting of the huge Yule log and the opportunity for each participant to add his or her own twig into the blazing fire, symbolizing a fresh start for the New Year. Group singing, a reading of Christmas Scripture from Luke 2, and the "Night Before Christmas" poem creatively told by Megan Wells make the Yule log Service a night of warm (or this year maybe a bit chilly!) fellowship, good cheer, and Christmas spirit. We are planning for a "Yule Log in the Round" experience at the Farm with picnic table seating and space for standing or bringing your own outdoor chair. Though there is no fee for this year's Yule Log Service, we would appreciate you RSVP'ing so that we are prepared with enough refreshments for our fellowship gathering in the pavilion following the service. We look forward to seeing you at this wonderful Christmas celebration!

### **MEDITATION**

**MINDFULNESS, Sunday mornings from 11 a.m. – 12 p.m. in the Forest View Room (FVR)**

Mindfulness: the practice of being present to what is with kindness and curiosity. We invite you to come and find the support, guidance, and companionship that you need to be present wherever you are in life. Please contact Dan Morley with any questions you may have at 708-280-3945.

**Meditation, Tuesday evenings from 5:30p.m. - 6:00p.m. in the Forest View Room (FVR)**

Please note that Tuesday evening meditation will be taking a break until February, 2023. Please be watching the January newsletter for further details.

**Loving-Kindness Meditation (Metta), Monday mornings from 9:00 a.m.-9:45 a.m.**

Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. Please note that there will be no meditation on Monday, Dec. 26 or January 2, 2023. Questions may be directed to Chris Hopkins: [revc@thecenterpalos.org](mailto:revc@thecenterpalos.org).

### **Spirituality 101**

Spirituality 101 is taking a break until February, 2023. Please look for future offerings in our January, 2023 newsletter.

### **Spiritual Direction**

Spiritual Direction (Companionship) is a long time non-denominational practice that offers a person confidential space to reflect on the connection between life and God's presence. A Spiritual Director is trained to listen with compassion and to help navigate through life's challenges from a divine perspective. To make an appointment, call The Center at 708-361-3650, and one of our spiritual directors will return your call to schedule a meeting. The fee is \$30 per session.

# Programs

## Anniversary Dinner and Renewal of Vows Sunday, December 4

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your wedding anniversary here at The Center on Dec. 4th. Beginning with fellowship in the Great Hall at 4:30pm, enjoy a delicious candlelight dinner followed by a meaningful Renewal of Wedding Vows ceremony in the Chapel. For reservations, please contact our front office at 708-361-3650 to make your payment of \$95 before Nov. 28th.



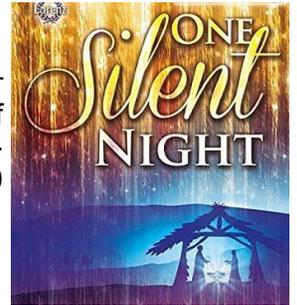
## The Bob Cratchit Candlelight Dinner

Sunday December 11, 5:15 - 8:15 p.m.

In the tradition of Charles Dickens' Christmas Carol, we'll feast on turkey and plum pudding, just as Tiny Tim's family did in merry old England. Both before and after dinner, we'll be entertained by the delightful storyteller/drama teacher, Greg Weiss, as he reads from Dickens' classic tale of the Christmas spirits visiting Scrooge. The tradition of reading The Christmas Carol at The Center dates back to the 1930s. In the 80s, we added the dinner, and have enjoyed this as one of the nicest evenings of the year at The Center ever since. Dinner tickets are \$50 per person and are limited in number. Reservations required. Please reserve early.

## Center Singers

Please join The Center Singers in the beautiful Wayside Chapel on Sunday, December 11th, singing a Christmas cantata. "One Silent Night" by Pepper Choplin reminds us of the true meaning of Christmas, the birth of Jesus. There will be special solos, duets, ensembles and of course the choir setting the story to music. Hope you can come to 12:30 Vespers on December 11th.



## Good Seeds Update...

We are off to a good start! In October, a group went to My Joyful Heart and packed snack bowls for the kids and in November a group went to The Greater Chicago Food Depository to volunteer. We were also able to help a Center community member with rides to the doctor. Our group is currently collecting NEW children's pajamas for My Joyful Heart. Boys and girls sizes 6-20. We are blessed to be a community of caring people! If you would like to be a part of Good Seeds email Kitty at [good-seeds@thecenterpalos.org](mailto:good-seeds@thecenterpalos.org). Thank you and Merry Christmas.

## Toastmasters Club: Learning to Communicate

Wednesdays, December 7 & 21, 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. For more information, contact Lois Lauer [loislauer@sbcglobal.net](mailto:loislauer@sbcglobal.net)



## WomanTalk Discussion Group:

Tuesday, December 20 from 10-noon

WomanTalk is a gathering of women who meet on the last Tuesday of each month to nurture and support each other's personal journeys of creativity and self-discovery. This December we are moving our meeting date to Tuesday, December 20. The group will gather from 10 am to noon in the parlor, and the adjacent dining area, for a potluck meal provided by the participants. We hope to see you there! If you have any questions please contact The Center office or e-mail [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org).

**Luncheons** run from noon until 2 p.m., cost \$28 per person, and offer a delicious meal and the best in entertainment and educational programming. [Please note: The December 13 Christmas Tea Luncheon is listed with the other Christmas Teas in this newsletter and online, and costs \$50 per person. The Bob Cratchit Dinner, below, runs from 5:15 to about 8:15 p.m. and also costs \$50 per person.]

**Tuesday, December 6** “A Charlie Brown Christmas Artist Luncheon”

Each year we celebrate an artist whose Christmas work we love, and this year we chose Charles Schulz, creator of Charlie Brown and the rest of the Peanuts gang. Join Center art instructors Lois Lauer, April Schabes, Robin Neumann, Terry Sanders, and Heather Young for this fun artsy afternoon. First we will have a slide show presentation about artist Charles Schultz, and then invite you to create a variety of delightful Charles Schulz-inspired, Peanuts-themed Christmas crafts!



**Tuesday, December 20** “A Live Indoor Nativity”

Come join us for this special luncheon, as we’ll have live animals and characters in costume played by our fellowship and staff. You won’t want to miss this spiritual, sacred, and tender narrative tradition here at The Center.

**RETREATS**...Register today!

**WOMEN’S CHRISTMAS RETREAT:**

*Preparing Our Hearts and Our Hearths for Christmas*

Saturday, December 3, 9 a.m. to 5 p.m. We gather for our very popular annual women’s Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts, 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 leader: Lois Lauer. Retreat cost: \$85, includes leadership, lunch and art supplies



**AWAKE AT THE CENTER:**

A Day of Mindfulness in the Out of Doors

Saturday, January 14, 9 a.m.-4 p.m.

Feeling stressed after the holidays? Looking for some peace and space to ponder the New Year ahead? Then consider joining this day of Presence and Mindfulness. The grounds of The Center have always held a peaceful energy that can be palpably felt when we take the time to be aware. This retreat is led by Sharon and Dan Morley and the other leaders of our Sunday morning mindfulness team. You will be invited to sit, to walk, to listen, to see, and to share all the beauty and wonder that abounds. In the afternoon you will experience the healing sounds of crystal bowls offered by Jalima Cuesta. Please wear clothing and shoes appropriate for the weather. Don’t worry about the cold: there will always be a warm fire awaiting us when we come in from the outdoors. Retreat fee: \$65 includes leadership, lunch and retreat supplies.



**Find and Nourish Your True Self in 2023**

Saturday, January 28th 9-12:30

Come join us to find and nourish your authentic self through movement, creative experiences, meditation, journaling, Reiki and a sound bath. In this mini retreat led by Karen Signore and Debbie Jacobs you will learn tools to relax, renew and thrive in the new year. Please bring a yoga mat, blanket and pillow for your comfort during the sound bath. Retreat fee: \$50 includes leadership, refreshments and supplies.



## RIGHT HERE IN YOUR NEIGHBORHOOD

Many of us choose to support charitable causes and there are a multitude to choose from. There are large international and national charities such as the Red Cross or Children International. There are also regional and local charities who do good works closer to home. Our organization, The Center, is one such local charity with multiple missions and ministries. Our Wayside Chapel, which sits on the highest point of The Center's grounds, is the touchstone to all we do, welcoming everyone to its comfort and its peace. Our ministry exemplifies God's love and enriches people's lives emotionally, spiritually, mentally, and physically. The Center has long been sacred ground for those seeking help with alcoholism and substance abuse. Over the years, thousands of people have walked through our doors and found new hope and guidance in recovery. For over seventy years this organization and fellowship have provided financial assistance to families needing help sending their children to our outdoor youth camping programs. Our camps provide an awesome experience of wholesome activities such as riding horses, hiking, canoeing, campfires, and team building. Our Children's Farm, just twenty miles from downtown Chicago, is an oasis of country farm and natural environment that practices sustainable agriculture and no use of chemicals. Our farm is home to a multitude of animals who receive lots of daily love and excellent vet care. It is an exceptional physical setting to provide unique and invaluable outdoor experiences for children and adults. Preschoolers and kindergartners who attend our Farm and Nature Discovery School explore daily our animal barns, fields, prairies, and woodlands learning hands-on in nature. Children and adults learn to express their creative side in our many art classes that take place at our Log Cabin Art Center nestled in the woods. Our work is a labor of love and we serve this community. We are located right here in your neighborhood.

The Center is unique in the fact that we do not borrow money. We are not encumbered by any long-term debt. We are extremely fiscally responsible and spend only what we have. Every year we have an independent audit performed to ensure our financial integrity. That being said, a very important one-third of our budget is dependent on contributions from people like you. That is how we keep our services at a low cost to help those who need them most. As an example, our Pathway to Sobriety program has no fees associated with it. Our program is offered free of charge.

Many of you have generously contributed to The Center and we are so appreciative of your care and support. I ask you to help us spread the word about the good works that go on here. Tell your friends or your business partners about us. Our staff is always available to show people around and explain our services and program. We, like every other organization, are encountering the rising costs of inflation, including utilities, wages, materials, and food. It has become a reality in this post-pandemic era.

This Christmas, as you consider what organizations and causes you would like to share with, we hope you will think about the many wonderful programs and ministries we have to offer here at The Center. Have we helped you, a family member or friend? Have we made a positive impact in the community you live in? If we have, please consider making a donation to The Center this Christmas. We would greatly appreciate your help!

Wishing you and all your loved ones a blessed and Merry Christmas!



# COOKING THIS HOLIDAY SEASON??

CONSIDER A LOCALLY-GROWN, ETHICALLY RAISED, GRASSFED BEEF ROAST RIGHT FROM THE CHILDREN'S FARM!

SELECT CUTS AVAILABLE FOR PURCHASE VIA OUR WEBSITE  
[WWW.THECENTERPALOS.ORG](http://WWW.THECENTERPALOS.ORG)



THE CHILDREN'S FARM AT THE CENTER  
12700 SOUTHWEST HWY PALOS PARK, IL  
(708) 361-3650



All our meat is grown right here at The Children's Farm through our SAGE program. We raise Aberdeen Angus grass-fed and grass-finished cattle.



## December/ January Art Classes for Children

### CHRISTMAS TREE ORNAMENT SEWING WORKSHOP

Instructor: Angela Gonzalez

Wednesday, December 7, 4:00 -5:30 p.m. Workshop fee \$18 plus a \$2 Materials fee  
Students will learn to hand stitch a plush fabric Christmas tree ornament. Everyone will choose from a fun variety of fabrics, beads, buttons and ribbon for their creations. Open to students in grades 1-8

### HOLIDAY ART FOR KIDS , Instructor: Heaven Newsom

Three Mondays beginning December 5, 4:00 – 5:00 p.m.

Class fee: \$38 plus a \$12 materials per session

Fun after school art in our log cabin art center! Heaven will prepare holiday and winter inspired arts projects each week. Open to students in grades K-5

### LOG CABIN ART FOR KIDS, Instructor: Corrine Miller

Four Saturdays beginning January 14, 10:00 – 11:00 a.m.

Class fee: \$50 plus a \$15 materials per session

Students will learn techniques in painting and drawing as well as fun craft projects. Classes held in our fun log cabin art center! Open to students in grades 1-8



**NATURE ART AND EXPLORATION FOR LITTLE ONES**, Instructor: Marisa Holloway

Three Thursdays starting December 1, 4:00-5:00 p.m.

Class fee: \$38 plus a \$12 materials fee

Students will create nature inspired arts and crafts projects exploring winter and holiday themes. If weather allows students may go for a short hike around the art center.

Open to students ages 4-7

**POTTERY FOR TEENS**, Instructor: Madeleine Burns

Three Wednesday nights beginning December 7, 6:00 – 8:00 p.m.

Class fee: \$68 plus a \$15 materials fee

Students will take turns working on the pottery wheel as well as learning hand building techniques with clay. Open to students in grades 6 – 12

## December / January Schedule of Art Classes for Adults

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

**GERMAN PAPER STARS, FOLK ARTS WORKSHOP**, Instructor: Lois Lauer

Monday December 5, 1:00 – 3:00 p.m. or 6:30 – 8:30 p.m.

Workshop fee: \$22 plus a \$5 materials fee per workshop

Fold paper into intricate stars and dip them into a light coating of wax to create these classic German Folk-art Stars.

**HOLIDAY BIRDS DRAWING WORKSHOP**, Instructor: David Carlson

Thursday, December 8, 10:00 – noon, Workshop fee: \$22 plus a \$3 materials fee

Get drawn in...to the birds of the holiday season! In this class you will learn techniques in colored pencils creating drawings of winter birds like Cardinals or Chickadees. Bring your own image to work from or choose from images provided by the instructor. Can be a great holiday gift for someone special!



**LANDSCAPES IN WATERCOLORS**, Instructor: Donna Hughes

Three Thursday mornings starting January 12, 9:30 – 11:30 a.m.

Class fee: \$66 plus a \$20 materials fee

Students will create three small landscapes in various formats. Landscapes, Seascapes and Skyscapes are explored through watercolors as a transparent medium. Bring three small soft bristle brushes and some favorite photos or images to work from. On-site outdoor sketching and painting if weather permits. Beginners are welcome!

**METALSMITHING FOR JEWELRY**, Instructor: Mary Michaelson

Five Tuesday nights, beginning Jan. 10, 6:30 – 8:30 p.m. (no class Feb. 7) or

Five Thursday mornings beginning Jan. 12, 9:30 – 11:30 a.m. (no class Feb. 9)

Class fee: \$100 plus a \$35 materials fee per session

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 to create your own original jewelry pieces. Students are welcome to bring in stones to create their own settings for. Advanced instruction will be given to continuing/advanced students.

**PAPERMAKING WORKSHOP: WINTER WHITES**, Instructor: Marilyn VandenBout

Saturday, December 10, 1:00 – 3:00 p.m., Workshop fee: \$22 plus a \$5 materials fee

Create a set of handmade paper ornaments! Pour paper pulp into different shapes and press those shapes onto textured surfaces.





**PAINTING WORKSHOPS:** Instructor: Heaven Newsom,  
**SNUGGLY BEARS**, Friday December 9, 6:00 – 7:30 p.m. or  
**CANDYLAND HOUSE**, Friday, December 16, 6:00 - 7:30  
Workshop fee: \$20 plus a \$5 materials fee per class  
Painting workshop for artists of all ages! Heaven will show you step by step how to create these fun paintings, all materials provided. Open to all ages, although students ages 11 and under must be accompanied by an adult who is also registered. A fun and artsy Friday night out in our log cabin art center!



**POTTERY**, Instructor: Madeleine Burns

Three Tuesday nights starting December 6, 6:00 – 8:30 p.m. Class fee: \$85 plus a \$25 materials fee  
Students will learn to create pottery pieces by hand as well as learning the steps to create pottery pieces on the wheel such as bowls, cups, mugs and more! Welcome to students of all levels. All materials provided.

**VISIONING ® LIVING YOUR HEART'S DESIRE IN 2023**, Instructor: Karen Signore,  
Sunday January 15, 1:00 – 4:30 p.m. Workshop fee: \$45 plus a \$5 materials fee

Access your heart's deeper wisdom to help you visualize, design and manifest your dreams in any area of your life, health career, friendships, finances, personal growth and leisure. Through guided meditation, collage and whole brain journaling techniques you will: clarify your heart's desires, create a soul inspired collage, learn processes to access wisdom from your collage images and gain effective tools to address the inner critic and works through obstacles. Based on the book Visioning by Lucia Capacchione PhD, ATR

**WATERFALL CARD CLASS**, Instructor: Barb Thompson

Wednesday, December 7, 1:00-3:00 p.m. Workshop fee: \$22 plus a \$3 materials fee  
Learn to create uniquely folded winter/ holiday cards. Participants will learn to fold, arrange and assemble seasonal decorative papers in a waterfall card.

**WOODCARVING**, Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday January 12, 9:00 –11:00 a.m. Class Fee: \$115.  
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. Wood and bench knives are available for purchase in class (approximately \$25 for wood and bench knives)

**REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!**

**GENTLE YOGA CLASSES**, Instructor: Carolyn Harms,

Class fee for each 4-week session: \$56

Four Mondays evenings, beginning November 28, 6:00 – 7:15 p.m.

Four Thursday evenings, beginning December 1, 6:00 – 7:15. p.m.

Or Four Friday mornings, beginning December 2, 9:30 – 10:45 a.m.

Come practice gentle yoga at The Center. These 75 minute hatha yoga classes are perfect for releasing tension, connecting with the breath and helping students gain strength and flexibility. Class will take place in the beautiful forest view room in the lodge. Bring your own yoga mat and props. Class fills quickly, don't wait to register!

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

Sunday night December 18, 6:00-7:00 p.m., Fee: \$25

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. Will take place in The Forest View Room. Advance registration required.

**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; we cannot reserve space without payment. No refunds or transfers of fees are available for cancellations made less than 72 hours prior to the beginning of class. Any cancellations made by students will subtract a \$10 administration fee. To register you can visit our website at [thecenterpalos.org](http://thecenterpalos.org)! You can also call 708-361-3650 or visit our main office between the hours of 9:00 – 5:00 daily.**



## Are you looking for unique and thoughtful Christmas gifts? Stop by The Center for lots of great ideas

- \*Sustainable raised meat, eggs and honey from our SAGE program.
- \*Beautifully and unique gifts and decorations for our Fellowcrafters gift shop.
- \*Handmade wooden reindeer and balsam wreaths
- \*An annual pass to The Children's Farm.
- \*A gift certificate for a class at the Lag Cabin Center for the Arts.
- \*Make a gift to The Center in honor of someone you love by making a charitable contribution.
- \*Tickets for any of our Holiday Programs - Yule log, Bob Crachit, Tuesday Luncheons, and Christmas Teas.
- \*Attend our Art Show on November 20 or our Rustic Holiday Market on December 10 to find unique gifts for your loved ones.
- \*Shop on The Center's eBay site: <http://stores.ebay.com/The-Shop-at-The-Center-Palos-Park>

## The Center's very own Rustic Holiday Market!

Saturday, December 10, 9:00 a.m. – noon

Arts and crafts from our Fellowcrafters, door swags, holiday potpourri, Farm fresh meat, eggs and honey from The Center's Sustainable Agriculture program along with art and holiday gifts from our art instructors and students. A great way to prepare for the holidays and show your support! Will take place in the lodge, outdoors (if weather allows) and our art center.



**Christmas Tea Around the Tree**, a lovely chance to gather with friends or family in the great hall of the lodge, around our beautiful twenty-foot-tall Christmas tree! We will serve you a delicious tea that was grown in our garden and an assortment of tea party treats, live music, holiday storytelling and all guests will have the chance to create their own holiday potpourri to take home.

Tuesday December 13, 12:00- 2:00 is our kick off tea that will take place as a Tuesday Luncheon (luncheon style meal) with a special Christmas inspired performance by Story teller Megan Wells. The other teas will take place on Wednesday December 14, Thursday December 15, Friday December 16 and Saturday December 17, from 2:00 - 4:00 p.m. Event price: \$50 per person

# Farm and Nature Discovery School

For our theme this December, we will be focusing on "A World of Books" where your children will explore the magic of literature. Teachers will be focusing on different books and authors while reaching toward age-appropriate developmental milestones. We will also be learning about different holiday traditions around the world, while learning about our own holiday traditions as well.

We are also looking forward to our annual Live Nativities on December 20th and 21st! This is such a fun way to get children involved in the real spirit of Christmas. We are very excited to see all the children dress up and reenact this classic holiday event.

We will be having classroom holiday parties December 15th and 16th. Our children will get the chance to celebrate Christmas with all of their friends and it also gives families another direct opportunity to be involved in our school community.

We will be closed December 7th for a Staff Development Day. We will also be closed for our Winter Break from December 23rd through January 6th, returning to school on January 9th.

From all of us here at the Farm and Nature Discovery School—Merry Christmas and a Happy New Year!

Danielle Bell, 708-361-8933, [farmandnature@thecenterpalos.org](mailto:farmandnature@thecenterpalos.org)



## HOLIDAY FARM FUNCTION

**SATURDAY, DECEMBER 17TH 10AM-1PM**

VISIT THE FARM ANIMALS - TAKE A PHOTO WITH SANTA  
ENJOY A HAYRACK RIDE\* - COMPLIMENTARY REFRESHMENTS SERVED

**\$10 PER PERSON AGES 2+  
UNDER 2 YEARS OLD: FREE!  
NO ADVANCE RESERVATIONS REQUIRED**

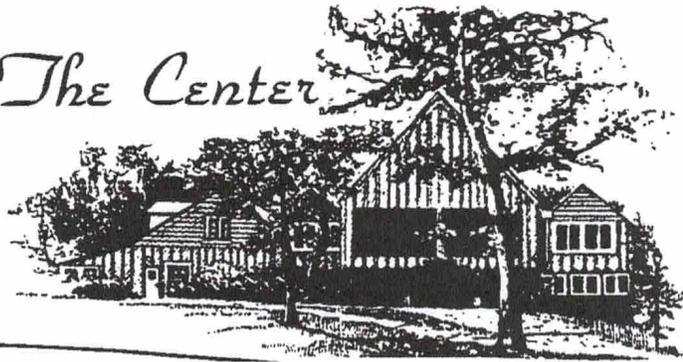
THE CHILDREN'S FARM AT THE CENTER  
12700 SOUTHWEST HIGHWAY  
PALOS PARK, IL 60464  
[WWW.THECENTERPALOS.ORG](http://WWW.THECENTERPALOS.ORG)

\*HAYRACK RIDES ARE WEATHER PERMITTING

The Center

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Community Center Foundation  
12700 Southwest Highway, Palos Park, IL 60464  
708-361-3650 fax: 708-361-2811  
Website: <http://www.thecenterpalos.org>  
Email: [admin@thecenterpalos.org](mailto:admin@thecenterpalos.org)

**DATED MATERIAL RETURN  
SERVICE REQUESTED**

**We hope this season fills you with faith,  
renewed hope and good health that will last you a lifetime!**

**Have a blessed Christmas.**

**The Center staff**

*Handwritten signatures and names:*  
Paul P., Heather Young, Sam, Tara, Maura, Mistie, Chris, Billy, Kelly, Matt, Nancy, Nicole, David, Kelly M. Smetana, Maggie Wilson, Karon, Highrey Armstrong, Wrona Blaha-Gruszka, Amy, Lisa, and many others.

