

# March 2024

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

*The Center*



The Chicago Southwest Suburban Community  
Parish and Community Center Foundation  
Sunday services 8:30am and 12:30pm  
<http://www.thecenterpalos.org> 708-361-3650

## **Saved. Whole. Loved.**

As we approach Easter, we focus our attention on the crucifixion of Jesus which naturally elicits a grateful response for our salvation...but have you ever wondered what we are being saved from?

Many Protestant denominations are known for their evangelistic efforts to save people from spending eternity in the tormenting fires of hell (even though some believers like Rev. Nadia Bolz-Weber questions the existence of an actual place we call “hell” ).

Catholics have been taught that they can't be 100% assured of going to heaven, but they can hope to avoid hell by waiting in purgatory until recompense for their sins is completed.

However, fear isn't a good motivator for living the Christian life, and I don't think it's God's idea of the kind of relationship He desires to have with us since fear is mostly used to control not to freely love.

Even though my parents' church didn't pressure their congregation to “get saved” by accepting Jesus Christ as their Lord and Savior, I remember feeling guilty because I thought that I was responsible for people's damnation if I wasn't bold enough to witness to them.

To most religious people, being saved means being saved from sin. But being saved may personally mean different things to different people. For example, being saved from your need to be right, saved from your addictions, saved from dualistic thinking, saved from anger and bitterness...and the list goes on including the process that's often involved.

Richard Rohr acknowledges that being saved from sin is the church's primary teaching at Easter, but he also reminds us that such a myopic focus misses asking what we are being saved for which can be even more life changing. In essence, we are being saved for love that is unconditional and a relationship with God that will never end. The root word for salvation in the Greek is “Sozo” which means wholeness, and wholeness implies completion.

Wholeness is an integration of body, mind, and spirit that enables us to live authentically and freely, right here, right now.

In truth, in the realist sense, we already are:  
Saved. Loved. Whole.

Now that is something to celebrate this Easter and all year long!

*Nancy M. Nemeth*

# Spiritual Offerings

## SERVICES

### Sunday Vespers

#### 8:30 a.m. in the Parlor (New Location)

We've moved to the Lodge Parlor to be more accessible to our visitors and friends. This early morning gathering incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and building community, and you are invited!

#### 12:30 p.m. in the Chapel

Each Sunday, we have a non-denominational service of music, meditative message, and prayer. Immediately following Vespers, we gather in The Great Hall of The Lodge for a time of fellowship and light refreshments. We would love to have you join us!

**The Center Singers** will be joining us for our 12:30pm Vespers on March 17th. Come enjoy their ministry of music!

### Communion Sunday on March 3, 8:30am and 12:30pm

On the first Sunday of every month (except December), we celebrate the Lord's Supper. Non-alcoholic juice and gluten-free bread are provided, and all are invited to partake.

## MEDITATION

### MINDFULNESS

#### Sunday mornings 11 a.m. – 12 p.m. in the Forest View Room

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.

#### Loving-Kindness Meditation (Metta), Mondays from 9:00 a.m.-9:45 a.m.

All are welcome to gather in the Forest View Room for 45 minutes of getting centered for the beginning of a new year. Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. No registration is necessary.

## 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.

## We are so Grateful!

A big shout out to **Kitty Riggerbacher and the Sunday Mindfulness group** who have collected donations for the Pathway men. All eighteen men have received personal kits and a set of sheets for which they are very thankful.



### GOOD SEEDS MINISTRY

We would like to express our deepest gratitude for your generosity in donating all the winter wear for the last four months. The migrants' need for clothing has been great, but your response has been consistently greater- which has been such a blessing! Your donations continue to be distributed in downtown Chicago, and your support is so appreciated.

The focus for donations in April will be The Children's Farm and Summer Camp. More information to follow.. If you have any questions, email Reenie Morrison at [goodseeds@thecenterpalos.org](mailto:goodseeds@thecenterpalos.org)

# Program

## TOASTMASTERS

**Wednesdays March 6 and 20, 7 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 Lois Lauer.

## WOMANTALK DISCUSSION GROUP

**Tuesday, March 19, 2023, 10 am to 11:30 am**

WomanTalk, hosted by Kate Atkins-Trimnell, is a gathering of women who meet each month in the parlor to nurture and support each other on their personal journeys of creativity and self-discovery. Rooted in Sarah Ban Breathnach's Simple Abundance the group, now in its 27th year, seeks ways to live authentically, joyfully, simply and gratefully. In response to several suggestions we are trying something new this month. The March Simple Abundance themes are Simplicity and Sudden Change. Sarah quotes Jean Hersey "We want to be somewhere else and don't know where--want to be someone else and don't know who." Please consider bringing a creative work, whether in print, as a work of art or craft, and whether created by you or another, to share that reflects the March themes. Everyone is also encouraged to purchase the revised 2019 edition of Simple Abundance (underlined), which contains more current references, and updated contact information. If you have any questions please contact The Center office or e-mail [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org).

## ANNIVERSARY DINNER AND RENEWAL OF VOW,

**Sunday, April 21, 2024 at 4:30pm**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your April or May wedding anniversary here at The Center on April 21st. 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 \$110 before April 16th.

## NEW GROUP!

**Sharing Wisdom - A discussion meeting and community for senior men 55+**

**1st and 3rd Tuesday of the month, 7pm-8:30pm in the Parlor - Beginning March 5th**

What if we told you your wisdom was the only thing you can take with you...to the hereafter or nextlife? Come join us. This may be what you've been searching for. Contact Dan at 708-280.3945 or Jim at 708.852.4455 for more info.

# Retreats

## Surrender to the Magic Inside You

**Saturday, March 23, 9 a.m.-4 p.m.**

Throughout life we experience many versions of ourselves. These versions are created through the events and relationships that we experience. As the chapters of our life story are formed and unfold, we adopt storylines or narratives about ourselves that affect the quality of our lives. It's as if the storylines or narratives that we adopt animate the many versions of ourselves. However, there is an element that is unchangeable throughout the story of our life and this is our True Self. We refer to this True Self as your magic, your essence, your soul. It can sometimes take decades to uncover and connect to our interior essence, depending on the storylines and narratives that we play and live by. Come join **Danielle Vaquer, LMFT** and other curious souls as we explore ways to connect with our True Self and explore the unique magic that dwells within each one of us, through journaling, conversation, guided meditation and spending time in nature at The Center. **Retreat fee: \$65 includes leadership, lunch and retreat supplies.**

## Awake at The Center: "A Day of Mindfulness in the Out of Doors"

**Saturday, April 6: 9 a.m. - 3 p.m.**

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for a day retreat amidst the emerging spring wildflowers, led by Dan and Sharon Morley. You will be invited to sit, to walk, to listen, to share, to hear, and to see that beauty and wonder that abounds all around us. Wear clothing and shoes appropriate for the weather as we will be spending most of our time out of doors. **Retreat fee: \$65 includes leadership, lunch, and retreat supplies.**

# Luncheons

Luncheons run from 12 noon until 2 p.m., cost \$34 per person, and offer a delicious meal and the best in entertainment and educational programming.



## Tuesday, March 5

Bob Trzeciak &

“Remembering Chicago Area Amusement Parks”

Do you remember Riverview? Santa's Village? Playland? Local historian Bob Trzeciak sure does! Join us for great stories, pictures, memories, and more.

## Tuesday, March 12

“An Afternoon of Irish Music and Standards with Glensvibes”

Join us for an afternoon of Irish music and standards on the vibraphone with Glenn Ellison. Glenn has a background in education and musical theater and has played percussion for many musicals in the Chicago area. Glenn recently started a duo called “Glensvibes,” in which he plays vibraphone with backtracks and various musicians. He plays jazz and swing music as well as popular standards and always makes the performance fun and educational.



## Tuesday, March 19

Lynn Rymarz in “It’s a Wonderful Life with Donna Reed”

Storyteller Lynn Rymarz shares Donna’s life from growing up on a farm in Iowa to how she ended up signing a movie contract with MGM Studios. She starred in *It’s a Wonderful Life* with Jimmy Stewart and *From Here to Eternity*, which earned her an Academy Award. Lynn will also share Donna’s role as wife and mother, and tell about her activism during the Vietnam War.

## Tuesday, March 26

The Music of Afterglow with Gene Infelise & Francesca Franci  
Gene & Francesca will be at The Center as Afterglow, a dynamic musical duo featuring keyboards and vocals. They regularly perform over 200 times a year at just about every local venue you can name, and will be coming to The Center for a program of the very best in standards!.



# Farm & Nature Discovery School

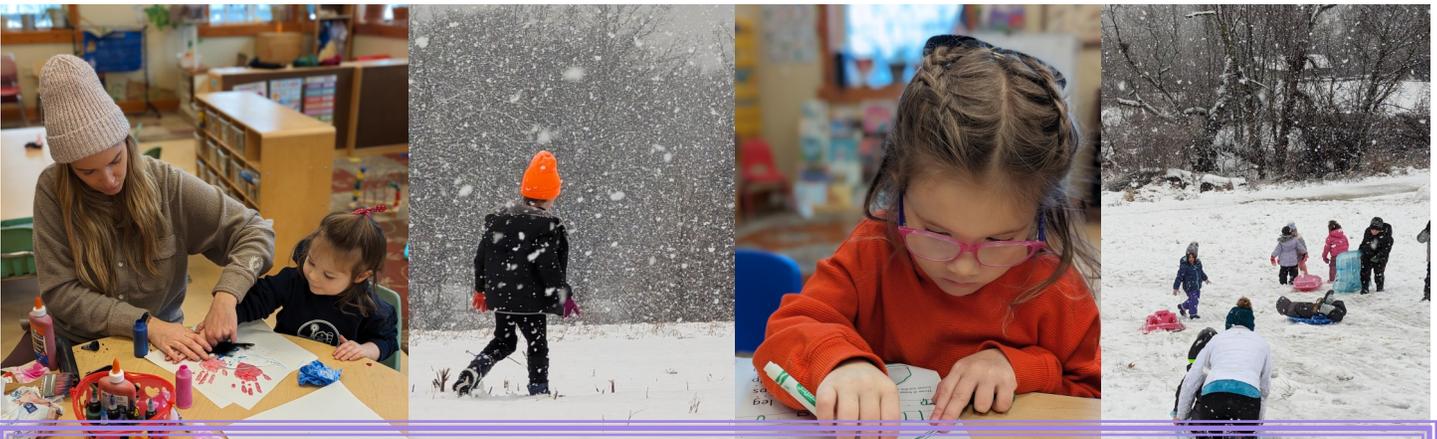
This month is going to be a very busy month filled with all kinds of different themes! The main theme we will be focusing on throughout the month of March will be "Weather & Seasons" as we observe the changes through the transition to spring from winter. The students will learn all about different types of weather in different climates, as well as extreme weather conditions! This is a great time to learn all the different types of vocabulary associated with seasons and weather, as well as learning about weather safety in the different seasons. There is no better place to learn about weather and seasons than outside and there is no better time to be outside than springtime at the Farm!

We will also be celebrating Dr. Seuss's birthday the week of March 14<sup>th</sup>, which happens in correlation to National Read Across America week! We will have a fun spirit week that focuses on a different Dr. Seuss book each day, planning lessons and activities surrounding some of his classic stories.

We will be getting into some shenanigans over St. Patrick's Day week! The children will build traps to try to catch a leprechaun as they go in search of his gold somewhere on the farm. Building traps together will encourage teamwork, problem solving, creative thinking, and early engineering skills! It's also a fun way to encourage imaginative play and curiosity.

Among all of these exciting themes, we have Easter at the end of the month! We are so excited to celebrate with our students. Every child will bring enough eggs for each classmate to have one. Then the teacher will hide all the eggs for them to have a classroom Easter egg hunt outside! They will explore the bunny maze in Pine Tree Forest and learn all about bunnies.

Registration for our 2024-2025 school year is now open on our website, which has gotten a little make over! Pop over and check out our new FAQ page and our Information Request page if you or someone you know is interested in learning more about our school. You can also always just reach out to me, Danielle Bell, via phone at 708-361-8933 or email at FarmandNature@TheCenterPalos.org.



## ROUND IT UP AT ACE!

The Harris family, who own and operate Palos Ace Hardware Store in Palos Heights, have generously chosen The Center for their "Round It Up" program which takes place the entire month of March.

This means when you make a purchase at Palos Ace Hardware, the sales rep will ask if you if you would like to round up your purchase to the next dollar. If you agree, that extra change will be set aside and donated to The Center. Again, this will be for the entire month of March!

**Please shop at Palos Ace Hardware this March!**  
**Their store is located at 6465 W 127<sup>th</sup> Street, Palos Heights, IL 60463**

**Thanks Dan and Pattie!**

# Grab Your Boots and Get Ready For...



## THE CHILDREN'S FARM 2024 Season!



**MARCH HOURS \*\*\***  
**FRIDAY, SATURDAY, SUNDAY**  
**10AM—1PM**

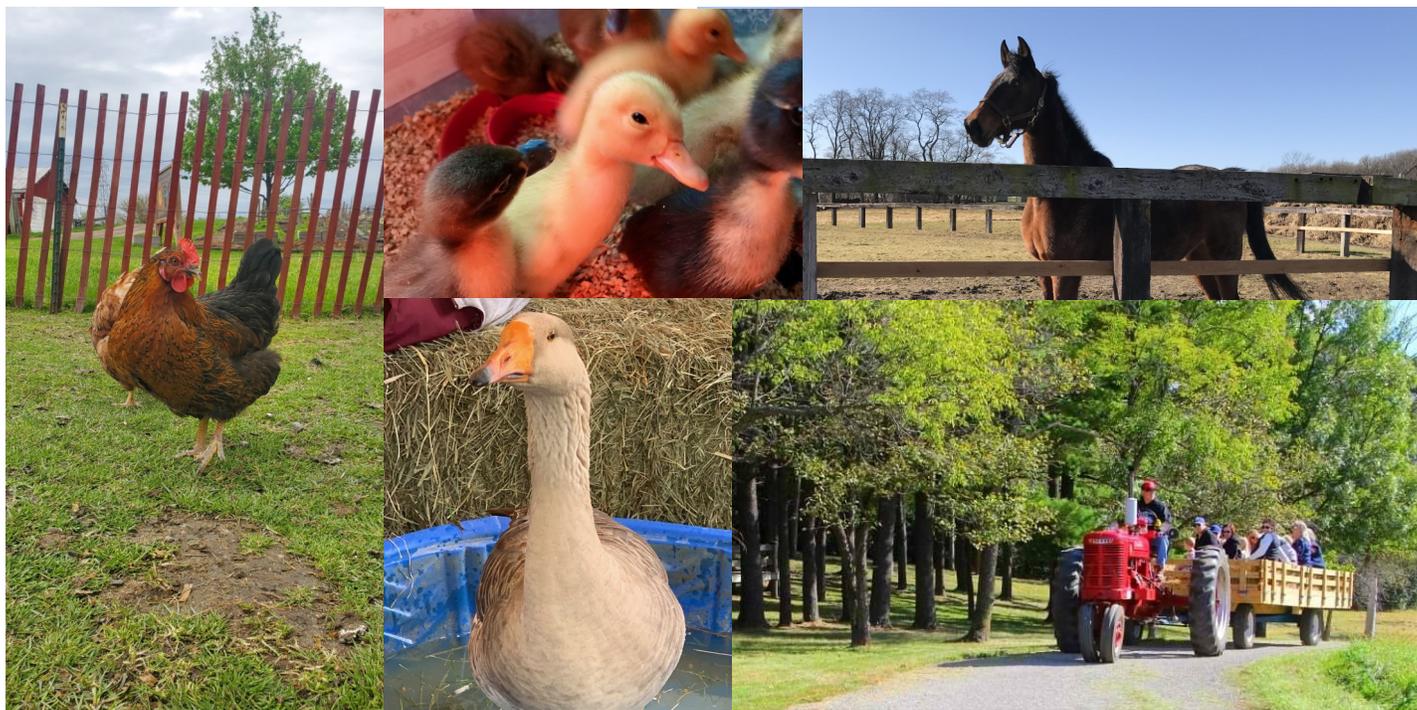
**OPEN BARNs, HAYRACK RIDES\***  
**CONCESSIONS, WALKING TRAILS**

\*Hayrack rides are road condition and weather dependent

**\$9 per person ages 2+**

\*\*\*Special event on March 29th and 30th. This is a ticketed event and requires preregistration. Tickets are not sold at the door. Visit [www.thecenterpalos.org](http://www.thecenterpalos.org) for registration.

CLOSED March 31st for Easter!



# THE CHILDREN'S FARM AT THE CENTER



## SAGE

*SUSTAINABLE AGRICULTURE  
& GREEN EDUCATION*

# A LA CARTE OPTIONS



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**Pork: Bacon, Bratwurst, Italian Sausage, Breakfast Sausage & Pork Chops**

**Beef: Ground Beef (Bulk Ground Beef available at a discount!)**

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**PURCHASE A LA CARTE BEEF, PORK AND EGGS THROUGH THE WEBSITE AND PICKUP FROM THE MAIN LODGE AT YOUR CONVENIENCE! INVENTORY DEPENDENT UPON AVAILABILITY.**

SAVE THE DATE

# Elsa's 2nd Birthday Celebration



WE WILL SING TO  
ELSA AT 12PM. AFTER,  
GUESTS WILL  
RECEIVE A SWEET  
TREAT!

March 2 2024

10AM-1PM

ADMISSION: \$9/PERSON  
CHILDREN UNDER 2: FREE!

ANIMAL BARN | HAYRACK RIDES | CONCESSIONS

WANT TO BRING A GIFT?

SEARCH "ELSA THE ZEBU" ON AMAZON'S  
BIRTHDAY GIFT LIST TO FIND ELSA'S LIST!



THE CHILDREN'S FARM 38TH ANNUAL

# EASTER EGG ROUNDUP

TWO DAYS!

ADVANCED TICKETS ARE REQUIRED

Online sales open February 14th at 9AM and can be purchased at  
[thecenterpalos.org](http://thecenterpalos.org)

FRIDAY, MARCH 29TH & SATURDAY, MARCH 30TH

\$34 PER CHILD

(INCLUDES TWO COMPLIMENTARY ADULT ADMISSIONS)

TICKETS AVAILABLE EVERY HALF HOUR FROM 10AM - 2:30PM

Children, ages 9 and under, accompanied by no more than two adults, are invited for a special day of Easter magic at The Children's Farm.

Visit the resident animals and the spring babies ◊ Collect and color an egg from the coop ◊ Make an Easter craft ◊ Visit the Easter Bunny's Magic Forest ◊ Hunt for a colored egg ◊ Meet The Bunny himself!

Ticketed children will receive jelly beans, a cookie and a campfire roasted marshmallow in addition to their eggs and basket.

All guests should dress to be outdoors and plan to spend a couple hours completing the whole experience. Farm grilled concessions will be available.



## March/ April 2024 Art Classes for Children and Teens

**AFTERSCHOOL FUN WITH CLAY** Instructor: Heaven Newsom

**Three Tuesdays starting March 19, 4:00 – 5:00 p.m.**

**Class fee: \$40 plus a \$12 materials fee**

Heaven will have fun projects planned each week creating sculptures or pottery pieces from clay. The possibilities are endless of what your child can create! Open to students in K-5 grade.



**EASTER GARLAND** Instructor: Heaven Newsom

**Saturday, March 23, 10:00 – 11:00 a.m.**

**Workshop fee: \$15 plus a \$3 Materials fee**

Using a variety of craft supplies such as yarn, colorful cardstock and puff balls students will make a chain of bunnies to decorate their home this spring, just in time for Easter! Open to students of all ages

**KIDS BIRD PAINTING WORKSHOP** Instructor: David Carlson

**Friday, March 1, 4:00 – 5:30 p.m.**

**Workshop fee: \$20 plus a \$5 Materials fee**

Learn techniques for drawing and painting birds and their habitats. A variety of bird images will be available for students to choose from to create their own original painting on canvas. Open to students of all ages

**KIDS WEAVING WORKSHOP** Instructor: Corrine Miller

**Sunday, March 24, 11:30 – 1:00**

**Workshop fee: \$19 plus a \$4 materials fee**

Students can choose from a wide variety of colorful yarn and learn how to weave while creating a wall hanging or placemat. Open to students in grades 1-8



### **KIDS SEWING WORKSHOPS**

Instructor: Angela Gonzalez, Open to students in 3 - 8<sup>th</sup> grade

**CARROT DRAWSTRING BAG**

**Sunday, March 3, 10:00 – 11:30 a.m.**

**Workshop fee: \$20 plus a \$5 Materials fee**

Sew a spring inspired carrot shaped bag to put your favorite trinkets and treats inside.

**BUNNY STUFFIE**

**Sunday, March 10, 10:00 – 11:30 a.m.**

**Workshop fee: \$20 plus a \$5 Materials fee**

Sew your own soft bunny stuffed animal!

## **MARBLE MAZE GAME**

**Sunday, April 7, 10:00 – 11:30 a.m.**

**Workshop fee: \$20 plus a \$5 Materials fee**

Learn how to sew right angles by making this fun fidget toy. We will use cozy, fleece fabric.



## **REUSABLE SNACK BAG**

**Sunday, April 14, 10:00 – 11:30 a.m.**

**Workshop fee: \$20 plus a \$5 Materials fee**

Work with food-safe, waterproof fabric to make your own reusable snack box for your lunch-box. Learn to install a zipper.

## **TIC TAC TOE PILLOW**

**Sunday, April 21, 10:00 – Noon**

**Workshop fee: \$25 plus a \$5 Materials fee**

Make a plush game pillow. We will work with Velcro to make reusable pieces.



**LOG CABIN ART FOR KIDS** Instructor: Heaven Newsom

**Four Saturdays starting April 27, 10:00 -11:00 a.m.**

**Class fee: \$50 plus a \$15 materials fee**

Students will learn techniques in painting and drawing as well as fun craft projects. Classes are held in our fun log cabin art center! Open to students in K-5 grade.

**LOG CABIN FELT HOUSE** Instructor: Heaven Newsom

**Saturday March 16, 10:00 – Noon**

**Workshop fee: \$22 plus a \$3 materials fee**

Using cardboard and felt, students will construct a mini log cabin house sculpture that can also be used as a toy with a roof that lifts off to store more toys inside. Open to students of all ages.



**POTTERY FOR TEENS** Instructor: Madeleine Burns

**Four Wednesday nights beginning April 3, 6:00 – 8:00 p.m.(No class April 17)**

**Class fee: \$90 plus a \$22 materials fee** Students will learn hand building techniques with clay as well as taking turns on the pottery wheel. Open to students in grades 6 - 12



**RECYCLED SPRING WREATH** Instructor: Heaven Newsom

**Saturday April 13, 10:00 – 11:30 a.m.**

**Workshop fee: \$19 plus a \$3 materials fee**

Using egg cartons, cardboard and crafting supplies students will make a fun floral inspired spring wreath. Open to students of all ages.

## **March/April 2024 Schedule of Art Classes for Adults**

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

**BASKETRY** Instructor: Ann Marie Jagiella

**Three Friday afternoons starting March 8, Noon – 3:30 p.m.**

**Class Fee: \$115 Plus a \$30 Materials fee**

Ann Marie will work with each student individually to create their own basket by choosing from a variety of colors and reed options. Beginners will start with a wooden bottomed bread basket. Open to all levels!



**CEDAR BASKET WORKSHOP** Instructor: Andrea Mento

**Saturday, March 2, 1:30 – 3:30 p.m.**

**Workshop fee: \$25 plus a \$25 Materials fee**

Create a functional harvesting basket using traditional materials of cedar strips. Twill work and checker-weave techniques will be presented and finished with a diagonal folded rim. Dimensions are 10x10 and stands 5 inches tall.

**COLLAGE** Instructor: April Schabes

**Six Wednesday mornings beginning April 10, 9:30 – noon,**

**Class fee: \$145 per session**

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!”

**CREATIVE ART JOURNALING** Instructor: April Schabes

**Meets the last Friday of each month throughout the year, Noon – 3:00 p.m.**

**Class fee: \$240 for all of 2024**

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!

**FOLKARTS WORKSHOPS** Instructor: Lois Lauer

Fun workshops in which we create beautiful nature-themed decorative crafts

**LIVING EASTER BASKETS**

**Saturday, March 9, 1:00 – 3:00 p.m.**

**Workshop fee: \$22 Plus a \$6 Materials fee**

First, we will make twine baskets and then fill them with soil and plant grass seed. Lastly, we'll dye a few eggs for our baskets with natural dyes. The result: just in time for Easter, your lovely basket should have a lush layer of real grass surrounding your nature-toned eggs.



**COILED BASKETS**

**Saturday, April 13, 1:00 – 4:00 p.m.**

**Workshop fee: \$30 Plus a \$10 Materials fee**

Create a coiled yarn basket of your choice of color or of a kaleidoscope of yarns. You'll learn the simple technique of coiling and wrapping, and optionally adding a cover.

**INDEPENDENT DRAWING** Instructor: Sandy Safranek

**Two Thursdays beginning April 18, 1:00 – 3:00 p.m.**

**Class fee: \$44**

This class is open to students who have taken at least one drawing class at The Center or elsewhere, and want to improve upon their drawing skills. Advanced students who would like assistance with taking their art to the next level are also welcome. Students may bring in their current drawing projects or the instructor will provide advice on starting something new. Please bring your own supplies, although students can purchase supplies from the instructor if needed.



**KNITTING** Instructor: Christy Loughry

**Three Friday mornings starting March 1, 9:30 – 11:30 a.m. Class fee: \$68 plus a \$12 materials fee**

**Or Four Friday mornings starting April 12, 9:30 – 11:30 a.m. Class fee: \$88 plus a \$12 materials fee**

This class series will take you through the basic knitting skills of: knit stitch, purl stitch, casting on, binding off, and basic pattern reading. A class for novice knitters, those who are looking to refresh their skills or help with current projects. Class fee includes knitting needles and yarn to start small projects. Students will need to purchase yarn for advanced projects.



### LAPIDARY

Six Monday mornings with Instructor Larry Rothenberg starting April 15, 9:00 -11:00 a.m., Class fee: \$145

Or Four Monday nights starting April 1, 5:00 – 7:00 p.m.

Instructor: Jackie Burger, Class fee: \$95

Turn rough hunks of rock into beautifully polished gemstones. Create a pair of round or oval stones, and then advance to more complex designs. Stones can be purchased from our instructor for projects.

**METALSMITHING FOR JEWELRY** Instructor: Mary Michaelson

Five Tuesday nights, beginning April 9, 6:30 – 8:30 p.m. or

Five Thursday mornings beginning April 11, 9:30 – 11:30 a.m.

Class fee: \$120 plus a \$35 materials fee per session

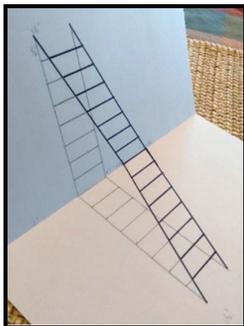
By working with silver, copper or brass students can create either a silver ring or pendant. Learn the basics of metalsmithing such as sawing, filing, sanding and soldering to create your own original jewelry pieces. Students are welcome to bring in stones to create their own settings. Advanced instruction will be given to continuing/advanced students.

**MINI ADIRONDEK BASKET** Instructor: Andrea Mento

Saturday, April 27, 1:00 – 4:00 p.m.

Workshop fee: \$40 plus a \$25 materials fee

In this one-day workshop students will work with precut spokes, weave the base of the basket then work up the sides. We will add a handle and rim to your completed basket. You will be taught how to create the “belly” of the basket to give it a little shape. This is a light weight basket that can be used for gathering goodies. Rough sizing is 12 inches high and 7 inches wide.



### OPTICAL ILLUSIONS IN ART WORKSHOP

Instructor: Sandy Safranek

Saturday, April 6, 1:00 – 3:00 p.m. Workshop fee: \$22 Plus a \$10 Materials fee

Create optical illusions, based on the concept of Anamorphic Art, in which the artist uses visual tricks that fools our eyes. You will complete three different drawings of distorted images that will “spring to life” as a 3-dimensional forms when you view them at a certain angle using the camera on your cell phone. Please bring a cell phone with a camera to the workshop.

**PAINTING WORKSHOPS** Instructor: Heaven Newsom

Painting workshops for artists of all ages! Heaven will show you step by step how to create these fun paintings, all materials provided. Students ages 12 and under must be accompanied by an adult who is also registered. Workshop fee: \$20 plus a \$5 materials fee per class



### DEEP SPACE DONUT

Friday night, March 22, 6:00 – 7:30 p.m.

### GARDEN CAT

Friday night, March 15, 6:00 – 7:30 p.m.



**PICTURING INNER PEACE: EXPRESSIVE ARTS WORKSHOP** Instructor: Karen Signore

**Saturday March 23, Noon – 3:00 p.m.**

**Workshop fee: \$30 Plus a \$10 Materials fee**

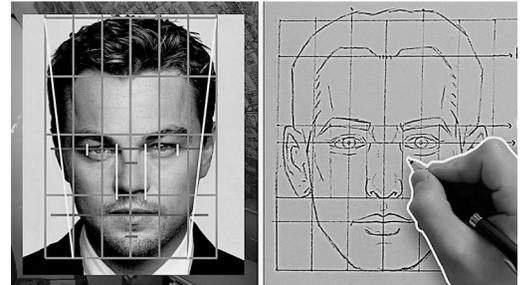
Enjoy a nourishing afternoon of guided mediation, mindful drawing experiences, collage and powerful whole brain journaling exercises. You will learn creative tools to: release stress and tension, relax, tap into the peaceful, calm place within, gain intuitive insights and explore new possibilities for rest, relaxation and renewal. Reiki energy healing will be integrated into the group meditations to help you release stress and facilitate relaxation. Based on the Creative Journal Expressive / Project Insight method.

**PORTRAIT DRAWING** Instructor: Sandy Safranek

**Three Thursday afternoons starting March 7, 1:00 - 3:30 p.m.**

**Class fee: \$75 plus a \$15 materials fee**

Learn the basic proportions of a human face, from a frontal view, and tips on how to draw individual facial features. You will learn the correct placement of the facial features and basic shading techniques while completing a drawn portrait of a human face. Bring a frontal view picture of an adult to work from, or the instructor will have some images for you to use. You will also experiment with two different types of graphite, drawing pencils to complete your drawing.



**POTTERY** Instructor: Madeleine Burns **NEW TIMESLOTS TO CHOOSE FROM!**

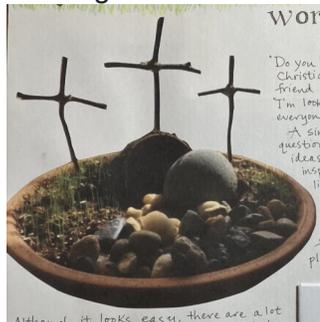
**Three Monday afternoons starting April 1, 1:00 – 3:30 p.m. (Class will meet April 1 & 8, then come back on April 29 to glaze. Class fee for 3 week session \$85 + \$25 materials fee.**

**Four Tuesday nights starting April 2, 6:00 – 8:30 p.m. (No class April 16)**

**Four Thursday nights starting April 4, 6:00 – 8:30 p.m. (No class April 18)**

**Class fee: \$115 plus a \$35 materials fee**

In this beginner's level class students will take turns on the pottery wheel and create pieces by hand learning the art of ceramics.



**RESURRECTION GARDEN WORKSHOP** Instructor: Barb Thompson

**Friday, March 8, 10:00 – Noon**

**Workshop fee: \$22 Plus a \$8 Materials fee**

In mindfulness of the Easter season, create a small Resurrection Garden using items from nature in a terra cotta saucer. Plant grass seeds and watch your garden grow in time for Easter!

**SEWING MACHINE BASICS** Instructor: Chris Walsh

**Monday evening, April 8, 6:00 – 8:00 p.m., Workshop fee: \$30**

Do you have a new sewing machine but don't know how to use it, or have questions on becoming more familiar with your machine?? Join us as we go through the threading process, types of threads, different machine needles, changing the needle, bobbin winding, stitch selection, stitch length, and more. Bring all feet, bobbins and accessories that come with your machine. Bring your sewing machine, foot pedal and cord, spool of thread and pair of scissors. Please make sure your sewing machine works prior to registering.

**SPREAD YOUR WINGS: EXPRESSIVE ART CLASS** Instructor: Karen Signore

**Sunday, April 21, Noon – 3:00 p.m.**

**Workshop fee: \$30 plus a \$10 Materials fee**

Butterflies have a magical presence and rich symbolism. Their life journey can reflect our own life's journey. Explore the symbolism of the butterfly and reflect on the personal meaning it has for you through guided meditation and whole brain journaling techniques. Create your own mixed media canvas butterfly painting infused with intentions of renewal and transformation. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your butterfly. Based on the Creative Journal Expressive / Project insight method.



## SEWING WORKSHOPS Instructor: Angela Gonzalez



### APRON SEWING

**Sunday, March 3, Noon – 2:30 p.m.**

**Workshop fee: \$30 plus a \$12 Materials fee**

Sew a wearable apron. Learn how to use a pattern, add a lining and pockets.



### TOTE BAG WORKSHOP

**Sunday, April 14, Noon – 1:30 p.m.**

**Workshop fee: \$20 plus a \$12 Materials fee**

Use a pattern to make an oversized bag. We will learn how to make a flat bottom for the bag to stand on its own.

**ZIPPER POUCH Sunday, April 21, 12:30 – 2:00 p.m. Workshop fee: \$20 plus a \$5 Materials fee**

Learn how to install a zipper. Make a bag of your choice.

**STAINED GLASS WORKSHOP Instructor: Savannah Kristof**

**Sunday one day workshops to choose from:**

**Sunday March 10 or 24, April 14 or 28, all workshops 10:00 – 2:00 p.m.**

**Workshop fee: \$100 plus a \$50 material fee per workshop**

Learn the steps to create a stained glass sun catcher from start to finish using the copper foil method. Students will choose glass colors, cut their glass, and then grind, foil, and solder as to finish your project. There will be multiple designs to choose from, and you will be able to take your project home by the end of class. All supplies provided.

**THE JOY OF WEAVING Instructor: Rachelle Guernsey**

**Saturday, April 6, 9:30 – 11:30 a.m.**

**Workshop fee: \$30 plus a \$10 Materials fee**

Experience the joy of turning yarn into fabric. No previous experience needed. Choose yarns from a variety of colors and textures. Pass them back and forth and watch the fabric form on the loom. Take home a swatch of fabric you wove yourself and begin to imagine what you can weave!



**WATERCOLOR PAINTING Instructor: Lenox Wallace**

**Six Monday afternoons starting April 15, 1:00-3:30 p.m. or**

**Six Thursday mornings starting April 18, 10:00 – 12:30 p.m.**

**Class Fee: \$145 per class**

Lenox Wallace features structured lessons for beginning watercolorists with critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more. Experienced painters work individually with occasional guidance and critique. Materials list can be accessed through this link: [www.thecenterpalos.org/watercolors](http://www.thecenterpalos.org/watercolors)



**WOODCARVING Instructor: Larry Rothenberg**

**Six Thursday mornings beginning Thursday April 11, 9:00 –11:00 a.m.,**

**Class Fee: \$120**

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 projects such as a bird, a shoe or an egret. If you're experienced, you may design your own projects. Wood and bench knives are available for purchase in class from the instructor (approximately \$25 for wood and bench knives)

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

**GENTLE YOGA** Instructor: Carolyn Harms  
**Five Friday mornings starting April 5, 9:30 – 10:45 a.m.**  
**Class fee: \$70**

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.

**SLOW FLOW YOGA** Instructor: Danielle Schaar  
**Four Thursdays starting April 4, 6:00 - 7:15 p.m.**  
**Class fee: \$56**

This 75-minute yoga class combines Hatha Yoga and functional mobility to help students gain strength, flexibility and ease in movement. We'll finish by setting into a restful mediation finding peace in body and mind.

**TRANQUIL YOGA** Instructor: Debbie Jacob,  
**Four Mondays starting April 1, 6:15 – 7:15 p.m.**  
**Class fee: \$48**

Start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to our everyday posture transitions. Class will take place in the beautiful Forest View Room in the Lodge. Bring your own yoga mat and yoga strap.

**GONG BATH** Facilitator: Debbie Jacob, Vibrational Sound Therapy Certified Practitioner  
**Sunday, April 7, 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.

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***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.***

A wonderful way to express your  
creative spirit here at  
The Log Cabin Center For the Arts!  
This spring take a class!

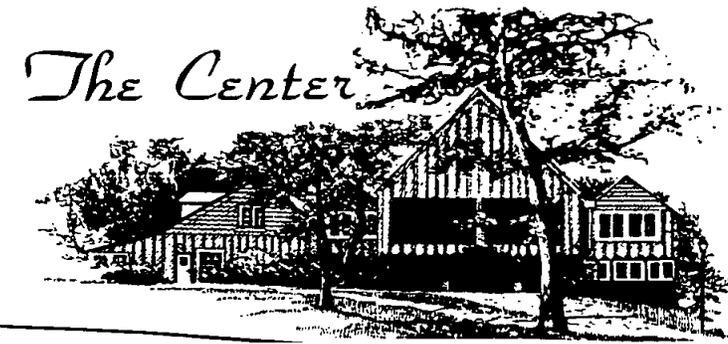
[www.thecenterpalos.org/art/](http://www.thecenterpalos.org/art/)



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708-361-3650  
Website: <http://www.thecenterpalos.org>  
Email: [admin@thecenterpalos.org](mailto:admin@thecenterpalos.org)

**DATED MATERIAL  
RETURN SERVICE REQUESTED**

## **Easter Services in March:**

### **Palm Sunday - March 24 at 8:30am and 12:30pm Vespers**

We will prepare for Holy Week by learning about Jesus' triumphal entry into Jerusalem and distributing palm branches.

### **Holy Thursday Service in the Wayside Chapel - March 28 at 7pm**

Please join us for a special Communion service in the Wayside Chapel, commemorating the Last Supper of Jesus. This service will be rich in silence, music, and prayer. We will break bread and share the cup in remembrance of Him.

### **Good Friday Labyrinth Stations of the Cross - March 22 from 9am-5pm**

The Stations of the Cross and the Labyrinth are joined together to offer you a unique way to experience the passion of Jesus. These Scriptural Stations of the Cross have 15 stations modeled on the Scriptural Stations celebrated by Pope John Paul II on Good Friday, 1991. There will be prayer books to guide you on your journey. Come any time! This is a self-guided prayer path, so registration is not necessary.

### **Easter Sunrise Service - March 31 at 7am**

We will begin our Easter service in the Great Hall and conclude in the Chapel garden - weather permitting. The tradition continues, and we will serve hot cross buns with coffee in the Lodge immediately following the service.

Come experience the Easter season with us!

