

May 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

Steps, Paths, Journeys

Pathway to Sobriety is The Center's onsite longterm recovery program. At any given time, about twenty men are working on their recovery on our gorgeous grounds. This includes men in phases one and two of the program as well as Pathway alums who work full time here. In phase one, Pathway men live here and work in the kitchen, in maintenance, or on the Farm. Phase two men live here and work full time elsewhere, preparing for rich, full lives beyond The Center.

You work your way through Pathway. You cannot pay with dollars or use medical insurance for your stay here. We provide room and board, one-on-one and group counseling, fellowship and laughs, love and connection and nurturing and support, a natural setting that God provides and we all take care of, and the best environment for recovery I have seen anywhere.

Pathway is 12-step based. I want to go into that a bit. I respect and follow the traditions of 12-step programs and hope to impart that respect and knowledge to all who care to listen, especially and specifically to the Pathway men. One of those traditions is to maintain personal anonymity at a public level, which means in this context that I cannot name a specific 12-step program to which I belong, but can mention that I am a 12-step member in general. With that in mind, here is a way to break down and generalize the 12 Steps:

- Don't Use.
- Trust God.
- Clean House.
- Help Others.

Working the 12-steps following the approach above has saved my life. More importantly, I've seen this approach save hundreds of other people's lives. Let me drill down those eight words above a bit: "Don't Use." In place of "use," you might have heard "drink," or "drug" or "gamble" or something else, but the proscription in any of these cases is useful and necessary in the case of addictive behavior. In my experience all these types of behaviors stem and blossom from being self-centered and the proscription above could also be positively stated as "Be other-directed." "Trust God" involves building a relationship with a higher power by praying and meditating. Cleaning house means taking personal inventory and apologizing to people we offend. Helping others is self-evident, but can become tricky if we're doing that only because we always expect something in return.

All of these things can be measured by behavior: Am I helping others or not? Am I taking inventory or not? Am I praying and meditating or not? Please notice, too, that this approach leaves plenty of room for us to choose a higher power of our understanding, to figure out a way to do our inventories, to find a path to help others. None of these things can really be done without being other-directed. All human beings are susceptible to addictive thinking. Take substance abuse out of the mix and my question is Who wouldn't this approach help in living a well-rounded life?

I do know that it helps the men of Pathway. The most amazing part of my job is getting to see this working in real time in their lives. I also see it working in the lives of the many others that they touch in the course of their recovery, during their stay and when they come back to visit. I often see it more quickly and more fully than they themselves do. I hope it is obvious that their work, their love, their horsing around, their focus, their example, helps me in my recovery. So, to the Pathway guys and everyone who supports them, let me say something I can't say too much: *Thank you*

Love,

Mark

Mark Walker, Pathway Director

P.S. All are welcome to the Pathway Open, an open A.A. meeting on Saturday, May 4 in our Lodge starting at 6:30 p.m. Karen W and Matt B are speaking.

12-Step Meetings at The Center Lodge

Mondays—7:30 p.m. Closed AA Topic Meeting
Wednesdays—7 p.m. Closed AA Women's Only Topic Meeting
Fridays—7 p.m. Closed AA Topic Meeting
Saturdays—9 a.m. Closed Al-Anon Topic Meeting
Sundays—9:30 a.m. Open AA Speaker Meeting

Please note: For "closed" meetings in AA participants should have a desire to stop drinking, "closed" Al-Anon meetings are for those affected by another's drinking. "Open" meetings are open to all.

Spiritual Offerings

SERVICES

VESPERS Sundays

8:30 a.m. in the Lodge Parlor

12:30 p.m. in the Chapel

Please join us each week for a nondenominational service of music, meditation, and prayer. We will also have a time of fellowship with light refreshments in the Great Hall of the Lodge immediately following the 12:30p.m. Vespers Service. All are welcome!

Communion Sunday

May 5, 8:30 a.m. & 12:30 p.m.

On the first Sunday of each month, Communion is offered at both of our Vesper Services. *Please note: We always have a non-alcoholic cup & gluten-free bread.

Vespers in the Pines on Memorial Day Weekend -

Sunday, May 29 at 8:30 a.m. and 12:30 p.m.

Come and enjoy Vespers outside in God's creation along with special music. You may drive the farm road back to the Pines or park at the farm parking lot and walk to the Pines. There will be seating provided, but feel free to bring your own portable chair if you prefer.

MINDFULNESS

Sunday mornings 11 a.m.- 12 p.m.

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. No registration is necessary. Please contact Dan Morley with any questions you may have at 708-280-3945.

SPIRITUAL DIRECTION

Spiritual Direction is a long-time denominational practice that offers a person confidential space to reflect upon the connection between life and God's Presence. A spiritual director is trained to listen with compassion and help navigate through life's challenges from a divine perspective. To make an appt., 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.



GOOD SEEDS MINISTRY - Donation Focus: Art Supplies

During the month of May, we are collecting donations for The Log Cabin Center for the Arts. "Outdoor Art for Kids" is one of their biggest summer programs and supplies are needed for a total of 100 students. Heather Young, the Art Director, has provided a supply list below and encourages donors to purchase supplies for a class size of 10 if another creative project comes to mind. Please place all donations in the large beige tote located in the entryway of The Lodge.

ART SUPPLIES:

Google eyes
Pom poms
Pipe cleaners
Watercolor paper
Nice drawing paper
Colorful cardstock

Small canvases (roughly 8x10 or so)
Felt
Sidewalk chalk
Beading string
Paint brushes
Gift cards to Hobby Lobby or Michaels

Glue, any and all kinds: Elmer's glue, twist -up glue sticks, fabric glue, or tacky glue, glue sticks for hot glue guns.

Paint: tempera paints, acrylic paints, watercolor sets

Thank you so much for your generous support! If you have any questions, please email Reenie Morrison at goodseeds@thecenterpalos.org

Spring Retreats

It's been a long winter...You deserve a break! Treat yourself to a retreat... Register today to assure your spot in one of these wonderful experiences. Register at thecenterpalos.org

"To the Trees – To the Trees" – Spring Migration Retreat

Saturday, May 4th, 9am – 3pm

The Center's woods hold the sounds of music...bird music that is! Come spend the day in nature with Dan and Sharon Morley, during the height of spring bird migration. We will walk the woods and follow the farm nature trail to the pines forest for a bird meditation. Catch a glimpse of rose breasted grosbeaks, northern orioles, goldfinches, woodpeckers and more! A wonderful lunch will be served followed by an afternoon activity. Bring your camera for that lucky shot! Come and learn some of the lifestyles of our fine feathered friends. We will have field guide books available. Please dress for the weather. Retreat Fee: \$65 includes leadership, lunch, and activities.

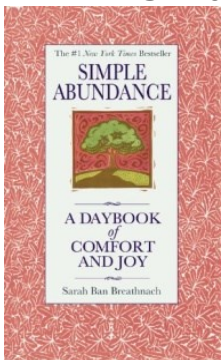


Program/Events

TOASTMASTERS

1st and 3rd Wednesdays, May 1 and 15, 7:00 - 9:00 p.m.

Toastmasters is an opportunity for folks who wish to improve their public communication skills, to develop the confidence to stand and speak before large or small groups of people. The Center's Toastmasters Club consists of staff, volunteers, and friends of The Center. No commitment is necessary to try it out: for more information, contact Lois Lauer. loislauer@sbcglobal.net



WOMANTALK DISCUSSION GROUP

Tuesday, May 28, 10 a.m.

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the parlor to nurture and support each other's personal journey 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 and joyfully. The May Simple Abundance theme focuses on creating boundaries around our personal space while bringing balance into our hectic lives. We hope that you'll be able to join us. If you have any questions please contact The Center office or e-mail thechildrensfarm@thecenterpalos.org.

LOOK WHAT'S NEW!

Women's Film and Discussion Series!

Thursday, May 2, 9:30 am - noon: **The Exotic Marigold Hotel**

Thursday, May 16, 9:30 am - noon: **Shirley Valentine**

Lois Lauer has organized a new twice a month opportunity for women to get together to watch and discuss meaningful women's movies. In tending to the needs of spouses, children, colleagues, parents, neighbors, and their wider communities, women so easily lose a sense of their authentic selves, which can make the changes that come as we age more difficult. The films in this series all speak to the issue of women rediscovering authenticity and joy in their lives at any age. Online registration is appreciated so we can plan seating. We'll meet upstairs in the Forest View Room. There is no fee, but donations are very much appreciated.

Sharing Wisdom: A Discussion Meeting for Senior Men 55+ 1st & 3rd Tuesdays, May 7 and 2, 7:00-8:30 p.m.

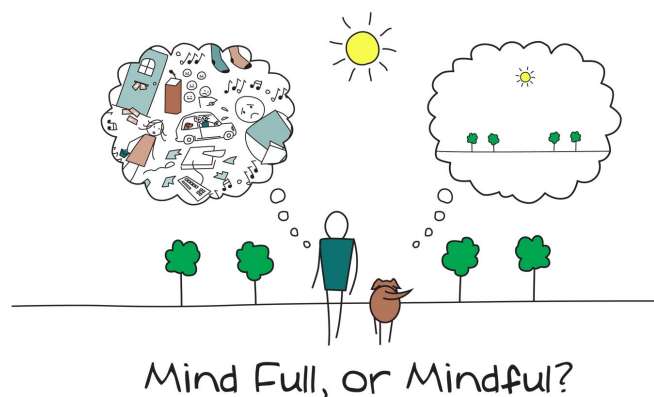
What if we told you your wisdom was the only thing you can take with you....to the hereafter or next life? Or that the sharing of your wisdom just may be your greatest legacy? Your lifetime has been a journey to wisdom. Do you want to share what you know? And learn more? Join us. Please RSVP to Dan 708-280-3945 or Jim 708-852-4455.

Mindful Nature Walks – Summer Series Four Saturday mornings from 9am-11am

May 25th June 22nd July 20th August 17th

"An early morning walk is a blessing for the whole day".
Henry David Thoreau

Join Dan and Sharon Morley for a mindful walk in The Center woods. Mindful walking is the practice of becoming aware of your surroundings, and how your mind and body feel while moving. We will gather at the camp pavilion for a meditation and then be immersed in a gentle stroll through nature. Though there is no fee for this program, free will donations are graciously accepted. Please let us know you're coming by registering online.



Anniversary Dinner and Renewal of Vows Sunday, June 16th at 4:30 p.m.

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your May or June Wedding Anniversary here at The Center on June 16th. Beginning with fellowship in the Great Hall at 4:30 pm, 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 per couple before June 11th.



Farm to Table Workshop Planting a Tea Garden

Saturday, May 4, 1-2:30 pm. Meet in the farm garden.

Imagine cups of iced or steaming hot herbal tea.... that you grow yourself! Let gardener, Lois Lauer, teach you how to grow your own tea herbs. Chamomile (pictured here), Peppermint, Lemon Verbena, and Apple Mint, plus Sweet Leaf Stevia for natural sweetening. We'll sample teas, talk about their growing habits, their needs, how to use fresh or dry for winter use, and then we'll each head home with 5 pots of herbs, which can be planted in the ground or in a large pot, for a summer tea garden! Class fee: \$15 plus \$15 materials fee. Bring a box or basket to carry home your herbs. *For a great companion class, also sign up for the morning Folkart Garden Markers workshop, bring your lunch and stay for the afternoon tea garden workshop.*

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, May 7 Jillann Gabrielle is “Princess Di”

The iconic figure of Princess Diana Spencer shocked the entire world with her death in 1997. Jillann Gabrielle has her speaking from her grave as a spirit haunting the halls of Kensington Palace. And there is a twist...she has aged. She cut a deal with St. Peter at heaven's gate. She would be allowed to stay with her sons at the palace...but in return she would age. Diana had a great sense of humor, played the piano, sang, and danced. All of these skills are utilized as Diana spins the story of her personal and public life and the British Royal Monarchy...then AND now!

Tuesday, May 14

An Afternoon of Stories with Mary Lou Edwards

With divine irreverence, Mary Lou's straight-from-the-heart stories are at once hilarious and traumatic, cutting and poignant. Her take-no-prisoners style exposes the guilty and gives voice to the wounded. Her slice of life stories captivate every man and woman forced to search for the fun in dysfunction or those who appreciate "you are there" experiences. Her comic take on life's absurdities captures painful and outrageous truths, which cut deeply into our modern psyche. Mary Lou is a great friend of The Center and her books and collections include "Look Back, But Don't Stare," "Little Did We Know," and "You Couldn't Make This Up." Her latest is a children's book, "Only One Me on Our Big Blue Marble."



Tuesday, May 21

“Tales from The Spaghetti Pot” with Greg Weiss

You probably know Greg Weiss from his magnificent performances here on “Bob Cratchit Night,” where he tells the tale of Dickens’ “A Christmas Carol.” Greg will close out our luncheon season with something new and different: Some of the best stories are shared around the dining room table. Often the meal serves as inspiration. This program invites you to feast at the intersection of food, family, and storytelling...to savor delicious tales from Greg’s life and world cultures.

Please support our Festival Sponsor!

KARYN R. VANDERWARREN
ATTORNEY AT LAW

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Farm and Nature Discovery School



I cannot believe we have reached the final month of school! This year has gone by in a blur. This is my second year as director of The Farm & Nature Discovery School, and I cannot believe how lucky I am to be a part of this school. I am so blessed with every family, child, and faculty member I get to work with each day. Thank you for supporting me and believing in me to lead your child's school.

This month our theme will be "Into The Wild" where our students will be animal tracking, identifying plants, and learning about nature safety. We will become mini survivalists, learning tactics and skills that we can use in the wild while camping, hiking, and exploring! The children will be encouraged to use literature and pictures to help identify different wild life around our school.

Our classrooms will also be observing Asian American and Pacific Islander Heritage Month during May. We will celebrate the history, heritage, and culture of Asian American and Pacific Islanders in the United States. We will explore artists, musicians, inventors, and other influential people throughout AAPI history and today.

We also want to wish a very Happy Mother's Day to all moms, step-moms, foster moms, and mother figures! We hope you have a very special day celebrating yourself and being celebrated in your role. You deserve all the rest, hugs, pampering, and love in the world.

Registration for our 2024-2025 school year is now open on our website. We have opened another preschool class on Tuesday and Thursday mornings, which allows for 9 more 3-4 year olds to join us next year. If you or someone you know is interested in learning more about our school feel free to reach out to me, Danielle Bell, via phone at 708-361-8933 or email at FarmandNature@TheCenterPalos.org.





May/ June 2024 Art Classes for Children and Teens

NEW!!! FAMILY ART WORKSHOPS Instructor: Bella Rivera

Fun classes for parents or caregivers with children, geared towards families with children ages 2-7
Pricing is for caregiver and 1 or 2 children to bring along, families will work together to complete projects.



DREAMCATCHER WORKSHOP Thursday, May 9, 4:00 – 5:00 p.m.

Workshop fee: \$23 plus a \$5 materials fee

Create a dreamcatcher inspired wall hanging for your home, including yarn, beads, feathers and more!

JEWELRY WORKSHOP Friday, May 10, 1:30 – 2:30 or 4:00 – 5:00 p.m.

Workshop fee: \$23 plus a \$6 materials fee per class

Have fun creating bead necklaces, bracelets and more from our large assortment of beads! Just in time for Mother's Day!

KIDS BIRDS OF PREY PAINTING WORKSHOP Instructor: David Carlson

Friday, May 3, 4:00 – 5:30 p.m. Workshop fee: \$20 plus a \$5 Materials fee

Owls! Hawks! Falcons! Birds of Prey are incredible! Kids will learn techniques for drawing and painting birds and their habitats. A variety of bird images will be provided for students to choose from.

KIDS FLORAL EMBROIDERY WORKSHOP Instructor: Victoria Baleckaitis
Thursday, May 2, 4:00-5:30 p.m., Workshop fee: \$19 plus a \$4 Materials fee

Learn to embroider a flower then add more color with crayons. Students will take this home in a frame ready to hang on your wall at home!



KIDS SEWING WORKSHOPS

Instructor: Angela Gonzalez, Open to students in 3 - 8th grade

DRAWSTRING BACKPACK

Sunday, May 5, 10:00-11:30 a.m.

Workshop fee: \$20 plus a \$8 Materials fee

Sew a backpack to carry all of your favorite things. Choose a fun fabric and coordinating straps.

MENDING FOR KIDS Sunday, May, 19, 10:00 – 11:30 a.m.

Workshop fee: \$20 plus a \$10 Materials fee

Learn how to repair and mend your own clothes! We will also make our own iron on patches. Participants are encouraged to bring an item of clothing to attach a patch.





OUTDOOR ART FOR KIDS, SUMMERTIME ART PROGRAM

Mark your calendars!

Registration will open Wednesday May 1 at 9:00 a.m.!

A world of art and nature for kids in grades K- 8th grade. Drawing, painting, pottery, sculpture, crafts and more! Classes take place outdoors as long as the weather allows. Students will be split up into different age groups depending on enrollment. Teachers plan new and different lessons all summer long so you can sign up for multiple sessions.

Class fee: \$150 plus a \$20 materials fee per session

Within each two-week session students meet every Monday, Wednesday and Friday from 9:00 – 11:00am.

Session 1: June 17 - June 28

Session 2: July 1 - July 12, No class on Friday, July 5 to accommodate for the holiday this is a 5 class session, Class fee: \$125 plus a \$15 materials fee

Session 3: July 15 - July 26



POTTERY FOR TEENS Instructor: Madeleine Burns

Four Wednesday nights beginning May 8, 6:00 – 8:00 p.m. 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.

May / June 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

Two Friday afternoons starting May 3, Noon – 3:00 p.m.

Class Fee: \$65 Plus a \$25 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; advanced students can make a basket of choice. Open to all levels!

BLOOM WHERE YOU ARE PLANTED- MIXED MEDIA FLOWER PAINTING WORKSHOP

Instructor: Karen Signore

Sunday, May 19, Noon – 3:00

Workshop fee: \$35 plus a \$10 Materials fee

Flowers can inspire us with their beauty and stages of growth from bud to blossom. Join in for an afternoon of creativity and reflection and make your own mixed media flower painting. Infuse your canvas with blooming intension, explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your flower painting. Explore the symbolism of flowers and the personal meaning it has for you through guided meditation and Project Insight™, Creative Journal Expressive Arts™ whole brain journaling techniques. No art or journaling experience needed.



BOOKMAKING WORKSHOP Instructor: Barb Thompson

Friday, May 31, 9:30 – 11:30 a.m.

Workshop fee: \$22 plus a \$5 Materials fee

Create a unique handmade book while learning techniques in cutting, folding, and arranging decorative papers to make a completed book. All supplies will be provided although students are welcome to bring their own papers or bone folder if desired.



BUCKSKIN LEATHER AMULET POUCH WORKSHOP

Instructor: Andrea Mento

Tuesday night, May 7, 6:00-7:30 p.m.

Workshop fee: \$25 plus a \$13 Materials fee

Learn to sew a buckskin/leather amulet pouch that can be worn around the neck. We will prepare an herbal remedy and sew with sinew with the option to add beads to your neck piece.

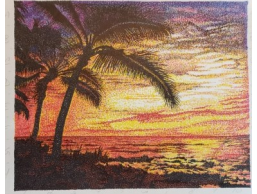
DRAWING SUMMER LANDSCAPES OR SEASCAPES IN MARKER

Instructor: Sandy Safranek

Four Wednesdays beginning June 5, 1:00-3:00 p.m.

Class Fee: \$88 plus a \$35 materials fee

Create a colorful, Impressionistic-style drawing of a landscape or seascape using the drawing technique known as Stippling/Pointillism. Students will be introduced to the grid transfer process in order to achieve drawing accuracy. They will also become familiar with the Art element of Color, and how to blend colors through optical mixing. The instructor will provide all of the supplies including sharpie markers, portfolios and reference photos. Participants may need to work on their drawings at home if extra time is needed.



FLORAL EMBROIDERY WORKSHOP Instructor: Victoria Baleckaitis

Tuesday, May 7, 10:00-Noon, Class fee: \$22 plus a \$5 Materials fee

Learn how to embroider while creating this charming garden scene incorporating beads.

FOLKARTS WORKSHOPS Instructor: Lois Lauer

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

GARDEN MARKERS Saturday, May 4, 11:00 – Noon

Workshop fee: \$14 Plus a \$5 Materials fee

Get ready for garden season! We'll make garden markers out of tree branches. Tall ones for tall plants, short ones for short or baby plants. A fun workshop to prepare for a beautiful garden with markers straight from Mother Nature. For a great companion class, bring your lunch and also sign up for the afternoon SAGE Farm to Table "Planting a Tea Garden" Class



SUMMER SOLTICE GRASS WREATHS:

Circles of summer for your front door or indoor décor!

Saturday afternoon, June 8, 1:00 – 4:00 p.m.

Workshop fee: \$30 plus a \$6 Materials fee

Create a beautiful wreath to celebrate summer! We'll gather at the farm garden, then hike to collect wild grasses with interesting seed heads, and create natural wreaths to welcome summer's abundance. Bring pruners or scissors for cutting thick grasses. Class will be held outdoors at the farm.



HERBAL SALVE MAKING CLASS Instructor: Andrea Mento

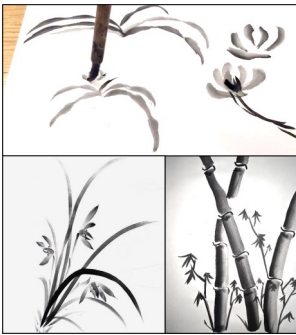
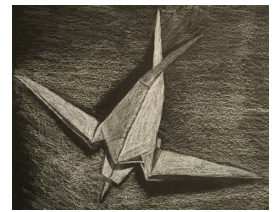
Tuesday, May 21, 6:00 – 7:30 p.m. Workshop fee: \$18 plus a \$15 Materials fee

Learn to make your own 2oz tins of an herbal concoction using beeswax and olive oil that can be used as a moisturizer for lips and hands. Infuse fresh or dried herbs in oil with the option of incorporating essential oils.

JAPANESE ORIGAMI AND DRAWING WORKSHOP Instructor: Sandy Safranek

Saturday, May 4, 1:00-3:30 p.m. Workshop fee: \$27 plus a \$10 materials fee.

Learn about the ancient Japanese art of Origami (paper folding). First, students will follow the steps to create their own Origami inspired, folded paper animals. Then create beautiful drawings in white charcoal on black paper of their animals. During the process you will become familiar with the art element of Value, (light and dark) and apply this to your drawing. Celebrate Asian Heritage Month!



JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek

Two-day workshop: Two Wednesdays starting May 15, 1:00-3:00 p.m.

Class fee: \$44 plus a \$16 materials fee

Learn the 2000-year-old Art form of Japanese brush painting known as Sumi-e. Use bamboo paint brushes to paint with black ink on rice paper, while learning about the four traditional Sumi-e brushstrokes and variations on them. Then complete your own Japanese inspired black ink paintings of nature scenes, including such elements as bamboo, flowers, leaves and/or animals. These compositions will illustrate the concept of "less is more". Celebrate Asian Heritage Month!

LAPIDARY Instructor Larry Rothenberg

Four Monday mornings starting June 3, 9:00 -11:00 a.m., Class fee: \$95

Learn the art of rock polishing as you 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 are not included but can be purchased from our instructor for projects.



METALSMITHING FOR JEWELRY Instructor: Mary Michaelson

Five Tuesday nights, beginning May 21, 6:30 – 8:30 p.m. or

Five Thursday mornings beginning May 23, 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 for. Advanced instruction will be given to continuing/advanced students.

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**



SECRET GARDEN

Friday, May 3
6:00-7:30 p.m.



PINAPPLE PAINTING,

Friday, June 7
6:00-7:30 p.m

SUMMER SUN

Friday, June 14
6:00 – 7:30 p.m



PAPERMAKING WORKSHOP: CARD MAKING

Instructor: Marilyn VandenBout

Saturday, June 8, 10:00 – Noon, Workshop fee: \$22 plus a \$5 Materials fee

Make your own cards and envelopes with handmade pulp, choosing your own colors, textures and designs.

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

Four Monday afternoons starting June 3, 1:00 – 3:30 p.m.

Four Tuesday nights starting May 7, 6:00 – 8:30 p.m.

Four Thursday nights starting May 9, 6:00 – 8:30 p.m.

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.



SALLA BAG BASKETRY CLASS Instructor: Andrea Mento

Five Monday nights starting June 3, 5:45 – 8:45 p.m.

Class fee: \$130 plus a \$30 Materials fee

These Columbia Basin Style Baskets were and are made from natural resources and are used in the wilderness for gathering purposes. Students will make their own twined Salla Bag using jute and wool by following a pattern that will be provided by the instructor. We will begin by making a plaited base using a technique known as reverse twinning, then work up the sides and make our way to the rim of the basket.

Each twine will require finger tension.

SEWING MACHINE BASICS Instructor: Chris Walsh

Monday evening, June 3, 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.



SEWING WORKSHOP: CARRY ALL STORAGE BIN

Instructor: Angela Gonzalez

Sunday, May 5, Noon - 2:30 p.m.

Workshop fee: \$30 Plus a \$15 Materials fee

Sew a sturdy fabric bin perfect for home storage or taking things on the go. We will learn to apply fusible interfacing. Feel free to bring your own sewing machine.

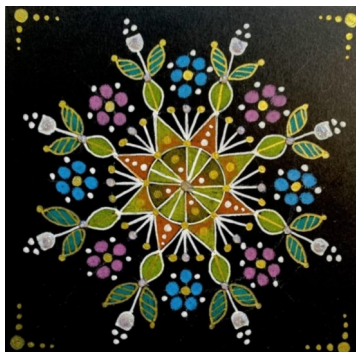
SHINE BRIGHT, MIXED MEDIA SUN PAINTING WORKSHOP

Instructor: Karen Signore

Sunday, June 30, Noon – 3:00,

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

Create your own unique mixed media canvas painting of the sun. You will infuse your canvas with bright intentions, explore various textures and techniques for the background with acrylics and use hand painted paper, scrap booking paper, book pages, etc. and sharpies to create and embellish your sun. Come celebrate the sun's light and energy as you reflect on your own energy and inner light through guided meditation, mixed media painting and Project Insight™, Creative Journal Expressive Arts™ whole brain journaling techniques.



SPRING MANDALA GREETING CARD WORKSHOP

Instructor: Robin Neumann

Wednesday, May 22, 10:00 – Noon

Workshop fee: \$22 plus a \$4 materials fee

Learn the basics of mandala drawing, do some practice exercises and then complete a mandala that can be mounted on a greeting card. Lastly we will embellish it with sparkles. All supplies included.

STAINED GLASS WORKSHOP Instructor: Savannah Kristof

Sunday one day workshops to choose from:

May 19 or 26, June 16 or 30, 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 and cut their glass 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.



WATERCOLOR PAINTING WORKSHOP: FOLK ARTS FLOWERS

Instructor: Kara DeCarlo

Saturday June 8, Noon – 2:00 p.m.

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

Learn the design and principals behind folk art and develop the skills to create your own folk art flower paintings. All materials provided.

WATERCOLORS WORKSHOP: SUMMER BEACHSCAPES

Instructor: Donna Hughes

Thursday, June 6, 1:00 – 3:00 p.m.

Workshop fee: \$22 Plus a \$5 Materials fee

Create Three Dimensional Watercolor paintings with shells, rope and scrap booking paper.



WOODCARVING Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday May 30, 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

Four Friday mornings starting May 10, 9:30 – 10:45 a.m. Class fee: \$56

Class will meet on May 10,

take two weeks off then resume on May 31, June 7 and 14

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 May 9, 6:00 – 7:15 p.m.

Or four Thursdays starting June 6, Class fee: \$56 per session

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. Bring your own yoga mat.

TRANQUIL YOGA Instructor: Debbie Jacob,
Three Mondays starting May 6, 6:15 – 7:15 p.m., Class fee: \$36
Or Four Mondays starting June 3, 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 with 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, May 5, 6:00-7:00 p.m. or Sunday, June 2, 6:00 – 7:00 p.m. Fee: \$25 per event

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 You can also call 708-361-3650 or visit our main office between the hours of 9:00 – 5:00 daily.

Spring Tea at The Center

Mark your Calendars and dust off your hats, The Spring Tea is scheduled for Saturday, May 11, 2:00 – 4:00 p.m.! A delightful flower filled afternoon in the great hall of the lodge with punch, a homebrewed tea grown in our farm garden and delicious tea party fare with entertainment by Story Teller Megan Wells. \$43 per person.



CAN YOU HELP US WITH OUR CHAPEL?



Our Wayside Chapel is going to need some help with its air conditioning system this spring. The 40-year-old evaporator along with the condenser have served us well, but they both need replacing before the summer heat hits. Our reliable AC and heat repairman who has served The Center for over 30 years estimates the job will cost around \$13,000 which includes a difficult installation process. With the use of our Chapel for Vespers, Memorials, Weddings, and Baptisms, this is a necessary and urgent repair in need of funding. We would appreciate any support you can offer. You can donate by:

- *Call the office and use a credit card
- *Come visit us in the office with your cash or check.
- *Mail in your cash or check
- *Use the DONATE NOW button on our website, [www. thecenterpalos.org](http://www.thecenterpalos.org)

Or you can always contact Dave or Nancy. Thank you in advance for your help with maintaining this sacred place where memories are made and God's Presence is experienced.

However you choose to help be sure to notate The Wayside Chapel in the memo.

COW PIE BINGO



TAKE A CHANCE AT WINNING \$1,000

All Proceeds benefit the Sustainable Agriculture & Green Education program at The Center
thecenterpalos.org

**SATURDAY,
MAY 18TH**

**COW GETS
TURNED
LOOSE AT
10:30A.M.**

**ONLY 324 SQUARES
WILL BE AVAILABLE!**

\$20 PER SQUARE

OFFICIAL RULES

- Cow Pie BINGO will be held on The Children's Farm Lawn
- Squares will be randomly assigned by a computerized number generator
- The square containing the majority of the first COW PIE deposited onto the grid will be the winner!
- Winner need not be present to win

Purchase Squares at:
thecenterpalos.org

**EACH SQUARE PURCHASED IS GOOD FOR ONE COMPLIMENTARY
ADMISSION TO THE BINGO GAME & THE CHILDREN'S FARM
FESTIVAL ON SATURDAY, MAY 18TH**

WHY BUY FROM THE CHILDREN'S FARM?

- *OUR ANIMALS ARE ETHICALLY RAISED IN SMALL BATCHES
- *WE RAISE GRASS-FED ABERDEEN ANGUS BEEF AND NON-GMO FED, PASTURED HERITAGE BREED HOGS -
- *WE UTILIZE LOCAL USDA CERTIFIED PROCESSORS -
- *OUR BACON IS NITRATE/NITRITE FREE! -
- *OUR SAUSAGE IS PROCESSED IN AN ORGANIC-CERTIFIED FACILITY USING CLEAN INGREDIENTS

Purchases can be made through The Center's online store or from The Farm Store at The Children's Farm Friday-Sunday from 10am-2pm

PLANT & COMPOST SALE

Vegetables * Herbs * Flowers * Bagged Compost
Organic & Heirloom Varieties

Friday, May 3rd
Saturday, May 4th
Sunday, May 5th

Friday, May 10th
Saturday, May 11th
Sunday, May 12th



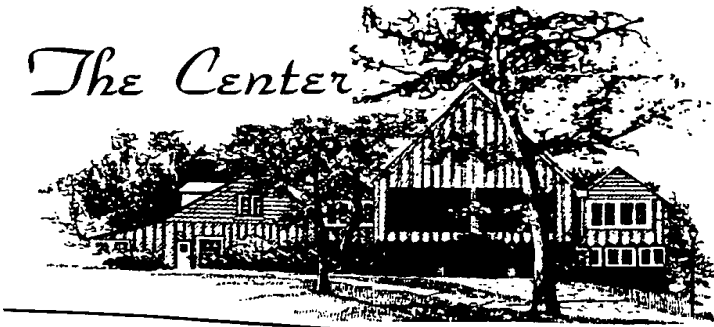
May Open Farm Hours
Friday, Saturday & Sunday
10am—2pm*

Animal Barns ~ Hayrack Rides ~
Walking Trails ~ Concessions

Admission: \$9/person for ages 2+

***Please note: The Farm has a special event on May 18th. This event may have different admission price and schedule**

The Center



NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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The Chicago Southwest Suburban Community Parish
and Community Center Foundation
12700 Southwest Highway, Palos Park, IL 60464
708-361-3650
Website: <http://www.thecenterpalos.org>
Email: admin@thecenterpalos.org

**DATED MATERIAL
RETURN SERVICE REQUESTED**

BARN TO BE WILD

FARM FESTIVAL & FUNDRAISER

SATURDAY, MAY 18TH

10AM-4PM

\$13 PER PERSON ADMISSION
CHILDREN UNDER 2 FREE

OPEN FARM
HAYRACK RIDES
KIDS GAMES & CRAFTS
LIVE MUSIC (11-3PM)
FOOD CONCESSIONS
YOUTH HORSE SHOW
ART & VENDOR FAIR
*COW PIE BINGO(10:30AM)

*COW PIE BINGO REQUIRES
ADVANCED TICKETS



MUSIC BY NITELIFE

