

July/August 2024

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.

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

FOR IT IS IN GIVING THAT WE RECEIVE

~St. Francis

The first volunteers of The Center set foot on these grounds in the summer of 1932. They were a group of teenagers who helped my grandfather tear down an old cabin in the woods that was a gift from The Girl Scouts of America. They moved it, board by board, to the original nine acres of land donated by Ernest Warner. Here our first building was erected with the help of a couple of barn carpenters and the group of teens. Merrill Cooper was ten years old at the time and his job was to pound the nails straight, on a rock, so that they could be used again.

In the 1940's plans to build a great hall were in the making. With the financial help of local churches, construction began in 1942. It took six years to complete. Money for materials was scarce. The entire project was built by volunteers and a few resident men seeking counsel for alcoholism. One of my favorite stories was about a surgeon who practiced at little Company of Mary Hospital. He was a resident for alcoholism at the time and my grandfather Sandy asked him to carve the balcony beams for the great hall. He exclaimed to Sandy that he had never carved wood in his life. Sandy smiled at him and said, "If you can carve on people, then surely you can carve on wood." Carve he did, doing a beautiful job.

Another favorite volunteer story of my father's was about an architect who was here seeking treatment for alcoholism in the early 1960's. Plans were again made to build a retreat wing off the lodge where groups could come and have overnight lodging. The architect suffered from depression and was having a difficult time with self-esteem and confidence. My father asked him to come up with design plans and help manage the construction of the retreat wing. He didn't think he had the energy to do it, but with coaxing from my father, he put pencil to paper. As the project progressed, so did his mental health and the realization he was needed, valued, and could actually be productive. He completely saw the project through from beginning to end, and in the process became well. He never took a drink again and became a successful local architect. In later years, the roof sagged a little, and I asked my father if we should fix it. He said, "That sag, and that building, represent a man's life. It looks beautiful to me."

In my twenty-four years as Executive Director of The Center, I have been privileged to work with so many tremendous volunteers. Legends like David Heinemann who volunteered an incredible amount of his time rewiring every single building on this property. He practically lived here with Andy Maricle during the construction of the Anderson Center. Jim and Carol Moore volunteered at our farm every single weekend for nearly twenty years. Len Quas, who has helped us for thirty-two years, has built cabins, barn additions, remodeling jobs requiring smarts, roofs, and repairs. Penny Wills has directed our choir over the past two decades helping us deliver the gift of song to our fellowship. Ray DeVries reroofed all of our buildings, one every year, for twenty plus years, free of charge. Lois Duran has volunteered here in multiple roles well over forty years. The list goes on and on of people, hardworking people, who gave generously of their time and their talents to the mission and program of The Center.

This past Saturday we hosted our annual Volunteer Appreciation Dinner in the lodge. We as a staff gave our most sincere thanks to everyone, and we also gave out volunteer t-shirts, a nice meal, and then a concert with Fred & Friendz. Right now at The Center, there are over 250 people who volunteer in a wide breadth of programs and ministry. Here, the impact of volunteering goes way beyond the tasks performed. Our goals miraculously come together with many hands – touching lives, bringing hope, and fostering a true sense of community to those we serve. Volunteers built this organization, and all it gives. They are our heart and soul! Our mission would not be possible without their tremendous spirit, dedication, and care. We as a staff are privileged to be a part of this amazing community, and we give our most heartfelt thanks to all of you who volunteer at The Center!



Spiritual Offerings

SERVICES

Sunday Vespers

8:30am in the Parlor

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 you are invited!

12:30pm in the Chapel

Please join us each week for a nondenominational service of music, a meditation message, and prayer. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. Immediately following the service, a time of fellowship and light refreshments will be served in the Great Hall of The Lodge.

Communion Sunday - July 7 and Aug. 4 at 8:30am and 12:30pm

On the first Sunday of each month communion is offered.

All are welcome to participate, and a non-alcoholic cup and gluten-free bread are provided.

Ongoing Worship and Prayer Meeting on Monday Nights in The Wayside Chapel at 7pm

All are welcome to gather for a time of worship, meditation, and prayer in a communal setting. No need to register, but if you have any questions, feel free to contact Rev. Nancy at waysiderev@thecenterpalos.org.

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.

MEDITATION

MINDFULNESS

Sunday mornings 11am–12pm 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.



New Spirituality Class Coming in September!

8 Weeks: Tuesday Mornings at 9:30am-11am in the FVR

Beginning on Tuesday, Sept. 10th, we will begin a new series based on Kristen E. Vincent's book, [Beads of Healing: Prayer, Trauma, and Spiritual Wholeness](#). In her book, Kristen shares the powerful account of her healing journey from trauma and models how to name feelings like grief, shame, fear, and anger and engage in honest conversations with God. This course will offer practical ways to use prayer beads to enter guided prayer, stay focused, and sense God's Presence. The book is available on Amazon <https://a.co/d/cMwF823> and there is a \$15 materials fee for prayer beads.



July and August Art Classes for Children and Teens

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

BEACH BAG

Sunday, July 21, 10:00 - Noon

Workshop fee: \$25 plus a \$12 Materials fee

Sew an oversized bag for the beach or overnight stays.

SEW YOUR OWN SHORTS

Sunday, July 14, 10:00 – 12:30 p.m.

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

Sew a pair of comfy pull-on shorts.



BOOK PILLOW

Sunday, August 4, 10:00 – 11:30 a.m.

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

Sew a pillow to store and carry your favorite book or device

BACK TO SCHOOL PENCIL POUCH

Sunday, August 11, 10:00-11:30 a.m.

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

Use a sturdy, nylon fabric to make a durable pencil case for your school supplies.

OUTDOOR ART FOR KIDS, SUMMERTIME ART PROGRAM

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 – 11:00 a.m.

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

Session 4: July 29 - Aug 9



POTTERY FOR TEENS Instructor: Madeleine Burns

Four Wednesday nights beginning July 10, 6:00 – 8:00 p.m.

The following four-week session will start on Wednesday, August 14, 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

July August 2024 Schedule of Art Classes for Adults

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

BLOOM WHERE YOU ARE PLANTED, MIXED MEDIA SUNFLOWER PAINTING:

Instructor: Karen Signore

Saturday, August 3, Noon – 3:00 p.m., Workshop fee: \$30 plus a \$10 Materials fee

Join us for an afternoon of creativity and reflection and make your own unique mixed media sunflower painting. Infuse your canvas with sunny intentions, explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments. Explore the symbolism of sunflowers and the personal meaning it has for you through guided meditation and Project Insight™, Creative Journal Expressive Arts™



ECO DYING WORKSHOP Instructor: Marge Boyd

Monday August 12, 1:00 - 3:30 p.m. Workshop fee: \$25 plus a \$4 Materials fee

Use plants to create beautifully colored papers that can be used for cards, collage and a multitude of art projects. Plants will be rolled in paper and boiled leaving patterns and colors from the plants' natural dyes within your papers. While the papers are boiling, Marge will have a fun calligraphy demo to share.

EMBROIDERY WORKSHOP: EMBROIDERED LETTER DESIGN

Instructor: Kara DeCarlo

Wednesday, July 24, 1:00 – 3:00 p.m., Workshop fee: \$22 plus a \$5 Materials fee

Learn the basics of embroidery while creating a one-of-a-kind embroidered letter. Participants will learn a variety of stitches to create beautiful embroidery.



EMBROIDERY WORKSHOP: EMBROIDERED HEART SHAPED SACHET

Instructor: Victoria Baleckaitis

Tuesday, July 9, 10:00 – Noon, Workshop fee: \$22 plus a \$5 Materials fee

Learn to embroider floral designs on felt, cut out a heart shape then stitch the edges while filling it with your own dried herb and flower potpourri blend.



EMBROIDERY WORKSHOP: EMBROIDERED BEE COASTER

Instructor: Victoria Baleckaitis

Thursday, August 8, 12:30 – 2:30 p.m., Workshop fee: \$22 plus a \$5 Materials fee

Learn embroidery stitches to create a felt coaster with a bee design.



FIREFLY MIXED MEDIA PAINTING, MEDIATION AND JOURNALING WORKSHOP

Instructor: Karen Signore

Sunday, July 21, Noon – 3:00 p.m. Workshop fee: \$30 plus a \$10 Materials fee

Fireflies are emblems of good luck, attraction, magic and light. Their symbolism can lead us to delving deeper into our inner light and wisdom. Create your own mixed media canvas firefly painting infusing your canvas with illuminating intentions. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your firefly. You will also explore the symbolism of the firefly and reflect on the personal meaning it has for you through guided meditation and whole brain journaling techniques. Based on the Creative Journal Expressive™/Project Insight™ method.



FOLKARTS WORKSHOP: CATTAIL SWAGS: Instructor: Lois Lauer

Saturday, August 3, 10:00-11:30 a.m. Workshop fee: \$18 plus a \$8 Materials fee

We'll start with locally collected cattails (collected early before they get fuzzy, and then sprayed with a preservative), combine them with other interesting late summer florals such as river oats and rye grass, and colorful ribbon....and have a wonderful new decoration to hang on your doorway, lay on a mantle, or stand in a tall floor vase. Fun and easy!



JAPANESE BLACK INK PAINTING Instructor: Sandy Safranek

Two-day workshop: Two Thursdays starting July 18, 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".

LAPIDARY Instructor Larry Rothenberg

Four Monday mornings with starting July 1, 9:00 -11:00 a.m.,

Four Monday mornings starting August 5, 9:00 – 11:00 a.m.

Or Six Monday mornings starting September 9, 9:00 – 11:00 a.m.

Or Four Thursday nights starting September 12, 5:00 – 7:00 p.m., with Instructor: Jackie Burger

Class fee: \$95 per four-week session, \$145 for six-week session

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

Four Tuesday nights, beginning September 3, 6:30 – 8:30 p.m. or

Four Thursday mornings beginning September 5, 9:30 – 11:30 a.m.

Class fee: \$100 plus a \$30 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.



OPTICAL ILLUSIONS IN ART WORKSHOP Instructor: Sandy Safranek

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

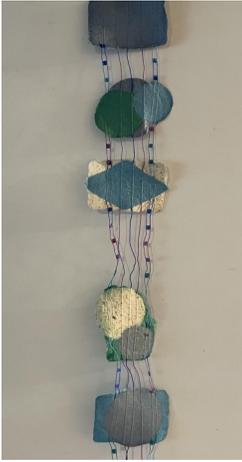
Create optical illusions, based on the concept of Anamorphic Art, in which the artist uses visual tricks that fools our eyes. You will complete three different drawings of distorted images that will "spring to life" as a 3-dimensional forms when you view them at a certain angle using the camera on your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

PAPERMAKING WORKSHOP: MONOPRINTING Instructor: Marilyn Vandebout

Thursday, July 11, 10:00 – Noon, Workshop fee: \$22 plus a \$5 Materials fee

Learn to make your own sheets of paper with plant fiber, then roll ink on flowers and leaves to make mono-prints on your paper. It becomes beautiful original art that could be framed after class or used for future art projects.





PAPERMAKING WORKSHOP: PAPER MOBILES: Instructor: Marilyn Vandebout
Thursday, August 1, 1:00 – 3:00 p.m. Workshop fee: \$22 Plus a \$5 Materials fee
Learn the art of paper making while imbedding interesting fibers within to make multi-layered paper hangings.

PHOTOGRAPHY BASICS: Instructor: Jack Martin
Thursday, July 25, 10:00 – Noon, Workshop fee: \$22
Improve your photography whether you are a beginner or seasoned photographer. General photography concepts will be presented. All camera types qualify from cell phones to advanced DSLRs. General photographic topics will be covered along with solutions that help the photographer with difficult situations. Class will consist of a presentation followed by hands-on teaching in the field. Dress for the weather as you will take a hike around The Center's grounds to photograph with the instructor.

PLEIN AIRE PAINTING: Instructor: Lenox Wallace
Four Monday mornings starting July 8, 1:00-3:30 p.m. Class fee: \$100
A multi-level class for intermediate students with some knowledge of watercolors. Students will set up inside our art center or outside on The Center's beautiful grounds to create watercolor landscape paintings. Bring a watercolor palette, a block of watercolor paper, water cup, and brushes. Optional for students to bring their own easel and outdoor chair. Capture the outdoors!



POTTERY: Instructor: Madeleine Burns **NEW TIMESLOTS TO CHOOSE FROM!**
Four Monday afternoons starting July 8, 1:00 – 3:30 p.m.
the following session starts August 12 and runs for three weeks, 1:00-3:30 p.m.
Three-week session class fee: \$87 plus a \$27 materials fee

Four Tuesday nights starting July 9, 6:00 – 8:30 p.m.,
the following four-week session starts August 13, 6:00 – 8:30 p.m.
Four Thursday nights starting July 11, 6:00 – 8:30 p.m.,
the following four-week session will start August 15, 6:00 – 8:30 p.m.
Class fee: \$115 plus a \$35 materials fee for all four week sessions

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

SEWING MACHINE BASICS: Instructor: Chris Walsh
Monday evening, August 5 , 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: QUILTED ZIPPER POUCH: Instructor: Angela Gonzalez
Sunday, July 14, 1:00 – 3:00 p.m. Workshop fee: \$25 plus a \$10 Materials fee
Attach squares of fabric to create a full pattern, then turn it in to a zipper pouch. Feel free to bring your own sewing machine or use ours.



SEWING WORKSHOP: CORNER BOOKMARK:
Instructor: Angela Gonzalez
Sunday, August 4, Noon – 1:30 Workshop fee: \$20 plus a \$6 Materials fee
Sew a bookmark using interfacing and exiting fabric patterns. Learn how to pivot on the machine to make perfect right angles.

STAINED GLASS WORKSHOP: Instructor: Savannah Kristof

Sunday one day workshops to choose from:

July 14 or 28, August 4 or 18, 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 their project. There will be multiple designs to choose from, and they will be able to take their project home by the end of class. All supplies provided.

WATERCOLOR PAINTING: Instructor: Lenox Wallace

Six Monday afternoons starting September 9, 1:00-3:30 p.m. (Advanced Class)

Six Thursday mornings beginning September 12, 10:00 – 12:30 p.m. (Beginner level Class)

Class Fee: \$145 per class

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

WOODCARVING: Instructor: Larry Rothenberg

Six Thursday mornings beginning Thursday July 18, 9:00 -11:00 a.m.,

The following six-week session starts September 12, 9:00 – 11:00 a.m.

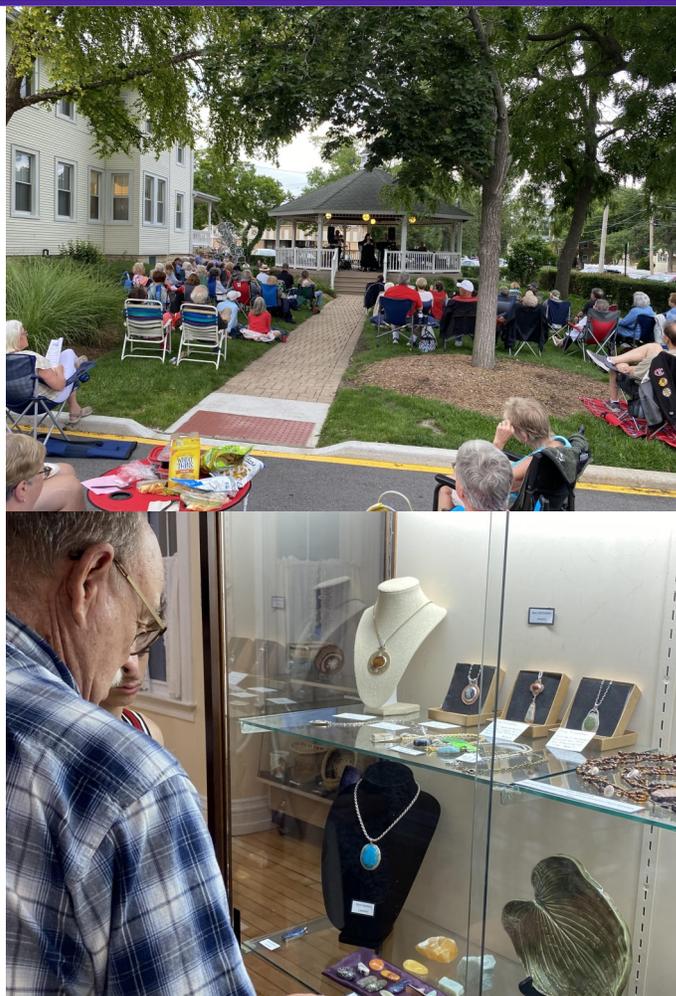
Class Fee: \$120

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)

Please Join Us!

The Log Cabin Center for the Arts teachers and students are so excited to showcase their art for the fourth year in a row in the month of July at the The Vogt Visual Arts Center in Tinley Park (17420 67th Court).

There is an opening reception on Friday, July 12 from 7:00 – 9:00 p.m. They will have live music in their outdoor veranda! Please stop by and show your support for these talented folks. It is a fun evening of art and music!



REJUVENATE YOURSELF AT THE CENTER, YOGA AND MORE!



GENTLE YOGA Instructor: Carolyn Harms

Five Friday mornings starting July 12, 9:30 – 10:45 a.m. Class fee: \$70

The following five-week session will start August 16, 9:45 – 10:45 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 September 5, 6:00 - 7:15 p.m. 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 meditation finding peace in body and mind. Bring your own yoga mat.

TRANQUIL YOGA Instructor: Debbie Jacob,

Four Mondays starting July 8, 6:15 – 7:15 p.m., Class fee: \$48

The following four-week session will start on Monday, September 9, 6:15-7:15 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, July 7, 7:00 – 8:00 p.m. or Sunday, September 22, 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.

Please support our Festival Sponsor!

KARYN R. VANDERWARREN
ATTORNEY AT LAW

Estate Planning, Wills & Trusts, Probate, Real Estate

708-839-9622

vdwlaw.com

Farm & Nature Discovery School

We are officially on Summer Break! While our teachers get to relax and unwind from this year, we will be working to get ready for our 24-25 school year. We are going to deep clean our classrooms, reorganize our shelves, develop and revise staff trainings, and make sure our school is set up for a successful school year!

Registration for our 2024-2025 school year is open on our website. While we are completely registered for our morning sessions, we do still have afternoon sessions available for all age groups! These are 2 or 3 day sessions for 3-5 year-old children running from 1:00-3:30 PM. I am still offering tours during the summer break on select dates if you would like to come see our beautiful school.

You can find plenty of information about our program online, including a FAQ page. If you can't find the answers to your questions there, or if you just want to chat about the program, please feel free to reach out to me, Danielle Bell, via email at FarmandNature@TheCenterPalos.org.



Program

Next Anniversary Dinner and Renewal of Vows on September 8

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your July, August, and September wedding anniversaries here at The Center on Sunday, Sept. 8th. 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 by Sept.3rd.

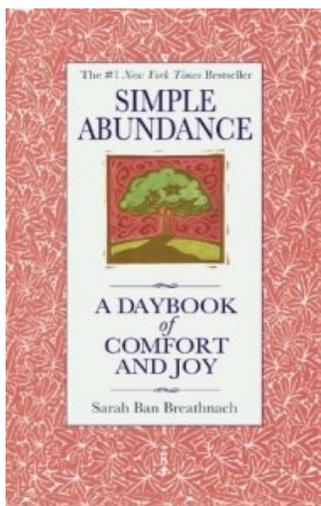
WOMANTALK DISCUSSION GROUP!

Tuesdays, July 30 & August 27, 10 a.m. – 11:30 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 **July** Simple Abundance focus is on slowing down as we seek Harmony within our daily round. Consider reflecting the joys of Summer in your baking or by experiencing nature, indoors or outside. Strawberry shortcake anyone?

For **August** Simple Abundance encourages us to tap into our reflective nature as we seek to refill our reservoir of creative energy. Also, It's float season again. Ice cream, cups, spoons and straws will be provided! Please bring your favorite root beer to make your float!



TOASTMASTERS

1st and 3rd Wednesdays, July 3, July 17, August 7 & August 21, 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. Toastmasters will meet in the Forest View Room in The Lodge. No commitment is necessary to try it out: for more information, contact Lois Lauer.



NEW!! Sharing Wisdom: A Discussion Meeting for Senior Men 55+

1st & 3rd Tuesdays, July 2, July 16, August 6 & August 13, 7:00-8:30 p.m. in the Parlor

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/Fall Series, Offered Saturday mornings from 9am-11am July 20th, August 17th, September 28th, October 26th

"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.

2024 Camp Staff

The common denominator of all the life changing experiences at camp is good wholesome fun, supervised by wonderful energetic college students and educators known as our camp counselors. We welcome them - and we thank them, for all that they share with The Center and with the campers - and we look forward to a summertime steeped in outdoor fun, personal growth and adventure!



Back Row (Left to Right): Jeremiah, Jhorden, Maddie, MJ, Lizzy, Sophia & Isaiah
Front Row: Amy, Paul, Joe, Alex, Tess, Gary

**FARM TO TABLE
SAGE BBQ
OUTDOOR CONCERT**

Bring your Whole Family!!!

July 13, 2024 from 5 - 7:30 p.m.

Entry Fee: \$10/person

Kids under 2 years—FREE!

Open Farm and Hayrack rides

Live music featuring Ray Gavin Band

Lawn Seating—bring your own chairs/blankets

Menu Items for purchase:

Brats, Burgers & Pulled Pork with garden fresh sides and drinks

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 and non GMO fed, pastured Heritage breed hogs.

Join us -
for a special evening
at The Farm!

OUTDOOR CONCERT & DANCE PARTY
AT THE CHILDREN'S FARM

FRED & FRIENDZ

NOSTALGIC MOTOWN & CLASSIC SOUNDS



**FRIDAY, AUGUST 2
6-8 PM**

GATES OPEN AT 5:30 PM

- OPEN FARM & HAYRACK RIDES
- FAMILY FRIENDLY
- \$10 PER PERSON ADMISSION
- FOOD & NON-ALCOHOLIC CONCESSIONS
(ALCOHOL FREE EVENT)
- LAWN SEATING -(BRING YOUR OWN
CHAIRS/BLANKETS)

The Children's Farm Summer Open Hours

June ~ July ~ August

Saturdays & Sundays

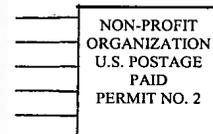
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Admission: \$9/person for ages 2+

Animal barns * Hayrack Rides * Walking Trails * Concessions

The Center



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



Rummage Sale 2024
Friday, Saturday, and Sunday August 23, 24, and 25
8 a.m.-1 p.m., all three days.
Anything and Everything!



We'll start accepting donations as soon as we can after Camp ends, which means **we'll accept donations this year starting Monday, August 12. Please make drop-off donations no later than Monday, August 19.** The last day for donations is Monday, August 19 because we'll need the remainder of the week to get the sale ready.

If you'd like to drop off items, please do so on the Farm side from 9 a.m.-3 p.m., so that there will be someone there to help and to keep your donations out of the weather.

We'll do limited pickups for large items only, but please be sure to call to request a pickup early, as we can only pickup from August 13 to August 16 this year. **The last pickup is Friday, August 16.** Last year, the waiting list for pick-ups started in early August.

You can call, starting now, to get on the pickup request list for large items only. **Mark Walker will start compiling the pickup schedule in early August and start scheduling pickups in mid-August.** Mark is the only person who can schedule pickups and calling for a pickup request doesn't guarantee we will be able to come out and get your things. We will make every effort to get to everyone we can.

Please help us by understanding that we simply do not have storage for your donated items until after Camp ends, which is the week of Monday, August 12.

For a variety of reasons, we cannot accept the following items:

Computer monitors of any kind

Baby seats

Encyclopedias

Entertainment centers

China cabinets/Curio Cabinets

Mattresses

Sleeper sofas

Televisions of any kind

Tires and...

Anything not in salable condition

Thank you for your understanding and generosity!