



# OCTOBER 2024

*The Center*



**Community Center Foundation**

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

*(708) 361-3650*

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

## BE STILL

We officially finished our hay season putting up 5,400 bales of hay this year, a record for us. It is always a good feeling to be finished with hay and checking it off the list. We are done with hay! We also finished cleaning up the farm from our huge rummage sale...another check off the list...done. Camp cabins buckled down for winter...done! I have always found great pleasure in checking things off my list. When I open my day timer and see a page with everything scratched out, I feel a sense of accomplishment. When I have to move things forward to next week's list, not so much.

Rev. Nancy brought a meditation tape in to our weekly meeting about living in the moment and giving yourself time to just be. I thought to myself, here we go. I would usually do these things on my days off, or on vacation. However, that is not true. Most of us spend our days off getting other things done. The speaker in this somewhat funny talk asks, "Are you the kind of person who switches lanes when approaching a stoplight to be in the lane with the least amount of cars?" My thoughts are yes. The question prompted me to think of the time I drove from Frankfort to Palos down Route 45 and made every light, over twenty lights, now that was an accomplishment! "Do you spend time searching for the shortest line in a grocery store to check out?" My thoughts are of course I do. "Why do we do these things?" the speaker asks. Well the answer is certainly so we can get more things done. We are always rushing to the next task. I feel like I am on autopilot to get the next thing done quicker and more efficiently.

This past weekend, Mary and I came down with Covid. We drove out to Culver, Indiana to quarantine and get better. Not much to do when you are feeling sick. I woke up at 2:00 in the morning and decided to walk outside. The stars were incredible. It was a black night, the clearest of skies, and the stars were brilliantly bright. The planet Jupiter shown the brightest and I swear I could see one of its moons just off to the side of it. They say you cannot see the moons without binoculars, so I went into the house and got a set, sure enough, there was one of Jupiter's moons. The constellations of Orion, Taurus, and the great square of Pegasus were also in the sky. As I sat there looking up with such a sense of wonder, I thought to myself, when was the last time I did this? Maybe a year ago? Rev. Nancy's meditation began to linger on my mind. I am always in a hurry it seems. My night closed with a shooting star streaking across the night sky and then a satellite.

Wednesday morning, back to work. It's opening day of school, barn dance preparations under way, the horse barn is being repaired and painted, newsletter article due, fellowship and nominating committee meetings need to be scheduled, sixteen emails to respond to...and here we go. But, do you know what? I am feeling a little more grounded. My magical astronomy night has given me a breath of fresh air. We hear these statements all the time, be more mindful, stop and smell the roses, enjoy the little things, or savor the day. They almost become cliché. Truly though, they are words of wisdom, and much more valuable in life than just getting things done. There will always be an endless list of things to be done right up until the day we die.

I am reminded of the Psalm 46:10, "Be still, and know that I am God." This psalm is engraved on one of the stone crosses in front of our chapel. I walk by it daily. I realized that the night in Culver was one of those "still" moments for me. A moment of clarity. Really, it caught me by surprise. We are so wound up in life that sometimes we forget what is truly important. A relationship with God is what is truly important. Getting things done is a necessary part of anyone's living, but a true sense of purpose and meaning come with God's presence in our lives. Do not forget to take the time to nurture that relationship, as it does give us peace and strength to handle the bigger things that come our way.



# October Spiritual Offerings

## SERVICES

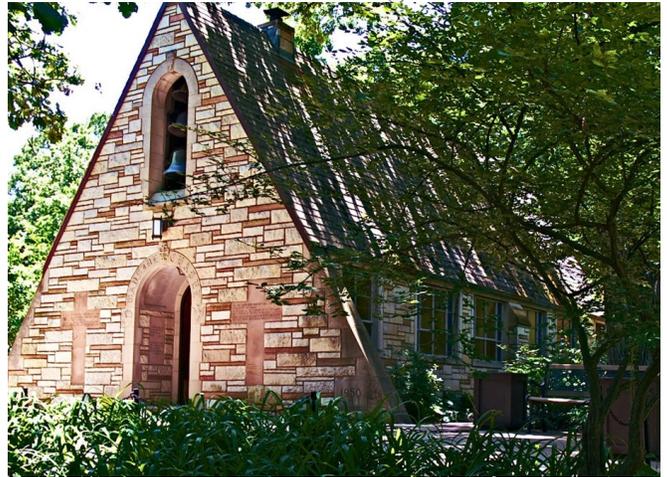
### Vespers

**Every Sunday at 8:30 a.m. in the Parlor**

Reminiscent of the early house churches, this gathering incorporates meditative music, silence, prayer, the Scripture reading for the day, and a reflection on the reading. The format is informal and conversational.

**Every Sunday at 12:30 p.m. in the Chapel**

Please join us each week for a nondenominational service of music, meditation, and prayer. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs. All are welcome!



**Communion Sunday on Oct. 6 at 8:30am and 12:30pm Vespers**

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.

**Ongoing Worship and Prayer Service on Monday Nights in The Wayside Chapel at 7 p.m.- 8 p.m.**

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](mailto:waysiderev@thecenterpalos.org).

## EVENTS

**Next Anniversary Dinner and Renewal of Vows on December 15**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your Oct., Nov., and Dec. wedding anniversaries here at The Center on Sunday, Dec. 15th. 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 Dec. 10.



**Watch Party and Discussion Group on Sunday Nights at 6pm**

Every Sunday night we meet to watch one episode of "The Chosen" starting with season one in the Parlor of The Lodge. After each episode, we share highlights from the program and discuss its relevance to our current lives. All are welcome!

## 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)**

**Monday mornings at 9 a.m. in the FVR**

All are welcome to gather in the Forest View Room for 30 minutes of silent meditation. On October 21, the group will meet in the Parlor. This is primarily a group prayer for peace in the world beginning with ourselves. Questions may be directed to Peggy Quinn - 773-841-3203.

*“To engage in mental exercise (such as concentration on one’s breathing or repetition of mantra) for the purpose of reaching a heightened level of spiritual awareness.”*

## 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.

## MINISTRY OPPORTUNITIES



### The Center Singers

Welcome Center Singers! The choir has begun practicing on Monday nights at 5:30pm in the Great Hall. If you've thought about joining but are unsure, please come. We will sing during the 12:30 Vesper Services on Oct. 13, in addition to The Center's Annual Meeting on Nov. 10. It continues to be Penny's pleasure to direct this talented group. If you have any questions, please contact Penny Wills at 708-436-2315.

### Good Seeds Ministry

Good Seeds is a group of volunteers who have come together with the intention to be of service. Anyone who is interested in joining the Good Seeds group or has questions involving donations, please email Reenie Morrison at [good-seeds@thecenterpalos.org](mailto:good-seeds@thecenterpalos.org).

The Good Seeds fall focus for donations is our Farm and Nature Discovery School. The Farm and Nature Discovery School has a "wish list" of needed school and science supplies. Your donations will continue to launch the school year off to a great start!

**Supplies:** hand soap, kleenex, hand wipes, and plastic spoons for snacks

**Science Supplies:** food coloring, cotton balls, flour, oil, baking soda, salt, and liquid or powder corn starch

Donations may be placed in the large beige wicker box found on the front porch of the Lodge.

Thank you - The "kiddos" and teachers really appreciate your generous help with donations!



### Christmas Wreaths. . .

**Please order electronically by October 25**

Once again we are providing beautifully handmade balsam fir wreaths with red velvet bows to make your home merry for Christmas. Wreaths are available in 4 sizes: 24, 36, 48, and 60 inches which cost \$22, \$33, \$44, and \$55. You can order the wreaths through The Center's website or by calling the main office. Pick up will be Nov. 29 & 30 at the farm, or by arrangement.

**Dash for Den 2024, A 5K Walk/Run  
to Support The Center's Pathway Program  
In Memory of Dennis Raber, 11/17/88 – 2/6/18  
October 20, 2024 @ 8:30 am  
at the Children's Farm at The Center**

We are losing a generation to the opioid epidemic. Dennis lost his battle on 2/6/18. Join us on October 20th to raise awareness—to humanize addiction—and to help support the Pathway Program at The Center. You do not need to register to join the walk. If you have any questions, contact Maureen Esposito at maureenespo@comcast.net or (708) 259-1445 or Mark Raber at mark@ramarsupply.com or (708) 717-3368.

*“Men of the Pathway program are cared for by The Center community of employees and volunteers who offer services ranging from continuing education, spiritual guidance and movement therapy, to mindfulness and metta-meditation. Through developing a healthy living routine and forging new relationships both in and out of the program, successful men find a new appreciation for themselves and a love for life that lights their way as they emerge anew in a larger world.”*

**DONATE NOW!**



*Mark Raber takes the men of Pathway for a boat ride on Lake Michigan. This a picture of one of the more recent outings. Thank you Mark your generosity is so appreciated!*



## The Witches Tea An Annual Favorite!

Dust off your witch's hat and broomstick to prepare for another magical Witches Tea!!! A bewitching event held in The Great Hall of the Lodge. Our cackle of witches will serve you spider cider, and a special herbal elixir brewed from our garden and a fanciful spread of finger foods. Actress and Storyteller Megan wells will enchant with a bewitching tale.

October 11, 2:00—4:00

Event price: \$44 per person

Sale Date: September 11, 10:00 a.m.





## October 2024 Art Classes for Children and Teens

**AFTER SCHOOL FUN WITH CLAY** Instructor: Heaven Newsom

**Three Tuesdays starting October 15, 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.

**ART FOR LITTLE ONES** Instructor: Heaven Newsom

**Three Thursdays starting October 10, 4:00 – 4:45 p.m. Class fee: \$32 plus a \$10 Materials fee**

Heaven will have fun weekly projects planned each week for little ones to experiment in art with painting, drawing crafts and more, with an emphasis in nature and the seasons. Open to students ages 4-7. Although this is a drop off class, parents are welcome to stay and help.



**FAMILY ART WORKSHOP AUTUMN WALL HANGING** Instructor: Heaven Newsom

**Friday, October 4, 1:00-2:00 p.m. Workshop fee: \$24 plus a \$2 materials fee**

For parents or caregivers with children, geared towards families with children ages 1-5.

Pricing is for caregiver and 1 or 2 children to bring along,. Families will work together to complete projects. Families will paint on pressed leaves to create a fall wall hanging on a stick wrapped with colorful yarn.

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

**PUMPKIN PLUSHIE** Sunday, October 20, 10:00-11:30 a.m.

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

Sew a soft and squishy pumpkin. We will head outside to gather twigs for its stem.

**MONSTER STUFFIE** Sunday, October 27, 10:00 – 11:30 a.m.

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

Draw on fabric to create a silly or scary monster. We will turn our drawings into 3-D stuffed monsters, adding googly eyes, fringe, and other bits and bobbles for extra fun.

**QUILTED LEAF GARLAND, Sunday, November 17, 10:00-11:30 a.m.**

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

Create a hanging garland inspired by the colors and shapes of the season. (This class is suitable for artists of all ages. Adults are able to register for this class as well)



**TURKEY PLUSHIE** Sunday, November 24, 10:00-11:30 a.m.

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

Sew an adorably plump turkey. Choose your feather colors and “stuff” this plushie up.

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

**Three Saturdays starting October 26, 10:00 -11:00 a.m. Class fee: \$40 plus a \$10 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.

**POTTERY FOR TEENS** Instructor: Alley Rein

**Four Wednesday nights beginning October 23, 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.

**SHRINKY DINKS HALLOWEEN WORKSHOP** Instructor: David Carlson

**Friday, October 25, 4:00-5:30 p.m. Workshop fee: \$22 plus a \$5 Materials fee**

Create Halloween characters on Shrinky material; then shrink to become a pendant, keychain, or ornament. Learn drawing techniques and have fun! .

## October 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 Fridays starting November 1, 1:00 – 3:30 p.m.**

**Class fee: \$50 Plus a \$25 materials fee**

Ann Marie will work with each student individually to create his/her own original basket. Beginners will start with a round muffin basket. Students can choose from a variety of colors and options of reed.

**CALLIGRAPHY** Instructor: Marjorie Boyd

**Three Thursdays starting October 10, 1:00 – 3:00 p.m. Class fee: \$66 Plus a \$16 materials fee**

Learn to use pens and ink practicing different lettering styles. Also learn to construct a small book to add your lettered verse/ quote. All supplies will be provided by the instructor.

**CATTAIL BASKET WORKSHOP** Instructor: Andrea Mento

**Tuesday night, October 22, 6:00-8:30 p.m. Workshop fee: \$38**

Class will meet in front of the art center then hike to the farm to harvest your own cat tail stalks; dress accordingly for the weather. If you have any mobility problems, please let us know, and we will pick the cattails for you as you stay behind in the art center. Students will learn a plaited technique and finger weaving skills to make a small cat tail basket. Appropriate for beginners.



**COLLAGE** Instructor: April Schabes

**Six Wednesday mornings beginning October 23, 9:30 – noon, (No class on Nov. 27)**

**Class fee: \$150 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!”



**CROCHETED FLOWER BOOKMARKS** Instructor: Victoria Baleckaitis

**Tuesday, October 1, 10:00 – Noon, Workshop fee: \$23 Plus a \$3 materials fee**

Learn to crochet a charming flower bookmark.



**CROCHETED PUMPKIN COASTER** Instructor: Victoria Baleckaitis

**Friday, October 25, 10:00 a.m. – Noon, Workshop fee: \$24 Plus a \$3 materials fee**

Learn to crochet a pumpkin-shaped coaster.



### **DRAWING AUTUMN LANDSCAPES IN MARKER**

Instructor: Sandy Safranek

**Four Wednesdays beginning October 9, 1:00-3:00 p.m.**

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

Create a colorful, Impressionistic-style drawing of an autumn landscape 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.

**FALL REFLECTIONS, MIXED MEDIA LEAF PAINTING WORKSHOP** Instructor: Karen Signore  
**Sunday, October 13, Noon – 3:00, Workshop fee: \$30 plus a \$10 materials fee**

Autumn invites us to reflect and embrace change. Through meditation, journaling and mixed media exploration you will celebrate what you have harvested this year so far, identify what you are ready to let go of and envision what you want to welcome in next. Create your own mixed media canvas autumn leaf painting, infusing your canvas with new intentions, exploring various texturing techniques and choosing from a variety of papers and embellishments. Journaling techniques are based on the Project Insight™, Creative Journal Expressive Arts™ method.

**GENERAL PHOTOGRAPHY WORKSHOP** Instructor: Jack Martin  
**Saturday, November 2, 9:30 – 11:00 a.m. Workshop fee: \$20**

General Photography will cover simple photographic tools, techniques, tips and tricks to improve your photography. Learn what the pros know about simple composition, how to elevate the image, how to deal with problem situations. Know what makes a great image and what went wrong with a failure. No experience necessary. This program will help the novice along with the experienced photographer; all levels are invited. Presentation will cover all types of cameras, cell phones, DSLRs, mirrorless cameras, etc.

**GROWING GRATITUDE, MIXED MEDIA GRATITUDE TREE PAINTING** Instructor: Karen Signore  
**Sunday, November 3, Noon – 3:00 p.m. Workshop fee: \$35 plus a \$10 materials fee**

When we are in a state of gratitude, our focus on appreciating what we have, attracts more to be grateful for. Join us for a fun, relaxing afternoon and explore the experience of gratitude as you create an acrylic mixed media tree painting. Through guided meditation, creative expression and whole brain journaling techniques, you will reflect on gratitude, explore practices for growing a grateful mindset and integrating gratitude into your daily life. Based on The Creative Journal Expressive Arts Institute™ Project Insight (R) method.

**KNITTED LEAF COASTER** Instructor: Victoria Baleckaitis  
**Friday, November 1, 10:00-Noon, Workshop fee: \$24 plus a \$5 Materials fee**

Learn to knit a leaf shape using fall colors that can be used as a coaster.



**LAPIDARY** Instructor Larry Rothenberg  
**Six Monday mornings starting October 28**  
**9:00 – 11:00 a.m.**

**Or Four Thursday nights starting October 17,**  
**5:00 – 7:00 p.m., (no class on October 31) with Instructor: Jackie Burger**  
**Class fee: \$100 per four-week session,**  
**\$150 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.



**LITHUANIAN STRAW ORNAMENTS** Instructor: Ann Marie Jagiella  
**Friday, November 22, 1:00-3:00 p.m., Workshop fee: \$24 plus a \$10 materials fee**  
Learn to construct your own ornaments in geometric designs.

**METALSMITHING FOR JEWELRY** Instructor: Mary Michaelson  
**Six Tuesday nights, beginning October 15, 6:30 – 8:30 p.m. or**  
**Six Thursday mornings beginning October 17, 9:30 – 11:30 a.m.**  
**Class fee: \$150 plus a \$38 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.

**MOSAICS** Instructor: Barb Thompson  
**Three Tuesday mornings starting October 15**  
**10:00 – Noon, Class fee: \$66 plus a \$10 materials fee**

Learn the techniques to make a mosaic of your choice. Students are welcome to bring their own tile pieces, old jewelry, or small broken pottery pieces, but all supplies will be provided



**PAINTING WORKSHOP: TROPICAL TUCAN** Instructor: Heaven Newsom  
**Friday, October 18, 6:00-7:30 p.m. Workshop fee: \$20 plus a \$5 materials fee**

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.

**PAPERMAKING WORKSHOP: FALL LEAVES**

Instructor: Marilyn Vandebout  
**Saturday, October 26, 11:00 – 1:00 p.m.**  
**Workshop fee: \$24 plus a \$5 Materials fee**

Have fun learning how to make your own papers in fall colors imbedded with leaves; capture the season!



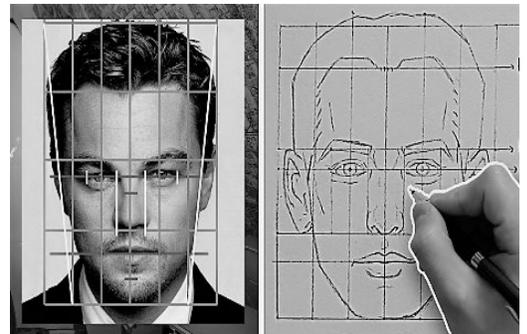
**POTTERY** Instructor: Madeleine Burns  
**Four Monday afternoons starting October 21, 1:00 – 3:30 p.m.**  
**Four Tuesday nights starting October 22, 6:00 – 8:30 p.m.,**  
**Class fee: \$120 plus a \$35 materials fee for all four week sessions**

In this beginner's level class, students will take turns on the pottery wheel and create pieces by hand learning the art of ceramics. Students will create with clay each week then glaze on the last day. Pottery will need to be picked up after a final kiln firing.

**PORTRAIT DRAWING** Instructor: Sandy Safranek  
**Three Thursday afternoons**  
**starting November 13, 1:00 - 3:30 p.m.**

**(no class on Nov. 27), 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. This could be a great Christmas present!



**SEWING MACHINE BASICS** Instructor: Chris Walsh  
**Monday evening, October 7, or Monday, November 4, 6:00 – 8:00 p.m.**  
**Workshop fee: \$30, per workshop**

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: CIRCLE DRAWSTRING BAG**

Instructor: Angela Gonzalez  
**Sunday, October 6, 10:00 – 12:30 p.m.**  
**Workshop fee: \$26 plus a \$7 Materials fee**

Sew a round bag perfect for traveling with cosmetics or jewelry. Feel free to bring your own sewing machine or use ours.



**SEWING WORKSHOP: APRON** Instructor: Angela Gonzalez  
**Sunday, November 17, Noon – 2:30 p.m.**

**Workshop fee: \$27 plus a \$8 Materials fee**

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

**SEWING WORKSHOP: TREE SKIRT**

Instructor: Angela Gonzalez  
**Sunday, December 1, 10:00 - 12:30**  
**Workshop fee: \$27 plus a \$10 Materials fee**

Sew a festive and functional tree skirt for your holiday décor.



**STAINED GLASS WORKSHOP** Instructor: Savannah Kristof  
**Sunday one day workshops to choose from: October 13 or November 17, 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** Instructor: Lenox Wallace  
**Six Monday afternoons starting October 21, 1:00-3:30 p.m. (Advanced Class)**

**Six Thursday mornings beginning October 24, 10:00 – 12:30 p.m. (Beginner level Class, no class on Nov. 28), Class Fee: \$150 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](http://www.thecenterpalos.org/watercolors)

**WOODCARVING** Instructor: Larry Rothenberg

**Six Thursday mornings beginning Thursday October 24, 18, 9:00 -11:00 a.m., (No class on Thanksgiving, Nov. 28), Class Fee: \$125**

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

**Three Friday mornings starting December 6, 9:30 – 10:45 a.m. Class fee: \$44**

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 October 3, 6:00-7:15 p.m. Class fee: \$56**

**The following Five-week session starts on November 7, 6:00-7:15,  
(no class on November 28), Class fee: \$73**

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,

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

**Or Four Mondays starting November 11, 6:15 – 7:15 p.m.**

**Class Fee: \$54**

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, October 27, or Sunday November 24, 6:00-7:00 each night,  
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](http://thecenterpalos.org) You can also call 708-361-3650 or visit our main office between the hours of 9:00 – 5:00 daily.*

## **Mark your calendars for these Holiday events...**



Rustic Holiday Market: Saturday, December 7, 9:00 a.m.- 1:00 p.m.



Christmas Teas: Kick off with a Tuesday Tea Luncheon on December 10, Noon-2:00.



Christmas Tea around the Tree December 11, 12, 13 and 14 all 2:00 - 4:00 p.m.

# Farm & Nature Discovery School



We are back in the swing of the school year, and we have so many exciting events coming up at The Farm & Nature Discovery School! We are so happy to have our families with us this year. It is so wonderful to have our school full of life and learning again.

During the month of October, we will focus on the themes of "On the Farm" and "Farm to Table". The children will learn firsthand about farm animals, farm machines, agriculture, crops, and produce. They will also take a look at how farms supply goods to families and how they use them in the home. We will also take a look at different types of farms and farms all around the world, diving into different cultures and biomes to see how they are the same and different from our farm. Towards the end of the month, we will celebrate and learn about Halloween and Día de Muertos! We will have classroom parties and the children will go trick-or-treating across the street at The Lodge.



We also will have our Fun Walk Fundraiser with all our families on October 5th! Each family has a goal to raise \$300 per child through pledges from the community, family, and friends. Students will get fun shirts, goody bags, and admission to Pumpkin Days. They will get to tour the farm path and participate in different fun activities on the day of the walk! We feel this is such a fun way to get families to explore the grounds with their children and also help support the programs that provide the quality of education their children deserve.

There is still time to join us for the 2023-2024 school year! Morning spots filled up quickly, but we have some availability in our afternoon classes that run from 1:00-3:30 PM for Preschool and Pre-Kindergarten. If you or someone you know would like to learn more about our school, or would like to set up a tour, I, Danielle Bell, can be contacted at 708-361-8933 or email me at [FarmandNature@TheCenterPalos.org](mailto:FarmandNature@TheCenterPalos.org).



# October Luncheons

run from 12 noon until 2 p.m., cost \$36 per person, and offer a delicious meal and the best in entertainment and educational programming.

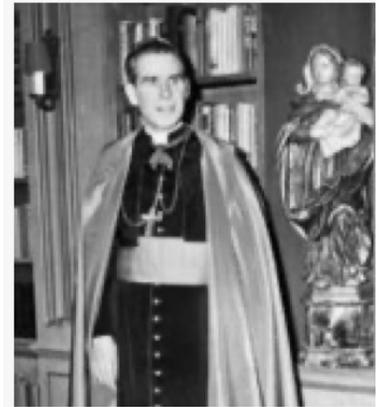


**Tuesday, October 1** Jillann Gabrielle is "Jackie O!"

"Oh, Jackie O!" finds Jackie returning home from the doctor after she is told she has Non-Hodgkin's lymphoma—and her life flashes before her. We are behind the scenes with Jackie as she reveals her true self and the most intimate details of her life: her wit, her sense of humor, her brilliance, and her artistry. "Oh, Jackie O!" is another feather in Jillann Gabrielle's cap as she delivers one more provocative and delightful original solo musical—exhaustively researched, brilliantly written, and radiantly performed!

## *Oh, Jackie O!*

**Tuesday, October 8** Larry Bergnach presents Bishop Sheen Archbishop Fulton J. Sheen is considered one of the greatest communicators of the 20th century. He touched the hearts of many through his use of radio, television, and the written word bringing the message of Jesus Christ and His Church to people everywhere. Larry Bergnach has spent over four months researching Archbishop Fulton Sheen. Larry will captivate you with his knowledge, humor, and approachable style as he draws you into his presentation.



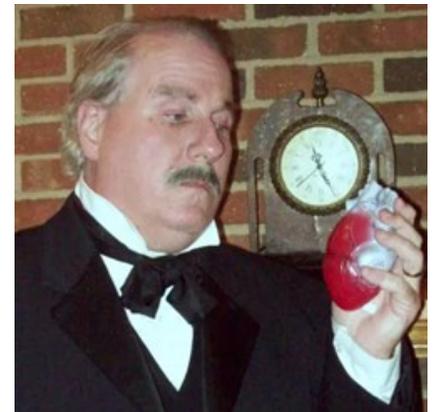
**Tuesday, October 15** Leslie Godard is Lily Pulitzer

It is 1969, and Lilly Pulitzer is transforming fashion with her boldly patterned shift dresses. In this new costumed portrayal, Leslie Godard brings to life the celebrated entrepreneur, fashion designer, and socialite. Learn what inspired this free-spirited socialite to launch a line of tropical dresses that became synonymous with resort living.

**Tuesday, October 22**

Terry Lynch is Edgar Allan Poe

Literary chills abound in this performance by actor Terry Lynch, taking on the role of legendary spine-tingler Edgar Allan Poe. As Poe, Terry will give a biographical narrative of the author's life and recite some of his most beloved poems and tales, such as "The Raven" and "The Tell-Tale Heart."



**Tuesday, October 29**

Steve Lydell's Rock 'N' Roll Show

Come enjoy an great afternoon of rock classics from the 50s, 60s, and 70s [and a couple spooky treats for Halloween] with Steve Lydell. Steve has worked with Linda Rondstadt and Chris Montez and has opened for Johnny Cash, The Who and others!

# October Program



## TOASTMASTERS!

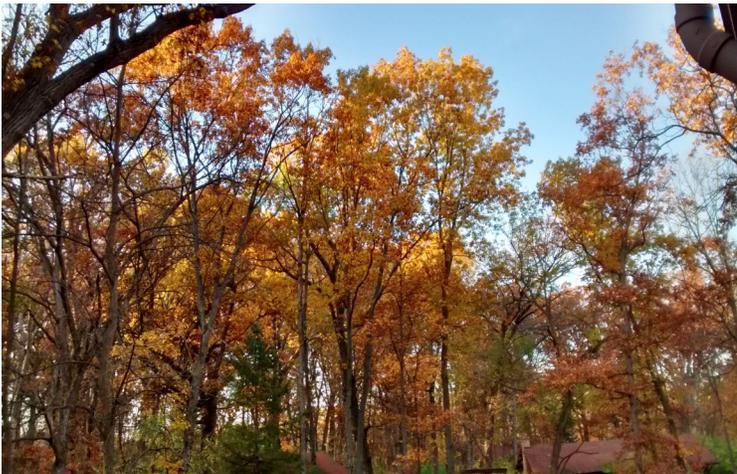
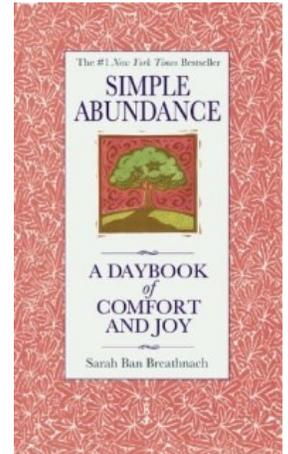
**Wednesday evenings, October 2 and 16, 7-9 p.m.**

Learn to communicate with poise and confidence, to groups, large and small, though practice and the support of our troop of fellow Toastmasters, all of whom are trying to improve their public speaking skills, just like you! We take turns leading the meetings, giving speeches, giving evaluations of each other's speeches. And... we have fun doing it. You are invited to come as a guest to see what happens at our Toastmasters meetings. For further information, contact Lois Lauer [loislauer@sbcglobal.net](mailto:loislauer@sbcglobal.net).

## WOMANTALK Discussion Group

**Tuesday, October 29, 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. Inspired by Sarah Ban Breathnach's Simple Abundance, the group, now in its 27th year, focuses on living authentically, joyfully, simply and gratefully. October brings with it the colors of fall. Bring them indoors if you like, or take a Sunday drive in the country, perhaps with a picnic meal. Do you have a favorite fall ritual? If you have any questions, please contact The Center office or e-mail [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org)



## MINDFUL NATURE WALK

**Saturday, October 26th,  
9 a.m.—11 a.m.**

*"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 or by calling the main office.

## Women's Film and Discussion Series!

**Monday, October 21, 9:30 am – noon:**

**Iron-Jawed Angels (Re: Women's suffragette movement)**

This monthly film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. The films in this series all speak to the issue of women rediscovering authenticity and joy in their lives at any age. Discussion led by Lois Lauer. Preregistration 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 welcomed.



## RETREATS AT THE CENTER

*You deserve a break! Treat yourself to a retreat...  
Register early to reserve your spot in one of these wonderful experiences!*

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

**Saturday, Oct. 12th, 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 led by Dan & 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: \$50** includes leadership, in room refreshments and retreat supplies. Please plan to bring a sack lunch.



### WOMEN'S CHRISTMAS RETREAT: Preparing Our Hearts and Our Hearths for Christmas

**Saturday, November 23, 9 a.m. to 5 p.m.**

We gather for our very popular annual women's Christmas Retreat, which will focus on preparing not just our homes, but also our hearts for the holidays! Featuring Christmas crafts, fireside fellowship, and time for reflection, this women's retreat is always a wonderful way to get in the spirit of the season. A day full of creativity and Christmas Spirit! Retreat leaders: Lois Lauer and Julie Palucki. **Sale date October 23rd at 10:00 a.m. Price \$95**



## Calling all willing volunteers...

Educational Farm Tour Guides, Hayrack Drivers, Pumpkin Sellers, Hotdog Grillers, Cashiers, Greeters, Animal Guides – You name it and we need it! With our fall season upon us, The Children's Farm is approaching our busiest time of year. We are ready to give children and families a safe, out of doors, fall experience, but we need your help. Please consider donating some of your time this year as any and all help will be greatly appreciated! We are open for business every day during October and need dozens of volunteers daily. If you think you can assist in anyway, please email [farmtours@thecenterpalos.org](mailto:farmtours@thecenterpalos.org) for more information! Volunteers must be 13 years of age and older. Thank you in advance and Happy Fall!



# Pumpkin Days 2024

## Pumpkin Playland

Fridays, Saturdays & Sundays

Plus, Indigenous Peoples Day (October 14<sup>th</sup>)

10AM-4PM

Admission Fee \$15 for everyone ages 2 and up

Barn tours & Petting Farm

Spooky Wood Shed

Hay Climber

Corn Box

Crazy Mazey

Hay Rack Rides

Food Concessions

60 Acres of Walking Trails

## You-Pick Pumpkin Patch & Farm Stand

(Patch only, No Barn or Farm Admittance)

Free Admission! \*

Fridays, Saturdays & Sundays

Plus, Indigenous Peoples Day (October 14<sup>th</sup>)

10am-4pm

Offering a variety of pumpkins, gourds, mini pumpkins, carving tools,  
straw bales, corn stalks, local honey, farm fresh meats & more!

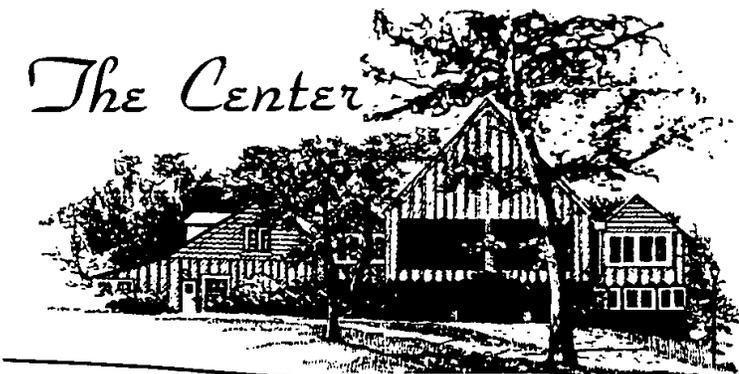
\*Admission Fees apply on October 19<sup>th</sup> for a special event.



The Center



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

**DATED MATERIAL RETURN  
SERVICE REQUESTED**

The Children's Farm  
**Pumpkin Playland**



Open Barns (Chickens, pigs, goats, cows, sheep, and more!)  
Hayrack Rides ~ Spooky Woodshed ~ Haybale Climber ~ Crazy Mazey  
Corn Box ~ U-Pick Pumpkin Patch ~ Fall Décor ~ Concessions

**September 21st- October 27th**

**Fridays - Sundays  
(+ Indigenous Peoples Day!)**

**10am-4pm**

**\$15 Admission for Ages 2+**

**No advanced reservations required!**