

# April 2025

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

## **“The Choice to Surrender Is the Road to Hope”**

As Easter approaches, we look to the Resurrection of Christ for some semblance of hope especially against the backdrop of the uncertainty and unpredictability of our current culture...But we do ourselves a disservice by skipping over Jesus' Crucifixion. What lessons are there for us to learn if we were willing to take a closer look at suffering...His and ours?

No one relishes the experience of pain. In fact, we do our best to avoid it. But Jesus took a different approach when challenged by the hardness of life. He didn't deny the reality of trials by running away from them nor fight against them by strategizing a military plan as expected. Jesus had a way of walking the middle line in a way that showed both His humanity and divinity. His anguish in the Garden of Gethsemane proved His humanness, and His motive for dying proved God's Love.

Jesus made the ultimate sacrifice by surrendering His will and choosing to trust His Father based on the relationship they shared. From our human perspective, it looks like His crucifixion was a death marked by defeat. But if we look from God's perspective, we will see that His death was actually bookended by life on both sides...creation and resurrection.

Our own suffering seems to target us as trauma victims, but do you know where the real wound lies? Peter Levine, a renowned psychologist and trauma specialist, says that “The deeper pain comes not from what happens to us, but what we hold inside in the absence of a compassionate witness”. Whether that witness is the God who we can't see or the feeling of being alone in our suffering, neither perception is grounded in truth.

Then what truths can we extract from suffering? Although we can't change what has happened to us, we can always choose our perspective. Suffering has a way of softening our defenses and increasing an awareness of our desperate need for God. When we realize that sheer willpower isn't enough to free or heal us from pain, it provides an opportunity for us to open our hearts to God, so we can reframe our experiences from His perspective.

And it's His perspective that cultivates an inner peace which can be experienced in the midst of hard times. We may be powerless to change our challenging circumstances, but we can always choose to trust the One Who is the strength in our weakness. Jesus is the One who empowers us to live the Life He died to give...a Resurrection life that is lived from the inside of us, so we can love the others on the outside. Easter reminds us that the victory over suffering has already been won...let's embrace the hope Christ and His mercy still brings.

*Rev. Nancy Nemeth*

# Spring is Here!

One of the most magical sounds in the Palos woods is the call of the Illinois chorus frog. As the first native frog to emerge from winter's sleep, it begins calling from our sloughs and wetlands in the evening, proclaiming that spring has arrived! Soon, wildflowers will carpet the forest floor, basking in the sunlight before the canopy of oaks, hickories, and maples fills in with leaves. With food once again abundant, the mating season for our wildlife is in full swing. It's a breathtaking transformation that we are lucky to witness every year.

Spring officially begins when the sun's most direct light crosses the equator, creating equal day and night across the globe. This is known as the northern spring equinox. The first Sunday after the first full moon following the equinox marks Easter Sunday, the most significant holiday in our Christian tradition. We invite you to celebrate with us at our 91st Easter Sunrise Service on our beautiful chapel hillside. This ecumenical service welcomes all and celebrates Christ's presence in our lives. Afterward, join us for fellowship and our traditional hot cross buns in the Great Hall of the Lodge. While the walk up the hill to the chapel is long, April offers a stunning journey as wildflowers blanket the forest floor. In addition to our 12:30 pm service, we also hold an 8:30 am Sunday service in the Lodge.

Spring also brings a full schedule of outdoor farm programs at The Center. Our farm is now open every weekend for families to visit. This year's newest arrivals – baby pigs, goats, calves, chicks, and ducklings – are eager to say hello! Our farm animals love spring as much as we do. We also offer engaging outdoor programs for children, including Junior Farmers, Barn Buddies, and Farmers-in-Training, all of which introduce young people to the wonders of a real working farm.

With the start of our farm tour season, we welcome preschool and elementary school children for hands-on experiences with our animals. We're always looking for volunteers to help guide these tours! Come spend a morning or afternoon leading children into each animal pen, where they can see, touch, and interact with the animals up close. No experience is necessary – we provide all the training, camaraderie, and friendship you'll need to become an expert tour guide!

Finally, a heartfelt thank you to everyone who supported our camp scholarship fundraising efforts. Thanks to your generosity, we are able to provide \$60,000 in scholarships this year, giving local children and teenagers in need the opportunity to attend our outdoor summer camp. These campers will spend their days riding horses, hiking, exploring creeks, camping under the stars, and singing around the campfire – all within The Center's beautiful 78 acres of nature. Your support makes these life-changing experiences possible, and we are truly grateful.

As spring unfolds around us, we invite you to take part in all the beauty, connection, and community that this season brings to The Center. Whether you join us for Easter service, visit the farm, or volunteer to help young explorers experience nature, there's a place for everyone to get involved. We look forward to celebrating the wonders of spring with you and welcoming you in the coming weeks!





# Good Seeds Ministry



The focus of the Good Seeds Ministry will be donations for the Pathway Men's Wing. It is in the middle of a remodeling project and will continue into the spring. Mark Walker, the director of Pathway, has a list below itemizing their current needs. They would be more than grateful if you could help them out. All donations may be dropped off in the front office which is open everyday between the hours of 9am and 4pm.

It's important that the men's rooms are uniform in their furnishings and accordingly are asking for cash donations for you to "underwrite" matching items that The Center will purchase.

~ For \$7, you can give a Pathway man an under bed storage bin

~ For \$12, a wall sconce

~ For \$70, a night stand

~ For \$100, an open wardrobe

~ For \$125, a ceiling fan and light

If you'd prefer to donate in-kind, we can also use medium pillows for the men.

Thanks so much in advance, and as always, for all your support! If you have any questions, please feel free to contact Rev. Nancy at [waysiderev@thecenterpalos.org](mailto:waysiderev@thecenterpalos.org)

## Spiritual Offerings

### SERVICES

#### Sunday Vespers

##### 8:30 a.m. in the Parlor

This early morning Vespers is an informal gathering that incorporates meditative music, silence, prayer, Scripture, and conversational reflection. It's a time of sharing collective wisdom and building community, and you are invited!

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

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

**The Center Singers will be singing for 12:30 p.m. Vespers in the Wayside Chapel on April 27** in celebration of Earth Day. Come enjoy their ministry of music! The Center Singers practice every Monday night in The Great Hall at 5:30pm. Penny Wills is the director and would welcome all who love to sing!

#### Communion Sunday on April 6, 8:30 a.m. and 12:30 p.m.

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

### MEDITATION

#### NEW! Zen Meditation Workshop-

##### Tuesday, April 8 6:30-8:30pm in the Forest View Room

Jim Matson, a Zen Buddhist Teacher, is offering a free introductory class on the background and practice of Zen Meditation. He comes with 23+ years of experience and describes Zen Meditation as "the art of becoming aware of the movement of the mind. It permits an understanding and realization of the deeper and more subtle aspects of our lives and points toward a compassionate and more confident way of living". Registration is required online or in the front office.



## 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, Mondays at 9:00 a.m.- 9:45 a.m.**

All are welcome to gather in the Forest View Room for 45 minutes of getting centered. Metta includes a silent meditation, but it is primarily a group prayer for peace in the world beginning with ourselves. No registration is necessary. Please contact Peggy Quinn at (773) 841-3203 if you have any questions.

## 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.**

### **Needed: VOLUNTEERS FOR LABYRINTH TENDING**

As the weather becomes warmer, the Labyrinth needs more attention in the way of eliminating weeds and keeping it looking beautiful. We are looking to schedule volunteers beginning in April who are willing to come on a rotational basis to keep the Labyrinth and surrounding area well kept. If you are interested in helping, please contact Rev. Nancy: [waysiderev@thecenterpalos.org](mailto:waysiderev@thecenterpalos.org).

### **NEW!! Spirituality Class on Communication**

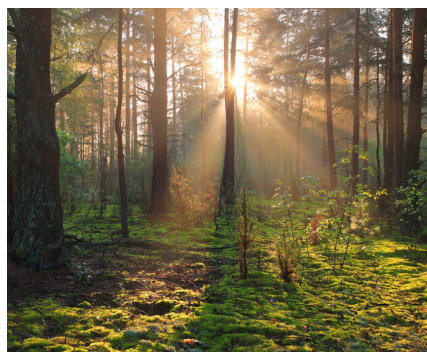
#### **Begins Sunday, March 30 in the Parlor, 3pm-4pm**

Nadine Ghazzawi and Rev. Nancy will be leading a 6-week series on learning practical tools for healthy communication. Topics will range from discovering your personality type and how that affects your communication style to communicating assertively and confidently when you encounter difficult conversations with family and friends. We will also discuss cultural differences and boundary setting.

Register on-line or in the front office. **Class fee is \$48 or \$8 per session.**

## Retreats

*It's been a long winter... You deserve a break! Treat yourself to a retreat... Register today to ensure your spot in one of these wonderful experiences. Register at [thecenterpalos.org](http://thecenterpalos.org)*



### **Awake at The Center:**

#### **A Day of Mindfulness in the Out of Doors**

**Saturday, April 12: 9 a.m. - 3 p.m.**

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

## Program

### **Women's Film and Discussion: Miss Potter**

**Monday afternoon, April 7, 1-3:30pm**

This monthly film series offers an opportunity for women to get together to watch and discuss meaningful women's movies. Miss Potter is the story of lovably-eccentric Beatrix Potter, children's book author and artist, who as a single woman, found unexpected success in London's 1902 publishing world with her Tales of Peter Rabbit, and many subsequent books. 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.





## **Toastmasters**

**Wednesdays April 2 and 16, 7:00pm-9:00pm**

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. For the foreseeable future, Toastmasters will be meeting in the Lodge's Great Hall. No commitment is necessary to try it out: for more information, contact Lois Lauer.



## **Book Club Meeting**

**April 4, 2025 10 a.m. - 11:30 a.m Parlor**

The Happiness Project by Gretchen Rubin will be discussed on the first Friday of the month for a year. We will read that month's chapter, discuss what we took away, and share how we are applying it to our lives. Please get a copy of the book <https://a.co/d/7SQoylq> (Amazon). In preparation for the meeting, read March's chapter - "Aim Higher," pages 69-89.



Questions may be directed to Nancy Crivellone by email: [vince414@comcast.net](mailto:vince414@comcast.net). There is no class fee, but a freewill offering for The Center would be greatly appreciated. Co-leaders: Nancy Crivellone and Kim Callahan-Kelly

## **Anniversary Dinner and Renewal of Vows, Sunday, April 13, 2025 at 4:30 p.m.**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your March or April wedding anniversary here at The Center on April 13. Beginning with fellowship in the Great Hall at 4:30 p.m., enjoy a delicious candlelight dinner followed by a meaningful Renewal of Wedding Vows ceremony in the Chapel. For reservations, please contact our front office at 708-361-3650 to make your payment of \$110 before April 8th.



## **Container Gardening**

**Sunday, April 27. 2pm-3:30pm**

Weather permitting, the class will be held outdoors at the farm garden. Learn what you can grow in containers in your yard, or on your patio or balcony! Children's Farm gardener Lois Lauer has been experimenting the past few years to see what will grow well in containers. The answer: all kinds of veggies (potatoes, tomatoes, sweet potatoes, onions, peppers, zucchini, cucumbers, squash, garlic, and also herbs) in all sorts of containers (big flower pots, old recycle containers, simple wooden boxes, and cloth grow bags). Learn the basics of drainage, soil nutrients, watering needs, space needs, and more). The class will conclude with each participant receiving a 10 liter woven mesh grow bag of rich soil and their choice of a tomato, pepper, or cucumber plant plus a parsley, basil, or dill herb to companion plant beside their vegetable. The cloth grow bags have two handles which make them very movable. Container gardening is an easy way to be a green-thumbed successful gardener!

**Class fee: \$15, plus a \$15 materials fee.**

## **WomanTalk Discussion Group**

**Tuesday, April 29 from 10am to 11:30am.**

"WomanTalk," hosted 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 on their personal journeys of creativity and self-discovery. Rooted in Sarah Ban Breathnach's Simple Abundance the group, now in its 28th year, seeks ways to live authentically and joyfully. They say "April Showers bring May flowers." This Month's Joyful Simplicities encourage us to keep pretty rain boots and an umbrella handy, while collecting rainwater to wash your hair. Take outdoor walks and enjoy the signs of Spring. If you have any questions please contact The Center office or email [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org).



**NEW! Reiki Circle**  
**4th Sunday of the Month. 1-2:30pm in the Forest View Room**  
**(4/27, 5/25, 6/29, 7/27)**

Join us for a monthly Reiki share at The Center!  
 Whether you are trained in Reiki (I, II, or III) or not, you are welcomed to participate. Reiki is a Universal Life Force Energy that can activate natural healing and restore physical and emotional well-being. There is no fee, but a donation to The Center is very much welcomed!  
 Please contact Eileen Hurn (773-550-6174) or Karen Signore (708-860-7813)



**Arbor Day Celebration**

The Center will be hosting the Village of Palos Park's Arbor Day Celebration on **Sunday, May 4th at Noon**. Please join us in the Great Hall of the Lodge for a presentation and program. Saplings will be given away and light refreshments will be served.

# 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, April 1 "The Most Important Story You Will Ever Tell Is The Story You Tell Yourself" with Jenny Riddle**

In this inspiring presentation, Jenny Riddle shares great stories, lots of books, and plenty of tools and strategies to inspire you to write the most important story you will ever tell--the story you tell yourself. Topics covered include the gifts of imperfection, failing forward, process over outcome, adapting as we age, reframing body image, seizing the moment, and following dreams at any age.

**Tuesday, April 8 "Padre Pio" with Larry Bergnach**

Larry Bergnach will be back to tell the tale of Padre Pio, the beloved Italian Friar and mystic who became one of the most renowned Saints of the Catholic Church. Larry will take us through the incredible journey from his early childhood to his spiritual journey, his stigmata, and his impact on millions of people around the world.

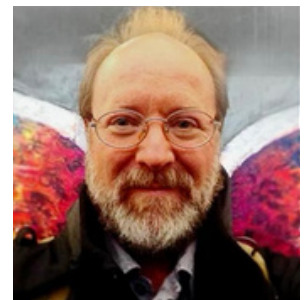


**Tuesday, April 15 Jillann Gabrielle is "Kate!"**

Join us for "Kate!" an original solo musical based on the life of Katharine Hepburn. Written, directed by, and starring Jillann Gabrielle, "Kate!" musically tells the story of Hepburn's life, her upbringing, her partnership with Spencer Tracy, her film and stage work, and more.

**Tuesday, April 22 "More 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." Here's something new and different from Greg: 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.



**Tuesday, April 29 "An Afternoon of Music" with Mark Dvorak**

The Chicago Tribune called Midwest troubadour Mark Dvorak "masterful." The Fox Valley Folk Festival describes him as "a living archive of song and style." Dvorak will be here to perform folk classics, original songs, and sing-along favorites with guitar and 5-string banjo.



# Farm & Nature Discovery School

Spring is here and we are loving the beautiful weather. With the change in seasons, it is the perfect time for us to learn about The Garden and all things that live and grow within. We will be on the hunt for insects and spiders outside while also learning about how they contribute to helping a garden grow (or not!) We will learn all about bees and pollination, worms irrigating the dirt, and spiders eating invasive insects.

We will go bird watching and practice identifying the names of the different types we see while also exploring how they live, fly, and hunt. Our students will be growing plants and flowers in the classroom and at Acorn. They will also go on nature walks to find different wild flowers growing on our property.

This is also a good time to talk about what we can grow in the garden to eat! We will taste different foods that are commonly grown in gardens and explore different recipes that use foods from the garden. We may also try honey comb while learning about how bees make honey!

We will also celebrate Easter together as a school! We will be having Easter parties in our classrooms and going on a school Easter Egg Hunt outside. Each student will bring a carton of plastic eggs filled with treats and toys. Then they will use the carton to hunt for 12 different eggs from their friends! It is so fun to watch the children work together to find the hidden eggs. The Easter parties are also a great way to celebrate the coming of spring!

April is Arab American Heritage Month! Our teachers will explore the Arab American culture, contributions to the US, and history throughout the month of April. According to The Westport Library's article Arab American Heritage Month: Celebrate, "An estimated 3.7 million Americans have Arab roots, according to the Arab American Institute, with ancestries traced to 22 countries in the Middle East and North Africa, including Lebanon, Syria, Egypt, Palestine, Morocco, Iraq, Jordan, Yemen, Bahrain, Tunisia, Algeria, Sudan, Qatar, Saudi Arabia, United Arab Emirates and others." We will dive into music, food, the Arabic language, art, and read books about the Arabic culture.

Registration for our 2025-2026 school year is now open on our website! While our morning sessions are full, you can still join us in our afternoon sessions from 1:00 – 3:30 PM! If you or someone you know is interested in learning more about our school, just reach out to me, Danielle Bell, via phone at 708-361-8933 or email at [FarmandNature@TheCenterPalos.org](mailto:FarmandNature@TheCenterPalos.org).





## **April/ May 2025 Art Classes for Children and Teens**



**CERAMIC ANIMAL PINCH POTS** Instructor: Aly Rein  
**Two Wednesday nights starting May 7, 6:00-7:00 p.m.**  
**Workshop fee: \$25 plus a \$5 Materials fee.**

On the first class, students will learn how to create animal-shaped pinch pots from clay. During the second class, students will glaze their pieces. They will need to be fired one more time in our kiln, and we will call you to pick them up when ready. Open to students in grades 3-12, parents are also welcome to register to make their own.

**CREATING WITH CLAY FOR KIDS** Heaven Newsom  
**Three Saturdays starting April 26, 11:15 a.m. – 12:15 p.m.,**  
**Class fee: \$40 plus a \$10 Materials fee**

Fun weekly projects working with clay to create sculptures and pottery pieces. Open to students in K-5 grade.

*We encourage students to sign up for both of our Saturday kids' art classes. Students are welcome to stay with Heaven from 11:00-11:15 a.m. in between these two classes*

**LOG CABIN ART FOR KIDS** Instructor: Heaven Newsom  
**Three Saturdays starting April 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.



**FAMILY ART WORKSHOP: SPRING WREATHS**

Instructor: Heaven Newsom  
**Tuesday, April 29, 10:00 – 11:00 a.m.**  
**Workshop fee: \$23 plus a \$3 Materials fee**  
*(pricing includes caregiver and child)*

Create a colorful wreath of flowers together by using a variety of art supplies. A great class for homeschooled families or caregivers of little ones.

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



**KIDS BUNNY BAG, Sunday, April 6, 10:00 – 11:30 a.m.**  
**Workshop fee: \$23 Plus a \$5 Materials fee**

Sew a drawstring bunny bag. Add eyes and a nose to really bring your bunny to life!

**KIDS SPRING SEWING CLASS, Three Sundays starting April 27, 10:00 – 11:30 a.m.**  
**(No class on Sunday, May 11) Workshop fee: \$70 Plus a \$12 Materials fee**

In this multi-session class, students will be encouraged to explore their creativity and expand their sewing skills. Students can choose between a wearable garment, advanced bag, or designer's choice. Bring your own sewing machine or use ours.



## OUTDOOR ART FOR KIDS, SUMMERTIME ART PROGRAM

Mark your calendars! **Registration will open Wednesday May 7 at 10:00 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: \$160 plus a \$22 materials fee per session**

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

Session 1: June 16 - June 27

Session 2: June 30 - July 11, No class on Friday, July 4 to accommodate for the holiday this is a 5 class session, **Class fee: \$133 plus a \$18 materials fee**

Session 3: July 14 - July 25

Session 4: July 28 - Aug 8

**RABBIT FELT MASK WORKSHOP** Instructor: Heaven Newsom

**Friday, April 4, 10:00 – 11:00 a.m. Workshop fee: \$15 plus a \$3 Materials fee**

Students will create an Easter Bunny mask out of felt to wear just in time for Easter or spring playtime. A class suitable for all ages, and homeschooled students are encouraged to register.



## April/May 2025 Schedule of Art Classes for Adults

*Teens are able to register for most adult classes. Please inquire with interest*

**BLOOM WHERE YOU ARE PLANTED: MEDITATION, JOURNALING, AND MIXED MEDIA FLOWER PAINTING** Instructor: Karen Signore

**Sunday, April 13, 12:30 – 3:30 p.m. Workshop fee: \$35 plus a \$10 Materials fee**

Flowers can inspire us with their beauty and stages of growth from bud to blossom. Join us for an afternoon of creativity and reflection, making your own mixed media flower painting. Infuse your canvas with blooming intentions, explore various texturing techniques for the background with acrylics, and choose from a variety of papers and embellishments. Explore the symbolism of flowers and the personal meanings it has for you through guided mediation and whole brain journaling techniques. Based on Project Insight®, Creative Journal Expressive Art® method.

**CALLIGRAPHY** Instructor: Marjorie Boyd

**Three Thursdays starting April 24, 1:00 – 3:00 p.m. Class fee: \$70 Plus a \$5 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. Supplies will be provided for the first day. The teacher will let the students know of the materials they will need to purchase for the remainder of classes.



**NEW!!! CERAMICS WORKSHOP: GARDEN GNOMES** Instructor: Robin Power

**Two Fridays starting April 25, 10:00 a.m. – Noon each day,**

**Workshop fee: \$50 plus a \$12 Materials fee**

Does your garden seem a little lonely? Learn step by step how to sculpt a garden gnome out of clay on the first day of class. During the second class you will paint your gnome with colorful glazes. We will fire your piece in our kiln one more time, and then call you to pick up your piece when ready.

**NEW!!! CREAMICS WORKSHOP: CORRUGATED POTTERY**

Instructor: Robin Power

**Tuesday, May 13, 10:00 a.m. – Noon,**

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

Learn the ancient technique of Corrugated Pottery, first developed by the Ancestral Puebloan Peoples. The pottery created in this class will need to be fired in our kiln, and then we will call you to pick it up when it's ready.





**COLLAGE** Instructor: April Schabes

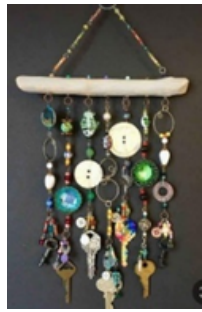
**Six Wednesday mornings beginning April 16, 9:30 a.m. – noon, Class fee: \$150 per session**  
Experiment with color and composition to create your own mixed-media collages... an opportunity to “play in your own world of artistic expression with a fun and easy art form!”

**FOLKART WORKSHOP: COILED YARN EASTER BASKET**

Instructor: Lois Lauer

**Saturday, April 5, 1:00 – 4:00 p.m. Workshop fee: \$35 plus a \$10 materials fee**

Come and create a coiled yarn basket of spring colors, just in time to use as an Easter Basket! Completed with a few eggs which students will dye with natural dyes from vegetables or fruits. You'll learn the simple technique of coiling and wrapping to create a beautiful and useful bowl-shaped yarn basket.



**FOLKART WORKSHOP: WINDCHIMES!** Instructor: Lois Lauer

**Saturday, May 3, 1:00 – 3:00 p.m. Workshop fee: \$24 plus \$8 materials fee.**

Enjoy this fun workshop in which you'll create your own wind chimes out of old bling, all dangling from a wooden branch and ready to sparkle in the sun and tinkle in the spring breeze. The Art Center will have a collection of keys, buttons, beads, and pieces of jewelry from which to choose, and you are welcome to bring some tiny objects with special meaning of your own!

**GATHERING BASKET** Instructor: Ann Marie Jagiella

**Three Fridays starting April 25, 10:00 a.m. – 1:00 p.m.**

**Class fee: \$90 plus a \$20 Materials fee**

Learn to weave a gathering basket, which is great for magazines, knitting supplies, dog toys and storage.



**GENERAL PHOTOGRAPHY WORKSHOP** Instructor: Jack Martin

**Saturday, April 26, 10:00 – 11:30 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 and 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.



**JAPANESE BLACK INK PAINTING** Instructor: Sandy Safranek

**Two Wednesdays beginning May 14, 1:00 – 3:30 p.m.**

**Class fee: \$50 plus a \$16 Materials fee**

Learn the 2000-year old art form of Japanese brush painting known as Sumi-e. Students will use bamboo brushes to paint with black ink on rice paper while learning about the four traditional Sumi-e brushstrokes and variations on them. They will then complete their own Japanese inspired black ink paintings of nature scenes, including such elements as bamboo, flowers, leaves and/or animals. The compositions will illustrate the Japanese concept of “less is more”.



**LAPIDARY (ROCK POLISHING)** Instructor Larry Rothenberg

**Six Monday mornings starting April 14, 9:00 – 11:00 a.m.**

**Class fee: \$150 per six-week session**

**Or four Thursday nights starting April 3, 5:00 – 7:00 p.m.,**

with Instructor: Jackie Burger

**Class fee: \$100 per four-week session**

Learn the art of rock polishing as you turn rough chunks 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.

## **LET YOUR SPIRIT SOAR –**

### **A MIXED MEDIA EXPLORATION OF BIRDS AND THEIR SYMBOLISM**

Instructor: Karen Signore, **Sunday, May 18, 12:30 – 3:30 p.m.**

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

The meaning of birds crosses many cultural traditions. They can symbolize freedom, wisdom, joy, messengers, and love. Their messages remind us of the creativity of the human soul and our ability to overcome obstacles. Join in for an afternoon of creativity and reflection through guided meditation, journaling, and experimenting with different art mediums to find your own creative expression of birds and their personal meaning to you. No art or journaling experience necessary. Based on Project Insight®, Creative Journal Expressive Art® method

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

**Six Tuesday nights, beginning April 15, 6:30 – 8:30 p.m. or**

**Six Thursday mornings beginning April 17, 9:30 – 11:30 a.m.**

**Class fee: \$155 Plus a \$40 Materials fee per session**

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

### **OPTICAL ILLUSIONS IN ART** Instructor: Sandy Safranek

**Wednesday, April 30, 1:00 – 3:00 p.m. Workshop: \$24 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 three-dimensional forms when you view them from a different angle using the camera on your cell phone. Please bring a cell phone with a camera to class.



### **ORIGAMI MOBILE** Instructor: Barb Thompson

**Tuesday, April 1, 10:00 a.m.– Noon, Workshop fee: \$24 plus a \$3 Materials fee**

Learn basic origami folds and balance proportions in creating a mobile of origami cranes.



### **PAPERMAKING WORKSHOP: SEED PAPERS** Instructor: Marilyn VandenBout

**Saturday, April 5, 11:00 a.m. – 1:00 p.m.**

**Workshop fee: \$24 Plus a \$5 Materials fee**

Pour pulps into shapes and incorporate seeds, petals and leaves. Seed paper can be planted or enjoyed as art. You may bring your own seeds if you have favorites.

### **PAPERMAKING WORKSHOP: PAPER WEAVING**

Instructor: Marilyn VandenBout

**Saturday, May 3, 10:00 a.m. – Noon,**

**Workshop fee: \$24 Plus a \$5 Materials fee**

First students will learn to make handmade papers. Then use colorful papers for textural paper weaving. Pieces will look great in a frame or may be used for further art projects.



### **POTTERY** Instructor: Madeleine Burns

**• Four Monday afternoons starting April 21, 1:00 – 3:30 p.m. or**

**• Four Tuesday nights starting April 22, 6:00 – 8:30 p.m.**

**Class fee \$120 plus a \$35 Materials fee per four-week session**

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 and then glaze on the last day. Pottery will need to be picked up after a final kiln firing.

**SEWING MACHINE BASICS** Instructor: Chris Walsh**Monday evening, April 28, 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 a pair of scissors. Please make sure your sewing machine works prior to registering.

**SEWING WORKSHOP: SEW AN EASTER BASKET**

Instructor: Angela Gonzalez

**Sunday, April 13, 10:00 a.m. - 12:30 p.m.****Workshop fee: \$29 plus a \$15 Materials fee**

Sew a reusable fabric basket in seasonal fabric. Great for gift giving or to use as décor. Bring your own machine or use one of ours. No experience necessary.

**SEWING WORKSHOP: SEW A PILLOWCASE** Instructor: Angela Gonzalez**Sunday, April 27, Noon – 2:00 p.m. Workshop fee: \$24 plus a \$8 Materials fee**

Sew a pillowcase using the "burrito method". Makes a great gift or addition to your bedding set. Bring your own machine or use one of ours. No experience necessary.

**STAINED GLASS WORKSHOP** Instructor: Savannah Kristof**Sunday April 13 or 27, or May 4 or 18, 10:00 a.m. – 2:00 p.m. each workshop****Workshop fee: \$100 plus a \$50 Materials 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 from which to choose, 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 April 14, 1:00-3:30 p.m. (Advanced Class)****Six Thursday mornings beginning April 24, 10:00 a.m. – 12:30 p.m. (Beginner level Class)****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, April 17, 9:00 -11:00 a.m., Class Fee: \$125**

Learn and practice the tools and techniques of woodcarving in basswood. New students will gain knife handling skills and create beautiful simple relief or three dimensional projects such as a star, shoe, or bird. If you are 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).



## *Spring Tea at The Center*

Mark your calendars and dust off your hats, The Spring Tea is scheduled for Saturday, May 10, 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. **\$44 per person.** Registration opens on Wednesday April 2, 10:00 a.m.





# **Rejuvenate Yourself at The Center, Yoga, and More!**

*Class will take place in the beautiful Forest View Room in The Lodge. Bring your own yoga mat and props.*

**GENTLE YOGA** Instructor: Carolyn Harms

**Five Friday mornings starting April 11, 9:30 – 10:45 a.m. Class fee: \$73**

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.

**SLOW FLOW YOGA** Instructor: Danielle Schaar

**Four Thursday nights starting May 1, 6:00-7:15 p.m.**

**Class fee: \$58 per four-week 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 settling into a restful meditation, finding peace in body and mind.

**TRANQUIL YOGA** Instructor: Debbie Jacob,

**Five Mondays starting April 21, 6:15 – 7:15 p.m. Class Fee: \$68**

You start your week off right with one hour of gentle yoga and a sprinkling of Qigong and natural movements for simple challenges to your everyday posture transitions. Bring your own yoga mat and yoga strap.

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

**Sunday, April 6 or May 4, 6:00 – 7:00 p.m. 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 a.m. – 5:00 p.m. daily.*

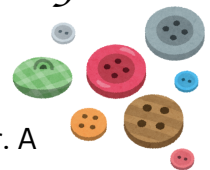
## *Have You Shopped at The Center's Gift Shop...*

Located in the beautiful lodge at the Center is the quaint Fellowcrafters Gift Shop.

The shop was established in 1939 and still flourishing 86 years later. A dedicated group of volunteer crafters design, create and donate beautiful handmade items. The shop also carries unique quality vintage items. You are sure to find something special for that certain someone.

The shop is open 7 days a week, 9 to 5 when the Lodge Office is open. The shop is managed by volunteers and 100% of the gift shop proceeds benefits the Center. Fellowcrafters always welcome new crafters.

Any interest or for additional information contact the Lodge Office  
Phone: 708-361-3650 Email: [admin@thecenterpalos.org](mailto:admin@thecenterpalos.org)  
Hope you visit soon





# APRIL 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 will be hosting a ticketed event on April 18th & 19th, and tickets will not be available for purchase at the door. Farm admission will not be granted without a ticket. Additionally, a special event is scheduled for April 26th, which may have a different admission price. Please check our website for details.



# LIVE SHEEP SHEARING

SATURDAY, APRIL 26TH  
10AM-2PM

**SHEEP SHEARING BEGINS AT 11AM**

**ADMISSION: \$10/PERSON**  
**CHILDREN UNDER 2 YEARS ARE FREE!**

**OPEN BARNs, WOOL CRAFT,  
HAYRACK RIDES, WALKING TRAILS**

The Children's Farm at The Center  
12700 Southwest Hwy Palos Park, IL 60464  
(708) 361-3650  
[www.thecenterpalos.org](http://www.thecenterpalos.org)





# PLANT & COMPOST SALE

Vegetables \* Herbs \* Flowers \* Bagged Compost

Organic & Heirloom Varieties

Friday, May 2nd  
Saturday, May 3rd  
Sunday, May 4th

Friday, May 9th  
Saturday, May 10th  
Sunday, May 11th



The Children's Farm

10AM - 2 PM



We still have space available...

## 2025 OVERNIGHT SUMMER CAMPS FOR TEENS

AT THE CHILDRENS FARM



OUTDOOR  
ADVENTURE  
FOR TEENS

\$2250

Grades 8th - 10th

- Twelve Night Sessions
- Drop Off - Sunday 4:30 p.m.
- Pick Up - Friday 5 p.m.
- Off Site Adventure Challenges
- Wilderness camping
- Animal & Horse Time
- Creek-walks
- Arts & Crafts
- Campfires & Cookouts
- Off site campout
- Group Activities
- Rustic Bunkhouse Living
- 3 sessions offered



**NEED BASED SCHOLARSHIPS AVAILABLE!!**

TEEN  
LEADERSHIP  
\$1325

Grades 10TH - 12TH

*Designed for teens with a desire to become part of our camp leadership team at The Center. Participants who successfully complete this program will be eligible to attend other weeks of camp as a Counselor in Training.*

- June 11 - 20
- Drop Off - Wednesday 4 p.m.
- Pick Up - Friday 5 p.m.
- Camp Leadership Training
- Team Building
- Off Site trips
- Rustic Bunkhouse Living

*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  
Website: <http://www.thecenterpalos.org>  
Email: [admin@thecenterpalos.org](mailto:admin@thecenterpalos.org)

**DATED MATERIAL  
RETURN SERVICE REQUESTED**



**EASTER SERVICES APRIL:**

**Palm Sunday- April 13 at 8:30am and 12:30pm Vespers**

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

**Holy Thursday Service in the Wayside Chapel- April 17 at 7pm**

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

**Good Friday Labyrinth Stations of the Cross- April 18 from 9am-5pm**

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

**Easter Sunrise Service- April 20 at 7am**

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

Come experience the Easter Season with us!



# April 2025

*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

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 Choice to Surrender Is the Road to Hope”**

As Easter approaches, we look to the Resurrection of Christ for some semblance of hope especially against the backdrop of the uncertainty and unpredictability of our current culture...But we do ourselves a disservice by skipping over Jesus' Crucifixion. What lessons are there for us to learn if we were willing to take a closer look at suffering...His and ours?

No one relishes the experience of pain. In fact, we do our best to avoid it. But Jesus took a different approach when challenged by the hardness of life. He didn't deny the reality of trials by running away from them nor fight against them by strategizing a military plan as expected. Jesus had a way of walking the middle line in a way that showed both His humanity and divinity. His anguish in the Garden of Gethsemane proved His humanness, and His motive for dying proved God's Love.

Jesus made the ultimate sacrifice by surrendering His will and choosing to trust His Father based on the relationship they shared. From our human perspective, it looks like His crucifixion was a death marked by defeat. But if we look from God's perspective, we will see that His death was actually bookended by life on both sides...creation and resurrection.

Our own suffering seems to target us as trauma victims, but do you know where the real wound lies? Peter Levine, a renowned psychologist and trauma specialist, says that “The deeper pain comes not from what happens to us, but what we hold inside in the absence of a compassionate witness”. Whether that witness is the God who we can't see or the feeling of being alone in our suffering, neither perception is grounded in truth.

Then what truths can we extract from suffering? Although we can't change what has happened to us, we can always choose our perspective. Suffering has a way of softening our defenses and increasing an awareness of our desperate need for God. When we realize that sheer willpower isn't enough to free or heal us from pain, it provides an opportunity for us to open our hearts to God, so we can reframe our experiences from His perspective.

And it's His perspective that cultivates an inner peace which can be experienced in the midst of hard times. We may be powerless to change our challenging circumstances, but we can always choose to trust the One Who is the strength in our weakness. Jesus is the One who empowers us to live the Life He died to give...a Resurrection life that is lived from the inside of us, so we can love the others on the outside. Easter reminds us that the victory over suffering has already been won...let's embrace the hope Christ and His mercy still brings.

*Rev. Nancy Nemeth*