

# June 2025

*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

## **The Wayside Chapel: A Sacred Place of Being**

From its inception as a dream, The Wayside Chapel has become a sacred space in which people find care for their souls. Whether celebrating life at a Memorial, joining a couple in marriage, baptizing a child into the faith, or worshipping at Vespers, all are welcomed and affirmed as God's beloved. Connecting with the Divine and growing in relationship with one another anchors us as a community with a heart to serve those in need.

From one of his Newsletters from 2006, Frank Sanders reminds us that "The Center's emphasis has never been on making money or building cathedrals but on reclaiming shattered lives and restoring sagging spirits." Still today, visitors express gratitude for the peace they sense when walking the grounds. The surrounding woodlands and beautiful chapel garden invite them to cultivate an intimacy with the natural world in a way that God's Presence is discovered. Either attending a Vespers Service or simply being present at The Wayside Chapel, we invite you to share in all the loving and gracious ways God is alive and at work now and throughout its history.

From 1946-1951 the front office of the Lodge was actually the Chapel! It seated 18 people on 2' x 6' benches and had a plywood altar. In that tiny space there was no room at all for a piano, much less an organ!

Then, just before WWII, Adam Inhout felt strongly that The Center needed a real chapel and he donated \$5,000 to the cause. Mr. Inhout was very generous, not only with his money but with his talents: he built the stone pillar at our entrance, the first girls' dormitory in camp, and the furniture that still is in the parlor of the Lodge. Mr. Inhout died towards the end of the war, and after the war we began to get serious about building a real Chapel. But we didn't have a design... yet.

Then, lo and behold, a friend of The Center, Mr. Jim Pomeroy, who lived in Orland Park and was a well-known architect in the Palos-Orland area, offered his services. Although his area of interest was houses, not chapels, he gladly took on the project and began doing research to find the right kind of design for The Center's chapel. Those involved with the decision-making agreed with Mr. Pomeroy that an A-frame design (evoking the pyramids of ancient Egypt) seemed to ground the Chapel to Earth (since nature was so important to us). The chapel was to be made of wood, which was the most affordable option at the time.

Along comes the Providence of God once again! Carl Zimmerman had recently moved to Palos, and he was the largest cut stone dealer in the Chicago area. One day, after having lunch with Elizabeth and Sandy, he thought the chapel really needed to be made of stone! So with his generosity, Rocky Mountain Cobra stones, Lannon stone, and colored stones from Tennessee were used to create the simply beautiful Chapel we know and love today.

None of the details in the design of the Chapel were left to chance. All of the Scriptures and symbols are intentional and hold the mission of The Center and the dream of God. The symbols of the Trinity are on the front of the Chapel. The hands of God the Father are over the Chapel bells,

the Lamb represents Jesus (on the left of the door as you are looking at the Chapel), and the dove represents the Holy Spirit (on the right side). These images were carved by a German stonemason and were offered as a gift!

There are two crosses on the front of the Chapel, on either side of the door: on the right side is the creed of The Center, and on the left is Scripture telling about the land. These inscriptions were the generous gift of a monument man from Chicago Heights.

All of the beautiful cherry woodwork: the pews, the altar, the pulpit, and the lectern were the generous gift and design of the Kruissink Brothers as a memorial to their family.

The stained glass window in the back of the altar is a copy of an old English chapel window. The rude beams over the altar were designed from old English churches that had a functional beam with a screen hanging down to keep the cattle and other animals off the altar. On the beam closest to the altar, facing the pews it is inscribed: "Love never faileth." The beam closest to the organ loft, towards the exit reads: "Peace be with you."

The Wayside Chapel still bears both inscriptions of God's perfect Love and Peace. Whether it is inside the Chapel or its garden behind, we invite you to come and experience the comfort and healing power of God's Presence in this Sacred space.

Lastly, our faith grows the strongest in community. Our hope is that you find companions at The Center who encourage you with a sense of belonging and support along life's journey.

With grace and gratitude,

*Rev. Nancy Nemeth*

Rev. Nancy Nemeth



## Services

### 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!

### Communion Sunday on June 8, 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 welcome at the Lord's Table.

## **A Fresh Partnership Grows at The Children's Farm** *Bringing Local, Organic Food- and Wisdom- to Our Community*

*"To forget how to dig the earth and to tend the soil is to forget ourselves."*  
-Mahatma Gandhi

Every time we sow a seed in living soil, we're doing more than growing food; we're participating in the healing of land, community, and spirit. Regenerative agriculture teaches us that farming can be more than extraction; it can be restoration. When we care for the soil, we care for our health, our neighbors, and the generations to come.

In a time when food often feels distant, disconnected, and diminished by chemicals and mass production, growing organic food locally becomes a radical act of renewal. It reconnects us to nature's rhythms, allows us to nourish our bodies with integrity, and helps us protect the land that sustains us.

This focus on sustainability and stewardship naturally aligns with The Center's mission: to nurture the whole person, physically, emotionally, mentally, and spiritually, through connection with nature, community, and meaningful work. Supporting local, organic growing practices means we're investing in cleaner soil and water, healthier food, more ethical agriculture, and a future in which people of all ages can rediscover what it means to live fully and responsibly on this Earth.

With that spirit in mind, we are thrilled to announce a new and meaningful partnership at The Children's Farm: a collaboration with OAK Farm that will bring more local, organic food, and knowledge, to our community through our SAGE (Sustainable Agriculture and Green Education) program.

Beginning this season, Kat and Oliver, organic farmers with a deep respect for both the land and this community, will be tending to an underused field right here at The Children's Farm. Using regenerative methods, they'll grow a vibrant mix of vegetables, herbs, and fruits which will be used in our kitchen and available for purchase throughout the growing season.

But let it be known: this isn't just about fresh produce. It's about transformation, from the ground up, in our soil, our spirit and our shared vision for a healthier, more connected community.

To support our educational mission, Kat and Oliver will also lead a series of hands-on workshops throughout the growing season, offering our fellowship the chance to learn, grow, and deepen their connection to the land. These gatherings will be open to all and will serve as a powerful way to live out the values at the heart of our SAGE program.

We hope you'll join us in this exciting new chapter. Keep an eye out for workshop dates, harvest announcements, and opportunities to connect. Let's gather, learn, and grow—together.

With gratitude and excitement,



Amy Donze





# Spiritual Offerings

## MINDFULNESS AND MEDITATION

**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.

## EVENTS

### ANNIVERSARY DINNER AND RENEWAL OF VOWS

**Sunday, June 8, 2025 at 4:30 p.m.**

Whether or not you were married in our Wayside Chapel, we invite you to celebrate your May or June wedding anniversary here at The Center on June 8<sup>th</sup>. 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 to make your payment of \$110 before June 2nd.

### CALLING ALL PURPOSE-DRIVEN WOMEN!

**Faith-Fueled Entrepreneurship & Leadership Retreat**

**Saturday, June 28, 2025. 9 a.m.- 1 p.m. in the Forest View Room. Fee: \$45**

Ready to rise, lead, and launch what's been stirring in your spirit?

Join Nina Venturella, seasoned entrepreneur and purpose coach, for an empowering half-day retreat designed to ignite your calling, equip your leadership, and help you boldly step into the business God is birthing through you.

Whether you're already in business or just dreaming about the next step, this retreat will deliver practical tools, spiritual alignment, and the inspiration you need to walk in confidence and clarity.

You were chosen, equipped, and called. Now it's time to build.

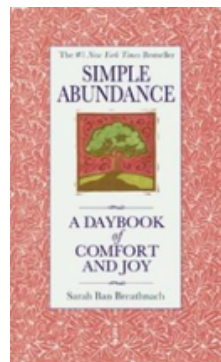
Register now online or at the Front Office- Space is limited!



## 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.**

## Program



### Womantalk Discussion Group

**Tuesday, June 24. 10 a.m.**

WomanTalk, led by Kate Atkins-Trimnell, is a gathering of women who meet on the last Tuesday of each month in the Parlor to nurture and support each other's personal journeys of creativity and self-discovery.

Rooted in Sarah Ban Breathnach's *Simple Abundance* the group, now in its 28<sup>th</sup> year, seeks ways to to live authentically and joyfully. Sarah encourages us to "rediscover that it is life's enrichments rather than the riches of life that bring us true contentment." As Midsummer approaches, consider celebrating the Summer Solstice on June 20. If you have any questions, please contact The Center office or e-mail [thechildrensfarm@thecenterpalos.org](mailto:thechildrensfarm@thecenterpalos.org)

## **Toastmasters**

**Wednesdays June 4 and 18, 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. No commitment is necessary to try it out: for more information, contact Lois Lauer.



## **Book Club Meeting on June 6, 2025. 10 a.m.- 11:30 a.m. in the Parlor**

The Happiness Project by Gretchen Rubin will be discussed on the first Friday of the month for a year. Please get a copy of the book <https://a.co/d/7SQoylq> (Amazon).

In preparation for this month's meeting, read the May chapter- "Be Serious about Play: Leisure" beginning on p. 112.

Questions may be directed to the leader, 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.

# **Farm & Nature Discovery School**

We have officially made it through our '24 - '25 school year! What a beautiful year we had filled with adventures, laughs, and making lasting memories. One of my favorite things to do at the end of the year is slowly walk down memory lane and think of everything I am thankful for from the school year. I'd love to share some of those with you now.

First, I am so grateful for the teaching team that I have with me. I'll be honest, this year was a little tricky staffing-wise, and we had a lot of staff movement due to life events. This faculty jumped up and showed their flexibility and dedication to these students and this school by filling in wherever they were needed. They put their hearts and souls into their teaching practice. They truly bond with their students and families. It is so clear that they love what they do.

Second, I am extremely grateful for the opportunity to get to know these beautiful children and families. One of my goals was to make sure we give families plenty of opportunities to get involved in their child's school, and these parents didn't disappoint. They jumped right to the plate whenever we gave them the chance! I love watching our school grow into a community of friendship and education. These children never fail to make me smile and feel special. They are all so unique and wonderful. Thank you so much to our families for sharing them with us.

Third, I am so blessed everyday for the environment in which we are given to teach. What a gorgeous space to come to just be! The space to explore a full pumpkin patch, a hill to sled down, wildlife and farm animals to learn about, hay rack rides, and magical spaces to find inspiration. If I get bogged down with administrative work at my computer, I have the option to just go on a walk with a class! I cannot say enough positive things about this school. While I don't like to brag, I think it is one of the best schools a child could experience! This is just a very minimal glimpse into why I am grateful to direct this school.

We will be having summer school the first week of June. This is an opportunity for current students to spend one more week with their friends. It is also an opportunity for new students already registered for the '25 - '26 school year to explore their future educational space and program! Students will spend their mornings exploring different parts of our farm and acreage, participating in fun activities and games! Summer School is \$235 for 5 days, running Monday through Friday from 8:45am - 11:45am.

Registration for our 2025-2026 school year is open on our website. We have plenty of space in our afternoon classes. If you or someone you know is interested in learning more about our school, feel free to reach out to me, Danielle Bell, via phone at 708-361-8933 or email at [FarmandNature@TheCenterPalos.org](mailto:FarmandNature@TheCenterPalos.org).







## **June/ July 2025 Art Classes for Children and Teens**



### **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: \$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 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

### **CERAMIC FOOD INSPIRED PLATES WORKSHOP**

Instructor: Aly Rein

**Two Wednesday nights starting June 4, 6:00- 7:00 p.m.**

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

On the first class, students will learn how to create food-inspired plates out of 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.



### **KIDS SEWING WORKSHOPS** Instructor: Angela Gonzalez

Open to students in 3<sup>rd</sup>- 8<sup>th</sup> grade. Bring your own sewing machine or use one of ours.

**SUMMER TOTE** Instructor: Angela Gonzalez

**Sunday, June 1, 10:00- 11:30 a.m.**

**Workshop fee: \$23 plus a \$8 Materials fee.**

Sew a large bag to carry your beach, pool, or sports stuff this summer! Pick our your favorite fabric and get to sewing! Bring your own sewing machine or use one of ours. Open to students in 3<sup>rd</sup>- 8<sup>th</sup> grade



### **KIDS SUMMER SEWING CLASS**

**Three Sundays starting June 8, 10:00- 11:30 a.m.**

**Workshop fee: \$70 plus a \$12 Materials fee**

In this multi-class workshop, students will be encouraged to explore their creativity and expand their sewing skills. Students can choose between a wearable garment, advanced bag, or designers choice.

### **SLEEPOVER TOTE**

**Sunday, July 13, 10:00- Noon. Workshop fee: \$30 plus a \$8 Materials fee**  
Sew a large tote bag with pockets to organize your belongings.

### **SUMMER SKIRT**

**Sunday, July 20, 10:00- Noon. Workshop fee: \$30 Plus a \$8 Materials fee**  
Pick a playful fabric and sew a flowy summer skirt.

### **POTTERY FOR TEENS** Instructor: Alley Rein

**Four Wednesday nights beginning June 25, 6:00- 8:00 p.m.**

**Class fee: \$90 plus a \$25 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.



## **June/July 2025 Schedule of Art Classes for Adults**

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



**CERAMICS WORKSHOP: TREE SCULPTURES** Instructor: Robin Power  
**Two Tuesday mornings starting June 17, 10:00 a.m. – Noon each day,**  
**Workshop fee: \$55 plus a \$12 Materials fee**

Trees have always been a source for creative expression. They are filled with organic shapes and rich with surface texture. Let your imagination flow as you learn to sculpt with clay! On the second day of this workshop, you will paint colorful glazes on your piece. The art will need to be fired one more time in our kiln, and we will contact you when it's ready to pick up.

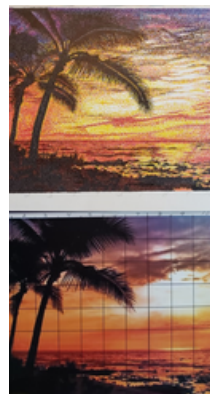
### **CERAMICS WORKSHOP: CORRUGATED POTTERY**

Instructor: Robin Power

**Tuesday, July 15, 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.



### **DRAWING SUMMER LANDSCAPES OR SEASCAPES IN MARKER**

Instructor: Sandy Safranek. **Four Wednesdays beginning June 4, 1:00-3:00 p.m.**

**Class fee: \$88 plus a \$35 Materials fee**

Create a colorful, Impressionistic-style drawing of a landscape or seascape using the drawing technique known as Stippling/ Pointilism. 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.

### **ECO DYING WORKSHOP** Instructor: Marge Boyd

**Thursday, June 19, 1:00- 3:30 p.m.**

**Workshop fee: \$26 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.





**FINGER-KNIT WINTER SCARF** Instructor: Sandy Safranek

**Friday, July 25, 1:00-3:30 p.m., Workshop fee: \$28**

"Christmas in July!" Get ahead of the game before the holiday rush! Create a soft, warm winter scarf using a finger-knitting process. No knitting experience is required. Participants should purchase and bring their own yarn. 1 skein (bundle) of Yarnspirations Bernat Blanket Big yarn is all that is needed to create one scarf. It may be one color or multi-color and is available at both Michaels and Hobby Lobby. These scarves make perfect holiday gifts!



**FLORAL MOSAIC WORKSHOP** Instructor: Noelle Cervantes

**Two Tuesday afternoons: June 24, 1:00- 3:00 p.m. and August 1, 1:00-2:30 p.m. Class fee: \$40 plus a \$20 Materials fee**

Learn the steps to create mosaics! Students will create a 6x6 inch mosaic on wood with floral designs that can be hung on the wall. On the first class, students will design their piece and glue down the tiles. On the second class, students will learn how to add grout.

**FOLKART WORKSHOP: MAKE YOUR OWN BROOM** Instructor: Lois Lauer

**Saturday, June 7, 9:00 a.m.- Noon. Workshop fee: \$30 plus a \$12 Materials fee.**

Learn the basic principles of traditional broom-making by creating your own small whisk broom which will be both functional and decorative.



**FOLKART WORKSHOP: BROOMMAKING 102** Instructor: Lois Lauer

**Saturday, July 19, 9:00- Noon, Workshop fee: \$30 plus a \$15 Materials fee.**

For those with some broom making experience (such as the "Make Your Own Broom" class on June 7), we'll learn how to attach a broom handle and plait the tops of the broom corn for a functional and decorative hearth broom.

**HERBAL SALVE WORKSHOP** Instructor: Andrea Mento

**Sunday, July 13, 10:00- 11:30 a.m. Workshop fee: \$18 plus a \$30 Materials fee.**

Participants will learn how to make their own tin of an herbal salve, using beeswax and olive oil for use as a moisturizer for lips and hands. Infuse fresh or dried herbs in olive oil with the option to add essential oils.



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

**Two Thursdays beginning July 10, 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 June 2, 9:00 – 11:00 a.m.**

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

**Or four Thursday nights starting June 12, 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.







## **PAPERMAKING WORKSHOP: CELEBRATING TEA**

Instructor: Marilyn VandenBout

**Saturday, June 21, 10:00 a.m.- Noon.**

**Workshop fee: \$24 plus a \$5 Materials fee.**

Create your own papers with a pulp made from tea bags, abaca, and tea leaves, and even paint the papers with a strong tea. Stencils provided

**POTTERY** Instructor: Madeleine Burns

· **Four Monday afternoons starting June 2, 1:00 – 3:30 p.m.**

**Next four-week session starts July 7, registration is open.**

· **Four Tuesday nights starting June 3, 6:00 – 8:30 p.m.**

**Next session starts July 8, registration is open.**

**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.

**PRINTMAKING WORKSHOP** Instructor: Kara DeCarlo

**Saturday, July 12, 10:00 a.m.- Noon.**

**Workshop fee: \$24 plus a \$8 Materials fee**

Learn to carve a floral design on a linoleum block and pull a print in this hands-on workshop. Designs will be provided or bring your own.



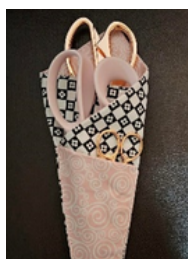
**SEWING MACHINE BASICS** Instructor: Chris Walsh

**Monday evening, June 2, 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 WORKSHOPS:** Instructor: Angela Gonzalez

No experience necessary. Bring your own sewing machine or use one of ours.



**SEWING NOTIONS HOLDER**

**Sunday, June 1, Noon- 2:30 p.m. Workshop fee: \$30 plus a \$5 Materials fee.**

Sew a fabric case for your sewing supplies, such as scissors, seam ripper, and tape measure.

**CANVAS DESKTOP CATCHALL**

**Sunday, June 8, Noon- 2 p.m. Workshop fee: \$25 plus a \$5 Materials fee.**

Sew a fabric desktop organizer.

**TWO WEEK SEWING WORKSHOP**

**Two Sundays starting June 22, Noon- 2:30 p.m.**

**Workshop fee: \$60 plus a \$15 Materials fee.**

Returning students will make a favorite sewing project or a sewing workshop project they weren't able to attend. New students are invited to explore their sewing interests through a variety of sample projects.

**NEEDLE CASE WORKSHOP**

**Sunday, July 13, 12:30- 2:30 p.m. Workshop fee: \$25 plus a \$5 Materials fee**

Sew a fabric book to store sewing needles and pins.

**QUILTED JEAN UPCYCLED BAG**

**Sunday, July 20, 12:30- 3:30 p.m.**

**Workshop fee: \$35 plus a \$8 Materials fee**

Turn an old pair of your denim jeans into a new quilted bag. Please bring an old pair of jeans to utilize.



**SHINE BRIGHT, MIXED MEDIA SUN PAINTING WORKSHOP** Instructor: Karen Signore  
**Sunday, July 20, 12:30- 3:30 p.m. Workshop fee: \$35 plus a \$10 Materials fee.**

Create your own unique mixed media sun painting on canvas. You will infuse your canvas with bright intentions. Explore various textures and techniques in acrylics for the background. Also embellishing the sun with scrapbook paper, book pages, bling, and more! Celebrate the sun's light and energy as you reflect on your own energy and inner light through guided meditation and mixed media painting. Based on Project Insight®, Creative Journal Expressive Arts® method.

**SPREAD YOUR WINGS, BUTTERFLY PAINTING WORKSHOP**

Instructor: Karen Signore

**Sunday, June 29, 12:30- 3:30 p.m. Workshop fee: \$35 plus a \$10 Materials fee.**

Butterflies have a magical presence and rich symbolism. Their life journey can reflect our own life's journey. Create your own mixed media butterfly painting on canvas in this expressive arts workshop, infusing your canvas with intentions of renewal and transformation. Explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments for your butterfly. You will also reflect on the personal meaning it has for you through guided mediation and whole brain journaling techniques.

Based on Project Insight®, Creative Journal Expressive Art® method

**STAINED GLASS WORKSHOP** Instructor: Savannah Kristof  
**Sunday, June 22 or 29, or July 13 or 20, 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.



**WOODCARVING** Instructor: Larry Rothenberg

**Six Thursday mornings beginning Thursday, June 5, 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).

## Vogt Visual Arts Show



Art from The Log Cabin Center for the Arts teachers and students will be on display at The Vogt Visual Arts Center in Tinley Park in the month of July!



For the fourth year in a row, we are being showcased!



The Opening Reception is Friday, July 11, 7:00 - 9:00 p.m. There will be live music in their outdoor veranda throughout the night. Please stop by and show your support. It's a fun night of art and music! Feel free to bring your own lawn chairs and refreshments to watch the band.







# Good Seeds Ministry



The Good Seeds Ministry will be taking a break for the month of June.

Thank you so much, as always, for all of your support! If you have any questions about Good Seeds, please feel free to contact Rev. Nancy at: [waysiderev@thecenterpalos.org](mailto:waysiderev@thecenterpalos.org)

## **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 July 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.

**TRANQUIL YOGA** Instructor: Debbie Jacob,

**Four Mondays starting June 2, or July 7, 6:15 – 7:15 p.m. Class Fee: \$55**

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, June 1 or July 6, 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.*



## Outdoor Farm Concert Nostalgic Motown & Classic Sounds from

# FRED & FRIENDZ

## SATURDAY, MAY 31ST

Concert 4:00pm-6:00pm  
Gates open at 3:30pm

The Children's Farm Pavilion  
Lawn Seating-Bring a chair/blanket

Food & non-alcoholic concessions offered (alcohol free event) \*Please note this event is a concert only. No barn admittance permitted.

## FREE ADMISSION

*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**

# The Children's Farm SUMMER OPEN HOURS

JUNE, JULY, AND AUGUST

**10AM-2PM**  
SATURDAYS & SUNDAYS

ADMISSION  
\$9/PERSON FOR AGES 2+

ANIMAL BARN • HAYRACK RIDES  
WALKING TRAILS • CONCESSIONS

