

1 All We Can Save (book study series)
Mondays, 9:30 - 11 AM
Facilitator: Bridget Sperduto
Visionary women, from scientists to poets, help us face our climate crisis.

1 Water: Protect & Heal Earth (series)
Mondays, 1 - 2:15 PM or 6:30 - 7:45 PM
Facilitators: Kathy Sherman, Christine Parks and other CSJs
Prayer, input, small group discussion on the critical issue of water.

6 **A New Harmonium**
Saturday, 7 - 9:00 PM
Emcees: CSJs Jackie Schmitz & Kathy Sherman
Dress up, open some wine and cheese, enjoy a night of talent and laughs.

9 Reiki Circle (series)
Second Tuesdays, 10 - 11:00 AM
Prayerful sessions with Reiki practitioners: unblock energy, provide balance.

11 Crystal Singing Bowls
Thursday, 7 - 8:00 PM
Facilitator: Jalima Cuesta
Breathing techniques, guided meditation and intuitive playing of crystal bowls.

12 The Journey of Soul Initiation (book study series)
Fridays, 1 - 2:30 PM
Facilitator: Lynn Fleming
Find your place within the Soul of Earth as you journey with Bill Plotkin's book.

13 Paula D'Arcy: A Greater Light
Saturday, 10 AM - 2:30 PM
The author, on moving through life's challenges, laying the foundation for a larger life and a greater consciousness.

17 Ashes to Fire
Ash Wednesday, 7 - 8:00 PM
Facilitator: Pat Bergen, CSJ
Awaken to the deep desire flickering in the soul - ours and the soul of the world.



17 Lenten At-Home Retreat
Ash Wednesday, 7 PM - March 3, 7 PM
Pat Bergen, CSJ, var. Spiritual Directors
Come home to your deepest Self, into alignment with the Spirit of the Living God. This is the call of Lent.

23 Breaking Open the Word (series)
Tuesdays, 9 - 10:15 AM
Facilitator: Pat Bergen, CSJ
Each week in Lent, bring Sunday's scriptures into dialogue with our own lives.

25 Lenten Invitations (series)
Thursdays, 9:30 - 10:45 AM
Facilitator: Kathy Sherman, CSJ
Witness the journey of Jesus, and our own, thru input, music, sharing, quiet.

27 Intuitive Painting
Saturday, 9 AM - 12:00 PM
Facilitator: Gillian Romano
Creating art can be a form of meditation. Grow and nurture your innate wisdom.

28 Vibrational Singing Bowls
Facilitator: Page Kennedy
Recorded session, play at-will thru March.

See website for all program details and to register:
csjthewell.org