FALL PROGRAMS

Awakening to Unity
Creating a culture of Love, Hope, and Healing
Monthly Dream Group
First Tuesday of the month • Sept 3, Oct 1, Nov 5 • 6:30-8 pm
Facilitator: Ann Letourneau, CSJ, licensed clinical psychologist and trained spiritual director

The Dream Group is an opportunity to gather with others who are intrigued by nighttime dreams. Each month we help one another understand what the unconscious part of ourselves might be saying to the conscious.

Cost: $10/session

Yoga
Wednesdays • 6:30-8 pm
Facilitator: Karen Payne, Certified Hatha yoga instructor

Karen will teach you to observe and listen to your body, calm your mind and connect with your “true self.” Using your breath, you will learn to let go and live in the present. With continued practice you will find joy in simple awareness and discovery. This class is appropriate for all levels.

Cost: $12 per class or $100 for 10 classes

Nature Therapy Walk
Saturday Sept 7 • 9-10:30 am [Rain date Sept 28]
Facilitator: Kim Ruffin, Certified Nature & Forest Therapy Guide

Forest Therapy puts people in direct contact with the therapeutic benefits of non-human nature through short, easy-paced, and sensory-focused walks. Known as “shinrin yoku” (forest bathing) in Japan, this wellness practice has growing scientific support for its positive impact on human health. Come join us for a unique experience that will connect you with the outdoors, others, and yourself.

Cost: $20

Watercolors: Discover the Artist Within
Saturdays 9-11 am • First Session: Sept 7-26 – $150
Second Session: Nov 2 – Dec 21 – $150
Facilitator: Pat Willems, CSJ

Do you wish you could paint like an artist? This is a wonderful opportunity to explore and develop the artist within you with an experienced watercolorist teacher.

Come and Paint
First Saturday of the month • 9:30-Noon
Facilitators: Mary Helen Crispo, Mary Southard, CSJ

These reunion sessions bring participants to a greater self-awareness through painting. Participation open to previous “Come and Paint” retreat participants.

Cost: $10/session

Transformational Breath
Mondays • Sept 9, Oct 7, Nov 4, Dec 2 • 7-9 pm
Facilitator: Mary Rondenet, certified Transformational Breath® facilitator

Transformational Breath® is a powerful self-healing technique which helps open restricted breathing, releases negativity and opens us to a wonderful connection to life and joy again. Through the power of your own breath you will begin to renew the body at a cellular level while freeing the mind and body of stress, anxiety, tension and more—brining your whole being to a state of bliss. Each session offers a different experience. Bring along a pillow and blanket.

Cost: $35/session. Registration 24 hours in advance required

Circle of Song for Women: Singing Compassion into the World
Tuesdays • September through mid-May • 7-9 pm
Director: Kathy Sherman, CSJ

"Circle of Song for Women" is a non-auditioned community chorus that believes that singing together creates and sustains community. We use our hearts and voices to send healing, compassion and joy into our world. Weeks of practice and community building culminate in a concert in May.

Cost: $75/semester

Reiki Circle
Second Tuesday of the month • Sept 10, Oct 8, Nov 12, Dec 10 • 10-11 am and 7-8 pm
Certified Reiki practitioners provide prayerful sessions to help you experience the unblocking of energy and the balancing of mind, body, emotions, and spirit. Come and experience this ancient healing technique.

Cost: Free-will offering

SEE OUR WEBSITE WWW.CSJTHEWELL.ORG FOR MORE DETAILS ABOUT PROGRAMS AND FACILITATORS
**God as Us—the Sacred Feminine and the Sacred Masculine**

Wednesdays • Sept 11, 18, 25; Oct 2, 9, 16, 23; Nov 13, 20 • Duplicate 90-minute sessions at 1 and 7 pm

Facilitator: Shelby Boblick

Over 9 Wednesdays, Shelby uses a dynamic DVD presentation on the issues of gender, spirituality and Divine awareness by Cynthia Bourgeault and Richard Rohr to help participants open their inner eyes and ears to insights taught in the Christian Scriptures. During each week’s session, there will be time to reflect, share and pray. For a listing of each week’s title, go to our website www.csjthewell.org.

Cost: $15/session

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**Introduction to the Enneagram**

Saturday • Sept 14 • 9-1 pm

Facilitator: Marci Madary, D. Min, Spiritual Director and Reiki practitioner

The Enneagram is a powerful personality system that combines both psychology and spirituality in the search for self-awareness and self-acceptance. Based on an ancient understanding of personal growth, the Enneagram describes nine different ways of thinking, feeling, behaving, and seeing the world. By understanding ourselves more deeply, the study of the Enneagram can improve relationships with family, friends, and co-workers. By the end of this introductory workshop you will have a basic understanding of all nine types and the groundwork to enable further exploration.

Cost: $40

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**ONLINE COURSE – Integral Conscious Evolution: 10 Currents of Change**

Sept 16-Nov 18

Facilitator: Patricia M. Bombard, BVM, Director of Vincent on Leadership: The Hay Project at DePaul University

What are the currents of change positively affecting our personal and collective conscious evolution in the 21st Century? As we name these currents and consciously step into each one, we can more deeply claim its potential for our own growth and decide how to act differently to help influence that current’s future impact for ourselves, our relationships, and especially for our precious planet Earth and its Community of Life.

This course takes place fully online and includes an orientation and 10 weeks of study and conversation requiring about 2-3 hours per week. There are no books to purchase. All course content—readings, videos, reflections—is available online. You will work through the material each week at your own pace and share your insights and experience with other course participants through online conversations. Much more detail on our website www.csjthewell.org.

Cost: $100

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**Green Team Summit**

Saturday • Sept 14 • 10-5 pm

At The Field Museum of Chicago, 1400 S. Lakeshore Dr.

See our website for details

Cost: Free

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**Season of Creation Film Series**

September has been named by Pope Francis as The Season of Creation. To mark this month and challenge us to a greater sense of responsibility for the health of our planet, The Well is hosting a film series.

Cost: Free Will Offering

**Monday • Sept 16 • 1:00 and 7:00 pm • The Human Element**

Photographer James Balog uses his camera to reveal how climate change is affecting the lives of everyday Americans. A member of Citizens Climate Lobby will facilitate both showings.

**Monday • Sept 23 • 7:00 pm • Roundup Facing Its Judges**

Journalist Marie-Monique Robin deconstructs the mechanisms of one of the greatest environmental and health scandals in modern history.

**Monday • Sept 30 • 7:00 pm • Journey of the Universe**

Mary Evelyn Tucker and Brian Swimme weave a tapestry that draws together scientific discoveries in astronomy, geology, and biology with humanistic insights concerning the nature of the universe.
Embracing Wisdom
Tuesdays • Sept 17, Oct 22, Nov 26 • 10-11:30 am
Facilitator: Bridget Sperduto
We gather each month to touch into the wisdom that is within us: the same Wisdom that created the stars, galaxies and life itself. Through touching into the depth of Wisdom and Love at the heart of the Universe we hope our time together will weave a firmer fabric of planetary love.
Cost: $45 or $18/single session

Healing Gong
Thursdays • Sept 26, Oct 24, Nov 21, Dec 12 • 7-8:30 pm
Facilitators: Marian & Gabriela Kraus
This unique mindfulness meditation and sound therapy event allows you the opportunity to re-calibrate, re-tune and re-balance your core. Marian and Gabriela have designed this meditative and transformational experience as a psycho-acoustic gateway to elevate your vibratory frequency and thereby allow you to reach higher states of conscious awareness. Bring an open mind, wear comfortable clothing, and come with a pillow, mat and blanket.
Cost: $35/session**

Expanding the Enneagram
Tuesdays • Sept 17, Oct 15, Nov 19 • 9:30-Noon
Facilitator: Rita McConville
This group, comprised of women who have been studying the Enneagram for several years, will be using The Facets of Unity by A.H. Almaas. If you have considerable familiarity with the Enneagram and would like to join the group, please contact The Well before signing up for this class. We will put you in touch with Rita who can explain more fully what will be involved.
Cost: $25/session

Enneagram—Type 1 (The Perfectionist)
Thursday • Oct 3 • 7-8:30 pm
Facilitator: Marci Madary
The Narrative Tradition of the Enneagram believes the best way to learn about each of the nine types or styles is to listen to people who identify with it, to hear their life stories to better understand how they think and what motivates them. With a short description of the Enneagram style, a facilitated panel discussion, and a chance to ask questions, Panel Nights will do just that. Each month the evening program will concentrate on a different one of the nine styles. Come and learn by listening.
Cost: $15

Overcoming Spiritual Myopia: Nurturing Healing & Hope through a Unitive Worldview**
Saturday • Oct 5 • 9-3:30 pm
Facilitators: Margaret Placentra Johnston, D.O. and Patricia Bombard, BVM, D.Min.
Margaret Placentra Johnston spent years correcting physical myopia (nearsightedness) in her patients. Then a shocking new awareness compelled her to research a cure for our common “spiritual myopia” in today’s global village. Dr. Patricia Bombard, BVM, discovered Margaret’s work in her own research into connections between human psychological and spiritual development and leadership development. Together, their personal stories and learnings will help us to explore how overcoming spiritual myopia offers hope for the human future through a unitive worldview.
Attendees will learn to diagnose and cure spiritual myopia in themselves and others, to heal their divisiveness by seeing what is common to the spiritual wisdom in all religious traditions, to cherish their own spiritual tradition while honoring the wisdom of others, to read “the signs of the times” as hopeful indicators of a better world to come.
Cost: $75 includes lunch

People of Faith Praying for the Planet
Friday • Oct 4 • 12-12:40 pm
At St. James Episcopal Cathedral, 65 E. Huron, Chicago, IL
See our website for details

Margaret Placentra Johnston spent years correcting physical myopia (nearsightedness) in her patients. Then a shocking new awareness compelled her to research a cure for our common “spiritual myopia” in today’s global village. Dr. Patricia Bombard, BVM, discovered Margaret’s work in her own research into connections between human psychological and spiritual development and leadership development. Together, their personal stories and learnings will help us to explore how overcoming spiritual myopia offers hope for the human future through a unitive worldview.
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Cost: $75 includes lunch

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Relationship Circle
2nd and 4th Sundays of October and November • 11-1 pm
Facilitator: Barbara Clevenger
Using video conversation starters from Parker Palmer or TED Talks, this Sunday reflection group will meet to explore how we are more alike than different when faced with really important questions. Each person has a voice that needs to be heard and we will seek to truly hear it. Relational trust will be foundational to the group as well as a deep sense of hospitality extended to the other. A cup of good coffee/tea and homemade coffeecake will help to create the welcoming space.
Suggested offering: $10-15

Growing Your Knowing
Thursdays • Oct 17, 24, Nov 7, 14, 21 • 9-11:30 am
Facilitator: Tim Sperduto, Qigong Teacher, Intuitive, Masters in Chinese Traditional Medicine and Nutrition
This 5 session course is designed to lay the foundation for the use of your own unique intuitive capacities. You will learn basic tools that will help in perceiving and working with energy as you experience it in yourself as well as in the world around you. These tools include but are not limited to: grounding, connecting to one’s own life force, creating space, clearing and moving energy, and essentially learning the basics for intuitive meditation. This material will assist in making you more efficient in just about every aspect of your life experience and will lay the foundation for learning how to read energy. These tools are extremely valuable for any sensitive person who wants to deepen in understanding and engagement with self, Spirit, others and the world. These tools will be used in the way of nature and help to attune one to the way of Spirit’s involutionary and evolutionary currents. Over the course of five weeks you will quicken your growth, development and awakening.
Cost: $125

The Universal Christ
Thursdays • Oct 17, 24, 31; Nov 7, 14, 21 • 1-2:30 pm
Fridays (meets off site) Oct 18, 25; Nov 1, 8, 15, 22 • 9-11 am
Facilitator: Bridget Sperduto
Based on Richard Rohr’s latest book, we will break open limiting notions we inherited and claim the fullness of Christ as the incarnation of Divine being within all of creation. In addition to Rohr’s insights we will explore the work of other theologians, mystics and spiritual writers.
Cost: $90 or $18/single session

Trivia Night
Friday • Oct 18 • Doors open at 6 pm, games begin at 7
Join us for an evening of collaborating with friends/family/colleagues to match wits with other teams on subjects both arcane and obvious! Come as a team; come alone—there’s always room for one more! Bringing your own food, snacks and drinks and we will provide the fun and games.
Cost: $20/$30 at the door

For Young Adults:
Care Of Our Common Home Teams
Saturday • Oct 19 • 9-12:30 pm
Facilitator: Pat Bergen, CSJ
Do you care about climate change and its implications for the future? Are you concerned about the increase of violence in our city, neighborhoods, world? Are you enraged as you watch the web of life being ripped and threatened? Here is your chance to do something about all of the above! Join us for the Orientation Meeting to become a team member of young adults committed to being a source of hope for the world. Who is invited: Young Adults (20 and above) of every Faith and those who are searching.
Cost: $12

What’s so Sacred about our Universe?**
Saturday • Oct 19 • 9:30- 2:30 pm
Facilitator: Bridget Sperduto
What is the Universe Story and why is it important? This introductory class will awaken you to the awe and wonder of the unfolding story of creation and provide insights into the God within all. We will explore a new world view that ties science and spirituality together, and claim our essential role at this moment in time. The story of creation will come alive and bring new theological and ecological understanding and meaning to your life.
Cost: $60 includes lunch

Do you care about climate change and its implications for the future? Are you concerned about the increase of violence in our city, neighborhoods, world? Are you enraged as you watch the web of life being ripped and threatened? Here is your chance to do something about all of the above! Join us for the Orientation Meeting to become a team member of young adults committed to being a source of hope for the world. Who is invited: Young Adults (20 and above) of every Faith and those who are searching.

Cost: $12
Helen Prejean • River of Fire: My Spiritual Journey**
Talk/Book signing/Reception
Wednesday • Oct 30 • 7-9 pm
CSJ Sister Helen Prejean joins us again at The Well to speak about her latest book River of Fire. Sister Helen is well known as the nation’s foremost leader in efforts to abolish the death penalty. Her book, Dead Man Walking (made into a movie, a stage play and an opera), has made Sr. Helen’s work of campaigning against the death penalty known to millions throughout the world. Her latest work speaks of her own spiritual journey from near cluelessness to activism. Come, share first-hand the spirit (and joy) of this remarkable woman!
Cost: $25 • Books will be available for purchase

Mirabai Starr • Wild Mercy: Living the Fierce and Tender Wisdom of the Women Mystics**
Talk/Book Signing/Continue the conversation at Steak & Vine • 37 South La Grange Rd
Friday • Nov 8 • 7-9 pm
After decades of teaching and writing, receiving critical acclaim for her revolutionary new translations of John of the Cross, Teresa of Avila and Julian of Norwich, Mirabai turns in a fresh, slightly subversive, lyrical voice to a growing circle of women and men thirsty for the life-giving essence of feminine wisdom. Her writing gives the reader permission and encouragement to find her/his own lyrical voice. You’ll leave with Mirabai’s words lodged in your memory, prompting your own mystical response.
Cost: $25 • Books will be available for purchase

Pre-holiday Recalibration
Saturday • Nov 16 • 9:00-noon
Facilitators: Kate Wester and Bridget Sperduto
The beauty and sacredness of the upcoming Christmas season can be drowned out by our hectic pace. Before the busyness wreaks havoc, take time to pause and go inward in preparation of going outward. Walking the labyrinth, grounding through yoga and moving in celebration, you will leave the morning reminded of the sacredness of the season and feeling refreshed and recalibrated.
Cost: $30

Where is the House of God? And how do We Live when We Find It??
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Monday • Dec 2 • 7:45-8:30 pm
Repeated Tuesday • Dec 3 • 10-11:30 am
Facilitator: Pat Bergen, CSJ
Wouldn’t it be great to live in God’s House? Well, guess what, we do live in it! The question for Advent is “How do we Live, once we find it?” Here Christians awaken to the realization that we are invited to come into the House of Love. There everything changes: what we see and hear, how we respond, what we are willing to do in our daily lives. Look around. There is no time to waste—the night is far spent! Join us!!
Cost: $15

Village Vocal Chords – Christmas Concert and Yuletide Cheer
Sunday • Dec 8 • 3:00 pm
This all-women’s choir has garnered awards both in the US and abroad. You will see (and hear) that The Village Vocal Chords are passionate about music, performance, community and fun. After the concert, come join us in Welcome Hall for Yuletide treats.
Cost: $10

Spiritual Direction
Meet with an experienced spiritual director to grow in personal insight and spiritual understanding to recognize more fully the action of God in your daily life. Call Bridget Sperduto at 708-482-5089 for information or to set up an appointment.
Cost: Free will offering beginning at $40

Grief Counseling
Assistance in alleviating the pain of loss, either recent or past, from a licensed counselor is offered in the peaceful atmosphere of The Well. By appointment with Cecilia Kaiser, LPC and Grief Recovery Specialist. Call 708-482-5088.
Adjustable rates available

Psychological Counseling
Do you need some psychological and spiritual support as you negotiate the stress and struggles of day-to-day living? Sr. Ann Letourneau, CSJ, PsyD offers psychological therapy in Western Springs and Carol Stream. Call Sr. Ann at the Central DuPage Counseling Center 630-752-9750 x 22 to set up an appointment.
Insurance taken and sliding scale available.
The Well Spirituality Center is a regional Center for the telling of the Universe Story where people of all faiths and cultures are invited to recognize and affirm our communion with God and all creation, to experience an atmosphere for spiritual, physical and emotional wholeness and to participate in the sacred process of healing and caring for Earth and her people.

1515 West Ogden Avenue
La Grange Park, IL 60526

Contact us to register:
www.csjthewell.org
708-482-5048
thewell@csjoseph.org

• Please register 24 hours prior to the program.
• Cancellations must be received 2 days before the start of the event to be eligible for a refund which will issued as a credit toward future programming.
• If a program is canceled by The Well, a full refund will be given in the same form payment was made.

Custom Retreats and Presentations available upon request

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