Dear Friends,

COVID-19 has certainly changed many aspects of “life at The Well.” While we miss seeing our friends up close and personal, our online programming has been successful and has helped us to expand our reach and deepen our sense of community. There is much to be positive about in the midst of these changes and challenges.

To keep our participants and sisters safe, and in compliance with CDC and state regulations, our physical space will stay closed through the Fall and into 2021, and our programs will continue on Zoom. In response to the needs of our times, we will also highlight three themes (along with our regular programming):

- Integral Ecology
- Anti-Racism
- the Evolutionary Moment in which we find ourselves

And now we are making another change, with the launch of our first-ever digital program book. THE WELL IS GOING PAPERLESS! This approach grants us the flexibility to respond quickly to the needs and opportunities that arise. Our calendar can be more fluid than usual. Please stay connected so that when a new program is added you won’t miss the chance to join in.

The Well staff has helped many people acclimate to Zoom and we are dedicated to helping ALL who wish to join us virtually. Please send us an email or call if “Zoom tutoring” would be helpful to you. Also, since our on-line programs allow us to have a wide reach, don’t forget to invite your family and friends to be part of our community, no matter where they live. Our virtual arms are long, and can embrace the world!

I do hope to see you on screen this fall. Your presence enriches our community and I trust that together we add healing and loving energy to the world.

Blessings,
Bridget Sperduto, Executive Director

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We are pleased to announce our Fall 2020 Programs.
SEPTEMBER
1, 9, 16, 23, 30 2 Hemisphere Earth Prayer
2, 9, 16 *The Overstory* book study
3 Introduction to the Enneagram - Type 7
5 Come and Paint
8 Reiki Circle
15, 22, 29 Living *Laudato Si’*
17, 24 Growing Your Knowing/beginner
21, 28 *Waking Up White* book study
21 Next Steps: from Green Team Summit
23 O’Murchu Follow-up
24 Evolutionary Edge
26 Culture War to Revolution of Tenderness

Please see our website for more details and updates:

csjthewell.org

OCTOBER
1 Introduction to the Enneagram - Type 8
1, 8, 15 Growing Your Knowing/beginner
2-3 Brother Sun, Sister Moon
3 Come and Paint
5, 12, 19, 26 *Waking Up White*
6 Singing Bowls
8, 15, 22 Whiteness, Anti-Racism, Repair
13 Toward an Integral Ecology: Reweaving a New Worldview
13 Reiki Circle
19 Protect and Heal Earth: Reduce/Eliminate Plastics
22 Growing Your Knowing/advanced
22 Evolutionary Edge
24 Beyond God
27 Inter-Racial Relationship Circle
28 Restorative Justice Circle
28 O’Murchu Follow-up

NOVEMBER
2, 9, 16, 23 *Waking Up White*
2, 16 Protect & Heal Earth: Reduce/Eliminate Plastics
3, 10, 17, 24 Inter-Racial Relationship Circle
4, 11 Restorative Justice Circle
5 Introduction to the Enneagram - Type 9
7 Come and Paint
10 Reiki Circle
19 Growing Your Knowing/advanced
19 Evolutionary Edge
30 Advent Reflection
30 - DEC 14 Directed Retreat

DECEMBER
1, 8, 15 Inter-Racial Relationship Circle
5 Come and Paint
8 Reiki
10 Singing Bowls
17 Growing Knowing/advanced- cont. in ’21
17 Evolutionary Edge
**PROGRAMS**

2 Hemisphere Earth Prayer  
1st session: Tuesday, Sept. 1  
than Wednesdays: Sept. 9, 16, 23, 30  
7 - 7:45 PM (CDT)  
The hemispheres proclaim a year of favor for all creation! This prayer/ritual series for the Season of Creation will be planned and led by facilitators from both hemispheres. Themes of this world-wide weekly prayer: Wk 1-forest; Wk 2-land/outback; Wk 3: wilderness; Wk 4-river; Wk 5-Celebration of all creation. Free will, suggested donation: $5 per session.  
Find out more/register

*The Overstory* book study  
Wednesdays, Sept. 2, 9, 16  
1 - 2:30 PM (CDT)  
Have you read the Pulitzer Prize-winning *The Overstory* by Richard Powers and been looking to discuss it? Called “a gigantic fable of genuine truths” by Barbara Kingsolver, *The Overstory* blends environmental fiction with human drama. Jan Kieckhefer and Shelby Boblick will facilitate three sessions to discuss this epic, focused on characters, the environment, and civil disobedience. Series cost: $45. Find out more/register

**Enneagram Types**  
Thursdays, Sept. 3, Oct. 1, Nov. 5  
7 - 8:30 PM (CDT)  
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 them. Listen in and ask questions as Marci Madary facilitates panels on Types 7 (The Epicure), 8 (The Protector), and 9 (The Mediator). Series cost: $45, or $15 per session. Find out more/register

**Reiki Circle**  
Tuesdays: Sep. 8, Oct. 13, Nov. 10, Dec. 8  
10 - 11:00 AM (CDT)  
How better to break through the bounds of the Pandemic than by experiencing long-distance Reiki, the “universal life force”? Connected via Zoom, certified Reiki practitioners will help participants activate the healing energy they were born with, and to feel more calm and relaxed, optimistic and empowered. Free will offering. Find out more/register

**Living Laudato Si’**  
Tuesdays, Sept. 15, 22, 29  
9:30 AM - 11:00 AM (CDT)  
You’ve heard of the papal encyclical with the Italian name, maybe you even read it, but have you let it influence the way you live? Facilitated by Diane Pfahler, SND, this series looks at some of the most challenging themes of Pope Francis’ *Laudato Si’* and searches out ways we can live it. Series cost: $30. Find out more/register
PROGRAMS

Growing Your Knowing - Beginners
Thursdays, Sept. 17, 24, Oct. 1, 8, 15
1 - 3:00 PM (CDT)
To know, to see clearly, to intuit, to feel, to empathize, to sense, to be still. Lay the foundation for the use and understanding of your own unique intuitive capacities in this introductory course with Tim Sperduto. Learn basic tools for perceiving and working with energy, valuable to sensitive persons who want to deepen their engagement with self, Spirit, others and the world around them. Series cost: $150. Find out more/register

Waking Up White book study
Mondays, Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9, 16, 23
9:30 - 11 AM (CDT)
More and more light is being shed on the reality that racism is a “white problem” and that white people may not have the eyes to see their privilege in a racist society. Let’s look inside ourselves as white persons so that we can enter into authentic relationships with our neighbors of different races. Facilitated by Bridget Sperduto. Series cost: $120. Find out more/register

Green Team Summit Next Steps
Monday, Sept. 21
1 PM or 7 PM (CDT)
Calling all participants in this year’s free, virtual Green Team Summit (Sept. 13-17), co-sponsored by the Field Museum and Faith in Place! This year’s theme is “A Just Recovery.” Gather afterward with Pat Bergen, CSJ to explore next steps and keep the momentum going. Cost: $5. Find out more/register

Standing on the Evolutionary Edge
Thursdays, Sept. 24, Oct. 22, Nov. 19, Dec. 17
10 - 11:30 AM (CDT)
“Properly speaking, God does not make: God makes things make themselves.” Teilhard de Chardin
We live in an evolutionary Universe where the new is arriving in every moment. We, who co-participate in creating the new, must stand on the edge, listen in stillness and discern communally. Bridget Sperduto facilitates a “we-space” where we will pray, listen and respond. Series cost: $60. Find out more/register

O’Murchu Follow-up
Wednesdays, Sept. 23 and October 28
1 - 2:30 PM (CDT)
The feeling is universal—during the time he was with us this summer, Diarmuid O’Murchu gave us much to think about, inspired us, and set in motion some kind of transformation both personally and collectively. But what is next? Reunite with other participants of the Summer Institute or Discerning Heart Retreat to explore further in two sessions facilitated by Pat Bergen, CSJ. Cost of series: $20. Find out more/register

From Culture War to Revolution of Tenderness
Saturday, Sept. 26
9:30 AM - 12 PM and 1 - 2:30 PM (CDT)
Pope Francis urges us to seek out new ways of thinking and to deepen our capacity for kinship with those whose worldviews diverge sharply from our own. The path from polarization to solidarity is the focus of this workshop, just in time to contemplate the approaching election and the searing issues of the day. Facilitated by Mike McGillicuddy. Cost: $50. Find out more/register
Whiteness, Anti-Racism and Repair
Thursdays, Oct. 8, 15, 22
7 - 9:00 PM (CDT)
The norm of whiteness and the racist structures of white privilege and power have been invisible to many of us. Once we grasp the truth about systemic racism we must show solidarity with and be accountable to people of color. Learn about structural racism and the foundations of anti-racism in this 3-session workshop led by Rev. Smash. Cost of series: $60.
Find out more/register

Protect & Heal Earth:
Reduce/Eliminate Plastics
Mondays, Oct. 19, Nov. 2, 16
7 - 8:15 PM (CDT)
Are you concerned about throw-away/single-use plastics and the pollution they are causing in our oceans, the injury to sea animals, and the devastation to our entire planet? These gatherings will use a spiritual process for addressing the issue from an integral ecology perspective. Facilitated by Kathy Sherman and other CSJ Sisters. Cost of series: $30. Find out more/register

Singing Bowls
Tuesday, Oct. 6, and Thursday, Dec. 10
7 - 8 PM (CDT)
During an hour-long session, facilitator Jalima Cuesta uses breathing techniques, guided meditation, and intuitive playing of various crystal singing bowls to bring a sense of calm and peace to participants. From the comfort of your home, experience profound relaxation and internal healing. Cost: $15 per session. Find out more/register

Toward an Integral Ecology:
Reweaving a New Worldview
Tuesday, Oct. 13, 7-8:30 PM (CDT)
We need to be conscious, act, and not be overwhelmed by challenges like climate change, racism and restorative justice, immigration/refugee crises, food insecurity, and generational justice. The many crises of our time present a graced cosmic moment, inviting us into our part of the Great Work. Develop an integral ecology worldview in this program facilitated by Joan Brown, OSF, that helps you accept the invitation! Cost: $15. Find out more/register
**Beyond God**
Saturday, Oct. 24
9:30 - 12:15 PM & 12:45 - 2PM (CDT)
In our current milieu - a world ravaged by pandemic, global warming, social upheaval and the failure of our guiding institutions - the old names and images for God no longer resonate, nor has religion kept apace. However, precisely in this era of volatility, uncertainty, complexity, and ambiguity, a new awareness of the God beyond “God” is beginning to emerge.
Facilitated by Dr. Elizabeth-Anne Stewart.
Cost: $50. Find out more/register

**Inter-Racial Relationship Circle**
Tuesdays, Oct. 27 - Dec. 15 (8 sessions)
6:30 - 8 PM (CDT)
It is Story that builds compassion in us: when we can truly receive and hold another’s Story, we change, and the fabric of our society becomes a bit more tender. In this time when our hearts are being broken open by the injustice of systemic racism, we hope to gather an inter-racial group of 12 open-hearted persons to hold each others’ Stories, build community, and imagine a more just future.
Series cost: $40. Find out more/register

**Restorative Justice Circle**
Wednesdays, Oct. 28, Nov. 4, 11
9:30 AM - 11 AM or 7 - 8:30 PM (CDT)
We invite persons of diverse values and worldviews, via a structured process, to listen to other participants and express their own beliefs about the topics of racism, challenging whiteness, and the intersection of race and climate change. We will come to a better understanding of each other and begin to heal our polarized world. Free will, suggested donation: $0-30 for series. Find out more/register

**Advent at Home Retreat**
Monday, Nov. 30, 7 PM thru Monday, Dec. 14, 8 PM (CDT)
How is God adventing in your life, in the life of the world, in Planet Earth this year? Are you noticing the new Advent of God? In a retreat designed for busy people, participants commit to pray for one half-hour a day and meet with a spiritual director 5 times for 30 minutes over the two-week retreat. The retreat starts with an opening reflection and ends with a closing session. Cost: $100. Find out more/register

**Don’t forget to drop in for a Prayerful Pause:**
Mondays, 9AM (CDT)
Prayer/reflection and a question to focus your week

**Reflecting on Advent**
Monday, Nov. 30
7 - 8:00 PM (CDT)
“We are all meant to be mothers of God” said Meister Eckhart. Gather with us as we reflect on our call to participate in the birthing of Christ in our lives and in our culture! Facilitated by Pat Bergen, CSJ.
Cost: $15. Find out more/register