

# JANUARY PROGRAMS AT A GLANCE

## 2 Imagine This (series)

First Saturdays, 8 - 9:00 AM

Facilitator: Pat Bergen, CSJ

Strengthen the world's field of goodness

## 2 Come and Paint (series)

First Saturdays, 9:30 AM - Noon

Facilitators: MaryHelen Crispo,  
Gillian Romano, Mary Southard, CSJ

Reunion sessions for previous painting  
retreat participants.

## 5 Journey to Earth (series)

Tuesdays, 9:30 - 11 AM

Facilitator: Pat Bergen, CSJ

Discover the intimate connection you  
share with all beings and with God.

## 6 Eureka! (series)

Wednesdays, 1- 2:00 PM

Facilitator: Pat Bergen, CSJ

What did you discover during election  
time; what it manifesting itself since?

## 9 Redemption and Hope:

Helen Prejean, CSJ & Renaldo Hudson

Saturday, 9:15 - 11 AM

Moderator: Dana Divine

Conversation on the death penalty, per-  
petual imprisonment, and racial injustice.

## 12 Reiki Circle (series)

Second Tuesdays, 10 - 11:00 AM

Prayerful sessions with Reiki practition-  
ers: unblock energy, provide balance.

## 13 Visio Divina

Wednesday, 7 - 8:00 PM

Facilitator: Mary Southard, CSJ

See with the eyes of your heart as you  
reflect on paintings of Mary Southard.

## 14 See No Stranger...Revolutionary Love (book study series)

Thursdays, 10 - 11:30 AM

Facilitator: Colleen Gorman

Sikh woman's memoir on small pockets  
of people transforming the world.

## 14 Crystal Singing Bowls

Thursday, 7 - 8:00 PM

Facilitator: Jalima Cuesta

Breathing techniques, guided meditation  
and intuitive playing of crystal bowls.

## 15 Trivia Night

Friday, 6:30 - 9:00 PM

Teams of 8 join up virtually for a night of  
fun, laughter and friendly competition

See website for all program  
details: [csjthewell.org](http://csjthewell.org)

## 21 Evolutionary Edge (series)

Thursdays, 9:30 AM - Noon

Facilitator: Bridget Sperduto

A "we-space" for listening in stillness,  
discerning, and co-creating the future.

## 21 Growing Knowing/Adv (series)

Thursdays, 1 - 3 PM (cont. from Fall)

Facilitator: Tim Sperduto

Explore the soul abilities associated with  
the 7 energy centers, or chakras.

## 23 Transformative Power of Contemplation

Saturday, 9:30 AM - Noon

Facilitator: Nancy Sylvester, IHM

How does consciousness evolve? How  
does contemplation help this process?

## 28 Vibrational Singing Bowls

Facilitator: Page Fleming Kennedy

Experience deep healing and peace. Rec-  
orded session, play at-will thru Feb .

## 29 What is Coming to Light?

Friday, 9 AM - Noon

Facilitator: Pat Bergen, CSJ

Morning of Reflection on our chakras,  
dreams, and what is coming to light.