



# SUMMER PROGRAMS



LIVING IN UNITY WITH  
SPIRIT, EARTH AND  
ONE ANOTHER

REGISTER ONLINE: [csjthewell.org/offerings/](http://csjthewell.org/offerings/)

REGISTER BY MAIL:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

I would like to register for:

- Solitude Retreat June 3 \$ \_\_\_\_\_
- Midewin Prairie June 15 \$ \_\_\_\_\_
- Directed Retreat June 20-25 \$ \_\_\_\_\_
- 2 Hemisphere Solstice June 20 \$ \_\_\_\_\_
- Forest Bathing July 17 \$ \_\_\_\_\_
- Compassion Retreat July 18-23 \$ \_\_\_\_\_
- Legacy Retreat Aug 15-20 \$ \_\_\_\_\_
- Hildegard Both days Sept 18-19 \$ \_\_\_\_\_
- Hildegard Retreat only Sept 18 \$ \_\_\_\_\_
- Hildegard Travelogue only Sept 19 \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Make check payable to *The Well* or pay by CC.

Name on Card \_\_\_\_\_

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVC \_\_\_\_\_ Zip \_\_\_\_\_

For information or to pay with credit card by phone, call Roberta Walsh at 708-482-5048.

The Well Spirituality Center  
1515 West Ogden Avenue  
La Grange Park, IL 60526

## MIDWIN NATIONAL TALLGRASS PRAIRIE

Tuesday, June 15 • 10 am - 12:30pm *ON SITE*

Facilitators: Diane Pfahler, SND & Mary Fishman

Walking among a field of bunkers, we'll ponder the history of this site, from pristine prairie to WWII ammunition plant to prairie restoration on a scale never before attempted. Using the Earth Exchange process as a guide, we will be led in sharing stories of a special place in the natural world, getting to know Midewin in its woundedness, and giving back an act of beauty. **Cost: \$15**

## 2 HEMISPHERE SOLSTICE *ON ZOOM*

USA: Sunday, June 20 • 7:30pm (CST)  
AUSTRALIA: Monday, June 21 • 10:30am (AEST)/  
8:30am (AWST)

Another season, another solstice joins us in celebration with our friends around the globe and with all of creation. This program will be led by Margie Abbott, RSM, Pat Bergen, CSJ, Sally Neaves, Kathy Sherman, CSJ, and Bridget Spurduto. **Free will offering**

## FOREST BATHING - SALT CREEK NATURE PRESERVE

Saturday, July 17 • 9 - 10:30am *ON SITE*

Facilitator: Marie Zubinski

Led by a trained ecologist, we will walk slowly, take deep breaths, and mindfully move through the landscape to cultivate presence, open the senses, and actively communicate with the natural vibrations of the Earth. **Cost: \$20**

# SUMMER 2021

# RETREATS & PROGRAMS

INSPIRING A SENSE OF WONDER



The Well is a member of the  
Congregation of St. Joseph  
Mission Network.

# SUMMER RETREATS

## ON ZOOM

### SOLITUDE AND RESILIENCE: RENEWING OUR LIVES IN A TIME OF PANDEMIC

Thursday, June 3 • 6:30 - 8:30 pm

an Evening Retreat with Dr. Mark S. Burrows

The last year has been one of anguish, isolation, and, for many, an unwanted loneliness. In such times, how do we discover the strength found in “solitude” and find a greater resilience in our lives? Guided by poets, artists, and visionaries, we will explore the invitation that solitude holds, inviting us into a deeper communion with the divine—in ourselves, in each other, and in the earth with all its patient wonders. **Cost: \$20**

### DIRECTED RETREAT

Sunday, June 20 • 7:30 pm  
thru Friday, June 25 • 4pm closing session

Guides: Pat Bergen, CSJ, Maria Hill, CSJ, Diane Pfahler, SND, and Bridget Spurduto

Has your soul been desiring a significant time of quiet and reflection, a break from the concerns of the Pandemic and the demands of everyday life? Give yourself the gift of five days of “time away” in the safety and comfort of your own home and surroundings. Meet daily with a Spiritual Director and enjoy nightly group sessions, all virtually. **Cost: \$160**

For more details:  
[csjthewell.org/offerings/](http://csjthewell.org/offerings/)  
While you're there, check out our ongoing programs: Reiki, Yoga, Prayerful Pause, and more.

### BOUNDLESS COMPASSION RETREAT

Sunday, July 18 • 7pm  
thru Friday, July 23 • 4pm closing session

Facilitator: Mary Dean Pfahler, SND

Compassion can change a heart, change a life, and change a world. Discover the seeds of compassion planted across the spectrum of faith traditions and found in insights from theology, spirituality, science, sociology and psychology. This program is inspired by *Boundless Compassion: Creating a Way of Life* by well-known author Joyce Rupp. **Cost: \$160**

### LEGACY RETREAT

Sunday, August 15 • 4pm  
thru Friday, August 20 • 4 pm closing session

Facilitator: Marcia Allen, csj

The retreatant is invited to enter into two central questions: What am I leaving? To whom am I leaving it? For those of us of “a certain age” who experience questions of quality and capacity of life, now is the time to begin examining our successes and failures, joys and sorrows, events and encounters, people who made a difference—all that has shaped our life and the meaning of it. **Cost: \$160**

### HILDEGARD OF BINGEN: RETREAT AND TRAVELOGUE

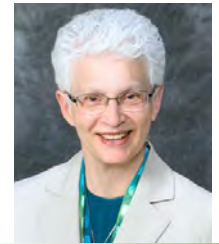
Saturday, Sept 18 Retreat • 1 - 3pm  
Sunday, Sept 19 Travelogue • 1 - 2:30pm

Facilitator: Maureen Wild, SC

Saturday's retreat will touch on Hildegard's life and times, wisdom, visions, music and poetry, and significance for our time. The format will include presentation, opportunities to share with others, and contemplative time in nature. Sunday's travelogue program will be based on Maureen Wild's recent visit to the region Hildegard called home. **Cost: Both days - \$30, Saturday only - \$25, Sunday only - \$10**



Mark S. Burrows



Mary Dean Pfahler, SND



Marcia Allen, csj



Maureen Wild, SC

**MARK S. BURROWS** is a poet, teacher, translator and scholar, much in demand as a retreat leader and speaker in the U.S. and internationally. Together with Jon M. Sweeney he has published two books of meditative poems inspired by the medieval mystic Meister Eckhart.

**MARY DEAN PFAHLER, SND**, a spiritual director, delights in helping seekers savor the experience of Gracious Mystery in their lives. A former educator, pastoral minister, retreat center director, and college campus mentor, she is a certified Boundless Compassion facilitator.

**MARCIA ALLEN, CSJ**, retreat leader, spiritual director, and author, served in leadership in her community and in the LCWR presidency. Her work has led her to Japan, India, Brazil, Colombia, Italy, Mexico, and other places around the world. Currently she is content to “travel” by Zoom!

**MAUREEN WILD, SC** is an educator, speaker and retreat guide developing themes of spiritual ecology for over twenty years. She is featured in *Green Sisters: A Spiritual Ecology*, lives on the west coast of British Columbia, and enjoyed a visit to the lands of Hildegard in fall of 2019.