



LIVING IN UNITY WITH SPIRIT, EARTH, AND ONE ANOTHER

A Member of the Congregation of St. Joseph Mission Network

FALL 2022 PROGRAM BOOK and NEWSLETTER



Dear Friends of The Well,

I recently had the great privilege of spending time at Crater Lake National Park. The clear, deep, blue water and the diversity of the surrounding landscape is breathtakingly beautiful. Awe is the only authentic response. As I soaked in my surroundings, I felt an alignment of body, mind and spirit: one with God, one within myself, and one with all that surrounded me. This is what happens when beauty has its way with us. It changes our attitude, our consciousness, the way we encounter the world.

Crater Lake was created as a result of a cataclysmic volcanic eruption of Mt. Mazama, some 7,700 years ago. Over the course of many years the remaining basin filled up with rain water and melting snow. 750 years after the eruption, a smaller volcano, Wizard Island, was formed on the west side of the lake. These two volcanoes are dormant, not extinct. Experts predict that they will erupt again.

In Crater Lake National Park beauty and destruction co-exist. The cataclysmic power of the Universe to destroy AND the power of emergence that brings forth newness exist side by side. Yet the beauty overpowers the awareness of the past and impending destruction. In this place, beauty, enchantment, and awe override fear and anxiety.

This co-existence speaks to our moment in time. We are witnessing violence, destruction, toxic power, greed, and the unraveling of our planet. We can stand before these disturbing realities with diminished power to act, paralyzed with anxiety, fear, and hopelessness, or we can choose to focus on beauty. Beauty will elevate us. It doesn't erase the realities we face. Rather, it offers us a kind of freedom, a corrective lens to see possibility, to unleash love for all creation, to motivate us into action. Inherent in beauty is a power and energy that far surpasses the energy of fear.

At The Well, I witness beauty on a regular basis. I experience the beauty of connection and relationship, the beauty of another's spirit, the freedom of transformation, and the value of community to uphold and strengthen us.

Whether you join us for prayerful pause, meditation, encounters with creation, small group learning and discussions, to hear a famous speaker, or to settle into the solitude of retreat, know that your presence will make a difference. Be convinced that together we can elevate the energy of beauty and that beauty has the power to save the world!

Bridget Spurduto



*"The world will be saved by beauty."
Fyodor Dostoevsky*

*Crater Lake National Park
photo by Bridget Spurduto*

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In the program descriptions, you will note that many programs are labeled “Hybrid.” This means that Participants have the option to meet with others at The Well or to join in on Zoom from home.

Imagine this... One Hour Imagination Sessions

First Saturdays Sep 3, Oct 1, Nov 5, Dec 3 • 8 - 9am (CT)

Facilitator: Pat Bergen, CSJ

The ability to imagine is one of the main characteristics of being human. If we can imagine something, it can come to be. This one hour long monthly session will engage participants in exercising their imaginations and senses. We are going to strengthen the field of goodness in the world through investing in the spirituality of noticing “Immanuel...God with Us,” revealed through a different aspect of creation each month. Facilitator presentation, dream inquiry, art, and spiritual quotations will help in this discovery. Gradually a sense of communion will evolve.

You will need the “Immanuel...God with Us” 2022 Calendar from the Congregation of St. Joseph. Please email Christy Salazar at csalazar@csjoseph.org to obtain a calendar (either in print or PDF form). Join the movement; change the world! See Advent Reflection (p. 22) for Pat Bergen, CSJ bio.
Zoom only • Cost: \$60 series

Come and Paint

First Saturdays Sep 3, Oct 1, Nov 5, Dec 3 • 9:30am - 12pm (CT)

Facilitators: MaryHelen Crispo and Gillian Romano

These reunion sessions bring participants to a greater self-awareness through painting. Participation is open only to previous “Come and Paint” or “Paint Your Soul” retreat participants. Zoom only • Cost: \$10/session

Prayerful Pause

Mondays & Wednesdays, 9 - 9:15am (CT)

• Thursdays, 4:30 - 5pm (CT)

Facilitators: Pat Bergen, CSJ, Carol Crepeau, CSJ, Kari Hamende, Jackie Schmitz, CSJ, Kathy Sherman, CSJ, Bridget Spurduto

This prayer on Zoom was born of the pandemic, when isolation and fear intensified our need for spiritual communing and connection. No matter where we are in this country or in the world, we are ONE Community and we need each other. On Mondays, we offer a prayer/song/reflection to focus your week. On Wednesdays we present a live music moment with singer/composer Kathy Sherman, CSJ. Thursdays provide an opportunity for reflection, breakout rooms, and sharing the state of the heart.

We trust that in quieting ourselves and listening deeply, both individually and collectively, we may better respond to what the Holy One is asking of us at this time...will you

join us?

Zoom only • Suggested Donation: \$5

Yoga

Wednesdays (no session Oct 19 & Nov 23) • 6:30 - 7:30pm (CT)

Facilitator: Karen Payne

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

Karen Payne is a Hatha Yoga Instructor. Her teaching philosophy is to remind ourselves to be in the moment with awareness to our mind, body and spirit.
Hybrid • Facilitator is at The Well • Cost: \$10/session

Reiki Circle

Tuesdays Sep 13, Oct 11, Nov 15, Dec 13 • 10 - 11am (CT)

Facilitators: Janet Bolger, CSJ, Chris March, CSJ, Jackie Schmitz, CSJ, Bridget Spurduto

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, feel more calm, optimistic, and empowered.

Zoom only • Suggested Donation: \$5-20

Still Growing Your Knowing

Third Thursdays Sep 15, Oct 20, Nov 17, Dec 15, Jan 19, Feb 16 • 10:30am - 12:30pm (CT)

Facilitator: Tim Spurduto

Open to previous participants of any Growing Your Knowing class. The first three sessions will be exploring the creative manifestation process. The second half of the program will focus on the fundamentals of intuitively reading energy and saying “hello” to others on a soul/spirit level.



Tim Spurduto is a Qigong Teacher and an Intuitive, and has a Masters Degree in Chinese Traditional Medicine and Nutrition.

Hybrid • Facilitator is on Zoom • Cost: \$180 series

Thomas Merton's Way of Living in Unity with Earth

Saturday, Sep 17 • 9:30 - 11am (CT)

Facilitator: Kathleen Noone Deignan, CND, PhD

The Well is delighted to cosponsor this program with St. Joseph Retreat Center in Wheeling, WV. Join us to encounter Thomas Merton, the ecological prophet and

visionary, in a morning of creative engagement and lively exploration.

Come willing to enter into a courageous conversation with Merton from the raw and real ground of your present sense of our common plight and collective call. Come with deep questions. Come with open mind and empty hands. Come ready to receive illumination and blessing.



Our facilitator, Kathleen Noone Deignan, CND, PhD, serves as founding director of the Deignan Institute for Earth and Spirit, a multi-faceted project in support of the emergence of a global ecological civilization. Her publications include *When the Trees Say Nothing: Thomas Merton's Writings on Nature*, *Thomas Merton: A Book of Hours*, and numerous published articles on integral spirituality.

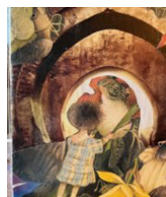
Hybrid • Facilitator is on Zoom • Cost: \$25

Access Your Inner Wisdom with SoulCollage

Tuesday, Sep 20 • 9am - 2pm (CT)

Facilitator: Peg Lentz

We are gathering in Circle at this time of the Autumn Equinox to create balance within ourselves and the world. SoulCollage is an expressive arts



practice done individually or in community. Founded by Seena B. Frost, the method develops creativity and intuition, encourages self-discovery, and provides personal guidance. Through images we will access parts of ourselves that wish to manifest at this time by creating our own unique SoulCollage cards, learning how to open up to our inner wisdom.

Peg Lentz is a spiritual director, SoulCollage facilitator, energy healer, poet, and nature lover.

Hybrid • Facilitator is at The Well • Cost: \$75

2-Hemisphere Prayer: Fall/Spring Equinox

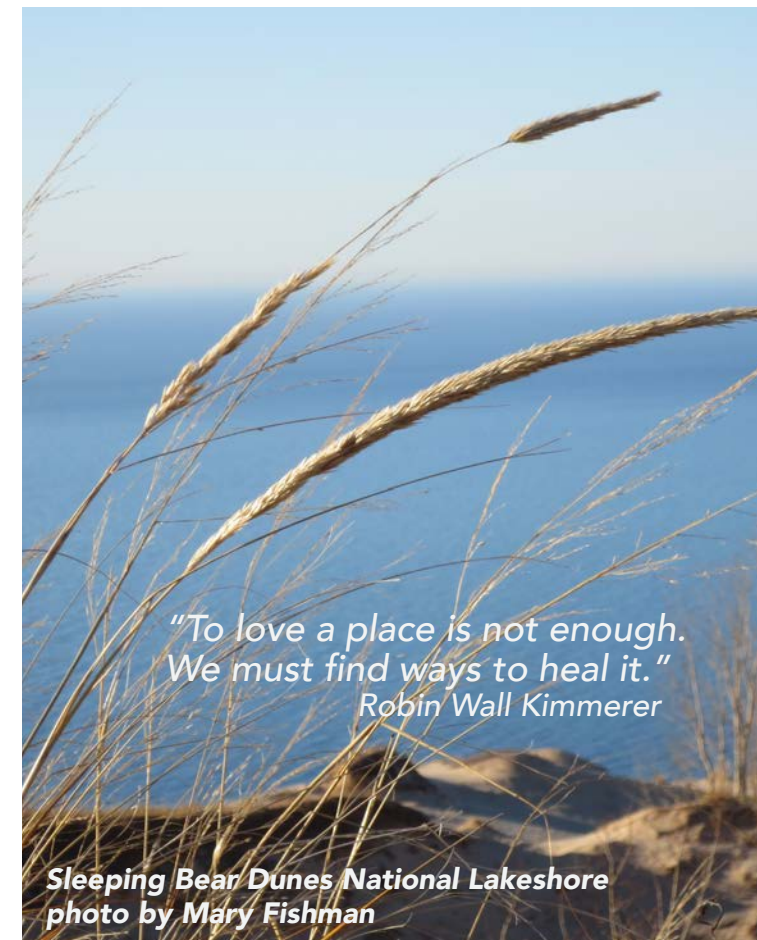
Thursday, Sep 22 • 4:30 - 5:30pm (CDT)

Friday, Sep 23 in Australia • 7:30 - 8:30am (AEST)

Facilitators: Margie Abbott, RSM, Pat Bergen, CSJ, Sally Neaves, Kathy Sherman, CSJ, Bridget Spurduto

Join us and our Australian and New Zealander friends as we celebrate the Fall - Spring Equinox. As we enter into our 3rd year of praying together, we are aware of our deepening heart connection. Gathering as one, we literally hold the southern and northern hemispheres with intention, unity, and the promise of healing ourselves, our society, and our planet.

Zoom only • Suggested Donation: \$5



"To love a place is not enough.
We must find ways to heal it."
Robin Wall Kimmerer

Sleeping Bear Dunes National Lakeshore
photo by Mary Fishman

As many things around us change, we at The Well Spirituality Center strive to grow and change, too. As part of making our programming more inclusive and accessible, we will continue to offer much of our programming using the hybrid model, meaning registrants can choose to participate in a program via Zoom or in-person. But now, we will be introducing advanced technology to enhance both the individual and collective experience.

Such advancements include having better microphones, so that the people tuning in remotely can hear the speaker/participant loud and clear, and a camera that will shift focus to the individual speaking. "What we're looking to invest in is technology that will help us deliver programing that includes both folks who are attending in person as well as folks who are remote," said Bill Stauffer, a CSJ Associate and board member of The Well.

While the technology is enhanced and somewhat new, it's our highest hope that everyone who comes to our programs or signs in to Zoom will have the same quality experience of engagement. "It helps us extend our mission," our executive director Bridget Sperduto said. "People are experiencing heart-to-heart connections, even on Zoom, and when they have the opportunity to meet in person it is like a homecoming."

When the pandemic began, we shifted our programs to

a Zoom platform, and largely thanks to that, our community has expanded beyond the Chicago suburbs to other parts of the U.S., as well as other countries such as Canada, Australia, and New Zealand.

Through this improved hybrid technology, we hope to continue to build on what we have while maintaining these connections. "There's a world that knows who we are that is primarily based in Chicago's western suburbs, but there are a lot more folks out there that the Well's mission will appeal to, and this is a way for us to reach them," said Bill.

This hybrid model has also given our speakers the opportunity to still visit The Well without having to physically travel to LaGrange Park. Considering the complexities of people's lives, both speakers and participants alike can still participate in a program remotely even if their schedules or physical condition would not allow for the full commute to The Well.



Linda Faulhaber, CSJ (left) and JoAnn Eannareno, CSJ (right) of southern California meet Robbie Davidson (center) of northern Illinois, in person for the first time, cementing a friendship that developed over two years on Zoom through The Well's Thursday afternoon Prayerful Pause program.



Braiding Sweetgrass

Ten Fridays: Sep 23, 30; Oct 7, 14, 21, 28; Nov 4, 11, 18; Dec 2 • 9:30 - 11am (CT)

Facilitator: Bridget Sperduto

Join us as we explore the much-acclaimed book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer, Environmental Biologist and member of the Citizen Potawatomi Nation. Robin weaves Native American spirituality and stories with scientific knowledge of plants and their eco-systems. As Robin writes in regard to sweetgrass, "Breathe it in and you start to remember things you didn't know you'd forgotten." Come and breathe in the magic of this book and remember what we have forgotten about Earth, our first home.

Bridget Sperduto, M.Ed., Executive Director of The Well, weaves storytelling, scripture, theological, and scientific concepts into her programs, inviting participants into the profound presence and mystery of God around and within.

Hybrid • Facilitator is on Zoom and sometimes in-person at The Well • Cost: \$120 series

Wild Belongings: Equinox

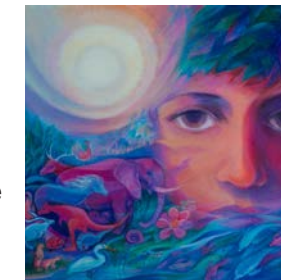
Sunday, Sep 25 • 2 - 4pm (CT)

Facilitators: Bridget Sperduto, Nate Thomas, Ellen Wiggins

Our Sacred Earth is seeded with Divine revelation. Wild Belongings invites us into a deeper experience of this revelation through relationship with the land, the creatures near us. Fall Equinox celebrates the autumnal harvest and the magnificent colors of fall. Through song, readings and ritual we honor the shifts of the season and are reminded of the value of equanimity, when day and night are of equal length.

See Braiding Sweetgrass for Bridget Sperduto bio. Nate Thomas is a lay minister, outdoors enthusiast, and owner/manager of Terra Haven, an eco-friendly online shop for home, garden, pets, and life. Ellen Wiggins, a recent grad of Seminary of the Wild, is active in the Wild Church Network, and is excited to bring nature-based gatherings to the Chicagoland area.

In-Person only • Suggested Donation: \$10



Circle of Light

Tuesdays Sep 27, Oct 25, Nov 29, Dec 27 • 10 - 11:15am (CT)

Facilitators: Bob Kent and Bridget Sperduto

Do you know that all created matter is made of energy? Absolutely everything in this universe consists of energy. You and I and every species are energy or Spirit slowed down enough to see. Furthermore, every thought, every emotion, every action is also energy vibrating at a particular frequency. Those who hold a higher vibration through prayer, meditation, thoughts of gratitude, and actions of love counteract the negative, destructive, and violent energy on the planet. If you are wondering what difference you can make during these tumultuous times, consider joining us in community to collectively and consciously raise our vibration for the sake of our planet.



Bob Kent retired several years ago as an attorney and entered seminary with the goal of becoming a minister. A recent graduate of the Living School at the Center for Action and Contemplation in New Mexico, he loves the Christian mystics and tries to bring a little bit of Richard Rohr to everything he does. See Braiding Sweetgrass (p. 11) for Bridget Sperduto bio. Zoom only • Suggested Donation: \$10/session

My Name is Pauli Murray

Tuesday, Sep 27 •
7 - 8:30pm (CT)

Facilitator: Shelby Boblick

Did you know that Pauli Murray was one of the most instrumental voices of the civil rights movement? Or, is this the first time you are hearing the name? Many U.S. historians now claim that you cannot teach U.S. history without teaching the contributions of Pauli Murray. A legal trailblazer with pioneering contributions as a poet, activist, lawyer, and priest, you will not want to miss watching the documentary film *My Name is Pauli Murray* and participating in our film discussion!

Trained as a pastoral associate, Shelby Boblick has a background in spirituality and loves the outdoors. Hybrid • Facilitator is at The Well • Cost: \$15



EMBRACING THE NATURAL WORLD WITH WILD BELONGINGS

On June 21st, The Well and members from the Wild Church Network once again held one of our ongoing Wild Belongings gatherings. We braved the hot summer heat and celebrated the Summer Solstice by holding a special service in the shaded comfort of a canopy of old oak trees. The excitement of everyone gathered around and sacred love for nature and one another reverberated through the space.

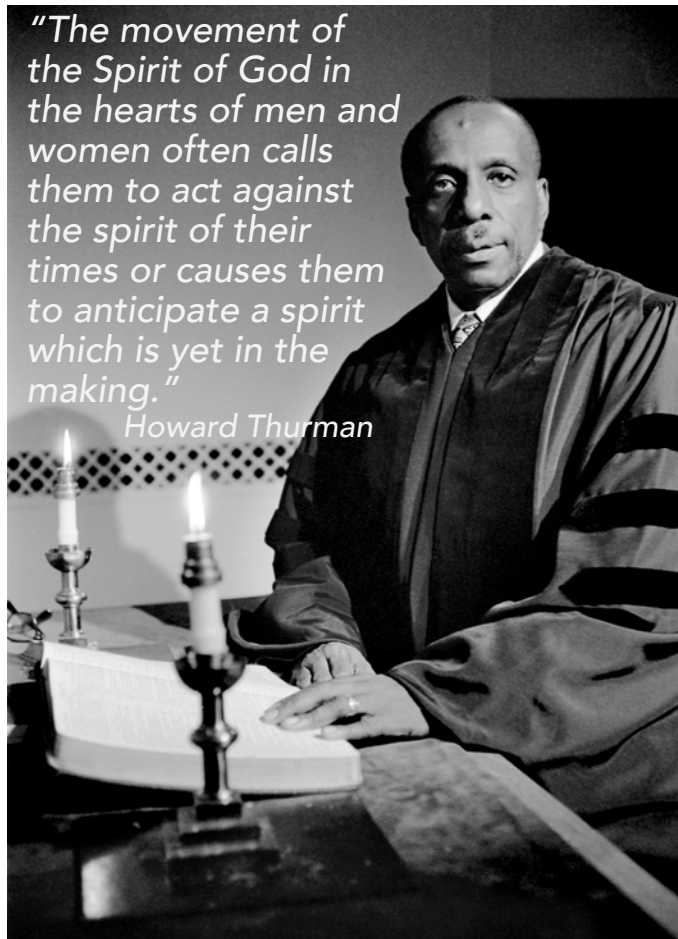
Wild Church Network members Ellen Wiggins and Nate Thomas and The Well's Executive Director Bridget Sperduto celebrated the Face of God revealed in one another and the natural world that held us that day. Then Bridget asked us to close our eyes and open our palms. Each person received a gift that had been gathered by the leaders. These gifts varied from a hen's egg, a bird's feather, rocks, plants, leaves, a flower head, and even a budding strawberry. Opening our eyes to the gift in our hands and singing, "You are a Face of God," reminded us that "every being is a word of God, a book about God" (Meister Eckhart), and we are all interconnected.

Before our gathering came to an end, Ellen encouraged us to take about twenty minutes to talk with one of the trees in the grove. By taking time to listen, we came to realize what stories these trees had to share from being alive for so long. We made a new bond that in turn renewed our spirit through the gift of wisdom.

"For a lot of folks, especially those living in the city, there's a growing longing to return to spirituality and nature, and if you ask a lot of people, 'Where do you see God,' I'd say eighty percent of them will give a reference to something in nature," Ellen said.

People are hungry for ritual, for the need to be fed. Wild Belongings is just one of many ways The Well can help people connect to that need. We'll be gathering again on Sep 25 (p. 11), Oct 29 (p. 19) and Dec 3 (p. 24).





"The movement of the Spirit of God in the hearts of men and women often calls them to act against the spirit of their times or causes them to anticipate a spirit which is yet in the making."

Howard Thurman

Social Justice Series: Educate, Organize, and Lobby with NETWORK

Thursdays Sep 29, Nov 3, Dec 8, Jan 26 • 6 - 7:30pm (CT)
Facilitators: NETWORK's Grassroots Mobilization Team
 The Congregation of St. Joseph, The Well, and St. Joseph Retreat Center are partnering with NETWORK Lobby for Catholic Social Justice to deepen our commitment to political ministry and to our purpose that all people may be united with God and with one another. We invite CSJ Associates, Sisters, friends, and all people of good will to come together for a virtual series of educational presentations and workshops on faith-based advocacy, with a focus on racial and economic justice.

Workshops include: Introduction to NETWORK and Faith-Based Advocacy, Thurs, Sep 29; Community Organizing 101, Thurs, Nov 3; The Racial Wealth and Income Gap, Thurs, Dec 8; and Advocating to Build Anew, Thurs, Jan 26. Sign up for the series or for individual sessions. Zoom only • Cost: \$15/session, \$40 series

Embracing Our Inner Wisdom through Art

Wednesdays: Oct 4, and in 2023, Jan 21, Apr 19, July 17 • 9am - 12pm (CT)

Facilitators: Gillian Romano and Bridget Sperduto
 Art is a process of self-expression. Have you also considered that it is a process that can deepen self-awareness and spiritual wisdom and aid us in giving voice to that which is unspoken within us? You don't need to

We are so pleased to be partnering with NETWORK Catholic Lobby for Social Justice, whose Executive Director, Mary Novak, is a CSJ Associate. NETWORK'S Grassroots Mobilization Team will be offering their expertise in four faith-based advocacy workshops. Don't miss this opportunity to learn from the pros! See p. 14 for more info.



be an artist to benefit from the process of creating art. We will gather quarterly (around the new moon) in a safe community for input and reflection, artistic expression, and sharing. No art experience is necessary. Art mediums will vary, e.g., collage, temperas, chalk, sketching, etc.

Gillian Romano comes to us with a bachelor's in Fine Arts. With an equal love for nature and art, Gillian found herself learning the Universe Story before spending three years as a backpacking guide in southern Utah. Since her move back to the Midwest, Gillian has co-led many Come & Paint retreats alongside Mary Southard, CSJ, and is excited to teach just how robust and influential the intuitive painting process can be in discovering new avenues for compassion and connection with ourselves and the world around us. See Braiding Sweetgrass (p. 11) for Bridget Sperduto bio.
 Hybrid • Facilitators at The Well Oct 4 • Cost: \$45/session

A New Holy Trinity of Science, Animism, and Mysticism: Healing the Wounds of Separation

Thursday, Oct 6, in U.S.
 • 6:30 - 8:30pm (CDT)
Friday, Oct 7 in Australia
 • 10:30am - 12:30pm (AEDT)

Facilitator: Dr. Gillian Ross
 In her presentation, which will consist of inspirational quotes, poems, and images, Gillian Ross



will help encourage ego transcendence and the emergence of a sense of Self that is connected to the inner aliveness and energies of the Earth and subtle realms (animistic) and also to our Divine Source beyond creation (mystical experience). She hopes to spread her message that neither of these need diminish in any way our honoring of scientific explorations of the material realm which have led to so many awesome discoveries and new technology - including ZOOM!

Born in the UK in 1940, Dr. Gillian Ross migrated to Australia in the 1960s. She has a science degree and PhD in anthropology. She is the author of best-selling yoga and meditation CDs and has published four books on science, spirituality, and self-transformation.
 Hybrid • Facilitator is on Zoom • Cost: \$25



After several years of hiatus, The Well will once again offer body modalities for healing. This Fall we will provide Acupuncture, individual Reiki sessions, and Energy Medicine.

Mary Walters, RN, EEM-CP was a Reiki student of

Chris March, CSJ, and is a Reiki Master and a certified practitioner in Donna Eden Energy Medicine.

Although both Reiki and Eden Energy Medicine provide relaxation and diminishment of physical, mental, emotional, and even spiritual issues using energy, they are different. With Reiki, the practitioner is a conduit between the client and the Universal Life Force Energy that is being channeled into the client. The client rests quietly and receives Reiki.

With Eden Energy Medicine, the practitioner works with the energies within and around the client, such as meridians, aura, and chakras. The client plays an active role in sessions, as her/his energies are being evaluated, balanced and maintained, and continues this process at home.

Mary explained, "Grounding, balancing, and deep relaxation will be the main themes of your time with me. Come with your healing intention and be ready to let go of what

serves you no longer."

Mary will be available for appointments at The Well after Labor Day on Tuesdays and Thursdays. Call, text, or email her to schedule one at (708) 703-0110 or EnergyGirl2020@gmail.com.

Additionally, we are excited to begin offering Acupuncture, a 5000 year old branch of Chinese medicine. Acupuncture is helpful for all physical ailments, including chronic pain, stress reduction, mood elevation, and insomnia.

Our onboarding Acupuncturist, Kelly Lyons, L.Ac, MSOM, is a skilled and seasoned practitioner. She describes the healing modality in this way: "Acupuncture is part of a rich East Asian medical history. Having been practiced for thousands of years, and refined meticulously over this time, it remains an invaluable asset to healthcare in modern societies."

"Acupuncturists look at a patient's wholeness," she continued. "They seek to understand the expression of health and disease in each person, and influence changes that support their wholeness. This is what lies beyond the yin and the yang in life, what lives beyond dichotomy."

"Patterns in nature develop and leave us clues to find our way. In the medical community, we call these clues 'symptoms.' Both symptoms and their root cause can be treated with acupuncture. Needles stimulate points along energetic

and neuro-muscular pathways that re-awaken a patient's innate healing ability. The patient truly 'heals thyself.' It is why Acupuncture can treat so many different ailments, from fertility to joint pain."

To schedule an appointment with Kelly Lyons at The Well, please call her at (630) 258-4597.

Howard Thurman's Message for Today

Two Tuesdays: Oct 11 and 25 • 1:30 - 3pm (CT)

Facilitator: Bob Kent

Grandson of enslaved people and born into a poor family in Jim Crow-era Florida, Howard Thurman grew to become one of 20th Century America's greatest spiritual leaders. During his 50-year career as a minister, Thurman was Dean of the Chapel at both Howard University and Boston University, founded the first inter-racial church in America, and became a spiritual mentor to Martin Luther King, Jr. and other Civil Rights leaders as they pursued racial justice through non-violent direct action. His direct personal experience of the Divine in nature informed everything he did and led him to become a bridge builder across racial divides, as well as a grounded spiritual leader in the fight for social justice. He is a model for those of us seeking to combine contemplation and action. In this program we will explore Thurman's world, his spiritual worldview, and his significance for us today as we navigate our troubled world. See Bob Kent bio under

Circle of Light (p. 12).

Hybrid • Facilitator is at The Well • Cost: \$35 series

Introduction to Energy Medicine

Three Wednesdays: Oct 12, 26; Nov 9 • 1:30 - 3pm (CT)

Facilitator: Mary Walters

Would you like to learn the basics of Eden Energy Medicine (EEM) in a fun, supportive environment? If so, these classes are for you! These simple but profound classes are straightforward and full of easy-to-use techniques that you can do on yourself (and others) to stay well, feel vibrant, and live a life that nourishes you and brings you joy. Each class will cover specific key topics from Donna Eden's award-winning book, *Energy Medicine*. Session 1 will cover Calming Stress and Anxiety; Session 2, Balancing Hormones; Session 3, Releasing Pain.

EnergyGirl, LLC was started by Mary Walters RN, a Registered Nurse with over 20 years in the emergency settings. She's also a Certified Energy Medicine Practitioner, Animal Reiki Practitioner, and Reiki Master Teacher. She believes in the body's ability to heal itself and is passionate about continuing to learn new ways to assist in that healing. In-Person only • Cost: \$25/session \$60 series



What's Soil Got to Do With It?

Saturday, Oct 15 • 10 - 11am (CT)

Facilitator: Dr. Elaine Ingham

Soil biologist Dr. Elaine Ingham will explain the soil food web and its relationship to climate change, soil erosion, and a healthy ecosystem. Addressing what comprises healthy soil, what is depleting soil, and how it affects our bodies and the eco-system, she will discuss five over-arching principles that govern the natural, biological approach to plant production. Dr. Elaine will review the steps to start growing plants in conjunction with nature instead of fighting nature. Join us to hear how ordinary people here in the Midwest, across the U.S., and around the world are helping to create a healthier ecosystem!

Dr. Ingham uncovered the Soil Food Web nearly 4 decades ago and has been pioneering research about Soil Food Web ever since. Widely recognized as the world's foremost soil biologist, she's passionate about empowering people to bring the soils in their communities back to life.

Hybrid • Facilitator is on Zoom • Cost: \$25



See No Stranger: Revolutionary Love as the Call of Our Times

Thursday, Oct 20 • 7:00 pm (CT) Presentation

• 8:30 pm (CT) Book signing/reception

Collaborating with Lewis University's Gros Institute

Facilitator: Valarie Kaur

Valarie Kaur is a renowned civil rights leader, lawyer, award-winning filmmaker, educator, innovator, and best-selling author of *See No Stranger*. She has won national acclaim for her work in social justice on issues ranging from hate crimes to digital freedom. Valarie burst into American consciousness in the wake of the 2016 election when her Watch Night Service address went viral with 40 million views worldwide. Her question: "Is this the darkness of the tomb or the darkness of the womb?" has become a mantra for people fighting for change. She now leads the Revolutionary Love Project to reclaim love as a force for justice.



Valarie's vision of "Revolutionary Love" is deeply rooted in her Sikh faith. She grew up on the farmlands of California, where her family has lived as Punjabi Sikh farmers for more than a century. As a child, whenever she felt lost, her grandfather would give her Sikh wisdom through song

and point to the path of the sant-sipahi, sage-warrior. The sage loves; the warrior fights - it's a path of revolutionary love.

In-Person location: Lewis University, Convocation Hall, 101 Airport Road, Romeoville, IL

Hybrid • Facilitator is at Lewis University

In-Person Cost: \$25 • Vimeo Cost: \$15

A Reconciling Pause: Homecoming Retreat

Saturday, Oct 22, 10 am through Sunday, Oct 23, 12 pm (CT)

Facilitator: Mikyoung Teresa "Mi-sa" Hwang, CPPS, DMin

This weekend retreat invites participants to reflect on the Gospel story of the Prodigal Son with the relationship and communication of the people in the parable. Through this parable we are led to see reconciliation as homecoming. The retreat will consist of short inputs, reflective activity, meditation/contemplation, and sharing in sessions, and will include time of rest and silence in between. The retreat group will attend Mass in Alexine Chapel on Sunday at 9:30 am, and the retreat will conclude with a closing ritual that will end by noon.

Mi-sa Hwang, a native of South Korea, is a member of the Sisters of the Precious Blood of Dayton, OH, a retreat facilitator, and a certified spiritual director through the Claret Center. In 2018 she completed her DMin in Spirituality from Catholic Theological Union. She likes to observe through the lens of images and symbols as ways

to understand what is under the surface, and to imagine the flow of action towards growth and transformation in reconciling with God, self, and others.

In-Person only • Cost: \$165 Overnight • \$115 Commuter

Wild Belongings: All Hallows Eve

Saturday, Oct 29 • 2 - 4 pm (CT)

Facilitators: Bridget Spurduto, Nate Thomas, Ellen Wiggins

Our Sacred Earth is seeded with Divine revelation. Wild Belongings invites us into a deeper experience of this revelation through relationship with the land, the creatures



A Hybrid retreat in June, 2022, with Diarmuid O'Murchu and Participants at The Well and on Zoom.

near us. All Hallow's Eve in October invites us to gather for one of the most celebrated Celtic holidays, Samhain (sa wane), the official end of summer. This vigil before All Saints Day honors the thin veil between the living and those who have transitioned.

See Wild Belongings: Equinox (p. 11) for bios.
In-Person only • Suggested Donation: \$10

Images of God

Two Tuesdays: Nov 1 and 15 • 1:30 - 3pm (CT)

Facilitator: Shelby Boblick

What are your own images of God? How and when do they come through to you? In artwork, a poem, music, nature? Was there a certain moment in your life when the images emerged for you? How have your images of God changed over time? In this two-session series, we will share and explore our images of God. This will be an active, collaborative, and shared engagement with participants, an exploration of evolving images of God. We will ask each registrant to please email a picture, story, poem, or music clip that is currently God to you 7-10 days

in advance of the first session, to thewell@csjoseph.org. They will be arranged together in a montage for exploring



together in the first session.

See My Name is Pauli Murray (p. 12) for Shelby Boblick bio. Hybrid • Facilitator is at The Well • Cost: \$35 series

The Secret of Solitude

Monday, Nov 7 • 10 - 11:30am (CT)

Facilitator: Madelyn Balitz

Do you believe “solitude” is a synonym for “loneliness”? In fact, it is not. In this program, we’ll cover: how solitude can feed your spirit and give you a sense of belonging; the focus that dramatically improves mental, physical and spiritual well-being, even increasing your chance of a longer life by 50%; and, what you can do, starting today, to build a stronger connection with yourself, others and the Earth. When you learn the SECRET of solitude, you can start enjoying every day, whether you are with others or alone...not lonely, alone in a profoundly joyful way.



Madelyn Balitz, author of *All is Well: Understanding the End of Life, Caregiving, and Hospice Care*, is a hospice professional, and has devoted her life to caregiving, both in her profession and for her family. Considering her own journey of the pain and blessings through grief, she

wishes to empower others to take the challenge and find new beginnings by building a bridge between loneliness and solitude.

Hybrid • Facilitator is on Zoom • Cost: \$20

God after Einstein: What is Really Going on in the Universe?

Thursday, Nov 10 • 7 - 8:30pm (CT)

Facilitator: John F. Haught

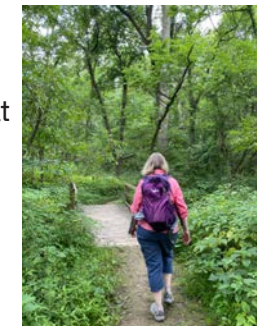
Before the early twentieth century, scientists and theologians knew almost nothing about time's enormity and the corresponding immensity of space. But after Einstein, the ageless questions about God, cosmic purpose, and the significance of our lives are inseparable from the question of the meaning of deep time. Cosmology, John F. Haught argues, now allows theology to look toward a future for humans and the whole universe. The universe can no longer be thought of simply as an endless reshuffling of lifeless and mindless atoms in a pointless series of moments. Rather, nature is a temporal drama of awakening whose true meaning can be revealed only gradually by our looking, in a spirit of anticipation and hope, toward the horizon of the not-yet.

Theologian John F. Haught is a distinguished research professor at Georgetown University. He is the author of more than twenty books, including his recent work *The New Cosmic Story: Inside Our Awakening Universe*. Hybrid • Facilitator is on Zoom • Cost: \$30

Walking the Spiritual Path of Compassion Retreat

Friday, Nov 11, 7pm through Saturday, Nov 12, 3pm (CT)
Facilitators: Wendy Mospan and Mary Dean Pfahler, SND

Compassion is a tender yet powerful capacity to respond to the suffering you see. Keeping your balance while reaching out is a spiritual practice that can ground you in your inner Self and connect you with the world around you. Drawing from the Boundless Compassion program's essential movement of Awareness, Attitude, and Action, this retreat will suggest ways to integrate your spiritual journey with compassion, increase your self-care, and practice compassion with growing discernment, freedom, and wisdom. Come encounter a sacred practice to help sustain and empower you in today's changing world.



Wendy Mospan, M.Div. leads retreats and workshops that help people discover meaning and align with their deeper values. She is a spiritual director practicing in Palatine, IL, and co-director of the Boundless Compassion program. She loves to accompany people exploring all aspects of their life journeys.

Sister of Notre Dame Mary Dean Pfahler delights in helping seekers savor the experience of Gracious

Mystery in their lives. A former educator in Ohio and Papua New Guinea, pastoral minister, retreat center director, and college campus mentor, she now finds joy in accompanying individuals and groups in spiritual direction, the Spiritual Exercises of St. Ignatius, and Boundless Compassion retreats.

Hybrid • Facilitators are at The Well • Cost: \$165
Overnight • \$115 Commuter • \$115 Zoom

Advent Reflection

Monday, Nov 28 • 7 - 8 pm (CT)

Facilitator: Pat Bergen, CSJ

The first Sunday of Advent proclaims, “NOW is the time...” and we respond, “For what?” We truly cannot know the answer until we ask the more important question of each day, “What time is it?” Our answer to this question determines everything. For what is Just and Holy at one moment in history may be very different at another moment in history. Join us as we enter the adventure of Advent awakening to “What time it is NOW.” Then we will see with our eyes, hear with our ears, feel with our heart and know with our mind how Christ is aborning in our time as never before! You may also wish to continue with us for a fifteen-day Advent At-Home Directed Retreat.



The Congregation of St. Joseph, and The Well which is a member of its mission network, are now in year two of our seven year world-changing journey to implement the Laudato Si Action Platform. Embracing the invitation to a unique collaboration with the Vatican, an international coalition of Catholic organizations, and all people of good will, we have created our own Laudato Si Action Plan, unique to our mission and charism, which is ours to fulfill.

Integral ecology reminds us that “everything is connected.” Our connection to all creation and our growing awareness of the needs of the Dear Neighbor creates an urgency in us to answer the cry of the Earth and the cry of the poor. Here is a sampling of the ambitious goals and initiatives articulated in the Congregation of St. Joseph Laudato Si Action Plan Toolkit:

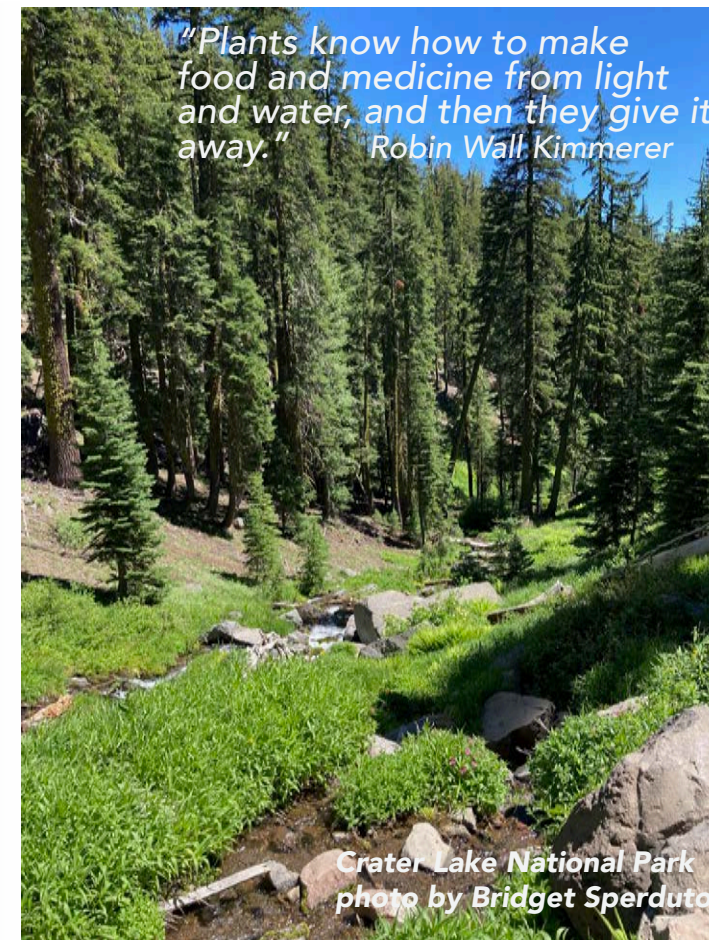
- create a pollinator path across our geography for butterflies and bees to protect biodiversity
- increase the use of solar energy within our Congregation
- support alternative sources of non-fossil fuels through investment, granting, and giving
- support and collaborate with local efforts to respond to the cry of those who are poor, marginalized, and most affected by climate change/eco-injustice

- adopt one meatless day per week to reduce carbon and methane emission into the atmosphere
- commit to composting within all our Centers and homes
- consider one “no spend” day per week
- create and implement education to deepen understanding of integral ecology
- promote creation-based liturgical celebrations

The Well is incorporating these goals and initiatives in our programming, offering creation-based ritual, prayer and education through offerings such as Wild Belongings, Prayerful Pause, Imagine This, Braiding Sweetgrass book study, Meditation Circle, 2-Hemisphere Prayer, What’s Soil Got to Do with It, A New Holy Trinity, God After Einstein, and Cosmogony.

These initiatives invite us, personally and in collaboration with others, to be bold and creative. Our prayer is that we might achieve greater ecological conversion and more fully embody integral ecology.

To obtain a copy of the Congregation of St. Joseph Laudato Si Action Plan Toolkit, please email the CSJ Steering Committee: csjlaudatosi@csjoseph.org



“Plants know how to make food and medicine from light and water, and then they give it away.” Robin Wall Kimmerer

Crater Lake National Park
photo by Bridget Spurduto

Pat Bergen, CSJ is an educator, spiritual directress, retreat and workshop facilitator. With a Doctorate in Ministry, years of experience in leadership of her congregation and restorative justice work, she has a passion for awakening people to the oneness of all creation and its implications for our understanding of Scripture, Justice, Leadership and Prayer.
Hybrid • Facilitator is at The Well • Cost: \$15

Advent At-Home Retreat

Monday, Nov 28, 7pm through Monday, Dec 12, 7pm (CT)
Facilitators: Pat Bergen, CSJ, Maria Hill, CSJ, Diane Pfahler, SND, Bridget Spurduto, Sue Torgersen, CSJ

Join us as together we are drawn into the Season of Advent, awakened to the reality of what is happening in our midst, and welcoming the invitation to participate in the adventure. This retreat begins with our Advent Reflection at 7pm Mon, Nov. 28th. Each participant promises to spend a half-hour a day in prayer and to meet with a retreat director five times for one-half hour during the fifteen-day retreat. The retreat ends with a group gathering on Mon, Dec 12, at 7pm.

Hybrid • Facilitators on Zoom or at The Well • Cost: \$150

Wild Belongings: Advent

Saturday, Dec 3 • 2 - 4pm (CT)

Facilitators: Bridget Spurduto; Nate Thomas; Ellen Wiggins
Our Sacred Earth is seeded with Divine revelation. Wild



Belongings invites us into a deeper experience of this revelation through relationship with the land, the creatures near us. As the light dims in December, we gather for a time of reflection and renewal. In the Christian tradition of Advent, we ready our hearts, as we honor the fallowness of Earth and all she has offered. We will light up our circle with fire, ritual, and remembrance.

See Wild Belongings: Equinox (p. 11) for bios.
In-Person only • Suggested Donation: \$10

In the Footsteps of Mary and Joseph, Preparing for Jesus to Come

Tuesday, Dec 6 • 9:30 - 11am; repeated 6:30 - 8pm (CT)

Facilitator: Sallie Latkovich, CSJ

Anticipate the celebration of Christmas by taking a photo-pilgrimage to the places described in the Infancy Narratives of the Gospels: the Annunciation, the Visitation, Shepherd's Field, and Bethlehem. Come along on the journey!

Sallie Latkovich is a Sister of St. Joseph who currently serves on the Congregation Leadership Team. She had previously been on the faculty at Catholic Theological Union where she directed the Bible Study and Travel Program. She enjoys providing virtual tours to the places where she has served as guide.

Hybrid • Facilitator is at The Well • Cost: \$15

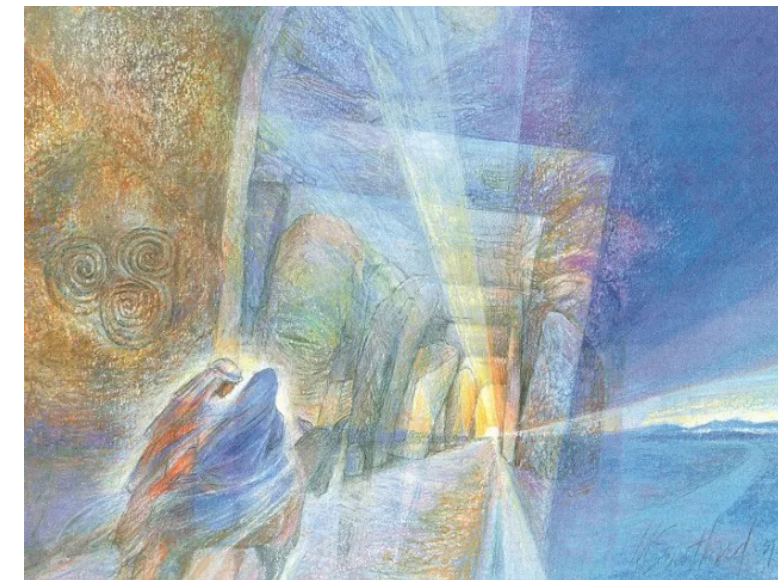
2-Hemisphere Prayer: Winter/Summer Solstice

Wednesday, Dec 21 • 4:30 - 5:30pm (CST)

Thursday, Dec 22 • 9:30 - 10:30 am (AEDT)

Facilitators: Margie Abbott, RSM, Pat Bergen, CSJ, Sally Neaves, Kathy Sherman, CSJ, Bridget Spurduto

Join us and our Australian and New-Zealander friends as we celebrate the Winter/Summer Solstice. As we enter into our 3rd year of praying together, we are aware of our deepening heart connection. Gathering as one, we



literally hold the southern and northern hemispheres with intention, unity and the promise of healing ourselves, our society, and our planet.

Zoom only • Suggested Donation: \$5



"As we reflect on the dynamics of cosmic evolution and as we begin to align our ways with the ways of the Universe, we take the first steps into a new form of human being."
Brian Thomas Swimme

Brian Thomas Swimme: Cosmogenesis

Wednesday, Jan 18, 2023 • 6:30 - 8PM (CT)

Facilitator: Brian Thomas Swimme

The discovery that the universe has been expanding from its fiery beginning fourteen billion years ago and has developed into stars, galaxies, life, and human consciousness is one of the most significant of human history. It is taught throughout the world and has become our common creation story for nearly every culture. And yet, most philosophers and scientists do not explore the effects this discovery will have on our minds. This is the contribution of Brian Thomas Swimme. He tells the story of how his modern, industrial mind was deconstructed by the impact of this new story and then reassembled anew in a developing universe. In so doing, he offers a glimpse into how the discovery of cosmogenesis is transforming

not only our understanding of life as we know it, but the history and evolution of human consciousness itself.

Brian Thomas Swimme is a professor at the California Institute of Integral Studies, in San Francisco, where he teaches evolutionary cosmology to graduate students in the Philosophy, Cosmology, and Consciousness program. He is the co-creator and host of Emmy-award winning PBS documentary *Journey of the Universe*. His published work includes *The Universe is a Green Dragon* (1984), *The Universe Story* (1992) written with Thomas Berry, *The Hidden Heart of the Cosmos* (1996), and the upcoming *Cosmogenesis: An Unveiling of the Expanding Universe* (November 2022).

Hybrid • Facilitator is on Zoom • Cost: \$30

IN MEMORIAM

Marlene Schemmel, CSJ, co-founder, first Director, long-time board member and intrepid promoter of The Well, joined the communion of saints at the end of May this year, at the age of 84.



Marlene lived with God and neighbor in humble friendship, exuding gentleness, peace and joy. Her loving heart touched and transformed countless lives in a myriad of ways.

Her imprint on The Well and The Well community is immeasurable. We mourn her death at the same time that we rejoice in her entrance into the heart of God.

"Those who are wise will shine like the brightness of the heavens, and those who lead many into goodness, like the stars for ever and ever." Daniel 12:3

OUR MISSION

The Well Spirituality Center is a community that fosters an awakening to our Unity with the Divine, One Another, and all Creation.

Recognizing that all is one, we provide opportunities to grow a deeper understanding of ourselves, a spiritual community of belonging and action, and an appreciation for our place and our part as agents of healing in the unfolding Universe Story.

MEET THE WELL STAFF

Bridget Sperduto, Executive Director
 Mary Fishman, Marketing Coordinator
 Kari Hamende, Program and Facilities Coordinator
 Roberta Walsh, Registration and Database Associate
 Bob Kent, Intern

and Kathryn Coffey, our Summer '22 Marketing Intern, who provided invaluable assistance in the creation of this Program Book/Newsletter

**to find out more/register: csjthewell.org
 (708) 482-5048**



1515 West Ogden Ave., LaGrange Park, Illinois 60526

FALL 2022 PROGRAM BOOK and NEWSLETTER



Call 708-482-5048 or find us at: csjthewell.org

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