



SPIRITUALITY CENTER

A Member of the Congregation
of St. Joseph Mission Network

WINTER-SPRING 2023

PROGRAM BOOK and NEWSLETTER



Dear Friends of The Well,

A lifetime ago as a first-grade teacher, I taught a mystic, or perhaps it is fairer to say, she taught me. I generally gathered the children in a circle on the carpet for Religion where I read storybooks or gospel stories to convey the theme of the day's lesson. One day when their behavior required the boundary of their desks, I pulled out the religion workbooks. Our theme for the week was Creation. The religion book displayed a triangle (Jacob's ladder) with God at the top followed by angels, then men, the animals, plants and at the bottom, the inert dirt and rocks. Next to this diagram was a

rebus that asked the children, "Who gives God more praise--a man or an elephant?" Lilianna, our classroom mystic, broke into tears and said, "Mrs. Sperduto, elephants praise God too!" She was right. The workbooks went back on the shelf. From this point forward, in Religion we spent time awakening to and naming the God within and all around us.

The mission of The Well is to promote the knowing that Lilianna was blessed to have at the age of six. Together, in the context of deepening community, we enter into relationship with the Holy all around us, between us, and within us. We become attuned to unity over division, we reverence diversity, and we wake up to the interconnectedness of everything in and with the natural world. We begin to understand that humans can choose to magnify or destroy what is sacred. And truly, our own awakening changes everything.

The Congregation of St. Joseph and The Well, as one of its ministries, are joining with Pope Francis and Catholic organizations around the world to take steps to reverse climate change. The three focuses this year are: Ecological Education, Ecological Spirituality, and Community Resilience and Empowerment. The Well has been promoting these, particularly the first two, for over 20 years.

This semester we are pleased to welcome *The Universe Story* co-author, Brian Swimme, to present *Cosmogogenesis*, an autobiographical story of how the new cosmology demolished his modern industrial mind, then slowly assembled a new one, rooted in the creative energies of our developing universe. We will also host Dr. Geza Gyuk, from the Adler Planetarium, to learn the significance of the findings from the James Webb telescope. Soil biologist, Dr. Elaine Ingham, will speak about the soil

food web and its relationship to climate change. Sr. Pat Bergen will lead sessions on the Laudato Si Action Platform and a session on Integral Ecology. We invite you to join us for Wild Belongings, where we deepen in our relationship with the more-than-human world. Also, be sure to watch for the return of our ecological field trips coming next summer and fall.

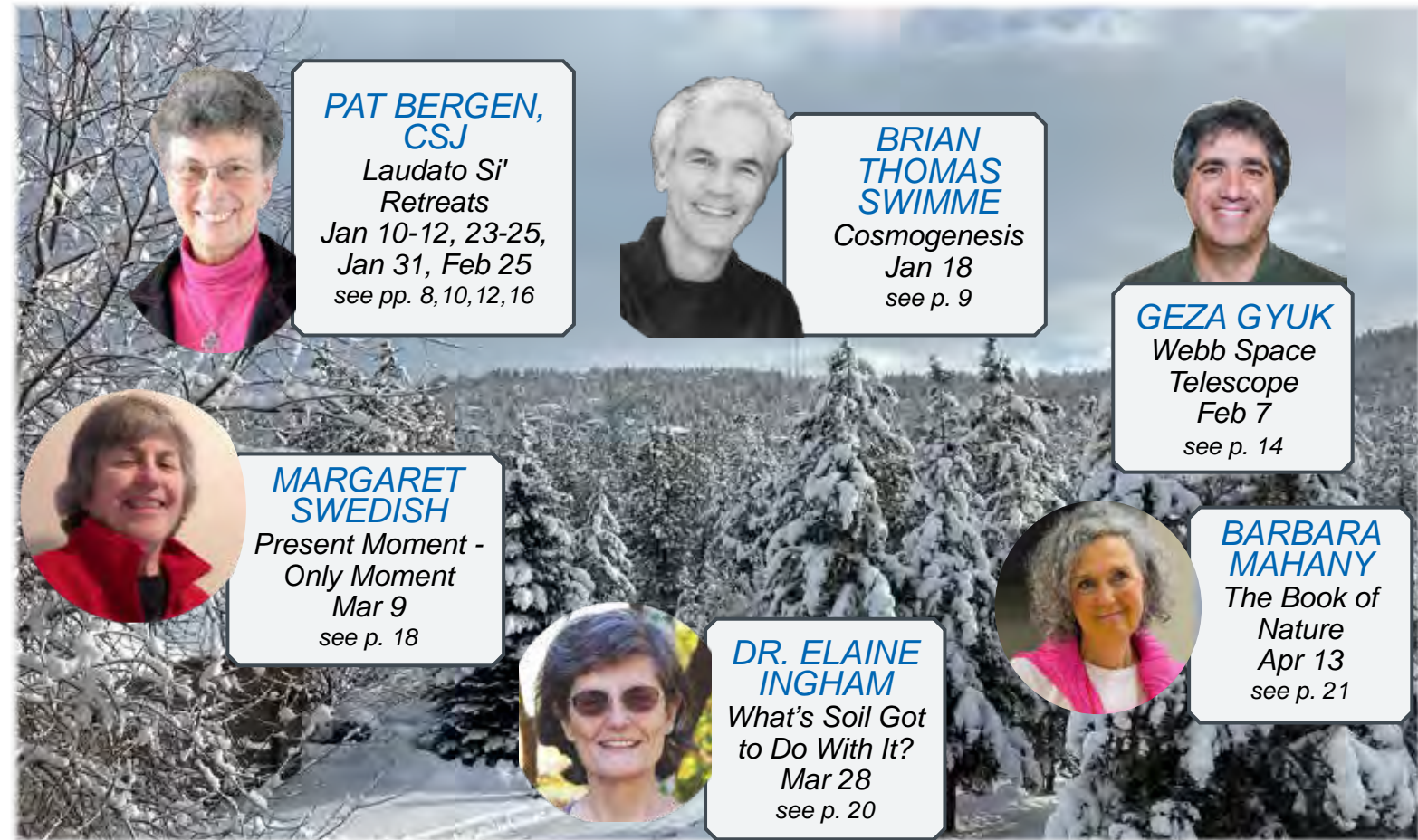
In closing, I am reminded of another story - more words to live by - from Lilianna, our first-grade mystic. As we gathered in our circle for prayer one morning, Lilliana offered, "I'd like to pray for love. I don't know how, but I know that if we pray for love, there will be more love." And so let us pray for love. And, as one sacred community gathered together, let us become the love our world so needs.

Blessings,

Bridget Sperduto



"Eve in Earth's Garden" by Mary Southard, CSJ available through MOTA, ministryofthearts.org



**PAT BERGEN,
CSJ**

*Laudato Si'
Retreats*
Jan 10-12, 23-25,
Jan 31, Feb 25
see pp. 8, 10, 12, 16

**BRIAN
THOMAS
SWIMME**

Cosmogenesis
Jan 18
see p. 9

GEZA GYUK

*Webb Space
Telescope*
Feb 7
see p. 14

**MARGARET
SWEDISH**

*Present Moment -
Only Moment*
Mar 9
see p. 18

**DR. ELAINE
INGHAM**

*What's Soil Got
to Do With It?*
Mar 28
see p. 20

**BARBARA
MAHANY**

*The Book of
Nature*
Apr 13
see p. 21

January

- 4, 11, 18, 25 Prayerful Pause Wed
- 4, 11, 18, 25 Yoga
- 5, 12, 19, 26 Prayerful Pause Thurs
- 7 Imagine This
- 7 Come and Paint
- 9, 23, 30 Prayerful Pause Mon
- 10 Reiki Circle
- 10-12 Laudato Si' Action Platform Retreat
- 12, 26 Beginners Growing Your Knowing
- 18 Cosmogenesis
- 19 Still Growing Your Knowing
- 20 Online Trivia Night
- 23-25 Transforming Your Life Laudato Si' Retreat
- 26 NETWORK Advocacy
- 28 Inner Wisdom Art
- 31 Caring for Life Laudato Si' Retreat
- 31 Circle of Light

February

- 1, 8, 15, 22 Prayerful Pause Wed
- 1, 8, 15, 22 Yoga
- 2, 9, 23 Beginners Growing Your Knowing
- 2, 9, 16, 23 Prayerful Pause Thurs
- 4 Imagine This
- 4 Come and Paint
- 6, 13, 20, 27 Prayerful Pause Mon
- 6 "The Letter" Screening/Discussion
- 7 Webb Space Telescope
- 8 "The Letter" Screening/Disc. repeated
- 13 Whale Breathing
- 14 Reiki Circle
- 16 Still Growing Your Knowing
- 21 "The Territory" Screening/Discussion
- 22 Ash Wednesday Prayer Service
- 22- Mar 8 At Home Lenten Retreat
- 25 Lenten Retreat for Catechists
- 28 Circle of Light

March

- Feb 22 - Mar 8 At Home Lenten Retreat
- 1, 8, 15, 22, 29 Prayerful Pause Wed
- 1, 8, 15, 22, 29 Yoga
- 2, 9, 16, 23, 30 Prayerful Pause Thurs
- 3, 10, 17 Cosmogenesis Book Group
- 4 Imagine This
- 4 Come and Paint
- 6, 13, 20, 27 Prayerful Pause Mon
- 7 Wisdom of the Transcendentalists
- 9 Present Moment - Only Moment
- 13 Whale Breathing
- 14 Reiki Circle
- 15, 22, 29 Yoga Better Sleep
- 16 Still Growing Your Knowing
- 16 Reimagining the Classroom
- 20 Spring Equinox 2-Hemisphere
- 25 Wild Belongings: Spring Equinox
- 28 Circle of Light
- 28 What's Soil Got to Do With It?

April

1 Imagine This
 1 Come and Paint
 3, 10, 17, 24 Prayerful Pause Mon
 5, 12, 19, 26 Prayerful Pause Wed
 5, 12, 19, 26 Yoga
 10 Whale Breathing
 11 Reiki Circle
 13 Book of Nature
 13, 20, 27 Prayerful Pause Thurs
 15 Inner Wisdom Art
 18 Health and Wellness Coaching
 24 Mothers of the Church
 25 Circle of Light
 30 Wild Belongings: May Day/Beltane



May

1, 8, 15, 22 Prayerful Pause Mon
 3, 10, 17, 24, 31 Prayerful Pause Wed
 3, 10, 17, 24, 31 Yoga
 4 Our Reality: Integral Ecology
 4, 11, 18, 25 Prayerful Pause Thurs
 5 Kathy Sherman, CSJ Concert
 6 Imagine This
 6 Come and Paint
 8 Whale Breathing
 9 Reiki Circle
 12-13 A Mother's Love Retreat
 18 Sacred Universe Award/Lecture
 18-23 Love Our Suffering Earth Retreat
 30 Circle of Light

June

1, 8, 15, 22, 29 Prayerful Pause Thurs
 3 Imagine This
 3 Come and Paint
 3 Bloom in June
 4-9 Summer Directed Retreat
 5, 12, 19, 26 Prayerful Pause Mon
 7, 14, 21, 28 Prayerful Pause Wed
 7, 14, 21, 28 Yoga
 8-18 Pilgrimage to Iona, Scotland
 21 Summer Solstice 2-Hemisphere
 25 Wild Belongings: Summer Solstice
 26 Inner Wisdom Art

Week-long Retreats

- May 18-23** Love Our Suffering Earth Retreat
 Retreat Director: Maureen Wild, SC
- Jun 4-9** Summer Directed Retreat
 Retreat Directors: Pat Bergen, CSJ et al
- Aug 23-27** Gathering the Dreamers Retreat
 Retreat Director: Kathy Sherman, CSJ

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.

Prayerful Pause

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

• **Thursdays, 4:30 - 5pm (CT)**

Facilitators: Pat Bergen, CSJ, Carol Crepeau, CSJ, Kari Hamende, Bob Kent, 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/session

Yoga

Wednesdays • 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 us to be in the moment with awareness to our mind, body, and spirit.
 Hybrid • Facilitator is at The Well • Cost: \$10/session

Imagine This... One Hour Imagination Sessions

First Saturdays Jan 7, Feb 4, Mar 4, Apr 1, May 6, through Dec • 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 for love in the world by imagining the world through one of the goals of Laudato Si' each month. Facilitator presentation, dream inquiry, art, and spiritual quotations will help in this discovery. Gradually participants will experience what the Pope means by "integral ecology."



You will need the Ministry of the Arts 2023 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 *Contemplating Laudato Si'* (this page) for Pat Bergen bio.

Zoom only • Cost: \$65 series

Come and Paint

First Saturdays Jan 7, Feb 4, Mar 4, Apr 1, May 6, through Dec • 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

Reiki Circle

Tuesdays Jan 10, Feb 14, Mar 14, Apr 11, May 9 • 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/session



Contemplating Laudato Si' Action Platform for the Sake of the World: Retreat for Religious Women and Men

Tuesday, Jan 10, 2 pm through Thursday, Jan 12, 12 pm (CT)

Facilitator: Pat Bergen, CSJ

Join in listening to the cries of Earth and her people. Discover Christ in suffering and in splendor. Discover your lifestyle: what you eat, where and how you invest your money, and with whom you engage to enter into the transformation of the world into the Communion of Love.



Pat Bergen is a Sister of the Congregation of St. Joseph, whose mission is "Unity" flowing from John 17: 21, "That All May be One." She is an educator, spiritual director, retreat and workshop facilitator, and restorative justice circle keeper who served 18 years in leadership of her congregation. In her doctoral dissertation she focuses on Communion with Creation: Implications for Prayer, Justice and Leadership.

In-Person preferred; Hybrid could be arranged • Cost: \$200 Overnight • \$150 Commuter • \$150 Zoom

Beginners Growing Your Knowing

Thursdays Jan 12, 26, Feb 2, 9, 23 • 10:30am - 12:30pm (CT)

Facilitator: Tim Spurduto

Lay the foundation for the use of your own unique intuitive capacities. Learn basic tools grounded in the way of nature that will help in perceiving and working with energy. You will deepen in understanding and engagement with self, spirit, others and the world around you.



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

Hybrid • Facilitator is on Zoom • Cost: \$150/series

Brian Thomas Swimme: *Cosmogenesis*

Wednesday, Jan 18 • 6:30 - 8pm (CT)

Co-sponsored with Dominican University's Siena Center

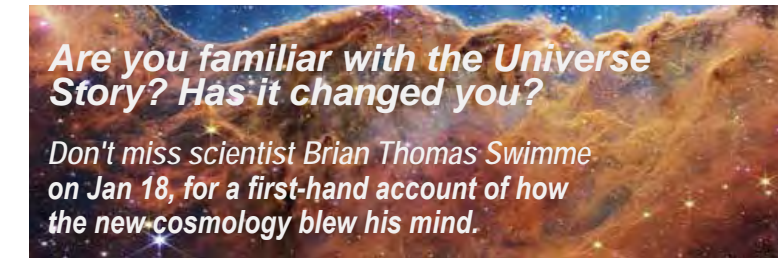
Facilitator: Brian Thomas Swimme

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. And yet, most philosophers and scientists do not explore the effects this discovery will have on our minds. This is Brian Swimme's contribution.

The co-author of *The Universe Story* will present his latest work, *Cosmogenesis*, an autobiographical story of how the new cosmology demolished his modern industrial mind, then slowly assembled a new one, rooted in the creative energies of our developing universe. Don't miss this 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 *Cosmogenesis: An Unveiling of the Expanding Universe* (2022).

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





Canyonlands National Park
photo by Neal Herbert, NPS

If we will have the wisdom to survive, to stand like slow growing trees on a ruined place, renewing, enriching it ... then a long time after we are dead, the lives our lives prepare will live here ...

Work Song: A Vision by Wendell Berry

Still Growing Your Knowing

Thursdays Jan 19, Feb 16, Mar 16 • 10:30am - 12:30pm (CT)

Facilitator: Tim Spurduto

Continuation of a series from Fall (*registration is closed*).

The second half will focus on the fundamentals of intuitively reading energy and saying "hello" to others on a soul/spirit level.

Hybrid • Facilitator is on Zoom

Online Trivia Night

Friday, Jan 20 • 6 - 6:30pm log in • 7 - 9pm game (CT)

Volunteer Hosts: Bob Dobis and son, Miles Dobis

Join us for our fifth annual Trivia Night, a virtual, fun-filled event like no other. Gather a group of up to 8 family members or friends to make a team, or register solo

and let us place you on a team. Team members may live in different places, or in the same home, or some combination of both. Be prepared for a night of laughter and enjoyment in the company of old and new friends. Zoom only • Team Captains will use TrivNow app • Cost: \$20

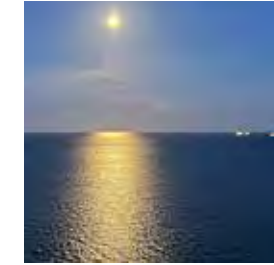


Transforming Your Life in Light of Laudato Si' Action Platform: Retreat for Pastoral Associates and Adult Faith Educators

Monday, Jan 23, 7pm through Wednesday, Jan 25, 12pm (CT)

Facilitator: Pat Bergen, CSJ

The Splendid Communion of Christ, Humanity and All of Creation is inviting us into a transformation of our lives.



Pope Francis, aware of this sacred calling wrote a Letter to People of All Faiths (*Laudato Si'*) inviting us to care for our common home. Five years later with urgency he invites the global community of all faiths to action. Join in contemplating the call, discover yourself drawn into action, and find your whole life

being transformed for the sake of the Communion of Love offering a future full of hope for generations to come.

See Contemplating Laudato Si' (p. 8) for Pat Bergen bio. In-Person preferred; Hybrid could be arranged • Cost: \$200 Overnight • \$150 Commuter • \$150 Zoom

Educate, Organize, and Lobby with NETWORK

Thursday, 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.

"Advocating to Build Anew" will be the focus of the last session of this faith-based advocacy series on racial and economic justice that began in the Fall. Prior participation is not necessary.

The Congregation of St. Joseph and The Well as a member of its Mission Network embrace year two of our seven year commitment to implement the goals of the Laudato Si' Action Platform. We will focus on three goals this year: Ecological Education, Ecological Spirituality, and Community Resilience and Empowerment.



This semester Pat Bergen, CSJ offers four Laudato Si' based retreats tailored to: Women and Men Religious (p. 8); Pastoral Associates and Adult Faith Educators (p. 10); Religious Leaders and their Staffs (p. 12); and Catechists (p. 16). Everyone is invited to watch and discuss "The Letter" on Feb 6 (p. 13) and attend Our Reality: Integral Ecology on May 4 (p. 23).

As in every season, this winter and spring our programming is permeated with integral ecology offerings. Find something that speaks to you. Won't you join us in transforming ourselves for the sake of our world?

Zoom only • Cost: \$15 • Free for CSJ Sisters & Associates

Embracing Our Inner Wisdom through Art

Saturday, Jan 28 • 9am - 12pm (CT)

Facilitators: Gillian Romano and Bridget Spurduto

Enter into the winter stillness and glean the wisdom of the season. Join us for a winter morning of reflection where for a few hours you can pause and listen to the insights of your own inner wisdom as it resonates with the rhythm of

the season. Poetry, visual art and music will aid us in our journey.

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.

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. Bridget is an Associate of the Congregation of St. Joseph, a spiritual director, reiki master, educator, and retreat facilitator.

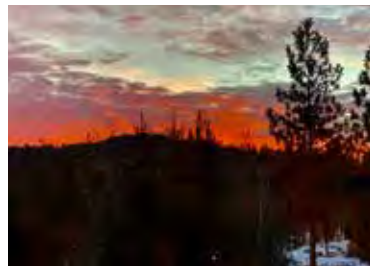
Hybrid • Facilitators at The Well and on Zoom • Cost: \$40

Caring for Life in Light of Laudato Si': Retreat for Religious Leaders

Tuesday, Jan 31 • 8:30am - 3pm (CT)

Facilitator: Pat Bergen, CSJ

Gather with your staff and other religious leaders of all faiths to discover the "Why" of Pope Francis' letter, the



urgency of the call to people of all faiths and the response of the global community to this letter. The intimate connection between Christ, humanity, and creation reveals the importance of this invitation to realizing the Reign of

God. Be the influence your faith community is awaiting. Join the global movement making a difference for the sake of creating a future full of hope, starting now!

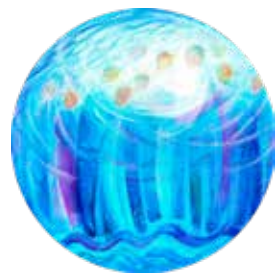
See *Contemplating Laudato Si'* (p. 8) for Pat Bergen bio. Hybrid • Cost: \$50 In-Person • \$50 Zoom

Circle of Light: A Meditation Series

**Tuesdays Jan 31, Feb 28, Mar 28,
Apr 25, May 30 • 10 - 11am (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 *Embracing Our Inner Wisdom through Art* (p. 12) for Bridget Sperduto bio. Zoom only • Suggested Donation: \$10/session



This beautiful film – a heartbreaking yet hopeful story – is a clarion cry to people everywhere: wake up, get serious, meet, act together, act now.

Cardinal Michael Czerny, prefect of the Dicastery for Promoting Integral Human Development

"The Letter": Film Screening and Discussion

Monday, Feb 6 • 1 - 3pm

repeated Wednesday, Feb 8 • 6:30 - 8:30pm (CT)

Facilitator: Pat Bergen, CSJ

All major faith traditions – those of 7 in 10 people on Earth – encourage us to care for our common home. Join us to watch "The Letter," whose title refers to Pope Francis' 2015 encyclical *Laudato Si'* on integral ecology and our planetary crisis. This film follows an indigenous leader from the Amazon rainforest, a young climate activist from India, a climate refugee from Senegal, and two marine biologists who live in Hawaii as they travel from their corners of the

world to meet with Pope Francis.

Dialogue is central to the Pope's vision for humanity's peace with all creation. Let's watch the film together and engage in conversation on how we can solve our broken systems and more deeply understand that a better future is in our hands. The tools to protect our common home are already with us!

See *Contemplating Laudato Si'* (p. 8) for Pat Bergen bio.
Hybrid • Facilitator is at The Well • Cost: Free In-Person
• Suggested Donation: \$5 - \$10 on Zoom

Webb Space Telescope: Illuminating the Cosmos

Tuesday, Feb 7 • 6:30 - 8pm (CT)

Facilitator: Geza Gyuk

The James Webb Space Telescope (JWST), NASA's newest space telescope, is a technological triumph. With a far larger aperture than the Hubble Space Telescope, it can take much deeper images and with greater resolution. Early images have shown just how impressive the JWST's imaging capacity is.



But the JWST doesn't just take pretty pictures. The JWST is poised to shake up Astronomy. Geza Gyuk will discuss some of the science that JWST is aimed at addressing, from the largest cosmological scales to the planets in our own Solar System.

Dr. Geza Gyuk is the Director of Astronomy at the Adler Planetarium & Astronomy Museum. He conducts research on a range of topics including very high energy gamma-ray astronomy, the characterization of active and outer-belt asteroids and the extent and effects of light pollution. Dr. Gyuk has focused his educational efforts in bringing authentic science to the public. He received his B.S. in Physics/Mathematics from Brown University and went on to obtain his Ph.D. in Physics at the University of Chicago.

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

Whale Breathing

Mondays, Feb 13, Mar 13, Apr 10, May 8 • 1:30 - 3pm (CT)

Facilitator: Mary Rondenet

WhaleBreathing is a powerful self-healing technique that resets the body's stress response, relaxes the nervous system, and opens up a pathway to your own highest truth. Using continuous, diaphragmatic conscious breathing, along with toning, you detoxify and purify the body. This renews your body at a cellular level and creates a connection to inner wisdom. The increase in the flow of



oxygen to your organs and lymph system boosts your body's immunity and natural healing ability. It balances the frequency between the brain and the heart, creating harmony within. Through WhaleBreathing you meet the I Am.

WhaleBreathing was developed by Mary Rondenet, a certified Energy Touch® Practitioner and Transformational Breath® Facilitator. She has been swimming with whales and dolphins since 2007 and has had some amazing encounters. Being with these magnificent beings has helped her to reconnect to the most important thing in life, her breath. She is deeply committed to helping people find, feed, and embrace all of who they are.

Hybrid • Facilitator is at The Well • Cost: \$25/session

"The Territory": Film Screening and Discussion

Tuesday, Feb 21 • 10am - 12:15pm (CT)

Facilitator: Shelby Boblick

Deforestation in the Amazon Rainforest broke all records during the first half of 2022. "The Territory" provides an immersive look at the tireless fight of the Indigenous Uru-eu-wau-wau people against the encroaching deforestation,

brought by farmers and illegal settlers in the Brazilian Amazon. With awe-inspiring cinematography and powerful storytelling by Indigenous voices, the film will help us better understand the climate crisis and Indigenous people's efforts to protect the forest and our futures.



Immediately following the screening, Shelby Boblick will facilitate a conversation about the film. Shelby has a background in spirituality and loves the outdoors. Trained as a pastoral associate, Shelby chairs the board of The Well and facilitates a variety of spirituality conversations.
Hybrid • Facilitator is at The Well • Cost: \$10

Ash Wednesday Prayer Service and Reflection

Wednesday, Feb 22 • 7 - 8pm (CT)

Reflection by Bridget Spurduto

Join us as we begin the season of Lent, rendering our hearts to bring about a greater wholeness in ourselves and in our world.

See *Embracing Our Inner Wisdom through Art* (p. 12) for Bridget Spurduto bio.
Zoom • Hybrid t.b.d. • Suggested Donation: starting at \$5



A moment of levity during Mary Walters' Energy Medicine program, Fall, 2022.

Beginning this semester, Linda Bitsas, RN, BSN, HWC will offer one-on-one Health and Wellness Coaching at The Well. Uncover your vision of wellness and design steps to get there. With Linda's guidance and positive support for accountability, you'll discover your own solutions and increase your self-efficacy and esteem. Call Linda at (708) 824-9924 or email her at wellness@lrbc.coach for an appointment. Find out more at Introduction to Health and Wellness Coaching on Tuesday, April 18 (pp. 21-22).

Continuing: Reiki and Eden Energy Medicine sessions with Mary Walters, RN, EEM-CP. To schedule a session call Mary at (708) 703-0110 or email her at: EnergyGirl2020@gmail.com
Acupuncture sessions with Kelly Lyons, L.Ac, MSOM.
Call Kelly at (630) 258-4597 to schedule an appointment.

Returning: Chris March, CSJ, Reiki Master and Massage Therapist, will once again offer her healing services at The Well! Starting date t.b.d. Watch our eblasts for updates.

At Home Lenten Retreat

Wednesday, Feb 22, 7pm through Wednesday, Mar 8, 7pm (CT)
Spiritual Directors: Pat Bergen, CSJ, Maria Hill, CSJ, Bridget Spurduto, and Sue Torgersen, CSJ

This retreat begins with our Ash Wednesday Prayer Service and a reflection by Bridget Spurduto.

Each participant promises to spend ½ hour per day in prayer and to meet with a retreat director five times for ½ hour during the 15-day retreat. Following the above opening prayer service and reflection, participants and retreat directors will hold a brief communal meeting on Zoom. The retreat ends with a group gathering on Zoom on Wednesday, March 8, at 7 p.m.

Zoom • Hybrid opening and closing t.b.d. • Cost: \$150

Living as Ambassadors for Christ: Lenten Retreat for Catechists

3 Archdiocesan Credits Available
Saturday, Feb 25 • 9 - 11:45am (CT)
Facilitator: Pat Bergen, CSJ

Join in reflecting on Ash Wednesday's call to be "Ambassadors for Christ" (2 Cor. 5: 20) in light of Pope Francis' letter *Laudato Si'*, together with its Action Platform. Discover yourself as part of the global movement of people of all faiths listening and responding to the cries of Earth and her people. Find yourself drawn into Lent involved in transforming the world into the



Communion of Love announced and made present by Jesus. Go into the rest of Lent celebrating that you are offering a future full of hope to generations that follow!

See *Contemplating Laudato Si'* (p. 8) for Pat Bergen bio.
Zoom only • Cost: \$20

Cosmogenesis: Book Group

Fridays, Mar 3, 10, 17 • 9:30 - 11am (CT)
Please finish reading the book before the first session.
Facilitator: Bridget Spurduto

The Universe Story is the most profound account of our origin story, crossing and including all cultures and religions. Brian Thomas Swimme's newest book, *Cosmogenesis: An Unveiling of the Expanding Universe* invites us to reflect on our identity as cosmological beings.

Written from a personal perspective, Brian describes how "the impact of this new story deconstructed his mind then reassembled it, offering us a glimpse into how cosmogenesis has transformed our understanding of both the universe and the evolution of human consciousness itself." Join us as we discuss his insights and explore our own.

See *Embracing Our Inner Wisdom through Art* (p. 12) for Bridget Spurduto bio.
Hybrid • Facilitator is on Zoom and sometimes in-person at The Well • Cost: \$50 series

Wisdom of the Transcendentalists

Tuesday, Mar 7 • 1:30 - 3pm (CT)
Facilitator: Bob Kent

Step into the hearts and minds of the Transcendentalists, who introduced the American public to mysticism in the 1830's, wrote and spoke beautifully about their experience of Divine Oneness in nature, worked to integrate that unity



"Among the Sierra Nevada," Albert Bierstadt

into their daily lives, and played leadership roles in many of the social justice campaigns of the 19th Century. Though their movement is quiet now, their spirit and ideas live on and have much to teach us.

We will focus on Ralph Waldo Emerson and Margaret Fuller, two leading lights of the movement whose mysticism led them to work for change on the social issues that resonated with them. Emerson worked to abolish slavery; Fuller focused on the linkage between slavery and the oppression of women.

See *Circle of Light* (p. 12) for Bob Kent bio.
Hybrid • Facilitator is at The Well • Cost: \$20

Present Moment: Only Moment

Thursday, Mar 9 • 6:30 - 8pm (CT)

Facilitator: Margaret Swedish

We live in fraught times. An enormous transition is underway on this planet as climate changes, the world becomes a more uncertain, unpredictable place, cultures unravel, and fear rises as a predictable reaction. How do we hold

our spiritual ground, keep our balance, and not give in to the chaos and fear? Navigating these times requires letting go of expectations and calming the anxiety we feel over what is to come.

In his book, *Peace is Every Step*, Thich Nhat Hahn wrote: "We can realize peace right in the present moment with our look, our smile, our words, and our actions. Peace work is not a means. Each step

we make should be peace...We don't need the future. We can smile and relax. Everything we want is right here in the present moment." We will explore this practice via Margaret's presentation, silent meditation, and group sharing.

After 23 years as director of the Religious Task Force on Central America & Mexico, Margaret Swedish turned her attention to the unfolding ecological crisis. Her book,

Living Beyond the 'End of the World:' A Spirituality of Hope (2008) focused on the multiple dynamics leading to our planetary crisis. An urban gardener, community advocate and animator, she continues to conduct workshops and group reflections focused on what has gone horribly wrong in the relationships among humans, and between humans and the natural world, leading to the crises we currently face.

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

Yoga to Support Better Sleep

Wednesdays, Mar 15, 22, 29 • 1 - 2pm (CT)

Facilitator: Nina Ginocchio

Sleep is a public health crisis. But getting enough sleep isn't a luxury, it's a necessity for good health. In this seminar we'll explore the neuroscience of sleep and look at how yoga can support a better sleep lifestyle. We'll learn about the systems involved in getting a good night's sleep and then we'll practice some techniques to help us train the nervous system to rest. Each session will have a lecture and a chair/standing yoga practice and meditation, along with opportunity to journal and reflect.

Nina Ginocchio is a registered, certified yoga teacher with over 11 years of experience. She teaches yoga for the nervous system – yoga that allows us to connect with the body, the mind, and the spirit.

Hybrid • Facilitator is at The Well • Cost: \$45 series

Reimagining the Classroom: Teaching, Learning, and (Grand)Parenting in the Age of Climate Crisis

Thursday, Mar 16 • 6:30 - 8pm (CT)

Co-sponsored with Lewis University's Department of Education and Office of Mission and Identity

Facilitator: Theodore Richards

An education doesn't merely provide a student with information and skills; it offers a worldview that is understood by the subtle narratives and practices that shape the classroom and the life of the student. Our world today is beset with seemingly disparate crises that range from climate change to economic and racial inequality to geopolitical upheaval. But all of these problems can be related to the core values that we are taught through our culture: independence, competition, isolation, disconnection.

If the problem itself is disconnection/fragmentation, then we must learn to think in terms of interconnection. This requires new ways of teaching and learning, and new metaphors to shape our classrooms. This benefits the inner life of the student - serving as an antidote to today's escalating mental health



crises - and offers a pathway to addressing our global challenges, rather than reinforcing the values that underpin them.

Theodore Richards is a writer, philosopher, and educator. He is the founder of The Chicago Wisdom Project and the author of eight books, and has received numerous literary awards. He lives on the south side of Chicago with his wife and three daughters.

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

Hybrid • Facilitator is at Lewis University • Cost: \$15

2-Hemisphere Prayer: Spring/Fall Equinox

Monday, Mar 20 in USA • 4:30 - 5:30pm (CT)

Tuesday, Mar 21 in Australia • 8:30 - 9:30am (AEDT)

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

Join us and our Australian and New Zealander friends to celebrate the Spring - Fall Equinox. 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: starting at \$5



Wild Belongings: Spring Equinox

Saturday, Mar 25 • 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. What better time to bid farewell to winter's darkness than to mark the rising Spring, a time when the Earth's sun sits directly over the equator before heading north. We will celebrate outdoors with prayer, song and a wander on the land.

See Embracing Our Inner Wisdom through Art (p. 12) for Bridget Spurduto bio. Nate Thomas is a lay minister,



Looking for adventure? Watch for the return of our Love Your Region field trips this Spring and Summer.

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: starting at \$10

What's Soil Got to Do With It?

Tuesday, Mar 28 in USA • 6:30 - 8pm (CT)

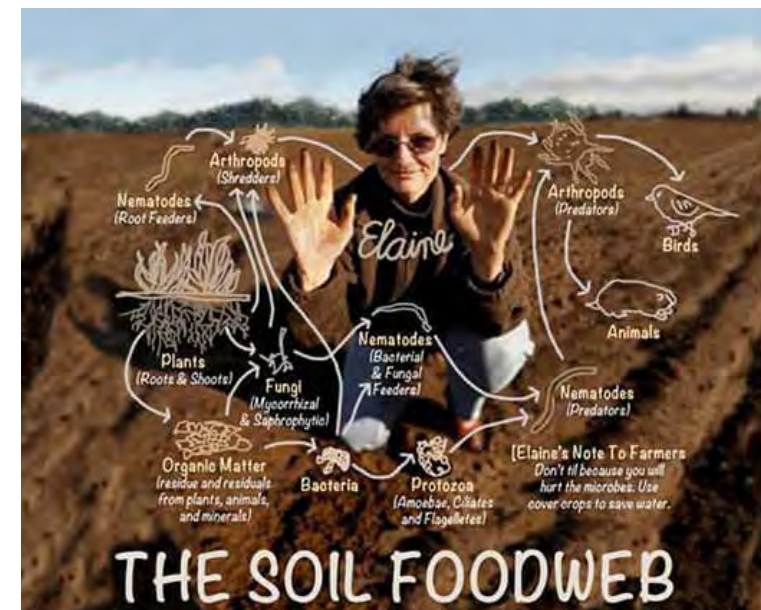
Wednesday, Mar 29 in Australia • 10:30am - 12pm (AEDT)

Co-sponsored with Igniting Sparks McAuley Ministries and Integral Ecology Animation of the Sisters of Mercy of Australia and Papua New Guinea

Facilitators: **Dr. Elaine Ingham with Margie Abbott, RSM and Sallie Neaves**

Calling all gardeners and farmers! The world's foremost soil biologist, Dr. Elaine Ingham, will explain the soil food web and its relationship to climate change, soil erosion, a healthy ecosystem, and our bodies. Addressing what comprises healthy soil and what is depleting soil, she will discuss five over-arching principles that govern the natural, biological approach to plant production. Learn how to start growing plants in conjunction with nature instead of fighting nature.

Margie Abbott, RSM and Sally Neaves will lead us in reflection and an integration practice following Dr. Elaine's one-hour presentation.



Dr. Elaine uncovered the Soil Food Web nearly four decades ago and has been pioneering research about it ever since. She's passionate about empowering people to bring the soils in their communities back to life. Her Soil Food Web Approach has been used to successfully restore the ecological functions of soils on more than five million acres of farmland all over the world.

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

Wisdom and Wonder from the Book of Nature

Thursday, Apr 13 • 6:30 - 8pm (CT)

Facilitator: **Barbara Mahany**

Throughout millennia and across world religions, all of creation was revered as a sacred text. By the Middle Ages, this text was given a name, "The Book of Nature," the first, best entry point for encounter with the divine. As we grapple to make sense of today's tumultuous world, one where nature is at once a damaged and damaging source of refuge and retreat, we are called to examine how generously it awaits our attention and devotion, ready to be read by all.



Barbara Mahany, author and longtime friend of The Well, will present her latest work, *The Book of Nature: The Astonishing Beauty of God's First Sacred Text*. She will weave together astonishments of science, profound wisdom and literary gems of thinkers, poets, and keen-eyed wonderers who've come before us, as well as her own spiritual practice and gentle observation. In our evening together we'll trace the narrative of God's first holy text, pause to consider the great minds and expansive souls who've felt the pulse of the divine in all of the cosmos, and explore

the terrain of our own sacred geographies and hours.

Once a pediatric oncology nurse, Barbara Mahany became a newspaper writer after interning at the Chicago Tribune, upon graduation from the Medill Graduate School of Journalism at Northwestern University. Since 2012 she's been working as a freelance journalist and author. Her award-winning collections of prayerful essays include *Slowing Time: Seeing the Sacred Outside Your Kitchen Door* (2014); and *The Stillness of Winter: Sacred Blessings of the Season* (2020).

Hybrid • Facilitator is at The Well • Cost: \$20

Embracing Our Inner Wisdom through Art

Saturday, Apr 15 • 9am - 12pm (CT)

Facilitators: Gillian Romano and Bridget Spurduto

During the season of new life, let us explore where we are experiencing resurrection in us and around us. Join us for a spring morning of reflection where for a few hours you can pause and listen to the insights of your own inner wisdom as it resonates with the rhythm of the season. Poetry, visual art and music will aid us in our journey.



See Embracing Our Inner Wisdom, Jan 28 (p. 12) for bios. Hybrid • Facilitators at The Well and on Zoom • Cost: \$40

Introduction to Health and Wellness Coaching

Tuesday, Apr 18 • 10 - 11am (CT)

Facilitator: Linda Bitsas, RN, BSN, HWC

"The future depends on what we do in the present." Ghandi Health and wellness coaching can be described as helping people achieve their potential through addressing physical, social, intellectual, emotional, spiritual, or environmental areas of health or wellness. Join us for this introduction and discussion on health and wellness coaching.

Linda Bitsas RN,BSN, HWC, has worked as a Certified Physical Rehabilitation Nurse at a trauma-center hospital for 25 years. She earned her Health & Wellness Coaching Certification from the College of Lake County, and her Lifestyle Coach Training certification for the National Diabetes Prevention Program from the State of Wellness Inc.

Hybrid • Facilitator is at The Well • Cost: \$10

Learning from the Countercultural Witness of Early "Mothers of the Church"

Monday, Apr 24 • 1:30 - 3pm (CT)

Christine Schenk, CSJ

From the first century we see a repeating pattern of prominent women exercising significant authority in early Christianity. Because of their belief in a countercultural Jesus, women founded and led house churches, prophesied, taught male evangelists, served the poor and functioned as apostles, benefactors and envoys.

This program focuses on the witness of fourth century "mothers of the church" such as Marcella, Macrina, Egeria, Melania the Elder, Paula, Olympias, Proba, and other women leaders known to us only through their tomb friezes. This archaeological evidence confirms what literary scholars had long suspected: women were far more influential in early Christianity than commonly recognized. A time to pray, to learn, and to reflect on your own experience of witnessing to a countercultural Jesus.



Christine Schenk, CSJ has worked as a nurse midwife to low-income families, a community organizer, and the founding director of an international church reform organization, FutureChurch. An award-winning author, she is one of three sisters featured in the documentary "Radical Grace."

Hybrid • Facilitator is at The Well • Cost: \$25

Wild Belongings: May Day/Beltane

Sunday, Apr 30 • 2 - 4 pm (CT)

Facilitators: Bridget Spurduto, Nate Thomas, Ellen Wiggins
Beltane, a Celtic festival falling on the eve of May, was

marked by a great bonfire celebrating the brightness of the Celtic god, Bel. As we welcome the increasing sunlight, and the festival of May Day, we will join in communion for readings, song and ceremony on the land.

See Wild Belongings: Spring Equinox (p. 20) for bios. In-Person only • Suggested Donation: starting at \$10

Our Reality: Integral Ecology

Thursday, May 4 • 10 - 11:30am (CT)

Facilitator: Pat Bergen, CSJ

We live in a world where division and separation seem to be part of life. However, this is an illusion. Reality is that we live in a spiritual world where we are all interconnected. Join us as we reflect on our common home (our "ecos") and begin to celebrate our "integral ecology!" Every word we say, everything we do affects everything, everywhere!



See Contemplating Laudato Si' (p. 8) for Pat Bergen bio. Hybrid • Facilitator is at The Well • Cost: \$15

Let's Start at the Very Beginning - A Composer's Walk through the Years

This concert event is a benefit for The Well.

Friday, May 5 • 7pm Concert, 8:30pm Reception (CT)

Performer: Kathy Sherman, CSJ

Kathy Sherman has been writing music that is cherished around the world for over five decades. During this reflective evening, Kathy will share songs that have been especially meaningful to her as well as the stories and inspiration that brought them to birth, including several written during the pandemic.



Kathy is a writer, singer, and activist who believes that all life is permeated with the sacred. Passionate about writing music that fosters hope and healing for our world, Kathy is deeply committed to working for non-violence, racial justice, and advocating for the protection and healing of our planet.

In Person only, Alexine Chapel • Cost: \$25

A Mother's Love Cannot Be Silenced Retreat

Friday, May 12, 7pm through Saturday, May 13, 4:30pm

Facilitators: Pat Bergen, CSJ and Kathy Sherman, CSJ

Even before the birth of the galaxies and stars, God's great love has been unfolding and revealing the Sacred

in everything that is and in all the circumstances of life. A mother's call is to be alert so as to recognize the Holy One in the ecstasies and joys of life as well as in life's challenges and sufferings, and to help others do the same. Our time together will include presentation, song, time for quiet reflection, and sharing.

See *Contemplating Laudato Si'* (p. 8) for Pat Bergen bio.

See *Let's Start* (this page) for Kathy Sherman bio.

Hybrid • Facilitators are at The Well

Cost: \$165 Overnight • \$115 Commuter • \$115 Zoom

2023 Sacred Universe Award Presentation/Lecture: Cosmological Beings in a Sacred Universe

Thursday, May 18 • 6:30 - 8pm (CT)

Award Recipient and Lecturer: Maureen Wild, SC

The Well is thrilled to announce that Maureen Wild, SC will be the recipient of the 2023 Sacred Universe Award. This award, first presented to Thomas Berry in 1993, honors leaders in the field whose work and life foster mutually-enhancing human-earth relationships. Please join us for this special occasion to honor Maureen, who will accept the award in person and give a talk at this event.

Maureen Wild's graduate studies



focused on Living Cosmology and Sacred Ecology, leading her to create many educational programs and retreats. She served as Director of two spirituality-based ecological learning centers: Genesis Farm, NJ, and the Centre for Earth and Spirit, BC, which she co-founded. Maureen has helped foster the international network Sisters of Earth since 1994, and is among those featured in the book *Green Sisters: A Spiritual Ecology* (2007). Blessed with many great teachers, one most enduring influence was Thomas Berry, who challenged all to live a resolute life of Great Work that protects, rather than ruins, Earth. Hybrid • Facilitator is at The Well • Cost: \$20

To Love Our Sacred, Still Suffering Earth Retreat

Thursday, May 18, 6:30pm through Tuesday, May 23, 12pm (CT)

Retreat Director: Maureen Wild, SC

The retreat begins with the Sacred Universe Award Presentation and Lecture. Reflective days follow with a morning and afternoon conference, music, song, and a short prayer meditation to close each day.

We see and know Earth's community of life is in serious trouble. Our lives witness the scale as we also teeter on a wobbly edge of collective indifference and our isolated personal despair. Yet we intuit an antidote quite the opposite: one of collective care and compassion fused with a steadfast embrace of active hope.



Where might we find guidance when things feel so lost? We'll explore this - looking to the wisdom and stories of Indigenous peoples, to intrinsic instructions Earth reveals, to nature-loving mystics, poets, and shamanic personalities, and to a universe that keeps illuminating.

See *Sacred Universe* (pp. 24-25) for Maureen Wild bio.

Hybrid • Facilitator is at The Well

Cost: \$600 Overnight • \$500 Commuter • \$300 Zoom

Summer Directed Retreat

Sunday, Jun 4, 7pm through Friday, Jun 9, 4pm (CT)

Spiritual Directors: Pat Bergen, CSJ, Maria Hill, CSJ, Diane Pfahler, SND, Sue Torgersen, CSJ

Begin your summer as a participant in our Summer Directed Retreat. The retreat will begin with a group gathering Sunday evening on June 4. Each day offers the opportunity to meet with a spiritual director who will accompany you through the retreat. There will be a ritual gathering late each afternoon and the retreat will end with a missioning ceremony on Friday, June 9, starting at 3pm.

Hybrid • Spiritual Directors will be at The Well

Cost: \$600 Overnight • \$500 Commuter • \$300 Zoom



**Bloom in June
Annual Benefit for The Well**
SAVE THE DATE! Saturday, June 3
Many more details to follow.

Pilgrimage to Iona, Scotland

Thursday, Jun 8 through Sunday, Jun 18

Facilitator: John Philip Newell

This trip is already booked, but we hope to provide more opportunities like this - so stay tuned.

2-Hemisphere Prayer: Summer/Winter Solstice

Wednesday, Jun 21 • 4:30 - 5:30pm (CT)

Thursday, Jun 22 • 7:30 - 8:30 am

(AEST)

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

Join us and our Australian and New-Zealander friends as we celebrate the Summer/Winter Solstice. As we enter into our 4th year of praying together, we are aware of our deepening heart connection. Zoom only • Suggested Donation: starting at \$5



Wild Belongings: Summer Solstice

Sunday, Jun 25 • 2 - 4pm (CT)

Facilitators: Bridget Sperduto; Nate Thomas; Ellen Wiggins

All are welcome as we gather to honor the longest day of sunlight in the Northern Hemisphere. We will be guided by poetry and chant, exchanging wisdom with the land, its inhabitants, and one another. Let's give thanks for the warmth and benefits of Light.

See Wild Belongings: Spring Equinox (p. 20) for bios.
In-Person only • Suggested Donation: starting at \$10

Embracing Our Inner Wisdom through Art

Monday, Jun 26 9:30am - 12:30pm (CT)

Facilitators: Gillian Romano and Bridget Sperduto

As the sun is at its highest point, in the season during the longest days of the year, let us dive into the fullness of light within us and ask where the fullness of our light needs to shine. In this summer morning of reflection, pause and listen to the insights of your own inner wisdom as it resonates with the rhythm of the season. Poetry, visual art, and music will aid us in our journey.

See Embracing Our Inner Wisdom, Jan 28 (p. 12) for bios.
Hybrid • Facilitators at The Well and on Zoom • Cost: \$40

Gathering the Dreamers Retreat/Symposium

Wednesday, Aug 23, 7pm through Sunday, Aug 27, 12pm (CT)

Retreat Director/Facilitator: Kathy Sherman, CSJ

Come! Gather the Lovers, Artists, Dreamers, Composers, Writers, and Community Builders who long to offer their



awakening reality.

Therefore, what if we came together as song writers, poets, meaning makers, and artists and spent a week together creating resources that give expression to this new vision? Imagine the many who are searching for prayers, songs, and art that give expression to a relationship with God and the universe that flows from this expansive vision. What if we are the ones who could create resources to feed this hunger and quench this thirst?

The days will include personal prayer and contemplation, group reflection and creative imagining, individual time for musing and working with one's craft, and opportunities to share the fruit of one's artistic process. The week will include a dinner and evening in Chicago!

See Let's Start (p. 24) for Kathy Sherman bio.
In-Person only • Cost: \$475 Overnight • \$415 Commuter

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

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

*Paintings on pp. 3,12,18,19, 22, 25, 26, 27 by Mary Southard, CSJ.
Available through MOTA, ministryofthearts.org*



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