



SPIRITUALITY CENTER

A Member of the Congregation
of St. Joseph Mission Network

FALL 2023 PROGRAM BOOK and NEWSLETTER

*Isle of Iona, Scotland
photo by Bob Kent*



Dear Friends of The Well,

"Where two or three are gathered..." I invite you to pause briefly and remember those moments of grace, when what was present deepened because of the two or three gathered with you.

I had such an experience this summer when The Well hosted a pilgrimage with Ali and John Philip Newell to the Isle of Iona in Scotland.

On our first morning, Ali sent us on a wander to be present to what allured us. I made my way to the Nunnery wall where I had noticed bundles of luscious pink flowers growing high up on the walls of the ruins. I was curious. Were they planted in a planter not visible from this

distance? As I grew near I noticed that a whole community of life was growing in the cracks between stones – a great variety of species growing alongside the pink fragrant blooms which also grew from the cracks. No planters. I was surprised and delighted by the abundance and tenacity of life flourishing here among the ruins.

As if the Holy One wanted to emphasize the gift, I was then drawn to a nearby grove of maple trees. As I stood beneath the welcomed shade, I immediately felt held, sheltered, safe, home. Again, I was struck by the community of life. The three trees reaching out for each other, like neurons in the brain, formed the canopy. The birds, insects, and a variety of moss and lichen made their home here. Again, a whole sacred community of life.

Community – foundational and essential to life's existence - to our existence. Yet, how often do we take it for granted? Community was the first grace given, and it deepened throughout the week: among the pilgrims gathered, through the support for those needing a strong arm to lean on, a listening heart to hold another's story, group meditation that deepened our silence, laughter and song that lightened our hearts, shared leadership that allowed each individual to come forth with their unique gifts. Yet the sense of community went beyond the world of the human. We were nourished from Earth's organic gardens.

Sheep, cows, mountain goats, and humans shared space walking together in fields, on golf courses and beaches, truly cohabitating on the land. Life was freely shared, and the Christ light within every



photos by Bridget Sperduto

being vital to the whole, as we were held in this cathedral of Earth, Sea and Sky.

Before my time in Scotland, I and others on the Board of Directors had been imagining a sustainable future for The Well as we continue to ask how our mission can meet the needs of the world at this time. The above-mentioned graces served as affirmation of our direction: a commitment to intentionally grow The Well community and our interconnectedness with each other and all creation.

This semester we embark upon two initiatives that will deepen the work we have always been engaged in: 1) becoming a resource center for the teaching, training, and action needed in Caring for Our Common Home and 2) building, (with greater intention), One Sacred Community, where we celebrate, deepen, and act to strengthen our union with God, each other, and our Earth. In this way we hope to build a sustainable future for The Well and for our beloved planet.

In August we will formally "kick off" a pledge drive to fund our new initiatives. On August 16th Mary Evelyn Tucker will speak to the importance and the power of Laudato Si' to move us to ecological and social justice. On October 17th, author Florence Ann Romano will speak to us about the six archetypes that are needed to create community.

Let us accompany one another as we develop and bring to life these initiatives for a sustainable future. We are offering many wonderful programs this fall that will build community and deepen our integration of ecological education and spirituality. We hope you will join us.

Bridget Sperduto

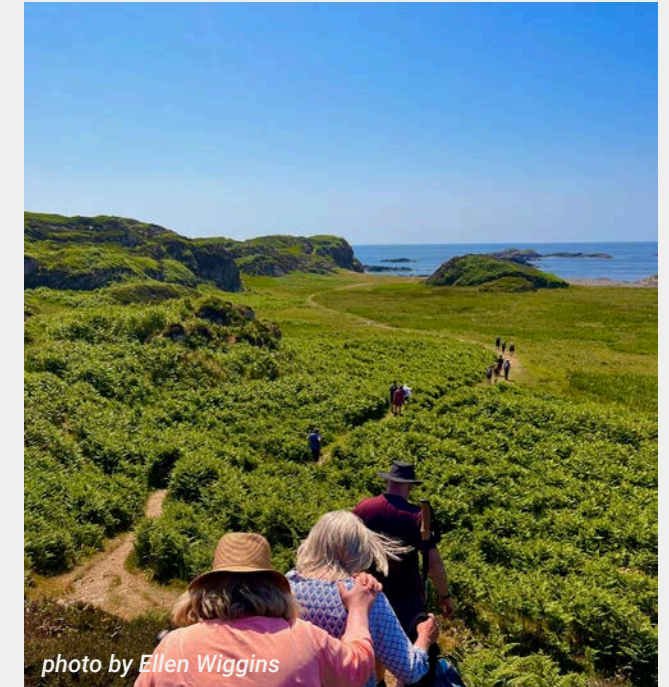
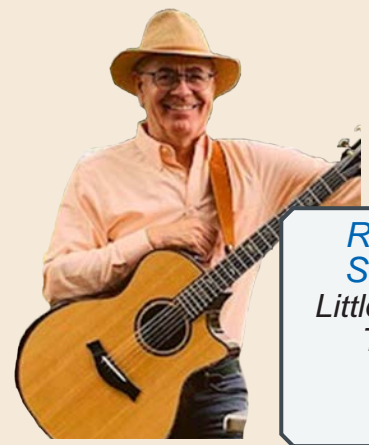


photo by Ellen Wiggins

NOT TO BE MISSED PROGRAMS

MARY EVELYN TUCKER
Ecospirituality and Ecojustice in Laudato Si'
AUG 16
 see p. 9



RUSSELL SCHMIDT
Little Ravinia at The Well
SEP 23
 see p. 15

MAUREEN WILD, SC
Sacred Earth Retreat Series
SEP 14, OCT 4, OCT 25, NOV 14
 see p. 12



MELVIN SHELDRAKE
Sacred Universe Award and Lecture
FEB 22, 2024
SAVE THE DATE!



BARBARA MAHANY
Wisdom and Wonder
NOV 2
 see p. 22

REV. MARK BURROWS
Radiance in the Ordinary
JAN 18, 2024
Retreat: How the Light Gets In
JAN 18-21
 see pp. 29-30



FR. GREG BOYLE
Forgive Everyone Everything
DEC 5
 see p. 27



FALL CALENDAR AT A GLANCE

August

- 2, 9, 16, 23, 30 Yoga
- 5 Imagine This
- 5 Come and Paint
- 13 Wild Belongings: Lughnasa
- 16 Mary Evelyn Tucker: Ecospirituality



September

- 2 Imagine This
- 2 Come and Paint
- 6, 13, 20, 27 Prayerful Pause Wed
- 6, 13, 20, 27 Yoga
- 7, 14, 21, 28 Prayerful Pause Thurs
- 11, 18, 25 Prayerful Pause Mon
- 12 Reiki Circle
- 12 Drum Circle
- 14 Maureen Wild: Sacred Earth Retreat
- 18, 25 We Stand on Their Shoulders
- 20 Called to Ecological Conversion
- 21 Always Growing Your Knowing
- 21 Fall Equinox 2-Hemisphere
- 22, 29 Rooted: Book Group
- 23 Little Ravinia - Russell Schmidt
- 24 Wild Belongings: Fall Equinox
- 26 Circle of Light
- 26 Put Your Best Foot Forward Yoga
- 27-28 Shores of Lake Michigan Retreat
- 30 Scriptures from Feminist Perspective

October

- 2, 9, 16, 23, 30 Prayerful Pause Mon
- 3 Reiki Circle
- 4, 11, 18, 25 Prayerful Pause Wed
- 4 Maureen Wild: Sacred Earth Retreat
- 4, 11, 18, 25 Yoga
- 5, 12, 19, 26 Prayerful Pause Thurs
- 6, 13, 20, 27 Rooted: Book Group
- 7 Imagine This
- 7 Come and Paint
- 9, 16, 23 Laudato Si': Depth of Being
- 10 Put Your Best Foot Forward Yoga
- 18 Sacred Universe
- 14 Power of Compassion for Ourselves
- 17 Find Your People
- 19 Always Growing Your Knowing
- 24 Circle of Light
- 25 Maureen Wild: Sacred Earth Retreat
- 26 Living a Restorative Justice Approach
- 28 Wild Belongings: All Hallows Eve
- 31 Bos Sona: Have a Blessed Death

November

1, 8, 15, 22, 29 Prayerful Pause Wed
1, 8, 15, 22, 29 Yoga
2, 9, 16, 30 Prayerful Pause Thurs
2 Barbara Mahany: Wisdom and Wonder
3, 10, 17 Rooted: Book Group
4 Imagine This
4 Come and Paint
4 Women in the Gospel of Luke
6, 13, 20, 27 Prayerful Pause Mon
7 Reiki Circle
8 Building a Bigger Home
11 Free Flow: Painting with Watercolors
14 Maureen Wild: Sacred Earth Retreat
16 Always Growing Your Knowing
28 Circle of Light
29 Advent Scripture Series

LOOKING AHEAD to 2024

December

2 Imagine This
2 Come and Paint
4, 11, 18 Prayerful Pause Mon
4 Advent Reflection
4-15 At Home Advent Directed Retreat
5 Fr. Greg Boyle: Forgive Everyone
6, 13, 20, 27 Prayerful Pause Wed
6, 13, 20 Advent Scripture Series
6, 13, 20, 27 Yoga
9 Wild Belongings: Advent/Winter Sol.
12 Reiki Circle
12 Emergent Strategy
7, 14, 21, 28 Prayerful Pause Thurs
14 Always Growing Your Knowing
19 Circle of Light
21 Winter Solstice 2-Hemisphere

January

18 Mark Burrows: Radiance in the Ordinary
18-21 Mark Burrows: How the Light Gets In
Retreat

February

2-3 Women's Candlemas Retreat
22 Melvin Sheldrake: Sacred Universe Award



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.

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.



photo by Kari Hamende

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: \$120/10 sessions or \$15/session

Imagine This... One Hour Imagination Sessions

First Saturdays: Aug 5, Sep 2, Oct 7, Nov 4, Dec 2 • 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!

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. Her doctoral dissertation is entitled "Communion with Creation: Implications for Prayer, Justice and Leadership."
Zoom only • Cost: \$65 series

THE WELL'S IONA PILGRIMAGE: A TRIP FOR THE AGES



Ripples from the shores of the island of Iona, Scotland are reaching The Well community and beyond. The 31 pilgrims who journeyed together for a week-long retreat with Ali and John Philip Newell have returned, glowing with Spirit. "It was a perfect week." "Beyond our expectations." "A sacred pilgrimage of community." "When you spend so much time in prayer together and encountering God in nature together, it can't help but build community."

The week before and after the pilgrimage, Iona experienced its customary rain and temperatures in the 50s (F), but the week our pilgrims were there, they saw only sunshine and blue skies, basking in the low 70s every day. They saw fields of grazing cows and sheep, beautiful stone masonry walls and ruins, vistas of rolling, craggy hills, bays and beaches with crystal clear water, and flowers everywhere, growing in gardens and amid rocks.

Iona is loaded with "thin places," spiritual places embodied with a sense of closeness to God, nature, and historical events. St. Columba landed there

traveling from Ireland, and began to spread Celtic Christianity throughout Scotland. A monastery he founded on Iona in 561 AD was raided in 806 by Vikings. The 68 monks who were massacred in this raid are commemorated at Martyr's Bay. Our pilgrims visited this bay, and a natural, heart-shaped pond known as St. Brigid's Well on the highest point of the island.

Every morning they gathered for silent prayer in the Michael Chapel, built in the early 1200's near the site where St. Columba's original monastery once stood. Breakfast was followed by a talk on Celtic spirituality by John Philip and ritual movement outdoors guided by Ali.

Engaging in a variety of rituals served to deepen the pilgrims' integration of their retreat experience. There was ample time for personal reflection, wandering, and exploring the island. "It changed all our perspectives in relation to our connection with the Earth, our soul, and each other."

Enjoy more photos from The Well's Iona Pilgrimage sprinkled throughout this newsletter.



photos by Bridget Sperduto

Come and Paint

First Saturdays: Aug 5, Sep 2, Oct 7, Nov 4, Dec 2 • 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

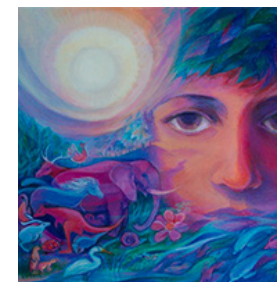
Wild Belongings: Lughnasa

Sunday, Aug 13 • 2 - 4pm (CT)

Facilitators: Bob Kent, Bridget Sperduto, 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. Come celebrate the extravagance of light and beginnings of harvest for the Celtic Feast Day, Lughnasa. All are welcome as we gather on the land to give thanks for the abundance and sacrifices of Mother Earth.

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



"Bright Eyes"
by Mary Southard, CSJ

Christian mystics and tries to bring a little bit of Richard Rohr to everything he does.

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.

Ellen Wiggins, a recent graduate of Seminary of the Wild, is active in the Wild Church Network, and is excited to bring nature-based gatherings to the Chicagoland area. As a contemplative pilgrim and facilitator of meditation circles, she is a devoted spiritual seeker.

In-Person only, outdoors • Suggested Donation: \$15

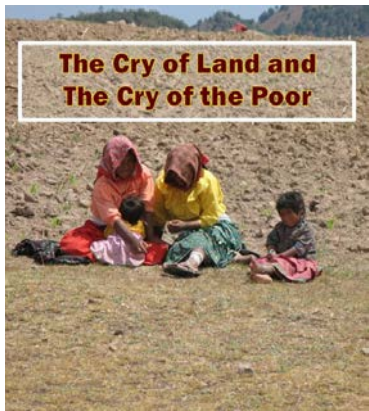
Ecospirituality and Ecojustice in Laudato Si'

Wednesday, Aug 16 • 6:30 - 8pm (CT)

Co-sponsored with the Siena Center of Dominican University

Facilitator: Mary Evelyn Tucker

We are excited to have Mary Evelyn Tucker join us as we launch a new initiative at The Well to awaken us to the spirituality of Laudato Si' as it flows from The Universe Story, and to the ways we can take action for the care of our common home. Mary Evelyn, a leader in the field of religion and ecology, will speak to the essential role of religious leaders at this time of ecological crisis.



Bill McKibben, the climate activist, has called *Laudato Si'* "perhaps the most important document yet of this millenium." That is because it is an eloquent call to action, joining social justice and environmental concerns. Its ecojustice message, "Cry of the Earth, Cry of the Poor" brings together the suffering of people and planet in a

compelling manner. This talk will discuss some of the main influences on the encyclical as well as some of the resulting movements. We will be inspired to take action.

Mary Evelyn Tucker was a member of the Earth Charter Drafting committee and the International Earth Charter Council. For 25 years she was co-director with John Grim of the Yale Forum on Religion and Ecology. With Brian Thomas Swimme, Tucker and Grim created *Journey of the Universe*, a multi-media project that includes a book, an Emmy Award winning film on PBS, a podcast series, and free online courses from Yale/Coursera. She is co-author of *Thomas Berry: A Biography* (2019).
Hybrid • Facilitator is In-Person • Cost: \$30

Prayerful Pause

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

• **Thursdays, 4:30 - 5pm (CT)**

Facilitators: Pat Bergen, CSJ, Carol Crepeau, CSJ, Mary Jo Curtsinger, CSJ Kari Hamende, Bob Kent, Jackie Schmitz, CSJ, Kathy Sherman, CSJ, Bridget Spurduto

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 music moment with singer/composer Kathy Sherman, CSJ, and others. Thursdays provide an opportunity to reflect and to share the state of the heart. Drop in on any day. 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.

Zoom only • Suggested Donation: \$5/session

Reiki Circle - Back to In-Person!

Tuesdays: Sep 12, Oct 3, Nov 7, Dec 12 • 10 - 11am (CT)

Reiki Practitioners: Janet Bolger, CSJ, Chris March, CSJ, Jackie Schmitz, CSJ, Bridget Spurduto

The time has come to once again gather at The Well in-person for our Reiki Circle! Come to experience Reiki (an ancient healing technique), the "universal life force." Certified Reiki practitioners will help participants activate the healing energy they were born with, feel more calm, optimistic, and empowered.

In-Person only • Suggested Donation: \$5 - \$20/session

BUILDING ONE SACRED COMMUNITY



The Building One Sacred Community initiative stems from our conviction that people are desperately seeking a meaningful 21st century spirituality as traditional systems are failing them. The Well will become more intentionally what many people tell us we are: a spiritual home.

During the pandemic, The Well launched daily, virtual prayer gatherings, nurturing people of faith from all over the world. We built a strong relationship with a community in Australia, with whom we now share ritual four times a year. We began then, and continue to host Wild Belongings, regular prayer services in a forest adjoining The Well campus, where we encounter the Divine in nature.

The Building One Sacred Community initiative will grow The Well as an expansive and inclusive spiritual home, a faith community of prayer, ritual, and belonging. People are seeking new forms and places for spiritual connection,

and together we can explore what that means and how it will look. Bob Kent, our intern, will be gathering focus groups this fall. If you feel called to participate, please reach out to The Well at thewell@csjoseph.org.

What we do know is that our faith community will be based in the Sacred Universe theology with spiritual practice and a component for action for social and ecological justice. We envision One Sacred Community that is inclusive and welcoming and that rests in the Christ who permeates the universe.

Drum Circle

Tuesday, Sep 12 • 6:30 - 8pm (CT)

Facilitator: Karen Tlusty-Rissman

Nurture your spirit through rhythm and meditation. Based on a blend of traditions, this Spirit Circle draws on our most ancient roots to creatively raise group energy. Each round will begin with a chant or Native American style flute song. Rhythm instruments will gradually come in until the drumming reaches its natural conclusion. There will be a few moments of silent meditation, taking in the energy that was raised and then sending it out as prayers and blessings.



photo by Tlusty-Rissman

Karen Tlusty-Rissman is a musician, astrologer, artist, and

celebrant of Spirit. She currently leads a variety of meditation classes in the western suburbs of Chicago and has facilitated sacred circles for 40 years. Karen plays the Native American flute, concert flute, bass guitar, Tibetan singing bowls, and gong.
In-Person only, Outdoors (inside if rain) • Cost: \$20

To Love Our Sacred Earth Retreat: Hildegard's Viriditas Meets Thomas' Spirituality of Earth

Thursday, Sep 14 • 10am - 12pm (CT)

other sessions Oct 4 (p. 18), Oct 25 (p. 21), Nov 14 (p. 25)

Facilitator: Maureen Wild, SC

This four-part retreat series explores teachings within the writings of cultural historian and geologist Thomas Berry as they interweave with the wisdom of nature-centered mystics and of nature-inspired scientists. Choose any or all sessions.

The first session will focus on Hildegard's concept of Viriditas, the greening power of God, merging with reflections on Thomas' essay *The Spirituality of Earth* - Earth's processes expressing an abiding numinous presence, an intrinsic spiritual quality from the beginning.

Maureen Wild, SC is the 2023 recipient of The Well's Sacred Universe Award. 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. She has helped foster the international network Sisters

of Earth since 1994. 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 on Zoom • Cost: \$150/series • \$40/session

We Stand on Their Shoulders

Mondays: Sep 18, 25 • 1:30 - 3pm (CT)

Facilitator: Shelby Boblick

This series explores four women from various continents, time periods, and walks of life on whose shoulders we stand in caring for Earth. Today they would be called environmentalists. We will explore these women through the lens of the poetry of Edwina Gately in *Mothers, Sisters, Daughters: Standing on Their Shoulders*. It is not necessary to buy or read the book, as Shelby will provide all materials needed each time we meet.

Session 1: Hildegard of Bingen and Rachel Carson
Session 2: Sr. Dorothy Stang and St. Brigid of Kildare

Shelby Boblick has a background in spirituality and loves



the outdoors. Trained as a pastoral associate, she serves on the board of The Well and facilitates a variety of spirituality conversations. Her recent pilgrimage to Iona and immersion in Celtic spirituality will enrich our discussion of St. Brigid.
Hybrid • Facilitator is In-Person • Cost: \$40/series

Called to Ecological Conversion Retreat: Coming Back into Balance with the Whole Cosmos

Wednesday, Sep 20 •

9am - 3pm (CT)

Facilitator: Pat Bergen, CSJ

Look around; our human life has gotten out of whack. The state of the world is calling us personally and as a human community to an ecological conversion, with no time to waste! There is no better time to answer the call than today, when we are standing on the threshold of Equinox. Light and dark are held in a balance giving us the energy to enter into the ecological conversion that offers the hope for saving each of us and the planet as a whole!

See *Imagine This* (p. 7) for Pat Bergen bio.

Hybrid • Facilitator is In-Person • Cost: \$75 (includes lunch)



IN THE WORKS



Let's talk about St. Patrick's Day

Our major fundraiser for 2024 will be a St. Patrick's Day celebration, featuring the Dooley Brothers, live at Welcome Hall. We don't know the exact date yet, but it will be sometime around March 17th! Watch for details in our eblasts and on our website.

We're gathering the dreamers

Are you an artist, musician, poet, writer, or liturgist, longing for meaningful and contemporary ritual that expresses the unitive consciousness arising out of the Universe Story? Singer, composer, and musician Kathy Sherman, CSJ is looking to gather a group of creative dreamers to support and inspire each other in filling this need. If this interests you, please reach out to us at thewell@csjoseph.org

Children's programs return

Starting this fall we'll once again hear the joyful sounds of elementary school children at The Well. We will be offering day-long programs with an Earth Day theme for 3rd-5th graders. For 6th-7th grade children, we are offering a program to develop ecological leadership skills, meeting several times over the course of a year. If you are a teacher or school administrator and would like to find out more, please contact us at thewell@csjoseph.org



Inspired by Pope Francis' encyclical, *Laudato Si'*: Care for our Common Home, The *Laudato Si'* Action Platform (LSAP) is a Vatican initiative that empowers, with urgency, its vast network of organizations and institutions, and all people of good will to offer all the tools at their disposal for real and lasting solutions to the ecological crisis. Launched globally in May, 2021, The Well signed on, as a ministry of the Congregation of St. Joseph, to LSAP's seven-year challenge to contribute to reversing climate change and promoting justice in our world.

As a regional center for the telling of the Universe Story, The Well is uniquely positioned to propel ourselves forward as a worldwide resource and training center to implement Pope Francis' vision of environmental and social justice. The Universe Story, the scientific story of our 13.8 billion-year unfolding told with its spiritual music, invites humanity into a new consciousness - where people, animals, plants, and Earth are seen and known as sacred, connected, and essential for human existence. This new story has the power to help us create a sustainable and just way forward.

Now entering our third year of the LSAP challenge, The Well is launching the Caring for Our Common Home initiative. We will create and implement LSAP training for religious leaders, educators, catechists, chaplains, and lay people of all backgrounds, and train the trainers, to help spread the movement exponentially. We will produce and implement a curriculum for children, co-creating materials with them, offering hands-on programs, Earth Day celebrations, and nature field trips to grow ecological leadership. Our efforts will empower and energize those adults and youths who long to be part of the solution to the ecological challenge we face as a species.

Watch for Mary Evelyn Tucker to help kick off this exciting initiative, on August 16 (see p. 9)

Always Growing Your Knowing

Thursdays: Sep 21, Oct 19, Nov 16, Dec 14

• 10:30am - 12:30pm (CT)

Facilitator: Tim Sperduto

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

Hybrid • Facilitator is on Zoom

2-Hemisphere Prayer: Fall/Spring Equinox



Thursday, Sep 21 in USA • 4:30 - 5:30pm (CT)

Friday, Sep 22 in Australia • 7:30 - 8:30am (AEST)

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

Join us and our Australian and New Zealand-er friends to celebrate the Fall-Spring Equinox with ritual, song, prayer and sharing. 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 \$10

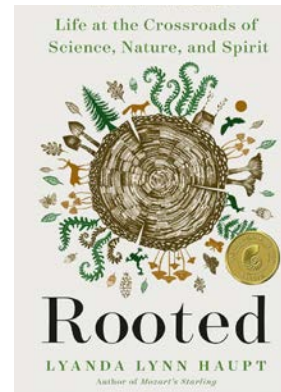
Rooted: Book Group

Fridays: Sep 22, 29; Oct 6, 13, 20, 27; Nov 3, 10, 17

• 9:30 - 11am (CT)

Facilitator: Bridget Sperduto

Rooted: Life at the Crossroads of Science, Nature, and Spirit by Lyanda Lynn Haupt will be the core reading for our robust conversation. *Rooted* is beautifully written and masterfully weaves science, spirit and the natural world in a way that inspires, uplifts and motivates us to take action for our beautiful planet. In the tradition of Rachel Carson, Mary Oliver and Robin Wall Kimmerer, Lyanda Haupt writes with urgency and grace.



See *Wild Belongings* (p. 9) for Bridget Sperduto bio.

Hybrid • Facilitator is on Zoom and sometimes in-person at The Well • Cost: \$150 series

Little Ravinia "Fun-raiser" for The Well

Saturday, Sep 23 • 3 - 5pm (CT)

Musician: Russell Schmidt

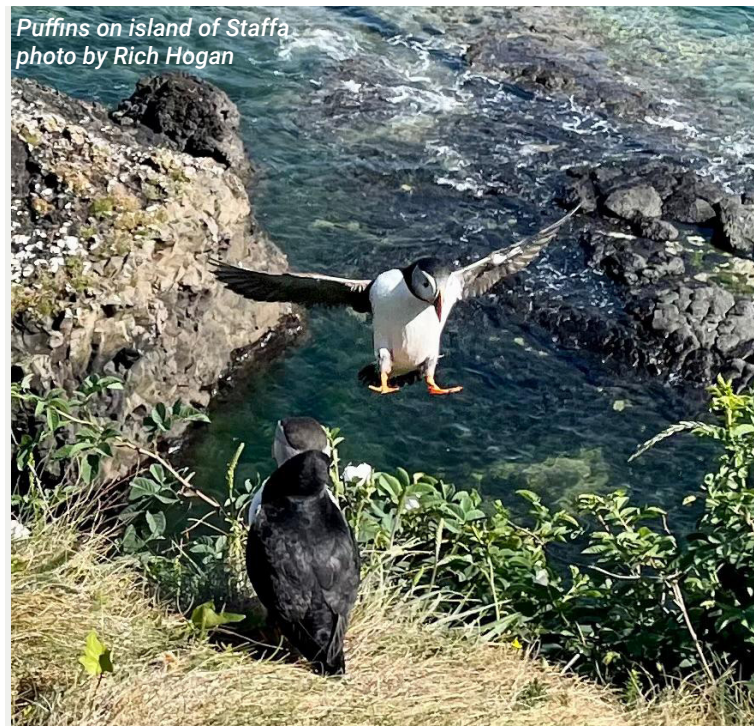
In the spirit of Ravinia, Chicagoland's famed outdoor concert venue, The Well invites you to Take It Easy with us for a lazy Saturday afternoon Fun-raiser in our courtyard. Enjoy the best of yesterday's and today's music, and

sing along with some of your favorite tunes all while supporting The Well. Come alone, with friends, or bring the family. Dress casually, bring your blanket or chair to sit on, beverage of choice, and any other snacks to make it a fun afternoon!



Returning to The Well from St. Paul, MN, Russell is a musician who specializes in Lite/Soft Rock, Americana, and Folk Rock genres. He thrives on engaging with live audiences, and his amiable demeanor and love for entertainment kindle a spark in the crowd, leaving a lasting impression. Russell's extensive range of guitar styles enables him to forge connections and share his emotions openly with his listeners, using a resonant voice that can fill even the most expansive venue. "It's always a thrill for me as an artist and performer to witness the crowd embracing their favorite songs with such enthusiasm that they can't help but sing along."

In-Person only, outdoors (inside if rain) • Cost: \$25
Children under 12: free



Puffins on island of Staffa
photo by Rich Hogan

"Rootedness is a way of being in concert with the wilderness- and wildness- that sustains humans and all of life."

Lyanda Lynn Haupt, author of Rooted (see p. 15)

Wild Belongings: Fall Equinox

Sunday, Sep 24 • 2 - 4pm (CT)

Facilitators: Bob Kent, Bridget Sperduto, 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. Let us come together to celebrate the autumnal harvest and the magnificent colors of fall. Through song, readings, and ritual we regale in the shifts of the season and are reminded of the value of equanimity, when day and night are of equal length.

See Wild Belongings (p. 9) for Facilitator bios.
In-Person only, outdoors • Suggested Donation: \$15

Circle of Light: For the Health of Ourselves and Our World Meditation Series

Tuesdays: Sep 26, Oct 24, Nov 28, Dec 19
• 9:30 - 10:30am (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.

See Wild Belongings (p. 9) for Facilitator bios.
Zoom only • Suggested Donation: starting at \$15

Put Your Best Foot Forward - Yoga and Your Feet

Tuesdays, Sep 26 and Oct 10 • 1- 2pm (CT)

Facilitator: Nina Ginocchio



Our feet and ankles are the foundation of our physical bodies. They help us to move, to balance, and to stand. Join us as we explore the foot in all of its architectural glory! In this two-session series, we will learn about the muscular and bone structure of the feet and how they help us to create a stable foundation – both physically and mentally-emotionally. We will learn about the mechanics within the foot and ankle and work to strengthen and mobilize that area. Each one-hour session will have a lecture component, a yoga practice component, and some foot self-care tips.

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 In-Person • Cost: \$30 series

On the Shores of Lake Michigan Retreat

Wednesday, Sep 27, 11am (CT) - Thursday, Sep 28, 7pm (CT)

Facilitators: Mary Fishman, Bridget Sperduto

Revel in native beauty and peacefulness along Lake



Michigan in Beverly Shores, IN, Grand Beach, MI and Three Oaks, MI. Emerge rejuvenated after 32 hours, newly appreciating the sacred in our unique geographical region, in each other, and within ourselves.

We will spend our time outdoors as much as possible. Activities will include community and personal reflection time, meditation, ritual, a guided walk through the dunes or forest, and an evening of stargazing. Delicious, nourishing, and fun meals together begin with lunch on Wednesday and end with dinner on Thursday. We'll stay in private homes hosted by friends of The Well. Drive on your own, take the train, or carpool with us.

Mary Fishman, The Well's Marketing Coordinator, organized and co-led the Sleeping Bear Dunes adventure retreat for The Well in 2019, as well as many local field trips. She loves the National Parks, including the Indiana Dunes, and delights in exploring the beauty of our region with The Well community.

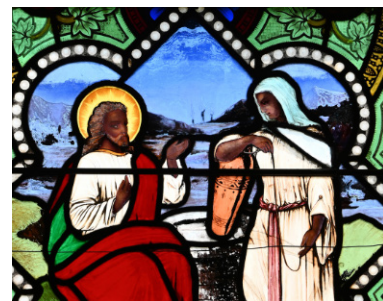
See Wild Belongings (p. 9) for Bridget Sperduto bio. In-Person only • Cost: \$200 (meals included)

The Scriptures from a Feminist Perspective

Saturday, Sep 30 • 9am - 12pm (CT)

follow up program Nov. 4 (p. 23)

Facilitator: Sallie Latkovich, CSJ



The rise in consciousness about women's treatment in society and in the church is what has propelled efforts at understanding how the Bible can be either a help in countering such attitudes or an ally in the effort to keep women subordinate to men. We will approach the

Scriptures with an eye to the treatment of women.

Sallie Latkovich is a Sister of St. Joseph, who holds a Doctor of Ministry degree in Scripture and Spirituality. She has taught courses in the Bible in graduate programs

and in adult faith formation. She belongs to the Feminist Hermeneutics Task Force of the Catholic Biblical Association. *why can't people sign up for a series?* Hybrid • Facilitator is In-Person • Cost: \$45/session • \$80/series

To Love Our Sacred Earth Retreat: Francis of Assisi and Thomas Berry Meet Suzanne Simard

Wednesday, Oct 4 • 10am - 12pm (CT)

other sessions Sep 14 (p. 12), Oct 25 (p. 21), Nov 14 (p. 25)

Facilitator: Maureen Wild, SC

This four-part retreat series explores teachings within the writings of cultural historian and geologist Thomas Berry as they interweave with the wisdom of nature-centered mystics and of nature-inspired scientists. Choose any or all sessions.



Our second session features the intimacy with nature of Francis of Assisi and Thomas Berry, meeting Suzanne Simard (author of *Finding the Mother Tree*) on new ways to see and know a forest. Each encounter reveals growing bonds of intimacy and communion, intuitive and experiential knowing – even a sense of shamanic evocation – that strives to protect the intrinsic wisdom of nature.

See Sacred Earth Retreat (p. 12) for Maureen Wild bio. Hybrid • Facilitator is on Zoom • Cost: \$150/series • \$40/session

From Depth of Being to Managing Our Homes: a Series on the Goals of Laudato Si'

Mondays: Oct 9, 16, 23 • 9:30 - 11am (CT)

Facilitator: Pat Bergen, CSJ

One Cry: Cry of Earth and Cry of the Poor (Oct. 9)

Listen. Whose cry are you hearing? Whose cry are you feeling? Join together and discover the depth of the cry and the profound implications offered as we dare to listen and to let our hearts be broken. From the depths will come forth a wisdom beyond reason which holds the potential to make all things whole.



Called to Ecological Spirituality (Oct. 16)

Stories reveal our worldview. Worldviews reveal the Who, the Where, and the How of our God. And our experience of God leads to a lifestyle that reveals our spirituality. If that spirituality is ecological, all will be well. If it is not, wellness will not be found for anyone or anything. Make sure your spirituality is eco-spirituality!

What Does Ecological Economics Look Like? (Oct. 23) Ecos means "house"! Ecology means the study of the house. Economics is how we manage the house. Join us as we learn about new ways of managing our house, which are actually working better than the ways that have brought our home to this place of peril.

See Imagine This (p. 7) for Pat Bergen bio. Hybrid • Facilitator is In-Person • Cost: \$60 series

The Power of Compassion for Ourselves

Saturday, Oct 14 • 9am - 12pm (CT)

Facilitator: David Ellzey

Infinite love is immediately available in this very moment. However, self-judgment, shame, and guilt deplete our ability to experience it and celebrate the radiant cosmic light of who we truly are.



Relief and healing depend on our softly holding these pains with compassion and without judgment, like the infinite mother's arms holding our injured innocence with nurturing gentleness. Experience the welcome relief and power of self-compassion through techniques of letting go, sacred breath, humor, being together, meditation, and deep silence.

One night, at age 14 and staring into the star-filled heavens, David Ellzey sensed the infinite. Since then, as a spiritual teacher, author, coach, performer, and mentor, he has guided people worldwide into deeper self-knowing, mixing the ancient and modern to inspire awakening. A recipient of the shared Raoul Wallenberg Humanitarian Award, his most recent book is *The Ocean of Now*.

Hybrid • Facilitator is In-Person • Cost: \$55

Find Your People: Combating Loneliness and the Friendship Recession in America

Tuesday, Oct 17 • 6:30 - 8pm (CT)

Facilitator: Florence Ann Romano

Join us for a collaborative and meaningful conversation about the importance of a village at every stage of life - in other words, a support system for our physical, mental, emotional, and spiritual well-being. We will explore the six archetypes of villagers that create a unique ecosystem of friendship - in your life and in other peoples' lives. Those who attend in-person will be gifted with a copy of Florence Ann's book *Build Your Village*.



Florence Ann Romano is a personal growth strategist, author, philanthropist, and businesswoman with a sparkling personality. With an eye for marketing, Florence Ann flourishes as both an advisor for and the vice president of

business strategy for Yakkety Yak. A proud member of the board of directors at the Children's Research Fund as well as Female Strong, she is a founding member of Sesame Street's Leadership Council.

Hybrid • Facilitator is In-Person • Cost: \$25

Sacred Universe

Wednesday, Oct 18 • 9:30am - 12:30pm (CT)

Facilitator: Bridget Spurduto

Have you been curious, wanting to know more about The Universe Story, The New Cosmology, Cosmogogenesis, The Cosmic Christ? This program will introduce you to the sacredness of the Universe, a new worldview, and the role of the human at this time of the planet's unfolding, asking the question "Where is the Christ in it all?"

The morning involves input, discussion, and ritual.

See Wild Belongings (p. 9) for Bridget Spurduto bio.

Hybrid • Facilitator is In-Person • Cost: \$45



"A New Story"
by Mary Southard, CSJ

To Love Our Sacred Earth Retreat: Thomas Berry Meets Janine Benyus

Wednesday, Oct 25 • 10am - 12pm (CT)

other sessions Sep 14 (p. 12), Oct 4 (p. 18), Nov 14 (p. 25)

Facilitator: Maureen Wild, SC

This four-part retreat series explores teachings within the writings of cultural historian and geologist Thomas Berry as they interweave with the wisdom of nature-centered mystics and of nature-inspired scientists. Choose any or all sessions.

Our third session features Thomas Berry on guidance, and the self-healing of Earth, meeting Janine Benyus, natural science writer and innovation consultant, on biomimicry. Thomas points to humanity as being "lost" and needing guidance from the Earth community. This is mirrored within the contemporary wisdom of biomimicry as articulated by Benyus, which looks to the authentic spontaneities within the wild for solutions - solutions that emulate nature's ways.

See Sacred Earth Retreat (p. 12) for Maureen Wild bio.

Hybrid • Facilitator is on Zoom • Cost: \$150/series • \$40/session

Living Out a Restorative Justice Approach

Thursday, Oct 26 • 6:30 - 8pm (CT)

Facilitator: Krisanne Vaillancourt Murphy, M.T.S.

Restorative justice recognizes that every person deserves

to be treated with dignity and given the opportunity to transform hurt and suffering into healing, redemption, and wholeness. Join Catholic Mobilizing Network for an introductory, interactive webinar on restorative justice to learn about and experience how restorative justice practices can serve as an expression of the CSJ charism amidst crime, violence, harm, and woundedness. Take away fresh ideas on how to begin to implement restorative practices in your ministry and community.



Krisanne Vaillancourt Murphy serves as the Executive Director of Catholic Mobilizing Network (CMN), bringing more than 25 years of experience working in national level, faith-based policy advocacy organizations. She has been quoted in sources such as the New York Times, CNN, America Magazine, Crux, National Catholic Reporter, and featured on EWTN News Nightly. Prior to CMN, for more than a decade, Krisanne served as senior church relations staff at Bread for the World.

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

Wild Belongings: All Hallows Eve/Samhain

Saturday, Oct 28 • 2 - 4pm (CT)

Facilitators: **Bob Kent, Bridget Sperduto, 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.

This time of year invites us to gather for one of the most celebrated Celtic holidays, Samhain (sawin), the official end of summer. The vigil of All Hallows Eve before All Saints Day honors the thin veil between the living and those who have transitioned. Our circle of remembrance will include prayer, song, and thanksgiving as we honor this thin place.

See Wild Belongings (p. 9) for Facilitator bios.

In-Person only, outdoors • Suggested Donation: \$15

Bos Sona: May You Have a Blessed Death

Tuesday, Oct 31 • 10 - 11:30am (CT)

Facilitator: **Kevin Dieter, M.D.**

Come explore how our lives can be enriched and our own deaths made easier by paying attention to and seeking the lessons from those at the end of life. This workshop will share insights into life and



"In God's Hands"
by Mary Southard, CSJ

death from the perspective of a hospice physician. The realization that the dying are our teachers and that we, in fact, are the medicine can be powerful insights as we navigate through a culture of death denial and medicalized deaths. Opportunities for self-reflection and group discussion will be provided during this gathering.

Kevin Dieter, M.D., FAAHPM, HMDC has been a hospice physician for over 30 years. In addition to being at the bedside of those who are dying, his passion for compassionate end of life care has allowed him to teach and share his insights with others in a variety of venues.

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

Wisdom and Wonder from The Book of Nature

Thursday, Nov 2 • 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 disaster, as well as a place 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.

Once a pediatric oncology nurse, Barbara Mahany became a newspaper writer after earning an internship at her hometown paper, 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 In-Person • Cost: \$25

Women in the Gospel of Luke

Saturday, Nov 4 • 9am - 12pm (CT)

follow-up to program on Sep 30 (p. 18)

Facilitator: **Sallie Latkovich, CSJ**

Because the Gospel of Luke includes more stories about women than any of the other Gospels, many find it is the most helpful in the search for equality for women in the Church today. However, feminist interpreters have dis-

covered that Luke's portrait of women is ambiguous at best and hazardous at worst. We will explore passages in the Gospel of Luke in which women figure as characters, reconsidering their representation.

See Scriptures (p. 18) for Sallie Latkovich bio.

Hybrid • Facilitator is In-Person • Cost: \$45/session

• \$80/series



ruins of the Nunnery, Iona
photo by Bridget Sperduto

Building a Bigger Home

Wednesday, Nov 8 • 1:30 - 3pm (CT)

Facilitator: Sarah Simmons, CSJ

The work of whole-making within ourselves, our community, and our world is part of God's unfolding dream to birth One Sacred Community. In this hour-and-a-half program, we will explore our call to participate in this work of whole-making through embodied practice, storytelling, and exploring how to free ourselves from binary mindsets to invite in the sacredness of complexity and possibility. Imagine the home we can create together as we participate with God to tear down the walls that separate us from ourselves and one another to birth our One Sacred Community.



"Bright Wings II" by Mary Southard, CSJ

Sarah Simmons is a Sister of St. Joseph, an educator and spiritual director who is deeply passionate about embodied and creative practices that serve to co-create spaces of belonging and transformation. Rooted in Ignatian Spirituality, she is interested in exploring the interconnected dance of spiritual practice and justice.

Hybrid • Facilitator is In-Person • Cost: \$25

The Free Flow of Letting Go: Painting with Watercolors

Saturday, Nov 11 • 9am - 3pm (CT)

Space is limited to 10-12 people

Facilitator: Frankie Dutil, CSJ

Our spiritual traditions bring us to the truth that the deeper beauty and substance of life often emerge when we stop grasping and struggling for control in our lives. Watercolor painting is a truly experiential metaphor for the spiritual journey. This medium defies precise control yet yields wonderful results when we are able to let go. Prior experience with watercolors is not necessary to enjoy this day. Beginners will learn basic techniques.



"Sun and Trees - Red Tree" by Frankie Dutil, CSJ

"Frankie" has enjoyed art since childhood. After working with different media she has come to love watercolors the best. Frankie says, "I like to think of watercolor as a lesson for living. Sometimes the water and the paint kind of take off on their own and we feel like we are not in control. However, if we just let it happen and 'go with the flow' something better than what we had planned comes to life." In-Person only • Cost: \$75 (includes lunch and supplies)

To Love Our Sacred Earth Retreat: Teilhard de Chardin's Mass on the World meets Thomas Berry's Cosmic Liturgy and Celebration

Tuesday, Nov 14 • 10am - 12pm (CT)

other sessions Sep 14 (p. 12), Oct 4 (p. 18), Oct 25 (p. 21)

Facilitator: Maureen Wild, SC

The "Mass on the World" is one of Teilhard's most mystical and poetic writings. His grand vision was the Eucharist and the Sacred Heart of Christ as the radiating center of the universe. For Teilhard, we live in the bosom of a great cosmic Eucharist.



Thomas' vision is the entire universe as the primordial sacred community. He observed that we've developed celebrations for seasonal events

(e.g., solstices and harvest) and liturgies, ceremonies, and traditions marking religious stories of faith (e.g., Christmas, Ramadan, Passover, Easter). But we've not yet begun to acknowledge and celebrate the moments of grace in our grand cosmic liturgy. For example, how might we celebrate the first generation star whose death as a supernova gave rise to the birth of our Sun, to Earth, life, the first

flowers, consciousness, and so forth?

See Sacred Earth Retreat (p. 12) for Maureen Wild bio. Hybrid • Facilitator is on Zoom • Cost: \$150/series • \$40/session

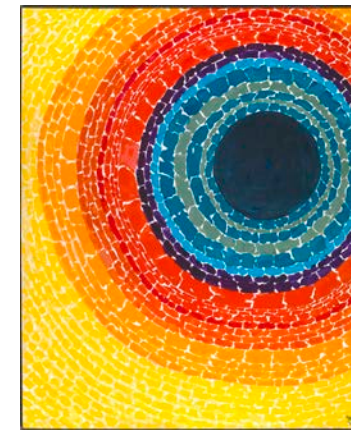
Breaking Open Advent Scripture Series

Wednesdays: Nov 29; Dec 6,

13, 20 • 1 - 2:15pm (CT)

Facilitator: Pat Bergen, CSJ

Advent is a season of hope, a season of welcoming newness, noticing what is coming to light. Join us as we break open the scriptures for the upcoming Sunday in light of Christ, The Light of the World, who has been coming into the world since the first blaze of light. The Mystery of Christmas is being revealed and is more profound than most of us imagine. Join us in the discovery and celebration!



"The Eclipse" by Alma Thomas
Smithsonian American Art Museum

See Imagine This (p. 7) for Pat Bergen bio. Hybrid • Facilitator is In-Person • Cost: \$80/series



**Advent Reflection:
There is Something New on the Horizon!**

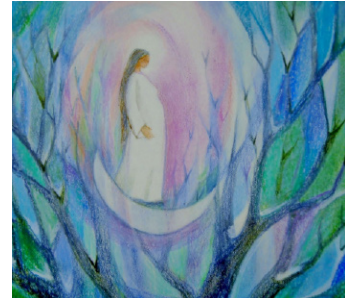
Monday, Dec 4 • 6:30 - 7:30pm (CT)
Reflection by Bridget Spurduto
 My soul sings to you oh God, and my spirit delights in your presence. Reflection on the Magnificat.

See Wild Belongings (p. 9) for Bridget Spurduto bio.
 Hybrid • Facilitator on Zoom • Cost: \$15

At Home Advent Directed Retreat
Monday, Dec 4, 6:30pm through Friday, Dec 15, 7pm (CT)
Spiritual Directors: Pat Bergen, CSJ, Maria Hill, CSJ, Diane Pfahler, SND, Bridget Spurduto
 This retreat begins with our Advent Reflection by Bridget Spurduto.

Each participant promises to spend one half hour per day in prayer and to meet with a retreat director five times for one half hour during the 12-day retreat. Immediately following the Advent Reflection, participants will meet with their retreat directors to set up five, one half hour one-on-one meetings during which a direction for the next day's prayer will be discovered. The retreat ends on the evening of Friday, December 15th with a group gathering.

Hybrid • Facilitators on Zoom or In-Person • Cost: \$160



"Advent Mary"
by Mary Southard, CSJ

Forgive Everyone Everything
Tuesday, Dec 5 • 7pm (CT)
 Co-sponsored with the Siena Center of Dominican University
Facilitator: Greg Boyle, SJ



Join us for an evening of stories of radical kinship, healing, and forgiveness shared with Fr. Boyle's incredible capacity for courage and kindness and incredible ability to recognize God in all people and things.

Gregory Boyle is the founder of Homeboy Industries, the largest gang-intervention, rehabilitation, and re-entry program in the world. Fr. Boyle is the author of the 2010 New York Times-bestseller *Tattoos on the Heart: The Power of Boundless Compassion*; *Barking to the Choir: The Power of Radical Kinship*, *The Whole Language: The Power of Extravagant Tenderness*, and most recently, *Forgive Everyone Everything*, an anthology of writings accompanied by Fabian Debora's artwork.

In-Person only, at Dominican University, Lund Auditorium, 7900 W Division St, River Forest, IL • Cost: \$10

Wild Belongings: Advent/Winter Solstice
Saturday, Dec 9 • 2 - 4pm (CT)
Facilitators: Bob Kent, Bridget Spurduto, 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. In preparation for the Winter Solstice, we remember the fallow time of Earth and give thanks for all she has offered this year. Conjointly celebrating with the tradition of Advent, we light up our circle with chant, ritual, and prayer. We will begin in Alexine Chapel and make our way to the land for a Wander. Dress for the weather.

See Wild Belongings (p. 9) for Facilitator bios.
 In-Person only, outdoors • Suggested Donation: \$15

Emergent Strategy: Living into Our Reality of Interdependence
Tuesday, Dec 12 • 1:30 - 3pm (CT)
Facilitator: Bob Kent

Come explore the wisdom and teachings of celebrated spiritual writer and racial and environmental justice activist adrienne maree brown. We will take a deep dive into her acclaimed book, *Emergent Strategy*, which draws on the science fiction writings of Octavia Butler, deep study of the natural world,



A PLEDGE CAMPAIGN FOR THE WELL'S FUTURE



We are excited to announce a pledge campaign that will allow us to deepen and expand our reach and impact globally, with financial stability. Our campaign, *Imagining a Sustainable Future*, will help The Well to foster action on the climate crisis, with the awareness that the greatest burdens fall on the poor and marginalized. We will call forth a new consciousness and commitment to act for ecological and social justice.

Our campaign includes three components: Caring for Our Common Home (see details p.), Building One Sacred Community (p.), and the Technology Initiative, which will fund and enhance the videoconferencing systems needed to support The Well's global expansion and sustain a hybrid format for programs and faith gatherings in the future.

These three initiatives are a natural extension of The Well's focus on awakening and deepening in all people the spirituality of The Universe Story and our shared responsibility to preserve the planet. To support our ongoing work and these life-giving initiatives, we seek to raise \$1 million in pledges payable over three years. The Well has already raised over 40% of our goal.

Bridget Spurduto and Shelby Boblick will be reaching out to those who might want to participate. Reach out to The Well if you'd like to have a conversation with them. We invite you to join us in this exciting endeavor by making a pledge at a level that gives you joy and nourishes your hope. Call us at 708-482-5048, or email us at: thewell@csjoseph.org

and embodied spirituality to create an integrated approach to thriving – personally and collectively - and working for justice. brown, who is Black and Queer, is a fresh, important voice among those working to help us live into the reality of our interdependence and what that means for how we can and should be in the world.

See *Wild Belongings* (p. 9) for Bob Kent bio.
Hybrid • Facilitator is In-Person • Cost: \$25

2-Hemisphere Prayer: Winter/Summer Solstice

Thursday, Dec 21 in USA • 4:30 - 5:30pm (CT)

Friday, Dec 22 in Australia • 9:30 - 10:30am (AEDT)

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

Join us and our Australian and New Zealand-er friends as we celebrate the Winter/Summer Solstice. 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 \$10

Radiance in the Ordinary: Discovering Abundance When We Need it Most

Thursday, Jan 18 • 6:30 - 8pm (CT)

Facilitator: Rev. Dr. Mark Burrows, PhD

"We eat bread, but we live from radiance." *Hilde Domin*
Beauty is an abundance in the midst of our lives; it gestures toward wholeness among the brokenness we experience. It is the gift present, if often hidden, in the most ordinary of moments. Drawing on poets and artists, we will explore how our experience of beauty holds the power to awaken us to the radiance we live from as found in our



"Leaves Fluttering in the Breeze" by Alma Thomas
Smithsonian American Art Museum

everyday lives. This evening talk points to how our awakening to beauty can lead us to see things "whole" in ways that inspire and encourage us to flourish in our lives.

Mark Burrows is well-known at The Well for programs he has offered over the last decade. Teacher and scholar, poet and translator of German poetry, his work explores the field of Christian spirituality and connects the ancient wisdom of the mystics with modern life. Ordained in the United Church of Christ (USA), he taught in several divinity schools in the US and Germany before turning his focus entirely to writing and retreat leadership in 2020. Recent books include *The Wandering Radiance: Selected Poems of Hilde Domin* (2023), and, with Jon M. Sweeney, *Meister Eckhart's Book of Darkness and Light: Meditations on the Path of the Wayless Way* (2023).

Hybrid • Facilitator is In-Person • Cost: \$25

How the Light Gets In: Wisdom for Flourishing in Our Broken World Retreat

Thursday, Jan 18, 6:30pm through Sunday, Jan 21, 3pm (CT)

Retreat Director: Rev. Dr. Mark Burrows, PhD

Our lives are made for thriving, but our circumstances often work against this. To flourish calls for radical wisdom, the sort that "re-minds" us of who we are. Can you imagine how light might shine "out of the darkness?" How do we come to glimpse the inner radiance we (and others) carry in our brokenness? What might this wisdom mean for how we learn to flourish from day to day, given the anguish and

suffering that define our times?

We'll explore two medieval visionaries—Meister Eckhart and Julian of Norwich—who help us understand how the “cracks” open us to an inner radiance. And we'll draw on a chorus of contemporary poets to elucidate that wisdom, including Rainer Maria Rilke, Rosemerry Trommer, Wendell Berry, and Julia B. Levine. We'll also draw on the musical and visual arts to help us open ourselves to the power of that inner light which “the darkness [has] not overcome.”



"In the Summerhouse"
by George Tooker, Smithsonian
American Art Museum

See Radiance in the Ordinary (p. 29) for Mark Burrows bio.

Hybrid • Facilitator is In-Person • Cost: \$500 Overnight • \$425 Commuter • \$400 Zoom

Women's Candlemas Retreat

Friday, Feb 2, 7pm through Saturday, Feb 3, 4pm (CT)

Retreat Directors: Pat Bergen, CSJ and Kathy Sherman, CSJ
Gather for the inbreaking of increased Light as Winter turns to Spring. Indigenous people of all times have noticed the increase of energy, the breakthrough of dreams,

the abundance of creativity and healing that accompanied the increase of Light at this time of year. Join us as we give ourselves in solidarity to this cosmic feast.



"Dance Your Dreams Awake"
by Mary Southard, CSJ

Kathy Sherman, CSJ 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.

See Imagine This (p. 7) for Pat Bergen bio.

Hybrid • Facilitators are In-Person • Cost: \$150 Overnight • \$115 Commuter • \$115 Zoom

Scholarships are available

You'll notice a slight increase in our program prices, to help cover rising costs. As always, we have scholarship money available, if this presents a hardship to you. Please email us at: thewell@csjoseph.org



photo by Edie Emmenegger

Don't miss out on your virtual program

After you register for a program on Zoom, you will receive a series of reminder emails from The Well with the Zoom link and meeting information. If you have not received an email from us with the Zoom info by the day before the program begins, please contact us so that we can assist you. Call us at 708-482-5048, or email us at: thewell@csjoseph.org

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
Roberta Walsh, Registration and Database Associate
Bob Kent, Intern

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

Mary Southard, CSJ and Frankie Dutil, CSJ artwork used with permission from MOTA. Images available at ministryofthearts.org



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FALL 2023 PROGRAM BOOK and NEWSLETTER

*Isle of Staffa, Scotland
photo by Bridget Sperduto*



Call 708-482-5048 or find us at: [csjthewell.org](https://www.csjthewell.org)