

FALL 2024

Programs and Newsletter



Fall trees and water by Marie Benzling MOYA

Living in unity with spirit, earth and one another



*A Member of the Congregation
of St. Joseph Mission Network*



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of St. Joseph Mission Network*

1515 W. Ogden Avenue
La Grange Park, IL 60526
Call 708-482-5048 or
find us at csjthewell.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.

Land Acknowledgement

Located in La Grange Park, IL, The Well resides on the ancestral homelands of the Council of Three Fires: the Ojibwe, Odawa, and Potawatomi, and countless other tribes, nations, and people who have understood the Midwest as a sacred center to gather, trade, and maintain kinship ties.

Meet The Well Staff

Evelyn Lobo, SSpS
Associate Director

Katie Gozum
Marketing Coordinator

Roberta Walsh
Registration Associate

Adjunct Staff

Bob Kent, J.D., M.Div.
*Interfaith minister and chaplain;
Living School alumnus; Creator of
ritual; Facilitator of spiritual community.*

Carol Crepeau, CSJ
*Process facilitator, Group planner,
Integrative theology instructor and
Prayer leader.*

Chris March, CSJ
*Registered Nurse, licensed Massage
Therapist, a Usui Method Reiki
Master/Teacher and Healing Touch
Practitioner.*

Kathy Sherman, CSJ
*Singer, composer, prayer leader,
liturgist, poet and activist.*

Pat Bergen, CSJ
*Educator, Spiritual director, Retreat/
Workshop Facilitator, Restorative
Justice Circle Keeper.*

Spiritual Directors

Pat Bergen, CSJ
*Educator, Retreat Facilitator,
D. Min. (Communion with All
Creation), Certified Spiritual
Director, Reiki Practitioner*

Evelyn Lobo, SSpS
*PhD (Pharmaceutical Sciences),
Research Scientist, Theology
(St Andrew's Seminary, India),
Certified Spiritual Director.*

Celeste Cotter, CSJ
*Masters: Education, Pastoral
Studies; Certified Spiritual Director*

Mary Lou Pleitner, CSJ
*Educator, Historian, Masters:
Environmental Science, Certified
Spiritual Director*

Barbara Boyd
*Retired educator, certified
spiritual director, mother of four
and grandmother of ten.*

WELCOME ABOARD

We are glad you are with us.



Katie Gozum
Marketing Coordinator

It is with great joy and gratitude that I am beginning my role as Marketing Coordinator. I feel energized as I dream of the future and plan to expand the reach of The Well.

I grew up in the suburbs of Chicago and spent most of my time outdoors. At the University of Illinois at Urbana-Champaign I studied Environmental Sustainability.

It was in a class called Nature Religion, that I first learned about Thomas Berry and The Universe Story. There, I began to see my passion for caring for the earth melding with my spirituality.

I feel so blessed to have found The Well. I truly feel at home with the spirituality of this community.

I currently live in Aurora with my husband, Dean. In my free time, I enjoy practicing yoga, reading, playing piano, and being in nature.

Coming Together



Roberta Walsh
Registration Associate

I support The Well by entering program registrations, payments and donation information in our salesforce database. I also respond and assist with all questions and inquiries received by phone and email. Most of all I love welcoming, orienting and conversing with our participants and guests.

I started working in the Fall of 2012 with the Congregation of St. Joseph as a Receptionist which I loved. I transferred over to The Well in the summer of 2019. I was drawn to the Congregation of St. Joseph for the little gift shop they had. I raised my family in La Grange Park.

I most enjoy spending time with family, friends and the family dog Teddy. My faith is very important to me. I also love to play tennis, walk, golf, attend pilates classes and enjoying watching many sports. I am very grateful to be part of the La Grange Park community.



Dear Friends of The Well,

I continue to experience awe and gratitude as I recall the way Divine Spirit drew me to the Well. Since joining, I have been awe struck at the small and big occasions of coming together: the welcome reception, meals in the dining room, St Patrick's fund raiser, April 8 solar eclipse, Ron's and Bridget's farewell reception, afternoon with Sr. Mary Southard, brainstorming for the 25th anniversary. On these occasions, I was certain of our connectedness, of being part of something bigger, a collective sense of awe, of being happier, being alive.

The Well is at an important and exciting moment in its history. The dream that was sown on March 1, 2000 by the coming together of Sr. Marlene Schemmel, CSJ and Judy Maher has sprouted,

blossomed and fruited in the past 25 years. We have much to rejoice and be grateful as we come together in celebration in 2025. The coming together of so many individuals including you has made The Well an international center for teaching and promoting the theology of the Universe Story and fostering an awakening of consciousness that All is One.

The Well is committed to Living in Unity with Spirit, Earth and One Another by offering programs, retreats, spiritual guidance, pilgrimages, nature trips, community gatherings, spaces for belonging and questioning. We believe these offerings will nourish your soul, elevate your consciousness, help you grow and evolve spiritually.

We hope to welcome you either in person or on zoom.

Let us Come Together!

Evelyn Lobo
Associate Director

Circle of Life-Autumn by Mary Southard MOTA



SEPTEMBER

Topic	Day	Start Time	Page
Prayerful Pause	4, 9, 11, 16, 18, 23, 25, 30	9:00 am	6
Yoga	4, 11, 18, 25	6:30 pm	6
Season of Creation	5, 12, 19, 26	9:00 am	6
Prayerful Pause	5, 12, 19, 26	4:30 pm	6
Season of Creation	5, 12, 19, 26	6:30 pm	6
Imagine This	7	8:00 am	7
Come and Paint	7	9:30 am	7
Reiki Circle	10	10:00 am	7
Celtic Soul Gatherings	10	6:30 pm	7
One Sacred Community	15	11:00 am	9
Sacred Earth Retreat	17	10:00 am	8
Chair Yoga	17, 24	1:00 pm	8
Growing Your Knowing	19	10:30 am	9
Circle of Light	20	9:30 am	9
Wild Belongings	22	2:00 pm	9
Cup of Grief	23	10:30 am	10
Science & Scripture	24	10:30 am	10
Science & Scripture	24	6:30 pm	10
Hope at Crossroads	25	10:00 am	10
My God and My All	26	6:30 pm	11
Mystical Hope	27	10:00 am	11

NOVEMBER

Topic	Day	Start Time	Page
Mystical Hope	1, 8, 22	10:00 am	11
Imagine This	2	8:00 am	7
Come and Paint	2	9:30 am	7
Wild Belongings	3	2:00 pm	17
Prayerful Pause	4, 6, 11, 13, 18, 20, 25, 27	9:00 am	6
Cup of Grief	4, 18	10:30 am	10
Relating and Loving Earth	4	6:30 pm	13
Hope at Crossroads	6, 20	10:00 am	10
Yoga	6, 13, 20	6:30 pm	6
Come Have Breakfast	7, 21	1:00 pm	12
Prayerful Pause	7, 14, 21	4:30 pm	6
Reiki Circle	12	10:00 am	7
Celtic Soul Gatherings	12	6:30 pm	7
Summoned to Care	14	1:00 pm	14
Circle of Light	15	9:30 am	9
Grounding in God & Creation - Talk/Retreat	15	6:30 pm	16
One Sacred Community	17	11:00 am	9
Science & Scripture	19	10:30 am	10
Science & Scripture	19	6:30 pm	10
Growing Your Knowing	21	10:30 am	9
Luke's Gospel	23	9:00 am	17

OCTOBER

Topic	Day	Start Time	Page
Mayan cultural identity	1	10:00 am	12
Chair Yoga	1, 8	1:00 pm	8
Prayerful Pause	2, 7, 9, 14, 16, 21, 23, 28, 30	9:00 am	6
Yoga	2, 9, 16, 23, 30	6:30 pm	6
Season of Creation	3	9:00 am	6
Prayerful Pause	3, 10, 17, 24, 31	4:30 pm	6
Season of Creation	3	6:30 pm	6
Sacred Earth Retreat	4	10:00 am	12
Imagine This	5	8:00 am	7
Come and Paint	5	9:30 am	7
Bringing Back the Balance	5	10:00 am	12
Cup of Grief	7, 21	10:30 am	10
Reiki Circle	8	10:00 am	7
Celtic Soul Gatherings	8	6:30 pm	7
Hope at Crossroads	9, 23	10:00 am	10
Come Have Breakfast	10, 24, 31	1:00 pm	12
Mystical Hope	11	10:00 am	11
Painting with Watercolors	12	9:00 am	13
Relating and Loving Earth	14, 23, 30	6:30 pm	13
Mary Magdalene	15	10:30 am	14
The Great Reimagining	16	6:30 pm	14
Growing Your Knowing	17	10:30 am	9
Summoned to Care	17	1:00 pm	14
Circle of Light	18	9:30 am	9
The Re-imagining Lab	19	10:00 am	15
One Sacred Community	20	11:00 am	9
Science & Scripture	22	10:30 am	10
Queer Theology	22	6:30 pm	15
Science & Scripture	24	6:30 pm	10

DECEMBER

Topic	Day	Start Time	Page
Prayerful Pause	2, 4, 9, 11, 16, 18	9:00 am	6
Advent At Home Retreat	2 -13	7:00 pm	17
Yoga	4, 11, 18	6:30 pm	6
Come Have Breakfast	5, 19	1:00 pm	12
Prayerful Pause	5, 12, 19	4:30 pm	6
Imagine This	7	8:00 am	7
Come and Paint	7	9:30 am	7
Advent Reflection	7	9:00 am	18
Reiki Circle	10	10:00 am	7
Celtic Soul Gatherings	10	6:30 pm	7
Summoned to Care	12	1:00 pm	14
One Sacred Community	15	11:00 am	9
Wild Belongings	15	2:00 pm	17
Science & Scripture	17	10:30 am	10
Science & Scripture	17	6:30 pm	10
Circle of Light	20	9:30 am	9

Prayerful Pause

Mondays & Wednesdays: 9-9:15 am

Thursdays: 4:30-5 pm

Facilitators: Pat Bergen, CSJ, Carol Crepeau, CSJ, Bob Kent, Evelyn Lobo, SSpS, Kathy Sherman, CSJ

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 musical moment with singer/composer Kathy Sherman, CSJ. 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 each of us at this time.

Zoom • Suggested Donation: Give at a level that feels right

Yoga

Wednesdays: 6:30-7:30 pm

Facilitator: Karen Payne • In person

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

Karen Payne is a Hatha Yoga instructor. Her teaching philosophy is to remind us to be in the moment with awareness of mind, body and spirit.

Hybrid • Cost: \$120/10 sessions or \$15/session

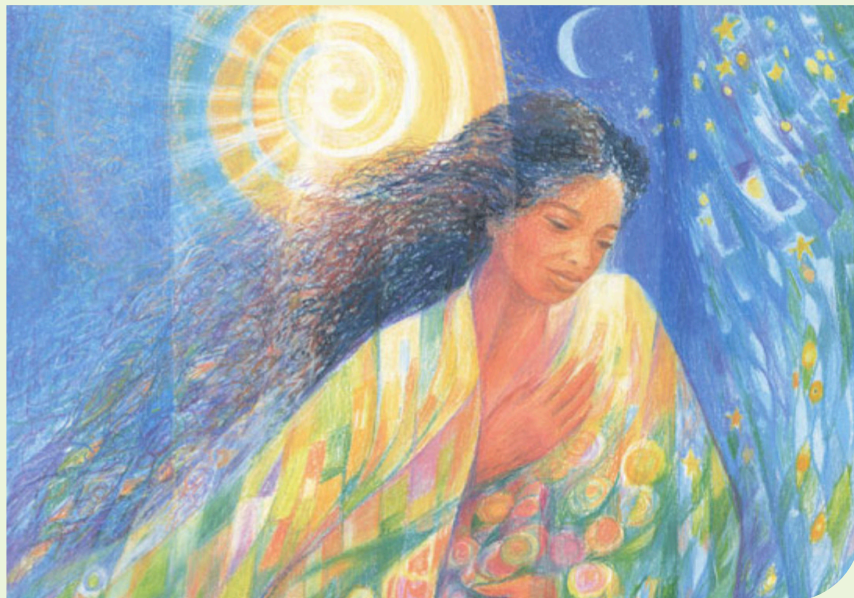
All times are Central Time

Season of Creation: To Hope and Act with Creation

Thursdays: Sep 5, 12, 19, 26, Oct 3 • Morning: 9-10 am, Evening: 6:30-8 pm

Facilitator: Pat Bergen, CSJ • In person

Beautiful Walk by Mary Southard MOTA

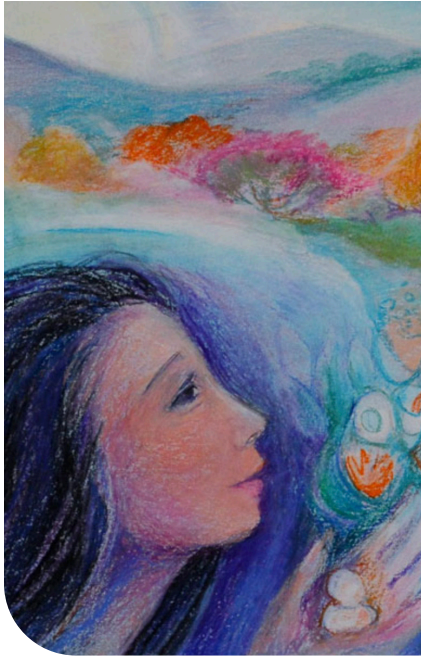


The Season of Creation is a global ecumenical season (Sep 1-Oct 4) calling all people of faith to listen to the Cry of Earth and the Poor and to respond with Hope and Action to stop climate change and prevent the loss of biodiversity. The Spirit of the Living God is groaning and laboring in all creation summoning us to Hope and Act and thus offer a future full of hope to all. Children of all species are counting on us!

Join us every week as we join in global solidarity of prayerful Hope and Action on behalf of all creation.

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.

Hybrid • Cost: \$80



Imagine This

First Saturdays:
Sep 7, Oct 5, Nov 2, Dec 7 • 8-9 am

Facilitator: Pat Bergen, CSJ • In person

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.

Each month, we are going to strengthen the field for love in the world by imagining the world through integral ecology and interculturality as revealed in the themes of Laudato Si. Facilitator presentation, dream inquiry, art, and spiritual quotations will help in this discovery.

We use the Ministry of the Arts 2024 Calendar from the Congregation of St. Joseph. Join the movement; change the world!

Zoom • Cost: \$70

Come and Paint

First Saturdays: Sept 7, Oct 5, Nov 2, Dec 7
9:30 am – 12 pm

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 • Cost: \$10/session

Celtic Soul Gatherings

Second Tuesdays: Sep 10, Oct 8, Nov 12,
Dec 10 • 6:30-8 pm

Facilitators: Bob Kent and Ellen Wiggins

Celtic Christianity is a beautiful melding of the love-ethic of early Christianity and the nature-based religion of the Celtic Druids. The result is a strand of Christianity in which everything in Creation is sacred, the Divine Feminine and women leaders are honored, and we look inside for answers. In our Celtic Soul Gatherings, we will be meeting in small groups to listen and share our deeper truths in response to sacred writings, poetry, music and art that come out of Celtic Christianity and related traditions. We may add an in-person option if there is interest. Come join us!

Zoom • Suggested Donation: \$10

Sanheim



Mary Fishman



Reiki Circle

Second Tuesdays: Sep 10, Oct 8, Nov 12,
Dec 10 • 10-11 am

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

Join us for a meditative prayer session where those in the Reiki Circle receive, as well as share, the Universal Energy of the Holy One.

Relax in your quiet, inner space as the hands of practitioners gently touch each member of the circle facilitating the movement of this Universal Energy. That Divine Grace, which is shared among everyone present, also flows forth encompassing all the intentions that each participant holds in their own hearts.

Chris March CSJ, is a retired nurse, licensed massage therapist, Reiki master/teacher and Healing Touch practitioner.

In-person • Suggested Donation: \$10

All times are Central Time

RETREAT

TO LOVE OUR SACRED EARTH

Hildegard's Viriditas meets Thomas' Spirituality of Earth



Facilitator: Maureen Wild · Zoom

Tuesday: Sep 17
(last session Oct 4)
10 am - 12 pm

Continuing on the four-part retreat series, the third series will focus on Hildegard's concept of Viriditas, the greening power of God, merging with reflections on Thomas's 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, and she has helped foster the international network, Sisters of Earth, since 1994.

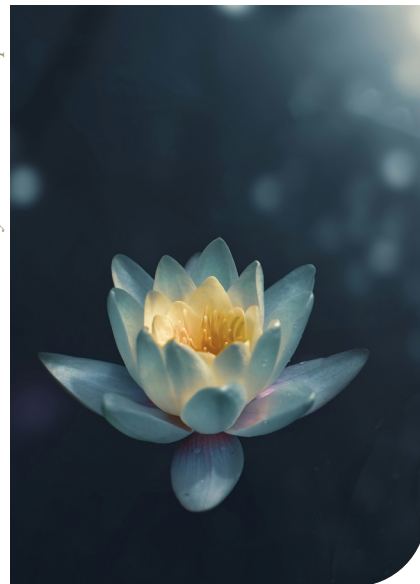
Blessed with many great teachers, one most enduring influence was Thomas Berry, who challenged all to live a resolute life of Great Work that protects, rather than ruins, Earth.

Hybrid · Cost: \$40/session · Min 15

Photo by Shane Rounce - Unsplash



Photo by Zoltan Tasi - Unsplash



Chair Yoga – Seasons of Awe

Tuesdays: Sep 17, 24, Oct 1, 8
1 – 2 pm

Facilitator: Nina Ginocchio · In-person

Awe is that feeling that arises as we stand in the presence of something that challenges our normal perspective. It is a moment of awareness. It is wonder. It is mystery and joy. Awe is beyond words.

Join us for a chair yoga class that explores the awe that we can experience as we shift from summer to fall. The class will require participants to sit and stand (no kneeling or lying down). We will also spend a portion of each class in reflection and meditation.

Nina Ginocchio is a registered, certified yoga teacher with over 12 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 · Cost: \$60 series · Min 7

All times are Central Time

One Sacred Community

Third Sundays: Sep 15, Oct 20, Nov 17,
Dec 15 • 11 am - 12:15 pm

Facilitators: Bob Kent, Susan Brownell
In person

The joys and the sorrows of our time invite us to find strength in community. Many people have told us that The Well has become their spiritual home. We believe that the time has come for The Well to start gathering regularly as an intentional spiritual community.

Come join us for monthly ritual and reflection in the tradition of The Well: welcoming to all; rooted in the reality that All Is One; employing the lens of the Sacred Universe Story, scripture and other Earth-based traditions; engaging the heart and soul through ritual and deep sharing; committed to justice for all of Earth's beings; and facilitated through shared leadership and lay participation. Come join us!



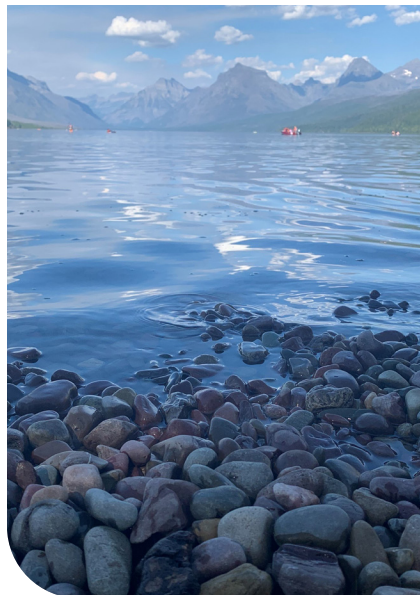
Bob Kent recently graduated from seminary and will be ordained as an interfaith minister

in October 2024. He loves the Universe Story and Celtic Christianity and is an alumnus of Richard Rohr's Living School at the Center for Action and Contemplation. He serves The Well as Facilitator of Spiritual Community.

Susan Brownell, MTS, has studied liturgy formally and informally, lived in her tipi for two summers, and taught on a Reservation for 14 years. She sprinkles kindness like confetti, feeds her unhoused neighbors, and longs for liturgy from the Universe Story.

Hybrid • Suggested Donation: \$10

Photo by Tim Spurduto



Growing Your Knowing: Level 3 continuation

Third Thursdays: Sep 19, Oct 17, Nov 21
10:30 am - 12:30 pm

Facilitator: Tim Spurduto • Zoom

This is an ongoing 12-session monthly series from June 2024 to June 2025. Open to participants of Beginners Growing Your Knowing.

We will create more space for one soul self in body, in mind, in one's energy field, in one's chakra system, in one's relationships, and in one's creative expression/creative manifestation process.

Some topics will include: working with one's energy system, working with and maintaining the chakra system, working with and maintaining the aura, working the space of relationships through visualization and energy work, working with the creative process and manifesting in the world.

Tim Spurduto is a Qigong Teacher and an intuitive. He has a Master's Degree in Chinese Traditional Medicine and Nutrition.

Hybrid • Cost: \$35 / session

Circle of Light

Third Fridays: Sep 20, Oct 18, Nov 15
Dec 20 • 9:30 - 10:30 am

Facilitator: Bob Kent • Zoom

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 frequency of 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.

Zoom • Suggested Donation: \$10

Wild Belongings: Fall Equinox

Sunday, Sep 22 • 2-4 pm

Facilitators: Ellen Wiggins, Bob Kent,
Pat Eichenold • In person

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.

Dress for the weather and our wander in the woods. Please bring a folding chair for our circle.

In-person • Suggested Donation: \$10

Cup of Grief... Grief Support Group

Mondays: Sep 23, Oct 7, 21, Nov 4, 18
10:30 am – 12:15 pm

Facilitator: Jan McCabe · In person

Bring your personal, precious experience of grief and a cup that reminds you of the sorrow and dreams that are with you, as you find your own way through the challenges, the awe, and invitations of grief. Your experience of grief is welcomed here.

This group facilitates your allowing your grief the space it needs and deserves as a holy portal honoring your life. Using several models for deepening our appreciation for grief, this support group provides guidance in listening to your experience of loss and nurturing yourself. Jan will highlight the use of poetry, bereavement theory, her own experience of grief, and her recent experience in “Holy Lament,” a yearlong program exploring “the transformative path of loss and longing” with Mirabai Starr.

Jan McCabe facilitated grief support groups in her ministry as a hospital chaplain and educator of spiritual care. She is board certified as a chaplain and as an educator.

She is certified as a spiritual director and forest therapy guide. She brings a deep compassion for honoring grief, facilitating groups and accompanying individuals in spiritual guidance.

In person · Cost: \$100 · Min 6 / Max 15

All times are Central Time

Bright Wings by Mary Southard MOTZ



Science & Scripture

Facilitator: Evelyn Lobo, SSpS · In person

Morning sessions: 10:30-11:30 am

Sep 24, Oct 22, Nov 19, Dec 17

Evening sessions: 6:30-7:30 pm

Sep 24, Oct 24, Nov 19, Dec 17

Are you seeking a deeper understanding of scriptures? Do you wonder if the scriptures whisper about the laws of nature, energy, electricity? Are you looking for a safe, sacred space to explore questions, to belong?

Share and listen to refreshing and hopeful perspectives to shape a world of love and peace. Allow the Spirit to open your mind and set your heart ablaze. Come join us!

Evelyn Lobo, SSpS graduated with a doctoral degree from University of Buffalo and worked as a research scientist at Lilly (Indianapolis). She is a spiritual director, retreat, workshop and bible study facilitator.

She enjoys being at the edge of discovery and revelation regarding sacred scriptures, creation, laws of nature, quantum physics and spirituality.

Morning: Hybrid · Evening: Zoom

Cost: \$70 series, \$20/session

Hope at a Crossroads: Practices for Navigating our Liminal Space and Time

Facilitator: Pat Bombard · Zoom

**Wednesdays: Sep 25, Oct 9, Oct 23, Nov 6,
Nov 20 · 10-11 am**

You are invited to join an online community to reflect individually and collectively on the spiritual challenge of our unique space and time.

This 10-week experience will engage us in learning, conversation, and practice through a bi-weekly cycle that will include: input through short videos, an online dialogue forum and five sessions.

We will draw on our own stories, the wisdom of contemporary and ancient spiritual seekers to consider practices that help us stand in the breach between what was and what is emerging.



Dr. Patricia (Pat) Bombard, BVM, first encountered The Universe Story while on retreat

with Mary Southard, CSJ, and John Surette, SJ, at their Boston retreat center, SpiritEarth, in 1993.

She served for many years on the board of directors of Allium and The Well and is a member of Sisters of Earth.

All her teaching and training in leadership is influenced by her passionate interest in the integration of insights drawn from spirituality, psychology, feminism, and ecology with The Universe Story.

Hybrid · Cost: \$100 series, \$25/session

“My God and My All” The Spirituality of St. Francis

Thursday: Sep 26 • 6:30–8 pm

Facilitator: Fr. Ed Shea, OFM • In person

Co-sponsored with the Siena Center of Dominican University

Carencia.com



Why is it that St. Francis is one of the most popular of all the saints?

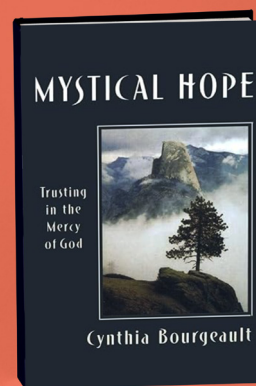
Part of the reason is that this holy man was totally “relatable” to the people of his day and ours as well. As we enter more fully into this season of Creation, let’s get in touch with that Franciscan part of ourselves deep within which wants nothing more than to connect with all of creation. Come and listen to Franciscan Father Ed Shea and get caught up in this Franciscan energy. It’s good for the soul!



Franciscan Father Ed has spent most of his priesthood in parish work (St. Giles Family Mass Community in Oak Park, IL, St. John the Baptist Catholic Church in Joliet, IL, St. Joseph Parish, a predominantly Hispanic community).

He has preached internationally in Mexico, Central America and Tanzania, Africa. Presently, he resides at Franciscan Inner City Mission where he continues to be involved in a lot of bilingual ministry in the Gary/Chicago area and beyond. A Franciscan priest who loves to sing and tell stories, more than anything he thrives on celebrating the sacraments of the Church. A true follower of St. Francis, Father Ed finds reasons to rejoice often in the goodness of God’s presence in our world.

Hybrid • Cost: \$30



Mystical Hope

Fridays: Sep 27, Oct 11, Nov 1, 8, 22
10–11:30 am

Facilitator: Bridget Sperduto • Zoom

During challenging times when despair threatens to swallow us, where do you turn for hope? In our usual way of looking, hope is tied to outcome. In her book *Mystical Hope*, Cynthia Bourgeault invites us into a “different kind of hope that has its source not in events but in the mercy of God, a lifeblood of compassion connecting our heart to God’s heart and the heart of all creation”.

Join us for a deep dive into this small and impactful book. We will begin each session with meditation based on spiritual practices outlined at the end of Cynthia’s book, *The Wisdom Jesus*

Bridget Sperduto, M.Ed. weaves storytelling, scripture, theological, and scientific concepts into her programs, inviting participants into the profound presence and mystery of God around and within. She is an Associate of the Congregation of St. Joseph, a spiritual director, reiki master, educator and retreat facilitator.

Hybrid • Cost: \$100



The challenge of change for a Mayan cultural identity

Tuesday: Oct 1 - 10-11:30 am

Facilitator: Tom Hocker · In person

Join us to explore through photography, the personal lives and culture of Indigenous Mayan people of Guatemala. Tom Hocker has partnered with them for thirty years to market their masterful weavings in a fair-trade manner. Through friendships he has gone deeper than commerce into the rhythms of family life, celebration, education, and faith practices. He will share the impact of corporate economy, mainstream media, war, and consequent immigration on indigenous Mayans.

Tom Hocker, an award-winning photographer and poet, arrived in El Salvador and Guatemala in 1985 to document the social impact of civil war. His return every year or two ever since has produced an extensive archive of images. His poetry explores the awareness of time and its passing.

Hybrid · Cost: \$25

To Love our Sacred Earth Retreat: Francis of Assisi and Thomas Berry on Intimacy with Nature meet Suzanne Simard on New Ways to See and Know a Forest

Friday: Oct 4 · 10 am - 12 pm

Facilitator: Maureen Wild · Zoom

Our fourth and last session in this series 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.

Hybrid · Cost: \$40/session · Min 15

Canva.com



Bringing Back the Balance... Body, Mind and Spirit

Saturday: Oct 5 · 10-11:30 am

Facilitator: Jackie Barta · In person

Join us for an empowering and inspiring approach to improving your health in a new perspective. We all know mind, body and spirit

are connected...but we often struggle to find balance within. Learn how to address imbalances with easy, practical ways to improve your overall health.

PLUS ... a Free BioTracker Body Scan for all attendees. This scan provides an indication of your body's metabolism and where you need to focus to bring it back in balance.



Jackie Barta, a certified Integrative Nutritionist, focuses on holistic wellness. She is the founder of

Be Well! A Healthy Lifestyle Community. She is incredibly passionate about helping individuals make targeted diet and lifestyle changes that produce real, sustainable results.

Hybrid · Cost: \$20 · Min 10

Come Have Breakfast: Book Group

Thursdays: Oct 10, 24, 31, Nov 7, 21
Dec 5, 19 · 1-2 pm

Facilitator: Pat Bergen, CSJ · In person

Join us as we join in meditation, and conversation about our beautiful planet Earth in a threatened state through the lens of scripture.

Elizabeth Johnson, CSJ, award

winning theologian, presents snapshots of aspects of the Holy Mystery who creates, indwells, redeems, vivifies and sanctifies the whole world.

These reflections will lead us to a deeper understanding of the Living God who loves and accompanies all creatures in their living and dying and is calling us to profound care for our common home.

Hybrid · Cost: \$100



The Free Flow of Letting Go: Painting with Watercolors

Saturday: Oct 12 • 9 am - 3 pm

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.

“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 • Max 10

Cost: \$100 (includes lunch and supplies)

Relating and Loving Earth in Changing Times

Oct 14, 23, 30, Nov 4 • 6:30-8:30 pm

Facilitator: Margie Abbott, RSM • Zoom

Circle the Cities with Love - Mary Southard

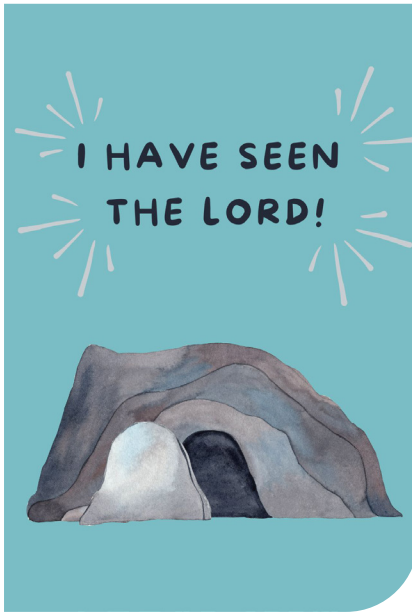


The sessions will be as experiential as is possible on zoom, allowing for contemplation, earth rituals, sharing, and input corresponding with the Joanna Macy Spiral which will take one of the four themes each week.

“The experiential work follows a spiral sequence flowing through four stages beginning with gratitude, then, honoring our pain for the world, seeing with fresh eyes, and finally, going forth.” Expect some input on current trends in these changing times, reflection on Pope Francis’ “Laudate Deum” and learning inter-subjective partnering.

Margie is a Sister of Mercy based in Geelong, with qualifications in education, spirituality, theology, facilitation and psychodrama. She leads eco-spirituality retreats, is a *Laudato Si* animator, and facilitates groups nationally and internationally. Margie highly values inner independence, the contemplative stance and active hope for a healing world.

Zoom • Cost: \$110 • Min 10



Mary Magdalene: Preacher Extraordinaire

Tuesday: Oct 15 • 10:30 am – 12 pm

Facilitator: Roberta Popara, OP • In person

Much maligned in the past, scholarship has brought us a fully human person, a portrait of a true disciple and a woman not to be ignored.

This event will allow us to explore her in the world of her time and the ways she challenged those around her. Come and meet this powerful woman – Mary Magdalene.

Roberta Popara, OP – Dominican Sister of Sinsinawa – has been in pastoral ministry, chaplaincy, spiritual direction and retreat work during her religious life.

She has an MDiv from CTU, including biblical studies in the Middle East, and a Preaching Certificate from Aquinas Institute.

Hybrid • Cost: \$20

All times are Central Time

The Great Reimagining: Spirituality in an Age of Apocalypse

Wednesday: Oct 16 • 6:30 – 8 pm

**Facilitator: Theodore Richards, PhD
In person**

We have reached a transformative and revelatory moment in human history. The old stories that once told us who we were and gave us our sense of place in the world no longer hold; something new is emerging even as we grapple with a sense that things are falling apart.

Drawing from the ancient apocalyptic tradition as well as modern science, Theodore Richards explores the new story that is emerging at this crucial moment in this time of peril and possibility.

Hybrid • Cost: \$25

Summoned to Care for Our Common Home

**Thursdays: Oct 17, Nov 14 Dec 12
1-2 pm**

Facilitator: Pat Bergen, CSJ • In person

We are approaching the ten year anniversary of the Pope Francis' call to all people of Faith to work to save our Common Home from the destruction of Climate Change and loss of biodiversity.

Join us in responding to the Cry of Earth and the Cry of the Poor, which are really one cry! We will respond to this cry by addressing Ecological Education, Ecological Spirituality, and Ecological Economics leading to the a deeper understanding of integral ecology and a style of life that contributes to enhanced life for all.

Hybrid • Cost: \$50

WORKSHOP

The Reimagining Lab



**Facilitator: Theodore Richards, PhD
In person**

Saturday: Oct 19 • 10 am – 3 pm

This program is an exploration into the apocalyptic nature of our age—the end of an old story—and an invitation to dream of a new world.

We will explore various aspects of human experience that are ending and work together toward a new cosmo-vision. Learning primarily through a holistic pedagogy of shared inquiry, we'll: (1) explore the apocalypse in history and in today's world, drawing from both ancient traditions and the latest scientific visions; (2) develop the greater awareness to look critically

at contemporary worldviews and the current planetary crisis; and (3) work collaboratively and creatively to reimagine this cosmo-vision.

Theodore Richards, PhD, is an educator, writer, and philosopher. He is the founder of The Chicago Wisdom Project and editor of the online magazine and podcast ReImagining. His work is dedicated to re-imagining education and creating new narratives about our place in the world.

He is the author of eight books and numerous literary awards, including two Nautilus Book Awards and three Independent Publisher Awards.

His latest book, Reimagining the Classroom, is now available. He lives on the south side of Chicago with his wife and three daughters.

Hybrid • Cost: \$80 (includes lunch)
Wed, Oct 16 & Sat, Oct 19: \$95

Compassion by Mary Southard MOITA



Called to Encounter: Queer Theology as a path to Human Dignity

Tuesday: Oct 22 • 6:30-8 pm

Facilitator: Sarah Simmons, CSJ
In person

The call to proclaim the dignity of all is to also affirm how God reveals Godself in each person's life, community, and circumstance.

During this hour and half program, we will explore ways to fully embody this call to infinite human dignity through the encounter of Queer Theology, which offers a way toward radical love through the breaking of binary mindsets. Our time will focus on

encountering voices and stories of the queer community that help us imagine a world where each person may truly become dignified agents of their own destiny.

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 • Cost: \$25

Pilgrimage to Christ in the Wilderness

Saturday: Oct 5 • 10 am - 4:30 pm

Facilitator: Ellen Wiggins, Bob Kent and Lisa Hjorth • In person

Come for a day long practice of Pilgrimage on the land at Christ in the Wilderness, Stockton, IL. With preparation and practices

place, we spend the day both alone in silence and together in ceremony on these sacred grounds of hills, meadows, and forest. Transportation can be arranged, if needed.

In-person • Cost: \$80

Autumn Path by Pat Willemis



Wild Belongings: All Hallows Eve/Samhain

Sunday: Nov 3 • 2-4 pm

Facilitators: Ellen Wiggins, Bob Kent, Pat Eichenold • In person

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. Dress for the weather and our wander in the woods. Please bring a folding chair.

Ellen Wiggins is a graduate of Seminary of the Wild and an ordained eco-minister. Active in the Wild Church Network, she has led contemplative meditation circles and co-facilitates earth-based gatherings through Wild Belongings, celebrating the Celtic Wheel of the Year.

In-person • Suggested Donation: \$10

RETREAT

GROUNDING IN GOD & CREATION

The call to live into the “here-and-now-ness” of our lives with resilience & hope



Facilitator:
Rev. Dr. Mark Burrows, PhD
In person

Friday: Nov 15 • 6:30 pm through
Sunday: Nov 17 • 4 pm

In times of personal and social stress, and in the face of accelerating ecological distress, how do we “ground” our lives in God—and in God’s creation? How do we anchor ourselves in the “hereness” of this earth with its deep wisdom and hidden mysteries? How do we live into the flow that is earth’s inherent language?

Join us for a weekend to explore how we might become more grounded in God’s real presence within and among us. We’ll listen

to poets and mystics, artists and bards, who invite us to risk living into healing—for ourselves, others, and the earth with all its creatures. The experience of “grounding” focuses on voices and practices that “re-mind” us of who we are, inviting us to do what one poet, Rainer Maria Rilke, called the “heart-work” with the memories and images we carry—and that carry us.

Come to discover what it means that we are “human becoming,” called by God to live with courage and resilience.

Hybrid • Cost: \$400 overnight, \$330 commuter, \$300 • Zoom

Ordinary Mysticism: Poetry, Mystery, and Contemplation

Friday: Nov 15 • 6:30 - 8 pm

Some people imagine that mysticism is esoteric, a strange journey into hidden things. What if it is a way of being present to the heart of life, which is as close as our breath—and equally necessary?

Come to discover ways of opening your life to the Great Mystery that is a matter of the heart--and the heart of the matter. Come expecting to be startled, delighted, and invited. Come to explore what it means to know that “the eye with which I see God and the eye with which God sees me are one eye: one seeing, one knowing, one loving” (Eckhart). Come to discover poetry as a “spiritual exercise,” one that invites you to live heartfully, mindfully, soulfully--in the here-and-now of your life. Come for the inspiration of what the poet Rilke called “heartwork.”

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), Meister Eckhart’s Book of Darkness and Light: Meditations on the Path of the Wayless Way (2023), and, most recently, a new translation of Rainer Maria Rilke’s Sonnets to Orpheus (2024). He lives and writes in Camden, Maine.

Hybrid • Cost: \$30

Overview of Luke's Gospel The primary Gospel of the new liturgical year.

Saturday: Nov 23 • 9 am – 12 pm

Facilitator: Sallie Latkovich • In person

This presentation will study Luke's Gospel: the place and time of its writing; primary themes; and the texts that are particular to Luke. Those who participate will be prepared for the readings of the new liturgical year.



Sallie Latkovich is a Sister of St. Joseph with a DMin Degree in Scripture and Spirituality.

She has taught in graduate schools, most recently at Catholic Theological Union in Chicago.

Sallie has also accompanied many groups/pilgrims to the Holy Land. Her singular desire is to bring the Gospels to life.

Hybrid • Cost: \$45

Wild Belongings: Advent/Winter Solstice

Sunday, Dec 15 • 2 - 4 pm

Facilitators: Ellen Wiggins, Bob Kent, Pat Eichenold • In person

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 the Chapel and make our way to the land for a wander. Dress for the weather.

In person • Suggested donation: \$10

All times are Central Time

RETREAT ADVENT AT HOME

Monday: Dec 2 • 6:30 pm through Friday: Dec 13 • 7 pm

Spiritual Directors: Pat Bergen, CSJ, Evelyn Lobo, SSpS, Diane Pfahler, SND

Journey Towards Birth by Mary Southard MOTA



This directed retreat begins with our Advent Reflection by Pat Bergen, CSJ.

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 • Cost: \$175

ADVENT REFLECTION

MARY, ELIZABETH, AND ANNA

Prophets of hope for a hurting world



Saturday, December 7, 9-10:30 am

Facilitator: Sr. Barbara E. Reid, O.P.
In Person

Co-sponsored with the Siena Center of
Dominic University

An Advent reflection on the trio of prophetic women - Mary, Elizabeth, and Anna - in the first chapter of the Gospel of Luke: Their messages of hope prepare us to receive anew the gift of the Incarnate One.

Sr. Barbara E. Reid, O.P. is a Dominican Sister of Grand Rapids, Michigan and holds a Ph.D. in Biblical Studies from The Catholic University of America in Washington, D.C. She is President of Catholic Theological Union and Carroll Stuhlmueller, CP Distinguished Professor of New

Testament Studies. She has taught at CTU since 1988, served as Vice President and Academic Dean from 2009-2018, and became president in 2021. She has led many study tours and retreats in the Holy Lands. She is author of twelve books and numerous articles, most recently the two-volume commentary on the Gospel of Luke that she co-authored with Prof. Shelly Matthews in the Wisdom Commentary series (Liturgical Press, 2021; see wisdomcommentary.org;), for which she is also General Editor. As well, she is one of the General Editors for the new Jerome Biblical Commentary for the Twenty-first Century (Bloomsbury Press, 2022).

Hybrid • Cost \$30

Visitation Hour by Mary Southard MOITA

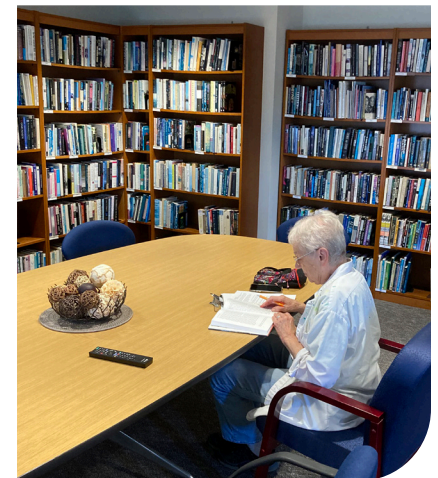


Private Reiki Sessions or
Therapeutic Massage or
Healing Touch

Schedule an appointment with Chris March, CSJ at 708.482.5084 c 708.217.8677 for a private session offered in the quiet, peaceful atmosphere of the Well. Cost \$80

Spiritual Companionship

Meet with an experienced spiritual guide in a safe and welcoming presence to see your true self and deepen spiritual intimacy. Be encouraged to engage in important conversations around your deepest desires to awaken and connect with God. For information or to set up an appointment, call Evelyn at 708 482 5088.



Libraries & Private Study

You are invited to borrow books from John Surette SpiritEarth Library, one of the best eco-theology collection and the General Spirituality Library, containing over 1000 books of classic and modern day spiritual writers.

Scholarships

You'll notice a slight increase in our program prices, to help cover rising costs. Thanks to our donors, partial scholarship is available. We are deeply committed to inclusivity and encourage anyone in need to reach out to us without hesitation. Please contact us at thewell@csjoseph.org

Gift Certificates

The Well's gift certificates for programs and retreats are a perfect gift for family and friends. Purchase them at the website: <https://csjthewell.org/product/gift-certificates/>

Facility and Room Rentals

Looking for a gathering space for family, friends or co-workers for a day or more to host conference, meeting, training, program, day of reflection or retreat. The Well offers spaces for intimate and large groups (3 to 60). Accommodation includes private bedroom with private bath and 3 meals per day.

For pricing or tour of the facilities, please call 708 482 5088 or elobo@csjoseph.org

Refund & Cancellation Policy

A non-refundable deposit is required for all registrations.

For programs or series, the non-refundable deposit is 100% of the program cost.

For all retreats, the non-refundable deposit is 25% of the total cost.

Don't miss out on your virtual program

When registering be sure to use the email at which you wish to receive the zoom link.

After completing the registration for a program on Zoom, you should receive a Zoom link from The Well. If you do not receive an email with the Zoom link within 48 h, please contact us at 708-482-5048, or email us at thewell@csjoseph.org

A Zoom link is also sent 24 h prior to the start of the event.

Unable to make the program! No sweat, you will receive a link of the recorded program 24 h after the event.



Full payment is due one month before the retreat/event start date.

Notice of cancellation received within 2-4 weeks of the start date will receive a refund (minus the deposit).

No refunds will be issued for cancellations received less than 2 weeks before the start date. You are welcome to change your payment to a tax-deductible gift to The Well.

Offerings and pricing are subject to change due to rising cost and unforeseen circumstances.

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Images available digitally for free at ministryofhearts.org

Christ in the Wilderness (CITW)

A retreat center with 3 hermitages (cabins) located west of Chicago (7500 S. Randecker Road, Stockton, IL 61085). Nestled among the beautiful rolling hills of the Mississippi Valley,

CITW is a sacred place to spend time alone in natural woodlands and prairies to refresh body, mind, and spirit. Each hermitage has a twin bed, a private bathroom with shower, a fully equipped kitchen, desk, and a screened in porch.

There are over 4 miles of walking trails and abundant wildlife and quiet. Retreatants provide their own meals.

For more information visit www.citwretreat.com or call 815 947 2476



*A Member of the Congregation
of St. Joseph Mission Network*

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A Look into 2025

Celebrating 25 years in 2025

Save The Dates

- **January 25**, Saturday morning: 25th Anniversary Celebration Kickoff
- **March 15**, Saturday morning: Jan Richardson
- **March 29**, Saturday, 10 to 4 pm. 2025 Sacred Universe Recipient:
Dr. Louis Savary with Gail Worcelo and Brian Swimme
- **April**, Easter Reflection: Fr. Ed Shea, OFM
- **May Retreat**: Margaret Silf
- **May 31**, Saturday morning: Ilia Delio, Ph.D