Yesterday was one of the hardest days of physical work that I can remember in my life. We had two fields of hay cut at the farm that needed to be raked, baled and put up in the hayloft. We had to get it all picked up because rain was looming in the forecast for the following day and it would have destroyed nearly $10,000 of hay on the ground. There was nothing to do but get it picked up. It was the hottest day of the year - ninety-four degrees. With a team of ten men we worked beyond physical exhaustion...putting up ten racks of hay into a loft well over 100 degrees. The heat took its toll on all of us and it was all we could do to stay focused. I went home physically and mentally exhausted. I can’t remember a day I worked so hard in the heat.

A good night’s sleep and some Motrin always works wonders...got up this morning at 4:00 am and could think again. As I thought about yesterday I was very grateful for the men we had, staff and Pathway who helped put up the hay. Not one of them cracked. They all hung in there to get the job done. It was as if we became a team with one goal in mind and nothing could stop us. Everyone was watching out for the other person, all differences were set aside, all working towards a common goal, right up to the very last bale. Everyone was valuable and necessary to get the job done.

I think hard work builds character. When you push yourself beyond the normal limits you come to a new realization and understanding of what you can do. It is the “act” of hard work that counts, and it can be applied to any situation, physical, mental, spiritual and emotional. Success is often the product of hard work. When I think of the men in our Pathway to Sobriety Program I know they have some hard work to do when it comes to living their life without drugs or alcohol. It will not be easy. Yesterday was a “practical example” of what it’s really going to take to get the job done. I was proud of them for hanging in there and grateful too! They could have easily said “This is nuts!” and left...but they didn’t. That’s worth something.

Here at The Center I think that every staff member, Pathway member and our volunteers work very hard. With that hard work comes a lot of growth – personal growth, and growth in what this organization does and takes on. Whether it be the tremendous amount of seasonal and daily farm work, keeping track of hundreds of children in preschool and summer camp, hosting a memorial service right in the middle of a busy weekend, programs, administration, maintenance – you name it. We all work very hard to keep this ministry and facility up and running...ready to always be of service to our community.

This summer we will welcome over 300 children and teenagers to our summer camp ministry. Sixty-five come to our camp on a scholarship thanks to all your generous donations. Our camp staff is trained in program, first aid and emergency procedures. Our facilities are clean, grounds groomed, horses and tack ready to go. This year we have a completely remodeled shower house thanks to the Wudke family who so generously donated the funding for all new floors and partitions. We are excited about that because it will be so much easier to keep clean! The kitchen is prepared to serve eighty plus meals at breakfast, lunch and dinner. We’re ready!!

Of course, we greatly appreciate your support! Certainly we would also appreciate you sending prayers and good karma our way for a successful, healthy and safe camping season – for all the children, for our young and energetic staff, and yes, the horses too! Wishing you all a happy and healthy summer!
SPIRITUAL OFFERINGS:

Meditation: Attending the Silence ~ Tuesday evenings 5:30 - 6 p.m. or Thursday mornings 9 - 9:30 a.m.
Please join us for a twenty minute period of silent meditation each week. Come whenever you are able.

Metta Meditation Monday mornings 9 - 9:45 a.m.
There can only be peace in the world, when we find peace within ourselves. That is the intent and purpose of Metta meditation: to pray for peace in us first and then for all of creation. You are invited to join in a communal prayer for world peace each Monday morning. Please arrive at 8:55 so that we can begin promptly at 9 a.m. Come whenever you are able

Mindfulness Sunday mornings 11 a.m. - noon
Mindfulness: the practice of being present to what is with kindness and curiosity. For anyone who has tried, they can tell you that it is easier said than done! Come gather with others who seek to be truly present to their lives. Find the support, guidance and companionship that you need, whenever you are able. No registration necessary. These Sunday morning sessions are team led by Dan Morley, Georgina Taylor & Kitty Riggenbach. All are welcome!

Spirituality 101 ~ Tuesday evenings 6:30 - 8 p.m. (or) Thursday mornings 10 - 11:30 a.m.
****Spirituality 101 will be on summer break after June 20 & 22****Spirituality 101 will resume on September 12 & 14. Be watching for details in the September newsletter for our new offering: “How Then Shall I Live: questions at the end of life.”

Vespers in the Chapel Sundays, 12:30 p.m. & 4:30 p.m.
Please join us each week for a nondenominational service of music, meditation and prayer led by Rev. Chris Hopkins. The Chapel stands on the highest point of The Center’s grounds and symbolizes the underlying spirituality of all Center programs. All are welcome!

Family Service ~ Sundays, July 16 & Aug 20, 10 a.m. Please join us as we gather behind the Lodge on the west side of Southwest Highway for this family friendly service. And we will share a bit of hospitality together, because Jesus always ate with his friends!

Communion Sundays ~ July 2 & Aug 6 ~ 12:30 p.m. & 4:30 p.m.
On the first Sunday of each month (except December) Communion is offered at both of our Chapel services. Volunteers are needed to help set up for Communion as well as helping to distribute it. If you are able and interested, please contact Chris Hopkins. ALL ARE WELCOME!

*Please note: we always have a non-alcoholic cup & gluten free bread.

Spiritual Direction
Spiritual Direction (Companionship) is a long time non-denominational practice that offers a person confidential space to reflect upon the intersection of their lives and God’s presence. A Spiritual Director is trained to listen without judgment and with compassion in order to help you understand where and how God is acting in your life. If you would like to make an appointment with a Certified Spiritual Director, please call the Center at 708-361-3650. They will have one of our Spiritual Directors give you a call to make an appointment with you. The cost is $30/hr.

Anniversary Dinner And Renewal Of Vows ~ Sunday, August 20
Whether you were married in our chapel, a grand cathedral or a courthouse, if you were married in July or August, we invite you to this beautiful evening of celebrating and renewing your marriage commitment. You are invited to begin the evening with Vespers Service at 4:30 p.m. in the Chapel. After Vespers, you will enjoy a gracious (and delicious!) candlelight dinner in the lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, send $90 for dinner for two, to be received no later than Monday, August 14.
LABYRINTH OFFERINGS!

Summer Soul Yoga on the Labyrinth! ~ Friday, July 21 & August 25 ~ 7 - 8:30 p.m.
Experience the healing practice of yoga in nature at our beautiful labyrinth! This summer, come ready to release, renew, and rejuvenate with this soul nourishing, fireside Hatha yoga workshop (led by yoga instructor Celeste Santiago). We will use movement, meditation, and reflection to reconnect body, mind, and soul like you have never experienced before! The investment in yourself is only $30. Please bring a yoga mat, water bottle, towel, and journal/pen. Register today by calling The Center at 708-361-3650.

A Cosmic Walk ~ Saturday, July 22 ~ 9 a.m.
This Saturday we will walk reflecting upon the evolutionary nature of the Cosmos. Some are calling this the “New Story” of our time. All are welcome to engage the magnitude, elegance and wisdom of the continual unfolding of creation on our Labyrinth!

A Celebration Walk! ~ Saturday, August 19 ~ 9 a.m.
This labyrinth walk will celebrate and reflect upon the bounty and beauty of the summer season! Summer reaches its peak in August and we will allow this abundance to guide our Labyrinth journey.

~Tending the Labyrinth~
Do you love the labyrinth? Would you be willing to devote some time to keeping the labyrinth and the surrounding area beautiful? We are looking for volunteers to help keep the labyrinth looking loved and tended. It would be not only practical but it could be a spiritual discipline! If you are willing to help out, please contact Chris Hopkins at 708-361-3650.

Have you seen the trees we planted at The Children’s Farm?
We planted over thirty trees thanks to your help! Now with the widening of our farm driveway we could surely use your help to plant trees on the other side and also on the Lodge side of the property. Sadly, the farm and lodge trees have been terribly hit by the Emerald Ash Borer. We have lost many of our shaded areas so we are on a mission to replace as many trees as possible!

WE ARE LOOKING FOR TREE ANGELS TO DONATE NEW TREES TO THE FARM!!
We are hoping to plant a variety of slow and fast growing trees and have priced them out at approximately $250 a tree. If you’re interested in donating a tree in memory of a loved one or just because you want to help re-beautify the farm and lodge, please contact us at 708-361-3650.
**SUMMER RETREAT AT THE CENTER**

You deserve a break! Treat yourself to a retreat... Register today to assure your spot in this wonderful experience:

**Awake at The Center: A Day of Mindfulness in the Out of Doors**

Saturday, July 15: 9 a.m. - 4 p.m.

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for an all day retreat, led by Dan and Sharon Morley. You will be invited to sit, to walk, to listen, to share, to hear, and to see the beauty and wonder that abounds all around us. Wear clothing and shoes appropriate for the weather as we will be spending the day out of doors. Bring your own sack lunch. We will picnic in our beautiful pine forest. Retreat fee: $40 includes leadership and retreat supplies.

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**BBQ & Open Farm**

Saturday, June 24th * 1pm-4pm

Join us in the Farm Pavilion for a delicious, family friendly Farm to Table BBQ featuring SAGE raised Chicken, Pork & Beef sandwiches along with Farm Fresh Salads & Home Grown Iced Tea.

The barns will be open and hayrack rides running!

**Locally Grown, Sustainably Raised...**

The Children’s Farm
12700 Southwest Highway * Palos Park

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**Summer Art Show At The Log Cabin Center for the Arts**

Saturday, July 15, 10 a.m. - 1 p.m.

Mark your calendar for this fun outdoor art show featuring a variety of art works created by The Center’s talented teachers and students.
PROGRAMS OFFERED EVERY MONTH

TOASTMASTERS ~ 1st and 3rd Wednesdays, July 5 and 19 and August 2 and 16, 7 - 9 p.m.
Toastmasters is an opportunity for folks who wish to improve their public communication skills. If you'd like to develop the skills and confidence to stand and speak before groups of people, then we invite you to join The Center Toastmasters Club. No commitment is necessary to come and observe. Call for information.

GENTLE YOGA CLASSES
Five Tuesday evenings, beginning July 11- Aug 8 & Aug 29 – Sept 26, 6:30 - 8 p.m. or
Five Thursday evenings, beginning July 13 – Aug 10 & August 31 – Sept 26, 6 - 7:30 p.m.
We invite you to this series of gentle, restorative yoga classes taught by yoga instructor Carolyn Harms. The Tuesday classes will be held in the Anderson Activity Center at the farm and the Thursday classes will be held in the Forest View room in the Lodge. All classes will include discussion and practice on breathing, relaxation, and centering, as well as movement and poses. Dress in comfortable clothing; bring a yoga mat. Class fee: $55. Pre-registration required.

LAUGHTER CIRCLE ~ Wednesdays, July 12 & August 9, 6 p.m.
Laughter leader Kathy O'Brien, R.N., brings laughter and all its benefits to our new Laughter Circle, a group for people who want to LAUGH! Not from jokes or comedy routines but rather from laughter for the sake of laughter, reducing stress, alleviating pain, strengthening your immune system, and even helping folks to get along better! The cost each month of participating in the Laughter Circle is $5 which Kathy donates to The Center. Please call to reserve a spot!

CENTER CINEMA: Film Classics Shared and Discussed. We are taking a break in July & August.

MEN’S POINT OF VIEW (POV): We are taking a break in July & August.

WOMANTALK COFFEE HOUR!
Tuesday, July 25 and August 29, 10 a.m. – 11:30 a.m.
WOMANTALK! is a wonderfully nurturing and supportive discussion group, focusing on the July and August readings in Sarah Ban Breathnach's “Simple Abundance” book, or any other inspirational resources that ladies would like to bring to share. Our focus is on learning to live authentically, joyfully, simply, gracefully, and gratefully. (Bring a lunch if you’d like to stay for a potluck-style picnic)

BODY PRAYER YOGA
Four Sunday mornings, beginning ~ Instructor: Celeste Santiago
July 9-30 and August 6-27, 9:00 a.m. – 10:00 a.m. in the Forest View Room in The Main Lodge

Yoga is more than just physical movement. Come explore what it means to use your body as a form of devotion to connect to the deepest parts of ourselves and, in turn, to others. This Hatha/vinyasa style yoga class will link movement, breath, alignment and meditation to create a practice that blends physical movement and spiritual intention. All are welcome! Dress in comfortable clothing; bring a mat and water bottle. If weather allows we may go outside, otherwise class is held in the beautiful Forest View room overlooking the woods! Class fee: $44 for each 4 week session, or a $13 per class drop in rate

PROGRAMS COMING THIS FALL

BARN DANCE:
A Family Night of Music and Fun at the Farm!
Saturday, September 9, 5 – 8:30 p.m.
Rain or shine at the Children's Farm
We have a wonderful evening planned—you won't want to miss our annual Barn Dance! We build a wooden floor over the indoor arena, and have music that keeps the dance floor hopping and the fun happening! You can come and dance, sing, or just listen and socialize. Hotdogs, burgers, brats, popcorn and root beer will be sold until 7:00 p.m. The barns will be open to visit the animals until dusk, and hayrack rides around the farm and the marshmallow bonfire will continue all evening long. Tickets are $10 per person at the gate and proceeds from the evening benefit the camp scholarship fund.

Our 75th annual FALL FESTIVAL AT THE FARM!
Saturday, September 23, 10 a.m. - 4:00 p.m.
This will be a day of county-fair fun for "kids of all ages." Besides games, kid's crafts, prizes, farm tours, live music, hayrack rides, and horse rides, there will be craft and flea market booths, a farmers market with freshly picked pumpkins and other SAGE goodies, and refreshments from the grill. Vendors should register as soon as possible for a booth space and everyone else should plan ahead to spend a day of delightful fun at the farm!
**IT’S NOT TOO LATE TO REGISTER FOR SUMMER CAMPS AT THE CENTER**

If you’re still looking for an incredible summer experience for your child, please call the Center about our children’s farm programs. Though some programs are full, many still have openings! Call for availability or visit [http://thecenterpalos.org](http://thecenterpalos.org) for an application.

**Junior Farmers** is offered to children ages 3-8. This is a farm and animal based experience for young children. Sessions are 1 week in length, meeting Monday through Friday.

**Farm Explorers** is a five day experience that will mimic our residential camps in a daytime only format. Campers, entering grades 2nd – 7th, will spend lots of time at the farm with the animals and horses in addition to other activities like hiking, camp crafts, cookouts, group games, singing and more!

**Farm Camp** is one of our favorite and longest running programs and is offered to children entering grades 4th – 7th. Farm camp is a coed residential camping program and is offered in 5 and 12 night sessions.

**Ranch Camp** is an exciting, rustic, adventure on horseback. We offer girls sessions and boys sessions to campers entering grades 8th and 9th. Ranch Camp is a residential program offered in 12 night sessions.

**Outdoor Adventure for Teens** is 12 nights of adventure and exploration through on and offsite experiences for 8th and 9th graders. Program will utilize the farm animals and horses as well as off site experiences such as hiking trips, overnight campouts and adventure challenges.

**Senior Outdoor Leadership** is designed to give participants an out of doors, leadership experience like no other. Offered to teens entering grades 10th-12th, this program focuses on group dynamics and leadership skills through onsite activities and offsite trips.

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**Camp Wish List: Please think of us when you clean this season!**

Canoes, canoe trailer, canoe paddles, used horse tack, cowboy boots, leather scraps, craft supplies, sheets or large pieces of fabric, tents, camping gear, gardening tools and supplies, nature magazines, bean bag games, hand-crank ice cream makers, sports balls, friendship bracelet string

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**2017 Farm and Ranch Camp Staff**

The common denominator of all the experiences at camp is good wholesome fun, supervised by wonderful energetic college students and educators known as our camp counselors. We welcome them - and we thank them, for all that they share with The Center and with the campers - and we look forward to a summertime steeped in outdoor fun!

*Please see their picture and introductions on the next page*
2017 Senior Outdoor Leadership (SOL) Program:
Counselor: Noah Colon of Chicago Heights, Prairie State University.
Counselor: Alyssa Trinko of Palos Heights, Sophomore at Valparaiso University.

2017 Ranch Camp:
Counselor: Camilla Czapla of Mount Prospect, Sophomore at Harper College, studying mechanical engineering
Counselor: Hassan Abdel-Ghani of Homer Glen, sophomore at DePaul University majoring in theatre arts and biology.

2017 Farm Camp & OATs:
Farm Camp Program Director: Connor Johnson of Orland Park, undergrad at DePaul University, majoring in secondary education.
Fawn Counselor: Ashley Bednarek of Chicago, Senior at Vanderbilt University, majoring in child development and psychology.
Fawn Counselor: Elizabeth Johnson of Orland Park, Sophomore at The University of Illinois studying food science.
Eagle Counselor: Eddie Hood of Oak Lawn, junior at Lawrence University majoring in theatre arts and Spanish.
Farm Explorers Counselor: Tatyahana Cherry of Dalton, junior at Eastern Illinois University, majoring in clinical psychology.
Farm Explorers Program Director: Jesse Schaar of Oak Lawn, Special Education Professional
Jr. Farmers Program Director: Michelle Karnowski

Asst Camp Director:
Paul Purdy
Camp Director:
Amy DiDominicis

In addition to employing the above staff to guide our camp through a great summer, we are also fortunate to have the volunteer service of the following high school and college students, who each serve as assistants to the staff for one of the sessions of camp.

CITs (Counselors-in-Training): Cate Hynes, Trystan Bates-Maricle, Elizabeth Weglowski, , Nicole Thomas, Mia Thomas, Amanda Hoelzel, Jules Zarlengo, Abby Becker, Dallas Artis, Alayne Trinko, Gillian Mendoza, Cat Stockley, Angelica Colon, Dylan Gordon

WITs (Wranglers-in-Training: Sarah Sheppard, Marie Weber, Faith Geary, Abdullah Hanna
PLEASE START SAVING YOUR UNWANTED TREASURES TO BRING TO THE RUMMAGE SALE THIS YEAR! ONE WEEK BEFORE LABOR DAY WEEKEND, AUGUST 25 & 26!!

Rummage Sale notes:

Since Labor Day is so late, we’re holding the Rummage Sale earlier than usual this year, on Friday & Saturday August 25 & 26.

We’ll start accepting donations as soon as we can after Camp ends, which means we’ll accept donations this year starting August 14. Please make donations no later than Wednesday, August 23. (We need Thursday to get the riding arena ready.)

We’ll do pickups this year as usual, but please be sure to call to schedule your pickup early—as we can only pickup from August 14 to August 22 on weekdays this year. The last pickup, then, is Tuesday, August 22.

We will also have hot dogs for sale courtesy of the Kiwanis Club! Thanks!!

For a variety of reasons, we cannot accept the following items:

- Baby seats
- Entertainment centers
- Mattresses
- Tube Televisions
- Tires
- Sleeper sofas
- and
- Anything not in saleable condition

Thank you for your understanding and generosity!
Classes and workshops for adults and children in fine arts and folk arts

**Summer Art Show At The Log Cabin Center for the Arts**

*Saturday, July 15, 10 a.m. – 1 p.m.*

Mark your calendar for this fun outdoor art show featuring a variety of art works created by The Center’s talented teachers and students! Live entertainment by “Pikin on Ukes”, a band of Ukulele players!

**JULY - AUGUST ART SCHEDULE 2017**

All classes require 24 hour pre-registration

**CLASSES FOR CHILDREN, TEENS AND FAMILIES**

**OUTDOOR ART FOR KIDS!**

Instructors: Lauren Becker and Ruth Augspurger  
(Grades K-8, students will be split up into two separate age groups dependent on class enrollment)

Two week sessions of art classes beginning June 19, July 3, July 17 and July 31  
Class meets on Mondays Wednesdays and Fridays, 9 – 11 a.m.

A world of art and nature for kids! Drawing, printmaking, pottery, painting, sculpture and more! Creative expression, hands-on fun, encouragement, and opportunities to learn new artistic techniques. Students spend time outdoors creating nature inspired artworks even utilizing items from nature within their art. Fun fieldtrips around The Center’s beautiful grounds too! Each session ends with an art show of the students’ creations. Class Fee: $112 per 2 week session includes all supplies.

**PORTRAITURE DRAWING WORKSHOP**  
Instructor: Sarah Hefflin

Friday, July 7, 1 – 3 p.m. (open to students in 6- 12th grade)

Students will learn how to use a grid to achieve a proportionately accurate portrait using ebony pencil. Students should bring in a photograph of themselves or someone special to them to draw from. Workshop fee:$17 plus a $4 materials fee.

**DRAWING AND PAINTING PORTRAITURE CLASS FOR TEENS**  
Instructor: Sarah Hefflin

Monday July 10 – 14, 1 – 3 p.m. each day (open to students in 6- 12th grade)

Upgrade your drawing and painting skills to Instagram sensation status! During this workshop, participants will learn drawing techniques to achieve depicting realistic facial features and watercolor painting skills that can give an abstract twist to portraiture. If you have a sketchbook, please bring it to our sessions; although all other supplies will be provided. Come explore the many faces of how portraits are rendered in art. Students are welcome to display the art they created in this class at our July 15 art show!  
Class fee:$85 plus a $15 materials fee

**TEEN LAPIDARY CLASS**  
(for grades 6-12)  
Instructor: Larry Rothenberg

Three Wednesday nights beginning July 5, 5 - 6:30 p.m.  
Teens will learn the art of rock polishing by grinding stones on the lapidary wheels and polishing the stones to reveal the vibrant colors and patterns within. Stones can then be turned into one of a kind jewelry pieces! Class fee $45, includes all supplies.
PHOTOGRAPHY CAMP FOR KIDS (Open to students in grades 4-10)  Instructor: Lauren Becker
July 10 – 14, 11:30 – 1:30 each day or July 24 – 28, 11:30 – 1:30
(Two different sessions to choose from, photo enthusiasts can take both sessions if interested and Lauren will give advanced advice)
You don’t take a photograph, you create it. That’s the goal for The Center’s first photo camp! Students will not only learn the basics of photography, but advance in creating a unique image. Students will create a variety of fun and impressive projects such as photo manipulation, silhouettes, 3D photos and much more! They will be given the chance to explore their imagination outdoors while going on fun trips around The Center’s grounds. Join the fun and see what captures your eye! The session will end with a fun art show of the student’s creations! Students may bring in any type of digital camera to work with as long as it has a memory card. Class fee: $95

PHOTOGRAPHY WORKSHOP – SCAVENGER HUNT  Instructor: Lauren Becker
Saturday, July 29, 10 a.m. - noon (Open to students in grades 4-10)
Ready. Set. Go! This workshop gives a fun twist on your normal scavenger hunt. Students will be given a unique list of items around The Center to photograph as well as certain ways some need to be photographed. Come dressed for rain or shine as students will hike to the farm, labyrinth and forest. Students may bring any type of camera to work with. Workshop fee: $17

FAMILY ART CLASSES  Instructor: Karen Signore
These classes were designed for family members of all ages to come together and have fun creating!

♦ FLYING INSECT MOBILE, Friday, June 23, 6 – 7 p.m.
Use your creativity, pipe cleaners, beads, and other fun materials to make a mobile of butterflies, bees, dragonflies and more. Workshop fee: $10 per person

♦ TICTAC TOE BOARDS FROM NATURE, Friday, July 14, 6 – 7 p.m.
Join us as we use natural materials such as stones and wood slabs to make adorable tic-tac-toe boards and markers. Spend quality time together and create a fun game to take home and play all summer long and throughout the year. Workshop fee: $10 per person

♦ SEA SHELLS AND SALT DOUGH CHARMS
Wednesday, July 19, 11:30 a.m. – 12:30 p.m.
We will make salt dough, roll it and shape it, then use beautiful seashells to decorate your creation. Hang your creation outdoors on the patio, in the house of hang it around your neck and wear it as a necklace. The ornaments will need to be baked in an oven. Workshop fee: $10 per person

♦ HOMEMADE NATURAL PLAYDOUGH WORKSHOP, Tuesday, July 25, 11 a.m. - noon
Play dough can provide hours of fun as well as numerous opportunities for learning, creativity and skill building. Join us and make a batch of homemade play dough using natural ingredients. We will color the play dough with natural dyes and use wonderful smelling herbs, spices and essential oils to scent the dough. There will also be time to explore and experiment with the play dough using a variety of tools and materials. Participants will go home with a ball of homemade play dough and a list of dough recipes and fun activity ideas to try at home. Workshop fee: $10 per person

♦ CREATIVE MATERIALS EXPLORATION WORKSHOP
Tuesday, August 1, 11 a.m. - noon
Bring your imagination, creativity and problem solving skills and we will provide a large variety of fun interesting recycled and artistic materials for making sculptures, buildings, robots, machines, people or whatever fun idea you come up with. Workshop fee: $10 per person

♦ FAMILY ART, NIGHT TIME PHOTOGRAPHY WORKSHOP
Instructor: Lauren Becker
Saturday, August 12, 8:00 – 9:30 p.m.
Come with family or friends for a new experience creating an abstract photo using light. Lauren will be setting up her camera for long exposure photo while you and your family get to use a variety of lights such as flashlights and glow sticks to draw in the air, making shapes or even writing words to creating a fun picture! We will have a bonfire going to take pictures around and even roast marshmallows! Class will meet at The Camp Pavilion behind the Lodge. Workshop fee: $13 per person
ADULT CLASSES AND WORKSHOPS
(To inquire about registering for some adult classes, please inquire)

ADVANCED KNITTING MINI WORKSHOP  Instructor: Georgann Ring
Monday evenings 6:30-8:30 p.m., starting August 14 or Friday mornings 9:30-11:30 a.m., starting August 18
This is a 3-week session for those who know how to knit or have taken a knitting class here at the Center. Students will work on their own projects with guidance from the instructor. Cost: $50

ADVANCED WEAVING MINI WORKSHOP  Instructor: Georgann Ring
Wednesday mornings 9:30-11:30 a.m., starting August 16
This is a 3-week session for those who know how to weave or have taken a weaving class here at the Center. Students will work on their own projects with guidance from the instructor. Use our table or floor looms, or bring your own. Cost: $50

ABSTRACT PAINTING WORKSHOP  Instructor: Susan Flanagan
Saturday, August 5, 9:30 a.m. – 12:30 p.m.
Have you ever wondered how to create an abstract or non-representational painting? Where do you start? This workshop demonstrates one approach to creating an abstract painting covering principals of design and use of color. This method is applicable to all art mediums. Bring your own supplies in the medium of your choice to work with during class. Workshop fee: $25.00

BEGINNING JEWELRY AND METALS  Instructor: Wes Gonzalez
Four Tuesday nights beginning July 11, 6:00-8:00 p.m.
This class focuses on fundamental metalsmithing techniques. Participants will work on projects to develop skills essential to the creation of jewelry and small sculpture. Skills that will be focused on include sawing, soldering, polishing and enameling. By the end of the course each participant will leave with 2-3 pieces of jewelry.
Class fee: $68 plus a $30 materials fee

PRESSED FLOWER CARDMAKING WORKSHOP  Instructor: Lauria Vargas
Saturday August 12, 12:30 – 2:30 p.m
Students will choose from Lauria’s colorful pressed flower collection and create beautiful nature themed cards that can be used for a variety of occasions. Capture the summer! These could also be framed and hung on the wall! Workshop fee: $17 plus a $6 materials fee

CREATIVE ART JOURNALING  Instructor: April Schabes (www.aprilsart.blogspot.com)
Fridays: June 30, July 28 and August 31, noon – 3:00 p.m. (meets the last Friday of each month)
Create a colorful artistic record of your days, your thoughts, your experiences - through words, collages, photos, poems, magazine images, drawings, watercolor, etc. No excuses!
(If you join in June the price is $85 for the remainder of 2017, In July the price is $80 and August the price is $75)

CREATIVE WRITING CLASSES  Instructor: Beth LaMie
PUT SOME LIFE INTO YOUR OBITUARY
Thursday, July 6, 1:00 3:00 p.m.
Write a memorable obituary to summarize your life. Who knows you better than yourself? Plan ahead while you still have time and write an obituary that is personal, informative, and perhaps even humorous. Learn the components of an obit as you say hail and farewell to the world.
Workshop fee: $17

FAMILY STORY WRITING WORKSHOP
Three Thursday afternoons beginning July 13, 1:00 – 3:00 p.m.
Discover and preserve your own family stories. Use writing prompts, exercises and sharing techniques to capture memories. Learn how to ferret out story ideas, how to organize your thoughts and experiences, how to enjoy the process, how to elicit stories from others, and how to preserve the results. This class is for new writers, experienced ones, and previous participants. No criticism of anyone’s writing skills, just gentle feedback.
Class fee: $51

FIGURE DRAWING WORKSHOP  Instructor: Susan Flanagan
Saturday, July 29, 9:30 a.m. – 12:30 p.m.
Bring your choice of drawing materials to draw from our fully clothed model. Instruction will be given on proportion of the figure and face as well as drawing technique. Workshop fee: $25 plus a $5 model fee
FOLKARTS:  

♦ **GRASS WREATHS: circles of summer for your front door!** 
Monday, June 19, 1 – 3:30 p.m. at the farm 
Collect wild grasses with interesting seed heads from around the farm to create a natural summer wreath, just in time for the solstice! Bring pruners or scissors for cutting thick grasses. Class will be held outdoors at the farm. Class fee: $21 plus a $5 materials fee

♦ **STEPPING STONES: a personalized path for your garden** 
Monday, July 10, 1 – 2:30 p.m. at the farm 
We’ll mix cement and pour our own stepping stones in plastic molds, impressed with the leaves and grasses of summer, embellished with simple quotes or inspirational words and interesting stones. Bring a stiff shallow cardboard box or stiff plastic tray for carrying home wet cement stones, or leave at the farm and pick up in one or more days. If you have leaves from a favorite tree or stones from a favorite vacation, feel free to bring. 
Class fee: $13 plus a $5 materials fee (Children are welcome to take this class as long as they are accompanied by an adult who is also registered in this class).

FRIENDSHIP MANDALA WORKSHOP

Instructor Robin Neumann

Thursday, June 22, 6 – 8:30 p.m.
The first hour of class will be spent learning the basics of mandala making and creating a small one of your own. The second hour we will create mandalas “round robin style”. We will each start our own mandala and then, every few minutes, we will pass them to the person next to us to work on. We will do this as many times as time allows. You will be amazed at how your mandala has been transformed! They will blossom like flowers!
At the end of the session you will embellish your mandala with glitter if you wish. No experience is necessary and all supplies will be provided. 
Workshop fee: $22 plus a $5 materials fee

JEWELRY WORKSHOPS

Instructor: Liz Credio

♦ **WIRE WRAPPED BANGLE BRACELET WORKSHOP**
Friday, June 30, 6:30 – 8:30 p.m.
Wire wrapping is fun, easy, meditative and makes gorgeous designs for jewelry pieces. Within this fun class you will make 2 bracelets! One will be made of copper wire and the other will be constructed from copper and silver filled wire for a two tone look. Workshop fee: $17 & $16 materials

♦ **SPANISH KNOT BRACELET**
Friday, July 14, 6:30 – 8 p.m.
Made with Greek Leather and Barrel Beads. Learn how to make a Spanish knot and incorporate it into this cool bracelet. We will be using black Greek leather with silver barrel beads and a silver lotus button. Extra jewelry kits will be available to purchase. Kids ages 12 and up may also register. Workshop fee: $13 & $11 materials

♦ **ZIG ZAG BRACELET**
Friday, August 4, 6:30 – 8 p.m.
Made with miyuki beads, metal rings and finish off with a tree of life button. You may choose from 4 different colors to make this fun and really easy bracelet. Extra jewelry kits will be available to purchase. Kids ages 12 and up may also register. Workshop fee: $13 & $12 materials

ORIGAMI GIFT BOX WORKSHOP

Instructor: Marge Boyd (pen and paints.blogspot.com)
Tuesday, June 20, 9:30 a.m. – noon
Create a four inch easy origami box with a lid using scrapbook papers and decorative papers. Perfect for a special gift box. No experience necessary! Workshop fee: $25.00 & $5 supply fee
Pre-registration is required 24 hours in advance for all Log Cabin classes and workshops. Class and materials fees are due at time of registration. All class fees include a $10 non-refundable, non-transferable registration fee. No refunds or transfers of fees are available for cancellations made less than 24 hours prior to the beginning of class. To register by mail, send check and the following information: Name, address, phone, email, name and date/time of class, and if registration is for a child, send birth date and grade in school in the fall, plus parents’ names and emergency contact information.

**PAPYRUS WORKSHOP**  
Instructor: Marilyn VandenBout  
Wednesday, August 23, 6:30 – 8:30 p.m.  
We will press fruits, vegetables, leaves and husks to make unique papyrus creations. Just like the ancient Egyptians! Papyrus is a material similar to thick paper that was used in ancient times as a writing surface.  
Workshop fee: $17 plus a $5 materials fee

**PLEIN AIRE SKETCH and WATERCOLOR FIELD TRIPS Summer 2017**  
Instructor: Lois Hrejsa  
Thursdays 9:30 a.m. - 2:00 p.m.  
Lois Hrejsa and art students take field trips to interesting local sites throughout the summer. All sessions begin at 9:30 a.m. unless otherwise specified. We paint and draw until 12:30 when we break for lunch (sometimes potluck, sometimes brown bag) followed by a group critique. Usually we are done by 2 p.m. Bring your art supplies and a folding stool or chair. Please pre-register by calling The Center to add your name and contact information to the roster for the summer and to receive a detailed schedule with exact locations and lunch details. This does not obligate you to attend all sessions. Pay upon arrival at each session with a check made payable to The Center (no cash please) A group usually meets at The Center to carpool. Classes are for students with some art experience. Class fee: $22 per session (pay as you go).

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>June 15</td>
<td>Peabody Estate, Oakbrook</td>
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<td>June 22</td>
<td>Garfield Park Conservatory, Chicago</td>
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<td>June 29</td>
<td>Garden of Jan Ingram, Frankfort</td>
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<td>July 6</td>
<td>Graue Mill, Oak Brook</td>
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<td>July 13</td>
<td>Home of Roger and Judy Carlson, Frankfort</td>
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<td>July 20</td>
<td>Lake Katherine, Palos Heights</td>
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<td>July 27</td>
<td>The Little Red Schoolhouse, Willow Springs</td>
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<td>Aug 3</td>
<td>The Center, Palos Park</td>
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**SILVER RING WORKSHOP**  
Instructor: Mary Michealson  
Three week class beginning Wednesday, July 12, 9:30 – 11:30 a.m.  
Within this class you will create a handcrafted silver ring. Learn the basics of silversmithing such as sawing, filing, sanding and soldering. Class fee: $51 plus a $20 materials fee

**TERRA COTTA FLOWER POTS**  
Instructor: Heather Young  
Saturday, July 8, 10:30 a.m. – noon  
Open to all ages! By working with coils you can create a beautiful flower pot that will last for many years to come. Heather will show students how to create swirling designs and patterns to personalize your creation. Workshop fee: $15 per person
SAGE OPEN HOUSE & BBQ
Saturday, June 24
1pm to 4pm

Come join us for an afternoon featuring our SAGE program and the 2017 spring harvests! The grills will be going from noon – 4pm and serving up delicious SAGE chicken, pork and beef items. We will complement the grilled entrees with garden fresh sides and homemade iced tea! Items will be cooked to order, so please plan to stay and visit for a bit! This is a great way to sample the SAGE products before choosing what you’d like to take home! Frozen meat will be available for sale. The Children’s Farm will also be open from 1-4pm and hayrack rides will be running to the SAGE barn and pastures. We encourage guests to come see where the SAGE animals live and check out the new rotational grazing system!

SAGE WORKSHOPS

**Basil** – “Joy and Bliss on a Plate!”
Saturday, July 15, 12-3 p.m.
We’ll make basil pesto and enjoy tasting some on hot pasta, along with basil topped appetizers and basil vinaigrette on a salad. We’ll also make colorful bottles of basil vinegars and discuss ways to grow and use this delicious herb. Come hungry for a light lunch, and bring a small basket or box to carry home your own bottle of basil vinegar and jar of pesto. Weather permitting, the class will begin with harvesting the pesto in the farm garden and then proceed to the Anderson Center kitchen at the farm. Class Fee: $17 plus $8 for materials

**Salsa and Bruschetta!**
Sunday afternoon, August 20, 2-4 p.m.
Learn the simple arts of creating your own salsa and your own bruschetta spread. The class begins with picking tomatoes and herbs in the farm garden, and then moves into the Anderson Center kitchen at the farm. You will go home with your own small jar of each! And of course we’ll be sampling some! Workshop fee: $16 plus $6 materials fee. Meet in the garden.

SAGE PRODUCE NOW AVAILABLE

**FREE RANGE EGGS**
Cartons of one dozen eggs are available for $6 and can be purchased in our main office. Our hens free range in the daytime and forage for insects, flowers and seeds. They lay in the sun, visit with many children and lay the best eggs in town! If making the trip out just for eggs, please call ahead to confirm availability as quantities are limited.

**2017 PORK HARVEST**
Heritage Herford Hogs, lovingly raised and fed an Illinois grown, locally milled, non-GMO feed. It’s the best pork in town!
- Pork Chops
- Pork Tenderloins
- Shoulder Roasts
- Loin Roasts
- Cheddar Brats
- Plain Brats
- Italian Sausage
- Rendered Lard
- Bacon
- Green Hams
There are many different ways to support The Center:

**Butler Orthopaedics**

Your Bone & Joint Care

15300 West Avenue/Suite 300 East/Orland Park, IL 60462

www.drbutlerortho.com/708.349.6700

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**Leave a lasting legacy…. Include The Center in your estate plan.**

Did you know it costs nearly $5,000 a day to fund The Center? While we strive to maintain our buildings and grounds to make it look like we might not need money, in reality we do depend on charitable contributions to continue our operations. As always, we also depend on a lot of love and elbow grease to keep things running smoothly.

Today, your charitable giving to The Center is an outstanding way to give voice to your values and priorities in our community. It is also vital to the continued operation of the programs that we all know and love—about one-quarter of our operating budget is financed through charitable contributions.

In the future, by including The Center in your estate plan right now, you can help ensure our operations for years or even generations to come. Recent legacy gifts have made possible repairs and capital improvements that would have been very difficult in their absence. If you have any questions about leaving The Center a gift from your estate, please contact Executive Director Dave Sanders.

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**Did you know……..That if you already have an Amazon account, you can log into Amazon Smile with the same log in, choose The Center as your charity, and a donation will be made to The Center for every purchase made??**

Please search: The Center Palos Park Illinois
The Chicago Southwest Suburban Community Parish and Community Center Foundation
12700 Southwest Highway, Palos Park, IL 60464
708-361-3650
Website: http://www.thecenterpalos.org
Email: centerpalospark@sbcglobal.net

DATED MATERIAL
RETURN SERVICE REQUESTED

AUGUST 25 & 26
ONE WEEK BEFORE LABOR DAY WEEKEND THIS YEAR!!

PLEASE START SAVING YOUR UNWANTED TREASURES TO BRING TO THE RUMMAGE SALE
THIS YEAR! ONE WEEK BEFORE LABOR DAY WEEKEND, AUGUST 25 & 26!!

Rummage Sale notes:
Since Labor Day is so late, we’re holding the Rummage Sale earlier than usual this year, on Friday & Saturday August 25 & 26.

We’ll start accepting donations as soon as we can after Camp ends, which means we’ll accept donations this year starting August 14. Please make donations no later than Wednesday, August 23. (We need Thursday to get the riding arena ready.)

We’ll do pickups this year as usual, but please be sure to call to schedule your pickup early—as we can only pickup from August 14 to August 22 on weekdays this year. The last pickup, then, is Tuesday, August 22.

We will also have hot dogs for sale courtesy of the Kiwanis Club! Thanks!!

For a variety of reasons, we cannot accept the following items:
Baby seats   Entertainment centers
Mattresses   Tube Televisions
Tires        Sleeper sofas
and Anything not in saleable condition

Thank you for your understanding and generosity!