

October 2015



The Center gives people of all faiths, backgrounds, and ages the space to dream, grow, and become fully alive—physically, mentally, emotionally, and spiritually.

“A place for celebration, enrichment and healing”

The Center



The Chicago Southwest Suburban Community
Parish and Community Center Foundation
Sunday services 12:30pm and 4:30pm
<http://www.thecenterpalos.org> 708-361-3650

“Gratitude unlocks the fullness of life. It turns what we have into enough.”

~ Melody Beattie ~

When was the last time you thought you had enough? Enough time...enough money...enough stuff... ‘Enough’ is not generally part of our American vocabulary. Our whole economy is built on the premise that no one ever has enough. Our phones aren’t smart enough, our computers aren’t fast enough, our lawns aren’t green enough, we aren’t thin enough or rich enough.

Because we think we never *have* enough or because we think we never *are* enough we seek to do or buy our way into ‘enoughness.’ Maybe we work 60 hours a week in an attempt to prove how valuable we are to our employer (and to ourselves). Maybe we try to spend our way into ‘enoughness’ by having the right clothes or the right stuff so that others (and ourselves) think we have it all together. But in the end, ‘it’ is never enough and we find ourselves exhausted and frustrated.

And that exhaustion and frustration has physical, emotional and spiritual consequences.

We know that under chronic stress, our bodies produce hormones that have serious health consequences. We know that under chronic stress we don’t have the physical or emotional energy to be available to those we love the most or even to receive their love. We know that under chronic stress, life becomes simply a hamster wheel turning round and round, faster and faster, that never stops...until WE stop and breathe and develop an attitude of gratitude!

Gratitude is both the antidote and the cure.

Gratitude, as Melody Beattie rightly states, turns what we have into ‘enough’. Our phones make our phone calls just fine! Our cars get us to our destinations and our computers search the internet or produce our newsletter article just fine.

With gratitude, we will find ourselves more relaxed and peaceful. With gratitude we will see that there is more wonder and beauty to life than our next purchase. With gratitude, when we do make a purchase it is...well, with gratitude for being able to do so! With gratitude we will find time to get the sleep our bodies need, the laughter our psyches need, and the love our souls need.

Perhaps now (yes, right now) is exactly the right time to pause, to breathe, and to say “thank you!” For then we will recognize all of the gifts, all of the abundance, all of the blessings that we already have and.... it will be enough! Amen!

Peace! *Chris Hopkins*

Spirituality 101

Tuesday evenings 6:30 pm – 8:00 pm (or)

Thursday mornings 10: 00 am-11:30 am

New participants welcome! "Living the Questions" is a DVD series produced by Progressive Christianity. They have brought together some top Biblical scholars and church leaders, including Marcus Borg, Diana Butler Bass, John Dominic Crossan, Helen Prejean, and John Shelby-Spong, to offer their views of what it means to be a 'progressive' Christian. With the help of these scholars we will explore our ancient Christian teachings, doctrine and dogma in light of our contemporary understanding of the universe and humankind. Each class will include a 20 min. DVD presentation and discussion. Registration is required. Each class is \$5.

Communion Sunday

October 4th 12:30 pm & 4:30 pm

On the first Sunday of each month (except August and 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. *Please note: we always have a non-alcoholic cup & gluten free bread. ALL ARE WELCOME!

Family Service Sunday

October 18th 10:00 am

Please join us as we gather outdoors 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!

Vespers in the Chapel

Every Sunday 12:30 pm & 4:30 pm

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!*

FARM & NATURE DISCOVERY SCHOOL

Farm and Nature Discovery Preschool and Kindergarten is off to a great start this year with so many wonderful experiences already. On September 12 we had a very successful open house and barn dance. It was great way for our families to meet teachers and enjoy so many activities at the farm, including dancing, marshmallow roasting and hayrack rides.

We welcome new teachers Ms. Cathy, Ms. Brigitte, and Ms. Christine. We also welcome new aids Ms. Donna, Ms. Janet, Ms. Amanda and Ms. Kristina. I'm thrilled to have them all. We began our year with hayrack rides and exploring the farm on foot. The children also took time to introduce themselves and get to know one another. At the end of the month, they came to school on picture day in their best clothes and looked absolutely adorable.

During the month of October, we will examine the different trees we have on the farm and the children will be collecting, sorting and classifying leaves. There are so many Illinois standards that are covered with this very important lesson. We are also going to be examining pumpkins and their life cycle, cutting them open and roasting some seeds. This is a very fun experience for the students. They will get on a hayrack again to go to the pumpkin field and pick their own pumpkins to take home. At the end of the month, we will have our Harvest party. This is always a day where the students wear their Halloween costumes to school and we trick or treat across the street at the offices and then have our own parties. How fun! If you want to join, there are just a few spots still available in our three year old program and kindergarten. Please call Kristin at 708-361-8933 for a tour and information.

*Have you been to The Children's Farm this summer?
Did you notice how empty our driveway and farm lawns look?*

Sadly, the farm trees have been terribly hit by the Emerald Ash Borer. At the time of writing, we have already removed 18 trees and we still have another 10 to go. The landscape of the farm now looks empty and we have lost a lot of our shaded areas so we are on a mission to replace as many trees as possible and we need your help!

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, in honor of someone you appreciate, or just because you want to help re-beautify the farm, please contact Amy at: thechildrensfarm@sbcgobl.net.



Special Events this October:



Emerson Hill Night: Meet Eleanor Roosevelt!

Sunday, October 4, 5:30 pm dinner, followed by 6:30 pm program. Professional actress Lynn Rymarz will portray First Lady and humanitarian Eleanor Roosevelt, sharing stories from the book "The Roosevelts: An Intimate History" by Ken Burns. **Hear Eleanor's story** told in her own words woven from her writings, including her long running newspaper column, "My Day." Discover the path that led her on the journey to her marriage to FDR, to a mother of six children, to the White House, where she will tell you of her work during WWII. She will share with you how she gained the confidence to step out of the

traditional role of women and how she faced her fears, celebrated her joys, and grew from her struggles as a daughter, a wife, a mother and a friend.

Dinner cost: \$20. Advance reservations required.

LADIES HALLOWEEN TEA!

Friday, October 9, 4-6 pm, at the Anderson Center of the farm

Cackling witches, serving spider cider tea, and a buffet table filled with elegant goodies and tea sandwiches. Our Christmas Teas are cozy and heartwarming, our Spring Tea is lovely and inspiring, but our Halloween Tea is good old-fashioned fun! Professional storyteller/actress/educator Megan Wells will entertain us with her unique combination of inspiration and humor. Be sure to watch out for goblins, and feel free to wear a witch hat if you have one! Tickets are \$30.



CENTER SINGERS: New members welcome! Practice Monday evenings, 7:00 - 8:00 pm

You might think your singing is only for the shower or around the house. Well, it's time to change those thoughts and join The Center Singers! This is a fun-loving group of men and women who just enjoy singing! Practice is on Monday evenings from 7-8 pm in the Forest View Room of the lodge. The choir sings at 4:30 pm Sunday Vespers once or twice a month (this month, Oct. 18 and 25) plus special times such the Annual Meeting (Nov. 8) and Christmas Cantata (Nov. 29). It's not too late to sing, laugh, make new friends, and share the enjoyment of Christian music. Director Penny Wills invites you, begs you, beckons you, welcomes you....to join on Monday evenings! For details, talk to Dave Sanders, Mark Walker, or Penny Wills.

WOMANTALK COFFEE HOUR!

Tuesday, October 27, 10 am – 11:30 am

WOMANTALK! is a wonderfully nurturing and supportive women's discussion group, led by Mary Ann Grzych, and focusing on the month's readings in Sarah Ban Breathnach's "Simple Abundance" book or any other inspirational resources that ladies would like to bring to share. The focus of Womantalk is on learning to live authentically, joyfully, simply, and gratefully. Please call to let us know you are coming.



SPIRITUAL COMPANIONSHIP

Every Tuesday

Kathy Fontaine donates her time and expertise to The Center, by offering her one-on-one services to anyone seeking spiritual direction through prayer, meditation, and dialogue. A good friend of The Center for many years, Kathy Fontaine has been trained by the Institute for Spiritual Companionship. The cost of Kathy's spiritual companionship is \$20/hour, which Kathy donates to the camp scholarship fund. Please, call the office for details about setting up appointments with Kathy, who is here as a spiritual companion all day every Tuesday.

ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, October 11, beginning with 4:30 pm Vespers.

Whether you were married in our chapel, a grand cathedral, or a courthouse, we invite you to this beautiful evening of celebrating and renewing your marriage commitment. The evening begins with a Vespers Service at 4:30 pm in the Chapel. After Vespers, you will enjoy a gracious candlelight dinner in the lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, send \$80 for dinner for two, to be received no later than September 28. (*The Nov-Dec Anniversary Dinner is scheduled for November 15.*)

GARDEN GUIDES... to show our farm visitors what's growing in the garden!

October is the busiest month for weekend visitors at the farm! If you are able to volunteer one October weekend morning or afternoon to greet guests at the farm garden, please contact Lois Lauer by calling The Center or at loislauer@sbcglobal.net.

VISIT THE FELLOWCRAFTERS GIFT SHOP TODAY! The shop is filled with lots of wonderful hand-knitted, hand-crocheted, hand-sewn, and hand-crafted items....all waiting for you to fall in love with them and take them home!



LAUGHTER CIRCLE:

Sunday, October 11, 6 pm

Want to laugh? Research shows that laughter strengthens the immune system, reduces stress and anxiety, alleviates pain, and helps people get along better. Leader Kathy O'Brien is an R.N. and an Advanced Certified Laughter Leader who is sure to get you laughing, not from jokes or comedy routines. but rather from laughter for the sake of laughter! The cost is \$5 which Kathy donates to The Center. Please call to reserve a spot!

GENTLE YOGA CLASSES

5 Tuesday evenings, beginning October 20, 6:30 - 8 pm, at the Anderson Activity Center at the farm

We invite you to this series of gentle, restorative yoga classes taught by yoga instructor Carolyn Harms. The classes will include discussion and practice on breathing, relaxation, and centering, as well as movement and poses. Dress in comfortable clothing and bring a yoga mat. Meet at the Anderson Center at the farm.

Class fee: \$50. Preregistration required.

SPECIAL YOGA WORKSHOP with Valerie Lindstrom

Saturday morning, October 17, 9 -11 am

Join Valerie for a Saturday morning of movement and meditative yoga practice. Meet at the Anderson Center at the farm. Bring your mat. Dress comfortably. Class fee: \$15. Preregistration required.



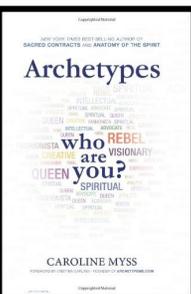
TOASTMASTERS CLUB: New members welcome!

Wednesday evenings, October Oct. 7 and 21, 7:00 - 9:00 pm

If you are interested in improving and practicing your public speaking skills, then please join our supportive group of speech makers. We take turns leading the meetings, giving speeches, giving evaluations---and we always have fun doing it! We invite you to come as a guest to see what Toastmasters is all about. For more information, contact Lois Lauer or Dave Sanders.

“ARTIST’S WAY” CIRCLE--- (The Artist's Way is not about painting or other specific art forms; it is about the “art of living.”) Course Overview: Thurs. morning, Sept. 24, 10 - 11 am
The actual course begins October 1 for 12 Thursday mornings, 10 am -12 noon.

The Artist's Way circle will read Patti Digh's "Creative is a Verb," a book for those yearning to reclaim their fantastic, unique, creative spirits. Patti Dingh leads you both by heart and head to live your whole life as art, not just the bits you draw on canvas or embroider or sing. The class is facilitated by artist Robin Neumann who loves helping students at The Center connect to their inner creative spirit in a safe and respectful environment through the inspirational readings, discussions, and exercises. Class fee for 12 week class: \$140. Pre-registration is required. Students also need to purchase their textbook online or at a local bookstore and are asked to read the first assignment before the first class on Oct 1.



WAY-FINDERS CIRCLE--- (For those who like to explore the psycho/spiritual mysteries of our lives and relationships.) Course Overview: Tues. morning, Sept. 15, 10:30 - 11:30 am

The actual course begins Sept. 22 for 12 Tuesday mornings, 9:45 -11:45 am

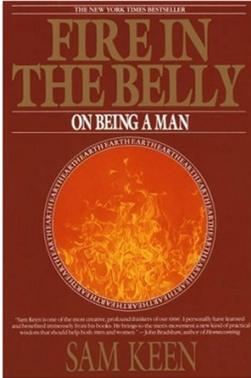
The book for this session is "Archetypes: Who Are You?" by Carolyn Myss. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life. Within the pages of this book, Myss writes about ten primary archetypes that have emerged in today's society: the Caregiver, the Artist/Creative, the Fashionista, the Intellectual, the Rebel, the Queen/Executive, the Advocate, the Visionary, the Athlete, and the Spiritual Seeker. The group is facilitated by counselor Sharon Butler (MHS, CRADC) who is committed to creating a safe and respectful environment which allows group members to probe deeply and honestly into their hearts and minds. Class fee for 12 week class: \$140. Pre-registration is required. Students also need to purchase their textbook online or at a local bookstore and are asked to read the first assignment before the first class on Sept 22.

CENTER CINEMA: Film Classics Shared and Discussed

Friday October 2nd, 6-9 pm **The White Ribbon**, Michael Haneke, 2009, 144m, B/W

Friday October 30th, 6:30-9 pm **Vampyr**, Carl Theodor Dreyer, 1932, 75m, B/W

A double feature (separated by 28 days)! *The White Ribbon* deals with a series of troubling events just before the outbreak of WWI and their effect upon a small German community. Then, just in time for Halloween we'll view a little-seen but brilliant horror film, *Vampyr*. Lively discussion to follow. We'll bring popcorn. Free, but please call to say you're coming.



MEN'S POV (Point of View)

The group meets October 20th in Log Cabin 3 at **7pm**. We will discuss aspects of Sam Keen's book *Fire in the Belly*. Please email Mark at the.center@mac.com for content updates. New members welcome!!!

RETREATS AT THE CENTER

You deserve a break! Treat yourself to a retreat....

Register early to reserve your spot in one of these wonderful weekends!

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

Saturday, Sept. Oct. 17, 9 am - 4 pm

The grounds of The Center hold a beauty and peace that, when we take the time, can be truly felt. Please join us for a day retreat led by Dan Morley and the other leaders of our Sunday morning mindfulness group. You will be invited to sit, to walk, to listen, to share, to hear, and to see that beauty and wonder that abound all around us. Wear clothing and shoes appropriate for the weather as we will be spending most of our time out of doors. Retreat fee: \$45 includes leadership, lunch, and retreat supplies.



Autumn Knitting Retreat

Saturday, October 24, 9 am - 5pm

Join Georgann Ring for a fun and relaxing day in the beautiful Forest View room while you work on your PIP (project in progress), make new friends, and share ideas. If you'd like, bring a knitted item (s) for Show and Tell. All knitting/crochet levels are welcome! Have a project that has you confused? Bring it along and we'll get you on track. Retreat fee: \$45 includes leadership, lunch, and instruction. (Crocheters welcome too!)

Women's Personal Growth Retreat: Finding Your Beauty--Inside and Out!

Saturday, November 14, 9 am - 5 pm

Join Pat Meneghini in a day of recognizing what beautiful women we are and learning to express that beauty in our thoughts, actions, and appearance! The day will hold time for sharing and listening, reflecting, walking in the woods, being creative, and enjoying the fellowship of kindred spirits. Retreat fee: \$45 includes leadership, lunch, and retreat supplies.

WOMEN'S CHRISTMAS RETREAT: Preparing Our Hearts and Our Hearths for Christmas

Saturday, December 5, 9 am - 8 pm

We gather for a time of holiday crafts and fellowship, to prepare our hearts and our hearths for Christmas... more details to follow in November newsletter! Retreat cost: \$75 which includes leadership, 2 meals and retreat supplies.



“Our Pumpkin Patch Grows Families...”

THE CHILDREN'S FARM PUMPKIN DAYS

Weekdays in October Noon-5pm

Free Admission to our

Pick-your-own Pumpkin Patch

**Offering a variety of pumpkins, gourds, mini pumpkins,
carving tools, straw bales, corn stalks, local honey & more!**

Weekends (and Columbus Day) in October 10am-4pm

Free Admission to our

Pick-Your-Own Pumpkin Patch

**Offering a variety of pumpkins, gourds, mini pumpkins,
carving tools, straw bales, corn stalks, local honey & more!**

Food Concessions And

Complimentary Hayrack rides

**PUMPKIN PLAYLAND –October weekends and Columbus Day-Admission
Fee \$8.00**

A fall themed, farm experience for children and adults!

**Barn tours & Petting Farm – Enjoy hands on interaction with all of
our farm animals. Cows, pigs, goats, sheep, chickens, ducks, rabbits and
more!**

**Straw Bale Climber – See how high you can climb on our structure of
straw!**

**Giant Corn Box – This one speaks for itself. A giant box filled with corn
kernels, provides endless fun!**

Spooky Wood Shed – An eerie experience designed for our youngest guests.

Crazy Maze-y – Enjoy navigating your way through our crazy maze-y!



TUESDAY LUNCHEONS -- 12:00 NOON - 2:00 PM

Every Tuesday at The Center, we have a delicious luncheon followed by an enlightening program on travel, nature, art, book reviews, personal growth, world affairs, spirituality, or other topics of interest. Cost is \$20. Please make reservations by the Sunday before the luncheon.



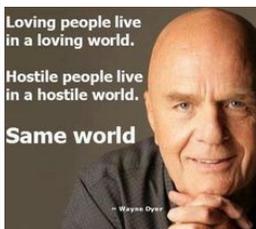
Tuesday, October 6: **DeCluttering**

Chris Hopkins will review Marie Kondo's "The Life-changing Magic of Tidying Up -- the Japanese Art of Decluttering and Organizing," an international bestseller based on the concept of surrounding ourselves with possessions that "spark joy" in our lives and discarding those that don't.



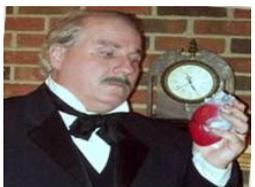
Tuesday, October 13: **Civil War -- Terror, Love and Border Justice**

Local author Joseph Dwyer loves history and has written his first work of historical fiction, entitled "Harvest the Bitter Root -- Terror, Love & Border Justice in Civil War Missouri." Joe will talk about the book, why he wrote it, and the experience of publishing one's first novel. "Harvest the Bitter Root" intertwines stories of flawed personalities who, through bravery, perseverance and redemption, cope with brutality and exploitation during the American Civil War. The story embraces the concept that living freely is contingent on vigilance and self-reliance



Tuesday, October 20: **Wayne Dyer**

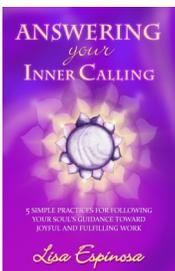
Mindfulness leader Dan Morley will talk about the life and work of the late Dr. Wayne Dyer, spiritual teacher, author, and speaker who passed away in August 2015. Wayne Dyer taught about love and compassion, forgiveness and peace, emotional contentment and self-improvement, meditation and mindfulness, the power of intention, and much more. Dan has been a long-time follower off Wayne Dyer's work and will share his insights into this amazing world-renowned spiritual leader.



Tuesday, October 27: **Edgar Allen Poe!**

Professional actor Terry Lynch brings us spine tingling-tales as he portrays Edgar Allen Poe. He'll give a brief biographical sketch of his life, and then focus on retelling some of Poe's greatest works, including "The Raven" and "The Tell Tale Heart." Join us for this Halloween party luncheon! Feel free to wear your witch hat or other spooky costume!

Coming up next month:



Tuesday luncheon, Nov. 3: Lisa Espinosa's New Book "**Answering Your Inner Calling**"

In this profound and life-changing book, Lisa shares five simple yet powerful practices that will teach you how to deepen your relationship with your Soul and step more fully into your life's purpose. Learn how your Soul talks to you in different ways, how to stay awake to its guidance, and how to find and compassionately heal those parts of you than can sabotage your efforts. Lisa Espinosa is a personal growth/spiritual coach who loves to help women connect with their Souls. She has led several popular retreats and classes in the past year at The Center.

Sunday, November 8: The Center's Annual Meeting, beginning with 4:30 pm Vespers

CHRISTMAS ART SHOW ~ Sunday November 22, 12 noon – 4 pm

All of our Log Cabin instructors and students will join together to participate in a pre-Christmas art show and reception. Christmas wreaths, log reindeer, and other Christmas decorations will also be for sale.

Please save the date for Sunday afternoon, Nov. 22!



Join us if you dare...

The Haunting

A Terrifying Tale & Hayride

Join us for an evening of frightful fun!
Come listen to a theatrical, spooky story
and then take a hayrack journey around the
farm trails. The past will come alive on
these two special October evenings!

**Friday, October 23rd &
Saturday, October 24th**

**\$10 tickets available for 6:30, 7:15 & 8:00
Tickets must be purchased in advance**



THE CHILDREN'S FARM..... PUMPKIN DAYS!!

You-Pick Pumpkin Patch

(Patch only, No Farm Admittance)

Open Every Day in October – Free Admission!

Weekdays from Noon – 5pm

Weekends (and Columbus Day) from 10am-4pm

Offering a variety of pumpkins, gourds, mini pumpkins, carving tools, straw bales, corn stalks, local honey & more!



PUMPKIN PLAYLAND

~ Admission Fee \$8 ages 2 and up ~

*Our most popular, October farm experience
for children and adults!*

OPEN WEEKENDS ONLY!! 10AM-4PM

•Barn tours & Petting Farm

Enjoy hands on interaction with all of our farm animals. Cows, pigs, goats, sheep, chickens, ducks, rabbits and more!

•Straw Bale Climber

See how high you can climb on our structure of straw!

•Giant Corn Box –

This one speaks for itself. A giant box filled with corn kernels, provides endless fun!



•Spooky Wood Shed

An eerie experience designed for our youngest guests.

•Crazy Maze-y

Enjoy navigating your way through our crazy maze-y!



Complimentary Hayrack Rides & Food Concessions Also Available on Weekends Only



Calling all willing volunteers...

Educational Farm Tour Guides, Hayrack Drivers, Pumpkin Sellers, Hotdog Grillers, Cashiers, Greeters, Animal Guides – *You name it and we need it!*

With October right around the corner, The Children's Farm is approaching our busiest month of the year. We will be very busy giving thousands of school children and families a wonderful Fall experience but we need your help. Please consider donating some of your time this year as any and all help will be greatly appreciated! We are open for business everyday during October and need dozens of volunteers daily.

If you think you can assist in **any way**, please call for more information! Thank you in advance and Happy Fall!

Express Your Creative Spirit at



Drawing by
Lois Hrejsa

THE LOG CABIN CENTER FOR THE ARTS

708-361-3650 www.thecenterpalos.org/artclasses.html

Classes and workshops for adults and children in fine arts and folk arts
OCTOBER - NOVEMBER - DECEMBER 2015 ART SCHEDULE



Like us on Facebook! Go to www.facebook.com and search for Log Cabin Center for the Arts @ The Center, Palos Park. Lots of new photos of classes and student artwork. Check it out!

KIDS, TEEN, AND FAMILY CLASSES

LOG CABIN ART FOR KIDS!

Instructor: Heather Young

6 Saturday mornings beginning Sept. 19 and Nov. 7

Kindergarten through 3rd Grade: 10:00 am - 11:30 am

4th through 8th Grade: 11:30 am - 1:00 pm

A world of art and nature for kids! Drawing, printmaking, pottery, papier-mâché, painting, papermaking, and more! Creative expression, hands-on fun, encouragement, and opportunities to learn new artistic techniques. Class Fee: \$75 includes all supplies, and each session ends with an art show of the students' creations.



KIDS AFTER SCHOOL BEADING WORKSHOP: for grades K-8

Tues. Oct. 13, 4:00-5:30 pm: Create a matching multi-strand necklace and bracelet from our large assortment of beads.

MOMMY AND ME ART - for mothers with children ages 3-6

Wed Oct. 21, 12:30-1:30 pm: Fall Landscape Painting - together you will create a painting on canvas using a variety of techniques including finger painting, to capture the beauty and colors of the fall landscape. It will be ready to hang in your home after class! Class Fee: \$9 per person



FAMILY POTTERY

Instructor: Heather Young

(all ages, adults without children welcome too!)

Wed. Oct. 7, 6:30-7:30 pm: Terra Cotta Skeleton Wind Chimes --to display in time for Halloween!

Sat. Oct. 10 & 17, 2-3 pm: Pumpkin and gourd shaped Maracas - ceramic sculptures that are also musical instruments!

Wed. Oct. 14 & 21, 6 -7 pm: Fall leaf platters - *food-safe ceramic platters using impressions from autumn leaves.*

Sat. Oct. 17, 4 - 5 pm: Fall Still Life Watercolor Class - *we will start the class by doing a sketch from a large arrangement of pumpkins, gourds, corn and other fall items-then turn it into a colorful watercolor painting.*

Sat. Nov 7 & 14, 2 - 3 pm: Ceramic Cornucopias - *sculpt a variety of fruits and vegetables to put inside your fall cornucopia.* If you have taken the class before, come back to create more fruit and veggie sculptures to make your cornucopia more abundant! *Will be ready just in time for Thanksgiving!*



Wed. Nov 4, 6 - 7 pm: Terra Cotta Owl Sculpture: adorable clay owls!

Pottery Pick-up schedule: One night classes (Oct 7 and Nov. 4): After clay pieces dry for about a week, they are kiln-fired to a stone-like hardness and are then ready for pickup. Two-night pottery workshops: Clay pieces are fired after the first week, then glazed to create a shiny finish during the second class, fired again, and ready for pickup about a week after the second class.

Family Art and Pottery Class Fees: One night workshops: \$9 per person; two-night workshops: \$18 per person.

TEEN POTTERY (grades 7-12)

Instructor: Heather Young

6 Tuesday evenings, beginning Sept. 22 and Nov. 10, 6:00 - 7:30 pm

Wonderful opportunities for artistic teens to pursue their creative yearnings in the pottery studio. Instruction in both hand-building techniques and throwing pots on the wheels. Class Fee: \$80 includes all supplies.

TEENS are also allowed to register for some adult classes. Please inquire.

ADULT CLASSES AND WORKSHOPS

BASKETMAKING

Instructors: Jane Dwyer (evenings) and Lois Shive (mornings)

6 Thursday mornings, 9:30-11:30 am

or 6 Thursday evenings, 6:30-8:30 pm, beginning Oct 22. (skip 11/26)

Begin by making an easy and beautiful wood-bottomed basket with your choice of colored trim. Continue on to learn techniques for weaving a variety of shapes and sizes of baskets and choose your own project in consultation with the instructor. You can expect to make 2-3 baskets in 6 weeks, depending on your style and choice of projects. Class Fee: \$90, plus \$25 materials fee per 6 week session.

CHRISTMAS BASKET WORKSHOP Sat. Nov. 7, 10am—2pm.

Your choice of two simple but beautiful Christmas baskets-Lois Shive will help you finish your basket in one day! No experience necessary. Class fee: \$30 plus \$12 materials fee. Bring a sack lunch.

CALLIGRAPHY

Instructor: Marge Boyd (www.penandpaints.blogspot.com)

6 Monday afternoons, beginning Nov 2, 1:00—3:30 pm

Come and learn the beautiful art of fine lettering. In the course of a year of calligraphy classes, you will learn the graceful uncial, italic, and book-hand styles of writing. You construct a small book in whose pages you add lettering and other decorations. Class Fee: \$110. List of required supplies available in office.

COLLAGE

Instructor: April Schabes (www.aprilsart.blogspot.com)

6 Wednesday mornings beginning Oct 21, 9:30 am—12 noon (skip 11/25)

Experiment with color and composition to create your own mixed-media collages... an opportunity to "play in your own world of artistic expression with a fun and easy art form!" Class Fee: \$110. List of required supplies available in office.

DRAWING

Instructor: Lois Hrejsa

6 Thursday mornings beginning Oct 22 9:00-11:30 am (skip 11/26)

Work in pencil or pen and ink to achieve a realistic three dimensional effect on a two dimensional surface. Value, perspective, composition, landscape, still life and portraiture will be explored. Students with drawing experience will be encouraged to try other drawing materials such as colored pencils or watercolor washes combined with pen and ink. Individual and group critiques will help point out what has worked and how to improve that which has not. Class Fee: \$110. List of required supplies available in office.

KNITTING/CROCHET 101...and BEYOND!

Instructor: Georgann Ring

6 Monday evenings, beginning Nov 2, 6:30-8:30 pm or 6 Friday mornings, beginning Nov 6, 9:30—11:30 am

Beginning knitters will learn to use the knit and purl stitches, to cast on and bind off. Beginning Crocheters will learn the basic crochet stitches. Both will learn simple increases and decreases, and to read a pattern while completing their first project, a washcloth; the second project will be chosen by the student from a suggested collection. Georgann will help those with experience choose their projects and learn more advanced knitting/crochet skills. Class Fee: \$90. Beginning students should bring a ball of Sugar n' Cream yarn; knitters need a pair of 10", U.S. size 8 (5 mm) needles; Crocheters need a size "H" aluminum crochet hook. Students purchase own yarn for advanced projects.

LAPIDARY

Instructor: Larry Rothenberg

6 Monday mornings, beginning Nov 2, 9-11 am

Turn rough hunks of rock into beautifully polished gemstones. Create a pair of round or oval stones, and then advance to more complex designs. Class Fee: \$90 plus \$10 new student materials fee for introductory projects. Students purchase rocks for advanced projects.

NATURE PHOTOGRAPHY--Basic Tools and Techniques!

Instructor: Rick Steffen

4 Saturdays, beginning Oct 3, 9-11 am

Ever wonder how some people get such great nature photos? Rick Steffen can help you learn to do it too. Bring whatever camera you have, and Rick will help you to use it more easily and more effectively. He'll demonstrate and share his strategies for composing great outdoor pictures, getting the right exposure on each shot, and, perhaps, most importantly, how to look for great subject matter in nature. Class Fee: \$60 for 4 session series (\$18 individual session registration)

QUILTING

Instructor: Denise Dulzo

6 Wednesday afternoons beginning Oct 21, 1-3 pm (skip 11/25)

Bring your own sewing machine and your own choice of fabrics. Learn to design your project, cut your fabrics, piece them together, add batting and backing, and stitch it all together to create a baby quilt, wall hanging, or other pieced fabric project. Class Fee: \$ 90. Purchase your own fabrics and batting before the first class. A list of required fabrics and supplies is available in the office.

PASTEL PAINTINGInstructor: Susan Flanagan (www.sueflanagan.fineartstudioonline.com)

6 Monday mornings beginning Nov 2, 9:00-11:30 am

Try soft pastel, a versatile and creative painting medium. This class will accommodate those students who are new to soft pastel and those students who have experience. Students new to pastel will learn the basics of pastel application on a sanded paper with simple subject matter. Students who have experience will experiment with different surfaces that are appropriate for pastel paintings including creating your own surface. Instruction is adjusted to needs and interests. Class fee: \$110. Supplies are important and a list is available in the office.

NO-EXCUSES JOURNALING

Instructor: April Schabes

Fridays, Sept 25 and Oct 30, 12-3 pm

It's never too late to begin! Create a colorful artistic record of your days, your thoughts, your experiences, through words, collages, photos, poems, magazine images, drawings, watercolor, etc. No-excuses! \$10 per month

PAPERCRAFTS

Instructor: Linda Sears

We welcome new instructor Linda Sears to our art staff! Linda has many years of card making experience and is eager to teach students to create beautiful cards, sometimes whimsical, sometimes heartwarming, by folding, cutting, gluing, stamping, and arranging layers of papers. Students in the 6-week class will also use the cri-cut electronic cutting machines to embellish their work.

Wednesday afternoon intro workshop, Sept 30, 1-3 pm. Workshop fee: \$15 plus \$5 materials fee

6 Wednesday afternoons, beginning Oct 7, 1-3 pm. 6-week class fee: \$90 plus \$25 materials fee

PAPERMAKING WORKSHOPInstructor: Marilyn VandenBout (www.vbartworks.blogspot.com)

Wednesday evening, Sept 30, 6:30-8:30 pm

Create handmade papers embedded with the end-of-summer garden flowers, to be used as stationery or other creative projects. Class fee: \$15 plus \$5 materials fee per workshop

SILVERSMITHING

Instructor: Dan Snyder

6 Monday afternoons or evenings, beginning Nov 2, 2-4 pm or 6:30-8:30 pm

Learn to design, saw, file, solder, and polish silver into beautiful pieces of jewelry. Students make pins, pendants, brooches, bracelets, and more. You can also set polished rocks into sterling silver pendants, which you make by sawing, filing, soldering, and polishing the silver to fit your stone. Class fee: \$90 materials fee: \$15 for new students for first project. Students can expect to pay an additional \$40-\$50 in silver costs, to be paid directly to the instructor.

STAINED GLASS

Instructor: Harry Meneghini

6 Thursday evenings beginning Oct 29, 6:30-8:30 pm

Create beautiful stained glass pieces, by learning the principles of glass design and color and the techniques of cutting and soldering, using both lead came and copper foil to join the pieces of glass. Start with simple projects, and eventually design your own windows, pictures, and lamps. Class Fee: \$90. A list of glass and supplies which will need to be purchased will be distributed the first day of class, or may be obtained at The Center office, but wait until after the first class to make any purchases.

STONEWARE POTTERY

Instructor: Karen Stasky

6 Tuesday mornings beginning Nov 3, 9:30-11:30 am

or 6 Thursday evenings beginning Nov 5, 6:30-8:30 pm (skip 11/26)

Make strong professional-looking stoneware pottery, such as beautiful stoneware bowls, mugs, and vases, in addition to interesting decorative pieces. Beginner? Learn a variety of hand-building techniques. Returning student? Learn to throw pots on one of the wheels. Class Fee: \$90 plus \$15 materials fee

**WEAVING**

Instructor: Nettie Botts

6 Wednesday mornings, beginning Oct 7, 9:30-11:30 am

New weavers: learn the basics while making a sampler - then design and complete a project of your choice. Returning weavers study and weave a project in the pattern weave of your choice. Class Fees: \$90, plus \$10 materials fee for new weavers. Students purchase own threads and yarns for future projects.

WATERCOLOR PAINTINGInstructors: Lois Hrejsa and Lenox Wallace (www.lenoxwallace.com)

6 Wednesday evenings beginning Oct 21, 6:30-9:00 pm (skip 11/25)

or 6 Thursday afternoons beginning Oct 22, 1:00-3:30 pm (skip 11/26)

Wednesday evenings with Lenox Wallace feature structured lessons for beginning watercolorists with critique and continued on next page

continued from last page

guidance in composition, values, textures, negative painting, brush stroke usage, and more, while experienced painters work individually with occasional guidance and critique. Thursday afternoons with Lois Hrejsa, include instruction in color mixing and theory, washes, light and shadow, glazing and negative painting, while intermediate and advanced students have the opportunity to further express themselves in watercolor with attention to areas of interest to the individual student. Opportunities will arise to expand the advanced students' painting experience. Individual and group critiques will point out what has worked and how to improve that which has not. Class Fee: \$110. List of required supplies available in office.



WOODCARVING

Instructors: Keith Miller (mornings) and Arlene & Don Lesiak (evenings)
6 Wednesday evenings beginning Oct 28, 6:30-8:30 pm (skip 11/25)
6 Thursday mornings beginning Oct 29, 9:00–11:00 am (skip 11/26)

Learn and practice the tools and techniques of woodcarving using basswood and butternut. Create beautiful animals, objects, and faces. New students will make 3-6 projects such as a goose, a shoe, an egret, and miniature people. If you're experienced, you may design your own projects. Class Fee: \$90. Wood and bench knives are available for purchase in class (approximately \$25 for wood and bench knives).

GARDEN FOLKARTS

BOW-MAKING

Instructor: George Mitchell

-- professional looking bows for wreaths, packages, and more!

Monday evening , Nov 2, 7-8:30 pm

No one can make a bow as fast or beautifully as florist George Mitchell! He'll demonstrate and then you'll start with a bolt of simple floral ribbon and keep making bows until George says you're a pro, too! Then you'll move on to a variety of other wider and fancier ribbons, including the traditional red velvet for Christmas bows. You'll go home with a variety of ribbons ready for your packages, wreaths, and other decor. Class Fee: \$12 plus \$12 materials fee (Bring a basket or bag for carrying your bows)



CANDLE-DIPPING-bayberry your home for Christmas!

Instructor: Lois Lauer

Friday, Nov 6, 10 am–11:30 noon

Create your own hand-dipped candles for your Christmas table or to give as gifts. We'll make several pair of both green bayberry and red pine candles, and also dip some pine cones in the wax to make fragrant baskets of glistening waxy cones. Class fee: \$12 plus \$10 materials fee

"TIN BELLS"

Instructor: Jackie Riffice (www.prairiegodmothers.com)

-- an old-fashioned look for your Christmas doorway

Monday evening, Nov 23, 6:30-8:30 pm

These antique-looking bells, made from old tin lids, provide a pleasant tinkle when nestled amidst a swag of evergreens on your front door. Make 3 short strings of tin bells, and a swag of fresh balsam and pine. Class Fee: \$15 plus \$6 materials fee (Bring work gloves, needle-nose pliers, pruners, and 12 tin can lids) (We have extra lids if you don't have them!)

EVERGREEN WREATHS-a circle of fresh greens for Christmas!

Instructor: George Mitchell

Monday evening, Nov 30, 7–8:30 pm Let professional floral designer George Mitchell help you create a beautiful fresh balsam fir wreath complete with pine cones and a red velvet bow, just in time for the Christmas holidays. Class Fee: \$12 plus \$12 materials fee (Bring pruners)

Pre-registration is required 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 this fall, plus parents' names and emergency contact information. Registration in a program at The Center authorizes The Center to use photos of participants for promotional purposes.

Don't forget:
Our 73rd annual
**FALL FESTIVAL
AT THE FARM!**

Saturday, Sept 26,
10 am - 4:00 pm

It's like our very
own "homecoming"
weekend-a fun time
to see your Center
friends - and a great
way to support the

ministry and programs of The Center! We hope to see you there!!!



9700 W 131st St
Palos Park, IL 60464
(708) 361-3350

Please
Support
Our
Festival
Sponsors



Butler Orthopaedics

15300 West Avenue
Suite 300
Orland Park, IL 60462

Fellowship Corner: Mary Winchell

I used to pass The Center and Children's Farm many times and would look up the road and think "I wonder what they do there?" Now I know. The Pathway Program gave us our son back, and it was during a visit with him at the lodge that I saw a sign on the door that read:

"Like being outdoors?" Check.

"Like animals?" Check.

"Like children?" Check.

Hmmm--3 for 3. And they needed help at the Children's Farm.

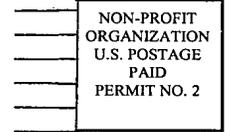
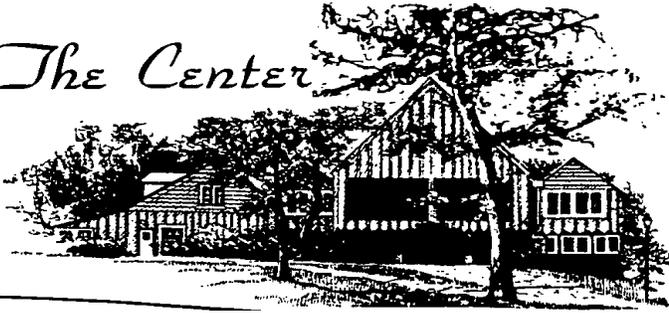
I started as a farm tour guide and quickly came to love all that is The Center. Never have I felt so at home and at peace as I do here. Whether you need to unwind, regroup, reboot, or whatever you want to call it, this is the place. I am forever grateful to the Pathway staff for healing our son and for the joy and peace I always find here.



Thank you Mary, for the gratitude and joy you share with us all! We always appreciate your help at the farm and always enjoy your enthusiasm for Center activities! We love you!

---The Center staff

The Center



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

LADIES HALLOWEEN TEA!

Friday, October 9, 4-6 pm,
at the Anderson Center of the farm

Cackling witches, serving spider cider tea, and a buffet table filled with elegant goodies and tea sandwiches. Our Christmas Teas are cozy and heartwarming, our Spring Tea is lovely and inspiring, but our Halloween Tea is good old-fashioned fun! Professional storyteller/actress/educator Megan Wells will entertain us with her unique combination of inspiration and humor. Be sure to watch out for goblins, and feel free to wear a witch hat if you have one! Tickets are \$30.

