A Place to Be

Spirituality Center

July—December 2018

Newsletter

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- Grand Opening Open House Sunday Aug 12 10 am—3 pm
- Contemplative Movie Nights
- Dabbling with Alcohol Inks
- Geography of Grace
- Finger Labyrinth Workshop
- Raising Mom: Parenting as a Spiritual Practice
- Advent Retreat in Daily Life



I am honored to present our inaugural newsletter for *A Place to Be*Spirituality Center. It is hard to put into words how grateful I am to see what began as a tiny dream grow into reality. A place of hospitality and

belonging, quiet and solitude, faith, and formation, *A Place to Be* offers sacred space for rest and renewal where we connect with our souls, our faith and our community.

I invite you to explore these pages as a pilgrim setting out on a journey. Perhaps you want to learn about an aspect of your faith? Check out the Geography of Grace, TMIY Men's Group, or a Bible Study. Or perhaps you are feeling creative and want to explore your faith through art? Check out Dabbling with Alcohol Inks, Finger Labryinth Workshop, or Reflect & Create using Mandalas. If you are experiencing grief or one of life's many transitions, perhaps our Bereavement Support, Return to Life: Divorce Recovery, or In the Land Between would offer support and encouragement. Or maybe you're just in need of a Day of Solitude to quiet your spirit. Whatever it is, jump in and get involved. We are excited to welcome you!

There are many, many people who had a hand in bringing this to a reality. First and foremost, I give praise and glory to our God for planting the vision and making the way. I also want to thank Fr. Pat Wendt and the St. John XXIII community for giving their "yes", sponsoring this ministry, and for their continued support. And to all the facilitators, instructors, team members, family and close friends — thank you just doesn't express my gratitude.

So dive in and get involved! Together, let's make A Place to Be THE place to be for spiritual renewal.

Peace and all good,

Kelly Lemens Kelly Lemens, Director

Welcome!

Our mission:

A Place to Be is sacred space that welcomes everyone. Rooted in Christian values and led by the Holy Spirit, we are dedicated to supporting anyone in their search for meaning, wholeness, and the Divine.

We believe:

- ♦ In each of us dwells the Sacred.
- We need each other to recognize and honor that part of ourselves.
- ♦ As we grow in holiness, we contribute to bringing God's presence into our world.

Core Values:

- ♦ Sacredness: We believe in every person and all creation dwells the indwelling Spirit.
- Respect: Acknowledge the dignity, diversity, and worth of each person as a unique image of God.
- Community: Through prayer, empathy, listening and sharing, we create a safe, nonjudgmental, peaceful place.
- ♦ Hospitality: Welcome all with compassion, acceptance, and celebration.
- Professionalism: Commit to competence, quality, trust, and personal spiritual development.

A Place to Be Spirituality Center 2561 Hwy 32, Port Washington, WI 53074 On the corner of Cnty Rd LL and Hwy 32 Phone: (262) 284-9035

Website: www.aplacetobesc.org Email: information@aplacetobesc.org

Spiritual Living

- No advance registration necessary
- ⋄ Free-will offering accepted

Bereavement Support

every 1st and 3rd Tuesday 6:30—7:30 pm

Facilitators: Kelly Lemens & Ken Kasprzak

Donation: Free-will offering

The journey through grief is not easy. There is help along the way - it can come from those around you, like family and friends, or others who have experienced grief before you. You'll have the opportunity to process your own unique experience while receiving the comfort and support from others who have personally experienced loss.



Spiritual Resource Library

Our library features a variety of books, cd's and dvd's on a wide variety of topics, available to check out, to foster personal and spiritual well being.



Day of Solitude

Based upon availability **Facilitator:** Kelly Lemens

Donation: \$35, includes optional spiritual companioning session and simple meal

Yearning for a day to unplug and pause from the demands of life? You are invited to spend a day of solitude at the Center where you are given permission to simply BE. Solitude offers a place to listen to and rest in God. Choose a day that works for you. Begin and end the day with prayer with a Spiritual Companion. You will be offered a private, comfortable room and a simple meal. Options include attending Daily Prayer, using our art supplies, enjoying a walk along the nearby walking trail or lakefront, and meeting with Kelly Lemens, Spiritual Companion, if you wish.

Fishes & Loaves Potluck

Fridays: 9/14, 10/5, 11/9, 12/7

5:30—9:00 pm

Donation: Free-will offering



Join us for food, fellowship, and friendship. Bring a friend, a dish to pass, or just yourself for a potluck supper with the *A Place to Be* community.



Spiritual Living

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Sacred Circle
Contemplation & Dialogue
for Seekers

every 1st Friday 1:00—3:00 pm

Facilitator: Kelly Lemens

Donation: Free-will offering

Sacred Circle is for anyone desiring a deepening in awareness of themselves and the Divine, the opportunity to explore their own inner territory, and dialogue with other seekers about the journey. Through contemplation and compassionate dialogue, Sacred Circle provides sacred space for compassionate listening, both to our inner selves and to others, in a way that restores our sense of self and the Divine.



That Man Is You (TMIY)

every Wednesday, 6:00—7:00 am

-or-

every Sunday, 6:15-7:15 pm

13-week sessions beginning September

Facilitators: Wed: George Ploof & Mark Goeden

Sun: Chuck Lanser & Ed Quentin

Donation: Free-will offering

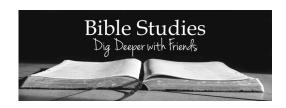
A Catholic, interactive men's program focused on the development of men in the modern world. It combines the best research from science with the teachings of the Catholic faith and the wisdom of the saints to develop the vision of authentic men capable of transforming themselves, their families and greater society.

Bible Study

Wednesdays, 6:30—8:00 pm—or—

Thursdays, 9:30—11:00 am **Facilitator:** Kelly Lemens

Donation: Varies by selection



This group provides encouragement and fellowship for anyone looking to learn more about the books of the Bible. Join other seekers in studying a faith topic using a variety of genres followed by reflection, discussion, and prayer.

Prayer



Daily Prayer

Daily, 11:30 am & 4:30 pm

Facilitator: Varies

Donation: Free-will offering

The community at A Place to Be gathers for prayer twice a day - at midday (11:30 am) and evening (4:30 pm). Communally, we pray the Liturgy of the Hours, which includes psalms, readings from scripture and other writings, and intercessory prayer for all those who have asked for our prayers. Woven throughout are times of silence to allow space for God's presence to be experienced.

Centering Prayer

2nd Monday of the Month 6:00—7:00 pm

Facilitator: Kelly Lemens **Donation:** Free-will offering



Centering prayer is a receptive method of prayer, one of resting in God's presence so that one experiences God's presence within. The focus is on deepening one's relationship with the living Christ. Different from active modes of prayer—verbal, mental, or affective prayer—centering prayer is done in silence which emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Christ.

Body, Mind & Spirit

Yoga and the Contemplative Christian Tradition

Saturday, October 27 9:00 am-3:00 pm

Instructor: Nicki Nelson

Donation: \$45



While many Christians today practice yoga as a form of physical relaxation or fitness, it can also be used to deepen our spiritual lives.

Join us for a day of reflection as we explore how yogic tradition aligns with the contemplative Christian tradition to offer an embodied prayer experience that can deepen our relationship to God. The day will include breathing exercises, an introduction to both yogic tradition and the contemplative Christian tradition, group discussion, time for personal reflection, and a gentle yoga practice.

Please wear comfortable clothes and bring a yoga mat (there will be a few extra mats). You may also want to bring a journal for personal reflection.

Healing Hands

By appointment

Practitioner: Maria Giordano, HCT

Donation: \$55 for a one-hour session

Hands on healing is a complementary healing technique for stress-reduction and relaxation to improve health and well-being. Hands on healing combines deep breathing, meditation, and light touch to bring balance to your body, mind, and spirit. Benefits include: releases stress and pain, calms anxiety and depression, enhances the immune system, improves sleep patterns, and maintains health. Contact Maria at mariag@healinghandsenergy.com to book an appointment.

Therapeutic Massage

By appointment

Practitioner: Paula Slamann

Donation: \$65, 1 hr session Experience the many benefits of massage therapy. A few benefits of massage include stress reduction,

lower blood pressure, relief of muscle pain, improved

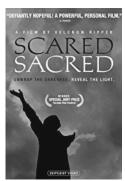
range of motion, flexibility and circulation. Go to http://www.mtbypaula.com to book an appt.

Contemplative Movie Night: Scared Sacred

Tuesday, August 14, 6:30—8:30 pm

Facilitator: Kelly Lemens

Donation: Free-will offering

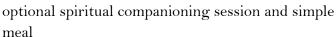


In a world teetering on the edge of self-destruction, award-winning filmmaker Velcrow Ripper sets out on a unique pilgrimage. Visiting the 'Ground Zeros' of the planet, he asks if it's possible to find hope in the darkest moments of human history. Ripper travels to the minefields of Cambodia; war-torn Afghanistan; the toxic wasteland of Bhopal; post 9/11 New York; Bosnia; Hiroshima; Israel and Palestine. This powerful documentary captures his five-year odyssey to discover if humanity can transform the 'scared' into the 'sacred'. In each Ground Zero, he unearths unforgettable stories of survival, of ritual, resilience and recovery. Featuring an engaging, first-person narrative, this film is an exquisite portrait of a search for meaning in times of turmoil, a luminous gift to a world in shadows. We will watch the documentary, then reflect and discuss to process what we have heard and learned. Join us for an evening of challenge, Inspiration, and sharing dreams for a better world.

Day of Solitude

Based upon availability
Facilitator: Kelly Lemens

Donation: \$35, includes



Yearning for a day to unplug and pause from the demands of life? You are invited to spend a day of solitude at the Center where you are given permission to simply BE. Solitude offers a place to listen to and rest in God. Choose a day that works for you. Begin and end the day with prayer with a Spiritual Companion. You will be offered a private, comfortable room and a simple meal. Options include attending Daily Prayer, using our art supplies, enjoying a walk along the nearby walking trail or lakefront, and meeting with Kelly Lemens, Spiritual Companion, if you wish.

Dabbling with Alcohol Inks

Thursday, August 23, 5:30—8:30 pm

Instructor: Jenny Mitchell

Donation: \$15, includes supplies

In this casual art workshop, you will try your hand at alcohol inks as you create a set of coasters to take home with you. Using a variety of vibrant colors, tools and techniques, you are only limited by what your imagination can dream up! No prior art experience necessary. All materials will be supplied

- come as you are!



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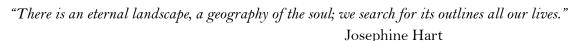
Geography of Grace

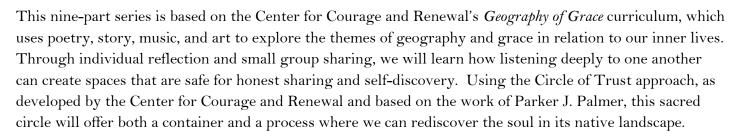
Tuesday, 6:30—8:30 pm

Aug 28, Sept 25, Oct 23, Nov 27, Jan 22, Feb 26, Mar 26, Apr 23, May 28

Presenter: Nicki Nelson

Donation: \$125, for all 9 sessions





All sharing in this sacred circle is optional, but we ask that if you sign up for the program, you commit to attend all sessions. Space is limited to 12 participants.



Return to Life: Divorce Recovery

Thursdays: Sept 6, 13, 20, 27, Oct 4, and 11

6:00—7:30 pm

Facilitator: Kelly Lemens

Donation: \$10

Need hope and healing during a separation or after a divorce? *Return to Life* is a six-week series which offers support, resources, and fellowship for those in the process of divorce and beyond. Sessions consists of a 50 -minute dvd presentation led by Marianne Skrobiak, M.S., M.A., LPC, followed by group discussion.

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Finger Labyrinth Workshop

Date: Tuesday, September 25 & Tuesday, October 9

Time: 6:00—8:00 pm

Instructor: Barb DickmannDonation: \$25, includes supplies



Labyrinths can be found around the world, symbolizing wholeness and the spiritual journey. In this workshop, we will explore the history and symbolism of the labyrinth, the spirituality of pilgrimage, and how to use a labyrinth for meditation and prayer. Participants will be creating their own clay finger labyrinth that can be used as a spiritual tool for meditation. No experience is necessary; all materials and instruction are provided.



That Man Is You (TMIY)

every Wednesday, 6:00-7:00 am

-or-

every Sunday, 6:15—7:15 pm

13-week sessions beginning September

Facilitators: Wed: George Ploof & Mark Goeden

Sun: Chuck Lanser & Ed Quentin

Donation: Free-will offering

A Catholic, interactive men's program focused on the development of men in the modern world. It combines the best research from science with the teachings of the Catholic faith and the wisdom of the saints to develop the vision of authentic men capable of transforming themselves, their families, and greater society.

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Raising Mom:

Parenting as a Spiritual Practice

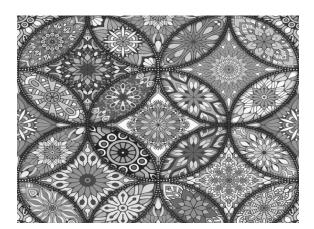
Date: Saturday, September 15 Time: 9:00 am—12:00 pm Instructor: Nicki Nelson

Donation: \$25



As moms, we often believe that our most important task is to raise our children well. And yet, parenting also offers unique opportunities to *raise ourselves* into more self-aware, present, and spiritually mature people. Heeding this invitation to pay attention to all of the ways in which parenting challenges us to grow as individuals is actually central to good parenting. As we begin to reconnect our soul to our role as mother, we find that we are better able to navigate the identity shifts that motherhood brings, tackle our stress, and resolve our children's troublesome behaviors in a way that actually strengthens our relationship with them.

This morning workshop will offer an introduction to conscious parenting while also connecting with other moms through group discussion. You may want to bring a journal for personal reflection.



Reflect & Create using Mandalas

Saturday, September 22 9:00 am—12:00 pm

Instructor: Kathy WalzcykDonation: \$20, includes supplies

Mandala means circle in Sanskrit. There is no right or wrong mandala. One's personal intention dictates the use of mandala. Mandala is a simple tool often used for self-discovery, contemplation, centering, integration, prayer, or creative design. Join us for a morning of renewal and creative self-expression as we play and pray our way through the mandala. No experience or artistic skill needed.

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Art as Prayer

Saturday, Oct 6 9:00 am—12:00 pm

Instructors: Jenny Mitchell and Kelly Lemens

Donation: \$25, includes supplies

"Let go (of the outcome you desire), and let God (manifest his will)"

As we journey through life, many of us cling to our desire to maintain control of the elements around us, causing unnecessary stress and the inability to see the beauty in God's plan for us. In this course we will learn to relinquish some of that control as we relax and create a beautiful watercolor painting. No prior art experience necessary. All materials will be supplied - come as you are!



Mondays; Oct 1, 15, Nov 5, 19, Dec 3, and 17

6:30—8:00 pm

Instructor: Kelly Lemens

Donation: \$15



Have you ever wondered how we got the Bible? Who were its authors? Why is it so hard to read? Is the Bible meant to be read literally? This Bible Basics series answers these questions and many more. Learn the anatomy of the Bible, its organization, authors, and main themes. We wrap up the series with practical advice on how to read the Bible and develop good Scripture reading habits. Join us for a fun and enlightening pilgrimage through the Bible. Bibles may be purchased before class at an additional cost or participants may bring their own.



In the Land Between

2nd & 4th Thursdays, 1:00—2:30 pm 10 sessions, beginning Oct 11 through March 13

Facilitator: Patricia Morrissey

Donation: \$40, includes cost of book

Life is full of transitions which can be rewarding, joyful, challenging, exhausting, and sad. Losses can be predictable or sudden, with no time to prepare. There often is a sense of not having had a choice or control over what occurred. Many of us often find ourselves "In the Land Between." Events such as foreclosure, unemployment, aging parents, personal illness, relationship loss are often fertile ground for a spiritual transformation. It is possible for the best you to emerge with greater skill, grace, and spirituality, while passing through a season of profound disappointments, unnerving chaos, and debilitating pain. "In the Land Between" is a "companioning" ministry. A trained facilitator will walk beside each member of this small group (limited to 10 people), which is open to anyone who is experiencing this type of loss or transition. The book, *Bittersweet: Thoughts on change, grace, and learning the hard way*," by Shauna Niequist, handouts authored by Alan Wolfelt about loss, as well as some "Ted Talks" will be used in this retreat.

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Contemplative Movie Night:

Entertaining Angels

Thursday, October 18, 6:30—8:30 pm

Facilitator: Kelly Lemens **Donation:** Free-will offering

This biographical drama is based on the true story of Dorothy Day, a devout Catholic, who devoted much of her life to working with the poor and homeless on New York City's Lower East Side. Born in an Episcopalian household in 1897, Day was a free-thinking agnostic in her young adulthood; she contributed to radical leftist journals and was friends with the likes of Eugene O'Neill and Mike Gold. After undergoing a painful abortion and giving birth to another child out of wedlock after her lover, Foster Batterham, abandoned her rather than marry, Day embraced Catholicism, a faith she would cling to strongly for the rest of her life. Day's leftist politics and her sense of personal activism remained; she established a political journal, "The Catholic Worker," in association with self-described Christian anarchist Peter Maurin, and was a tireless and outspoken champion of the rights of the poor and disenfranchised. Day came under heavy criticism for her political and social activism; as she put it, "If you feed the poor, you're called a saint, but if you ask why they're poor, you're called a Communist." However, Day continued her mission undaunted until her death in 1980, when she was called America's Mother Teresa. We will watch the documentary then reflect and discuss to process what we have heard and learned. Join us for an evening of challenge, inspiration, and sharing dreams for a better world.

Yoga and the Contemplative Christian Tradition

Saturday, October 27 9:00 am—3:00 pm

Instructor: Nicki Nelson

Donation: \$45, Lunch included



While many Christians today practice yoga as a form of physical relaxation or fitness, it can also be used to deepen our spiritual lives.

Join us for a day of reflection as we explore how yogic tradition aligns with the contemplative Christian tradition to offer an embodied prayer experience that can deepen our relationship to God. The day will include breathing exercises, an introduction to both yogic tradition and the contemplative Christian tradition, group discussion, time for personal reflection, and a gentle yoga practice.

Please wear comfortable clothes and bring a yoga mat (there will be a few extra mats). You may also want to bring a journal for personal reflection.

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Contemplative Movie Night:

With One Voice

Tuesday, November 13, 6:30—8:30 pm

Facilitator: Kelly Lemens

Donation: Free-will offering





With One Voice brings together mystics from fourteen different spiritual traditions to share their perspectives on the unifying truth that transcends all religions. In this documentary, these awakened teachers address profound questions about life and love, the existence of God, the path to spiritual awakening, and the way to true peace in the world. Not only do they address life's questions with eloquent, moving, and often humorous candor, but they offer answers...answers ancient and new, simple and complex, and always provocative. Through their words and compelling presence, they ask us to look within our own hearts and listen deeply, so we too can join the conversation and speak With One Voice. We will watch the documentary, then reflect and discuss to process what we have heard and learned. Join us for an evening of challenge, inspiration, and sharing dreams for a better world.

Advent Retreat in Daily Life

Saturday, December 1 9:00 am—12:00 pm

Presenters: Nicki Nelson & Mark Goeden Donation: \$35, includes three individual

spiritual companioning sessions



In the Christian tradition, the season of Advent is a time of remembrance and anticipation, of prayer and reflection, of waiting and spiritual preparation. Yet, ironically, often these weeks before Christmas are some of the busiest of the year as we externally prepare for Christmas. This year, you are invited to be intentional in holding this tension by finding practical ways to observe the holiness of the season in your daily life. Join us for a morning of reflection as we enter into the Advent season. You'll then be invited to commit to daily prayer and to continue to meet individually with a spiritual companion regularly until Christmas. These three weekly hour-long sessions with a spiritual companion offer the space to bring awareness to what is happening in your prayer as well as what is happening in your life. All the benefits of retreat, yet within the structure of your daily life.

Spiritual Companioning

Spiritual companioning is the process of sharing one's sacred stories with a trained, compassionate listener. It can be helpful to anyone seeking spiritual growth, Healing, or a deeper connection with God and others. It is a time-honored practice of compassionate, non-judgmental listening to another in a safe setting where what is shared is held with reverence and confidentiality. A trained spiritual companion will listen intently, patiently, and confidentially as you share your sacred stories. Your spiritual companion will journey with you as you navigate through life's complexities and transitions, and be a trusted guide as you discover your inner wisdom. Spiritual companions do not offer counseling, advice, or problem solving. Rather, they accompany you as you explore your own spiritual path.

Why Spiritual Companioning?

Seeking God is a universal human quest — common to all ages and to all cultures. Growth in the quest for God happens when we pray with honest, authentic desire. The spiritual companion helps an individual to sort out the various desires in their life and to recognize and respond to their desire for God. Do you desire a compassionate, non-judging listener? Do you long to grow spiritually and communicate with God? Qualified spiritual companions can help you place yourself freely before God and reflect on your life experiences. Spiritual companions are often thought of as "trained listeners," or people who guide you to discover what is already within you.

Typically, spiritual companioning is one hour long and occurs monthly and/or during a directed retreat. Suggested donation is \$50 per hour. If the donation is beyond your means, please request a scholarship. No one will be turned away because of the inability to pay.

Our Spiritual Companions



Kelly Lemens lemensk@aplacetobesc.org



Nicki Steinmetz Nelson nelson@aplacetobesc.org



Kathy Walczyk (based out of Green Bay) wals4@aol.com

Please check out detailed biographies on each of our Spiritual Companions at www.aplacetobesc.org.

Friends of the Center

A Place to Be Spirituality Center relies on donations to keep our programs, retreats, and spiritual companioning affordable and accessible to all who seek support. With your support, we can continue offering life-changing programs and retreats to meet the spiritual needs of adults, offering hospitality, peace, hope, gentle care. Whether you've contributed in the past or are ready to make a first-time gift, would you consider making a monthly gift? Year-round, consistent support is vital to sustaining our ministry.

Friends of the Center is a monthly giving program that fits your budget. You decide the amount of your gift and authorize your bank to transfer that amount from your checking account directly to A Place to Be Spirituality Center. It's that easy! Not only is it convenient and safe, but your donation goes further by reducing administration, postage, and paper costs.

You can designate your gift to our scholarship fund or to our general donation fund. Either way, know that you are helping others on their path to connecting with God, meaning, and wholeness. Thank you for your generosity.

For more information and an enrollment form, visit www.aplacetobesc.org and click on *Support Us* button or call (262) 284-9035.

Where to Find Us

A Place to Be Spirituality Center is in the south-east area of Port Washington on the corner of Hwy 32 and County Road LL. The Center shares the property with Goebel Woodworking and is located in the house facing Hwy 32.

IMPORTANT INFORMATION

Registration Process

Please visit the A Place to Be Spirituality Center website at www.aplacetobesc.org to register for each session. The donation is required at the time of registration, If you would like to pay in installments or register by phone, please call (262) 284-9035 or send an email to information@aplacetobesc.org. We accept credit cards, personal checks and cash for all registrations not completed online. The donation must be made in full prior to the start of the program to be a confirmed participant.

Refund Policy

Cancellations made at least 48 hours before the start time of an event will qualify for a refund.

Registration Deadlines

Many programs/retreats have a registration deadline. This will help us make important decisions regarding the status of the program/retreat. Many programs fill quickly; early registration is recommended to guarantee placement. Prompt registration also help reduce the possibility that a program or retreat might be canceled due to insufficient enrollment, an issue that inconveniences both participants and presenters.

Scholarship Information

We honor and respect everyone in their search for spiritual healing, growth and renewal and will not turn anyone away because of inability to pay. Our scholarships are based on need and the type of program or retreat. We give scholarships to anyone who asks for financial assistance for spiritual direction and partial scholarships for programs or retreats. Please contact us for more detailed information about scholarships and payment options for specific retreats and programs.

Hours of operation:

Monday—Thursday: 10:00 am—8:00 pm Friday: 10:00 am—3:00 pm By appointment

Telephone: (262) 284-9035 Email: information@aplacetobesc.org Website: www.aplacetobesc.org

Wish List

Some choose to support the Center by donating items on our Wish List. All donations will help to keep our programs, retreats, and other offerings accessible and affordable. Your support is greatly appreciated:

Office Copier Art Supplies

Printer Hospitality Supplies

Book Shelves Lamps Comfortable Reading Chairs

Volunteer Opportunities

Volunteers are special people who make important things happen! A Place to Be's volunteers are essential to its mission and, without their generosity, could not exist. We are grateful for their help in the following areas:

- Presenters and facilitators
- ♦ Listeners
- ♦ Gift shop coordinator
- ♦ Advisory board and committee members
- ♦ Hospitality helpers
- ♦ Receptionists
- ♦ Housekeeping and gardeners
- Decorators for holidays and special events
- Volunteers in many capacities in the planning, preparation for and carrying out of an annual fundraising event.

If you would like to share in the work of *A Place to Be* Spirituality Center as a volunteer, we would welcome the gifts of your skills and service. Please contact Kelly Lemens at (262) 284–9035 or email lemensk@aplacetobesc.org.

Our Leadership Team



Dan Becker



Karen Becker



Barbara Bode



Bob Burant



Mark Goeden



Jenny Mitchell



Nicki Nelson



Fr. Patrick Wendt

Our Staff



Kelly Lemens Director



Angela Steffen Communications Coordinator

A Place to Be

Spirituality Center 2561 Hwy 32 Port Washington, WI 53074



Sunday, August 12 10 am—3 pm

Tour the Center, register for events, and enjoy food, fellowship, and fun!