

A Place to Be

Spirituality Center

January—March 2019

Newsletter

In this Issue:

- ◇ **Christmas Open House Sunday, Dec 9: 10 am—2 pm**
- ◇ **Taize Prayer**
- ◇ **Guardian Angels**
- ◇ **A Journey Through the Bible**
- ◇ **Jesus @ Work**
- ◇ **Crystal Singing Bowl Meditation**
- ◇ **Pisanki Hand-Dyed Easter Eggs**

Grand Opening Open House



Dabbling with Alcohol Inks



Reflect & Create



With Mandalas



Art as Prayer

Finger Labyrinth



Workshop





What an amazing first season this has been at *A Place To Be*! Together, we've prayed and reflected, shared our stories, laughed, cried, painted, glazed, and feasted—all the while coming together as family. Friends met for the first time, long-standing relationships deepened, and community formed. Thank you to all who visited—your warm and caring spirit adds so much to the energy of the Center! Thank you to all who have contributed their many gift and talents to the Center—we are so blessed by your generous spirit. I'd like to especially thank Kathy Walczyk for sharing her gift of photography by providing the picture for our cover. Through her art and her gentle teaching of Mindfulness, we are so blessed by her creative spirit and loving friendship. Whether you've attended a retreat, participated in a program, joined us for a meal or stopped in to say hello, you are an important part of the Center community and we look forward to seeing you again!

I am excited to share our upcoming offerings. Stretch your prayer practice with Taize, a Mindfulness Meditation or the Drumming Circle; hone up your Scripture knowledge with the Sunday Scripture Study or Journey Through the Bible; tend to your body, mind and soul with a Healing Hands session; or have fun with one of our many art experiences: painting, sculpting or dying. Restore and strengthen relationships through learning about your Love Language or explore how to better integrate your faith into your work. These are just a taste of the awesome, inspiring experiences offered to you in the following pages.

Be sure to stop by for some holiday cheer at our upcoming Christmas Open House on Sunday, December 9th from 10 am—2 pm. Stop in for warm hospitality, delicious cookies and some holiday cheer. See you there!

Peace and all good,

Kelly Lemens

Kelly Lemens, Director

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, people who guide you to discover what is already within you.

Our Spiritual Companions



Kelly Lemens
lemensk@aplacetobesc.org



Kathy Walczyk
wals4@aol.com



Nicki Steinmetz Nelson
nmsteinmetznelson@gmail.com

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

Spiritual Living

Mindfulness Mondays

3rd Monday of the Month, 2 Sessions:

1:00—2:00 pm & 6:00 – 7:00 pm

Facilitator: Kathy Walczyk

Donation: \$5 - \$10



Mindfulness invites us to slow down, to breathe, to become aware of ourselves and our surroundings, to observe ourselves without judgment, to observe our surroundings without judgment, to be patient, to be accepting, to find balance, to let the sacred become us. Each monthly gathering will include a specific focus, simple instruction, time for discussion, and a twenty-minute silent meditation. This will be a time to encourage and support each other in our personal mindfulness practices.

Come as you are and be who you are. Come when you can. Drop-ins always welcome.

No experience necessary. Dress in comfortable clothing. Bring a mat or meditation bench if desired.



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.



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.



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.

Daily Prayer

Daily, 11:30 am & 5:00 pm

Facilitator: Varies

Donation: Free-will offering



The community at *APT*B gathers for prayer twice a day—at midday (11:30 am) and evening (5:00 pm). Woven throughout are times of silence to allow space for God's presence to be experienced.

Spiritual Living

... continued



2nd Monday of the month

1:00—4:00 pm

Facilitator: Vicki Gumina

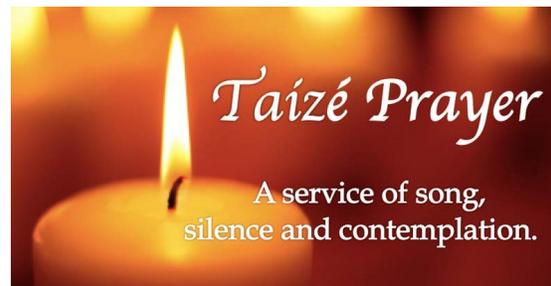
Donation: Free-will offering

AGLOW International is a worldwide movement of Spirit-filled women and men whose mission is to bring the full Gospel of Jesus Christ to the Nations. North Point power plant is the area's local AGLOW Chapter. Our gathering is a time of worship, intercession, teaching, and personal prayer. All are welcome. Come and experience the love and power of the Lord.



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.



3rd Thursday of the Month

6:00—7:00 pm

Facilitator: Tim Handle

Donation: Free-will offering

*"Let me seek solace
in the empty places
of winter's passage,
those vast dark nights
that never fail to shelter me."*

~ Joyce Rupp

Through sung and chanted prayers, meditation, silence and scriptural readings, we rest in God's loving presence and create interior room to experience God's presence within. Taize prayer is a time to let the words listened to and sung penetrate one's being. This is an elegantly simple prayer service that offers a calming, quiet respite from the day-to-day tasks of life. Come, be with God, discern His presence, then carry His joy into the rest of your day.

How to register: Go online to www.aplacetobesc.org and click on Register link. The donation for most events is due at the time of registration. **Financial assistance:** If you would like to attend a program but cannot manage the entire donation, please call Kelly Lemens, Director, at (262) 284-9035 or email lemensk@aplacetobesc.org. We are committed to serving everyone on their spiritual journey and will hold your request in confidence.

Drumming Circle

Saturday, Jan 19

9:00—10:00 am

Facilitator: Tim Handle

Donation: \$10



Hand drumming is an ancient art used in many cultures. The music of drums creates a conduit to the Divine. Drumming is an opportunity to experience worship with our bodies as well as our minds. Join us for this morning of drumming and discover inner strength and encouragement by those sharing the experience. All are welcome!

Our Leadership Team

Thank you to our great team of leaders who have guided, encouraged, and supported our first steps as a *A Place To Be* Spirituality Center. This Center could not do the work we are called to if it were not for you. We are grateful for your leadership and look forward to continuing this journey together!



Dan Becker



Karen Becker



Barbara Bode



Mark Goeden



Jenny Mitchell



Bob Burant



Fr. Patrick Wendt

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

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.

Retreats

& Offerings



Day of Solitude

Based upon availability

Facilitator: Kelly Lemens

Donation: \$35

Yearning for a day to unplug and pause from the demands of life? 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. 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, and meeting with a Spiritual Companion, if you wish.



Guardian Angels: Our Companions for the Journey

Saturday, January 5

9:00 am—Noon

Instructor: Jenny Mitchell & Kelly Lemens

Donation: \$35, includes supplies

Guardian angels have been a part of the Christian tradition from the very beginning. In this workshop, we will learn about the impact guardian angels have on our lives, what the church says about them and how we can interact with them. Reflecting on our own guardian angels, Jenny will lead us as we create our own beautiful guardian angel painting. No experience is necessary; all materials and instruction provided.

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Fishes & Loaves Potluck

Fridays: 1/11, 2/1, 3/1

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.

“If we cannot find a way to make our wounds into sacred wounds, we invariably become cynical, negative and bitter. If we do not transform our pain, we will most assuredly transmit it.. Don’t get rid of your pain until you’ve learned what it has to teach you.”
~Richard Rohr

Spirituality Book Club

Wednesdays, 6:30—8:00 pm—or—

Thursdays, 9:00—10:30 am

Facilitator: Kelly Lemens

Donation: Varies by selection

This group provides encouragement and fellowship for anyone looking to delve deeper into different areas of Spirituality. Join other seekers in studying a faith topic using a variety of genres followed by reflection, discussion, and prayer.



Thank you

Thank you to the many people who donated time, treasure and the countless items needed to open and operate
A Place To Be.

We are so blessed by your generous support!



Retreats & Offerings

... continued



A Journey Through The Bible

8 Session, all on Monday's

2/4, 2/11, 2/18, 3/4, 3/11, 3/18, 4/8 & 4/15

6:30—8:00 pm

Facilitator: Kelly Lemens

Donation: \$25

Focusing on the historical books of the Old Testament, this narrative approach to studying the Bible gives the big picture of salvation history and shows how everything ties together. Based on *The Great Adventure* Bible Study by Jeff Cavins, we will explore individual events as well as the overall story God's relationship with His people that ties together and makes sense of all the books of the Bible. Once we get a grasp of this "big picture," Scripture comes to life and makes sense; we begin to see how our lives fit in God's loving plan.

All are welcome—no previous Bible study experience necessary.

Sgraffito

Monday, January 14, 7—9 pm

Presenter: Barb Dickmann

Donation: \$25

Create beautiful design onto a ceramic tile using the Sgraffito technique—scratching through a dark, painted surface to reveal the ceramic surface. Select from several simple designs or bring your own.



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Raising Mom: Parenting as a Spiritual Practice

Date: Saturday, January 12

Time: 10:00 am—12:00 pm

Instructor: Nicki Nelson

Donation: Free-will offering



When we become 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 compassionate people. And in this way, parenting is actually a spiritual practice. And the beautiful part is, the more we engage in this work on ourselves, the more ease, effectiveness, and enjoyment we will find in motherhood.

Join us for a morning of discussing the 4 Keys to Parenting as a Spiritual Practice and explore what this might look like in your life. You may want to bring a journal for personal reflection.



Walking in the *FootPrints* of Jesus *A Discipleship Journey*

4th Tuesday of the month: 1/22, 2/26, 3/26; 6:30—8:00 pm

Facilitator: Mark Goeden & John Tisdale

Donation: Free-will offering

As Christians, we all have one fundamental baptismal identity: *we are disciples of Jesus Christ*. A disciple entrusts their very selves in the person of Jesus Christ and strives to be like Christ more and more every day. Discussions center around the monthly discipleship materials prepared and distributed by the St. John XXIII Evangelization Team. Come and share, ask questions and learn along with others as we travel together on our discipleship journey.

Retreats & Offerings

... continued



Jesus @ Work: A Spirituality for Work Today

Thursday, January 31

6:30—8:00 pm

Facilitator: Kelly Lemens

Donation: \$10

Work might be the defining characteristic of adulthood - after all, we will spend more of our adult lives working than any other activity. But in today's rapidly changing work environment, the gap between our faith and our work environment grows and grows. How do we navigate the secular work culture while staying grounded in our faith? How do we find meaning and purpose in our work? What shapes our workplace culture and what would it look like if our organization was led by the Gospel message and values of Jesus Christ? Join us for an engaging conversation with Scripture, spiritual writers and each other as we explore a spirituality of work to offer some practical ways to integrate work life with our faith life.

Love Languages

Saturday, February 9

9:00 am—noon

Facilitators: Jenny & Kenny Mitchell

with Bob & Mary Burant

Donation: \$35 per couple



Does it ever seem as if you and your partner are speaking different languages? Would identifying, understanding, and speaking their language strengthen your relationship? Join us as we explore the Five Love Languages, discover our own particular love language as well as our partners, and learn practical steps in truly loving one another. You can build a lasting, loving marriage.

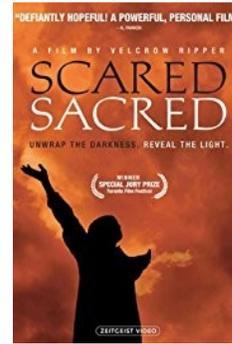
Couples are encouraged to attend together. This workshop is based on Dr. Gary Chapman's *New York Times* best-selling book *The Five Love Languages*.

Contemplative Movie Night: *Scared Sacred Part II*

Tuesday, February 12, 6:00—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 second half of 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.



The Spiral Staircase of Grief

Friday, Feb 15 6:00 - 9:00 pm

Saturday, Feb 16 9:00 am—9:00 pm

Sunday, Feb 17 10:00 am—Noon

Facilitator: Kelly Lemens

Donation: \$50, includes meals

Grief affects us all in different ways and at different times. The loss of a loved one is emotional, physical, social and spiritual; each aspect of our selves feels this grief and calls for love and healing. Never a linear movement, grief comes in spirals—two steps forward, one step back—and can sometimes feel as if the pain will never end. During this weekend of healing, join others experiencing grief and share your story. Through conversation, reflection, prayer, meditation, creativity, and ritual, participants are encouraged to lean into their grief as a way of moving through and beyond the pain. This retreat is specifically tailored to those whose loved one has passed away. We encourage an open atmosphere, where it is safe to express your thoughts and feelings. Wherever you are on your grief journey, you are welcome. Join us for this weekend of healing.

Retreats & Offerings

...continued.



Discipleship: Call of the Gospel

Sunday, February 24

11:30 am—3:30 pm

Facilitator: Fr. Satish Joseph

Donation: Free-will offering

Location: St. John XXIII Parish—St. Peter of Alcantara Church

Join the St John XXIII community for lunch followed by an afternoon of prayer and reflection as Father Satish Joseph, through Scripture and reflection, guides us through the Sermon on the Mount and offers concrete ways to live out our call to discipleship. The afternoon will include both large group and small group reflections. All are welcome.

Mandala Expressions

Saturday, March 9

9:00 am—noon

Facilitator: Jenny Mitchell & Kelly Lemens

Donation: \$25



Spend a winter morning creating art with your favorite people! All are welcome to come and learn the art of painting with mandalas. Mandalas are sacred Sanskrit works of art in the form a circle which is often used for self-discovery, contemplation, centering, integration, prayer, or creative design. Come and learn this simple but beautiful practice. You will leave with several painted rocks or tiles to adorn your home or garden. No experience or artistic skill needed. All materials provided.

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.

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

Groups that meet at APTB

These gatherings are offered to men and women on a drop-in basis and are offered free-of-charge (although donations are greatly appreciated). No advanced registration is necessary.



Community Euchre Night

4th Monday of the month

6:00—8:00 pm

Facilitator: Jenny & Kenny Mitchell

Join us for a fun, social evening of snacks, fellowship and cards! Whether you are a Euchre pro, novice, or just want to learn a new game, please join us. All are welcome!

In a real sense, all life is interrelated. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the interrelated structure of reality.

~Martin Luther King Jr.

That Man Is You (TMIY)

every Wednesday, 6:00—7:00 am

—or—

every Sunday, 6:15—7:15 pm

Facilitators: Wed: George Ploof & Mark Goeden

Sun: Chuck Lanser & Ed Quentin



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. Join other men in discussing topics and issues relevant to their lives.

Groups that meet at APTB

These gatherings are offered to men and women on a drop-in basis and are offered free-of-charge (although donations are greatly appreciated). No advanced registration is necessary.

Sunday Scripture Study

Wednesdays, 9:15—10:15 am

Facilitator: Kelly Lemens

Donation: Free-will Offering

God speaks to us in many ways, including through the Sunday Scripture readings. This weekly discussion studies the upcoming Sunday Mass readings from the Catholic Lectionary, with particular emphasis on the First and Second Readings. Join other seekers in studying the readings, their historical and cultural context, and exploring how they connect the Scripture to daily life.

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.

REGISTRATION 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. Prompt registration helps 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.

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
- ◇ 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.



Did you know *A Place to Be* has a monthly blog? Check out Kelly's reflections and insights on our website at www.aplacetobesc.org/blog or sign up to receive them directly in your inbox at www.aplacetobesc.org/newsletter. We'd love to hear your thoughts and comments. Enter the conversation by emailing us at information@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, visit www.aplacetobesc.org and click on *Support Us* button or call (262) 284-9035.

Our Staff



Kelly Lemens
Director



Angela Steffen
Communications
Coordinator

Calendar of Events

Fri, Jan. 4 Sacred Circle, 1:00 pm
 Sat, Jan. 5 Guardian Angel Workshop, 9:00 am
 Wed, Jan. 9 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Jan. 10 Spirituality Book Club, 9:00 am
 Fri, Jan. 11 Fishes & Loaves Pot Luck, 5:30 pm
 Sat, Jan. 12 Raising Mom, 10:00 am
 Sun, Jan. 13 TMIY, 6:15 pm
 Mon, Jan. 14 AGLOW Prayer Group, 1:00 pm
 Centering Prayer, 6:00 pm
 Sgraffito Workshop, 7:00 pm
 Tues, Jan. 15 Bereavement Support, 6:30 pm
 Wed, Jan. 16 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm

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Th, Jan. 17 Spirituality Book Club, 9:00 am
 Taize Prayer, 6:00 pm
 Sat, Jan. 19 Drumming Circle, 9:00 am
 Sun, Jan. 20 TMIY, 6:15 pm
 Mon, Jan. 21 Mindfulness Meditation, 1:00 & 6:00 pm
 Tues, Jan. 22 Walking in the Footprints, 6:30 pm
 Wed, Jan. 23 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Jan. 24 Spirituality Book Club, 9:00 am
 Sun, Jan. 27 TMIY, 6:15 pm
 Mon, Jan. 28 Euchre Card Night, 6:00 pm
 Wed, Jan. 30 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Jan. 31 Spirituality Book Club, 9:00 am
 Jesus @ Work, 6:30 pm

Fri, Feb. 1 Sacred Circle, 1:00 pm
 Fishes & Loaves Pot Luck, 5:30 pm
 Sat, Feb. 2 Singing Bowl Meditation, 9:00 am
 Sun, Feb. 3 TMIY, 6:15 pm
 Mon, Feb. 4 Journey Through the Bible, 6:30 pm
 Tues, Feb. 5 Bereavement Support, 6:30 pm
 Wed, Feb. 6 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Feb. 7 Spirituality Book Club, 9:00 am
 Sat, Feb. 9 Love Languages Retreat, 9:00 am
 Sun, Feb. 10 TMIY, 6:15 pm
 Mon, Feb. 11 AGLOW Prayer Group, 1:00 pm
 Centering Prayer, 6:00 pm
 Journey Through the Bible, 6:30 pm
 Tues, Feb. 12 Contemplative Movie Night, 6:00 pm
 Wed, Feb. 13 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm

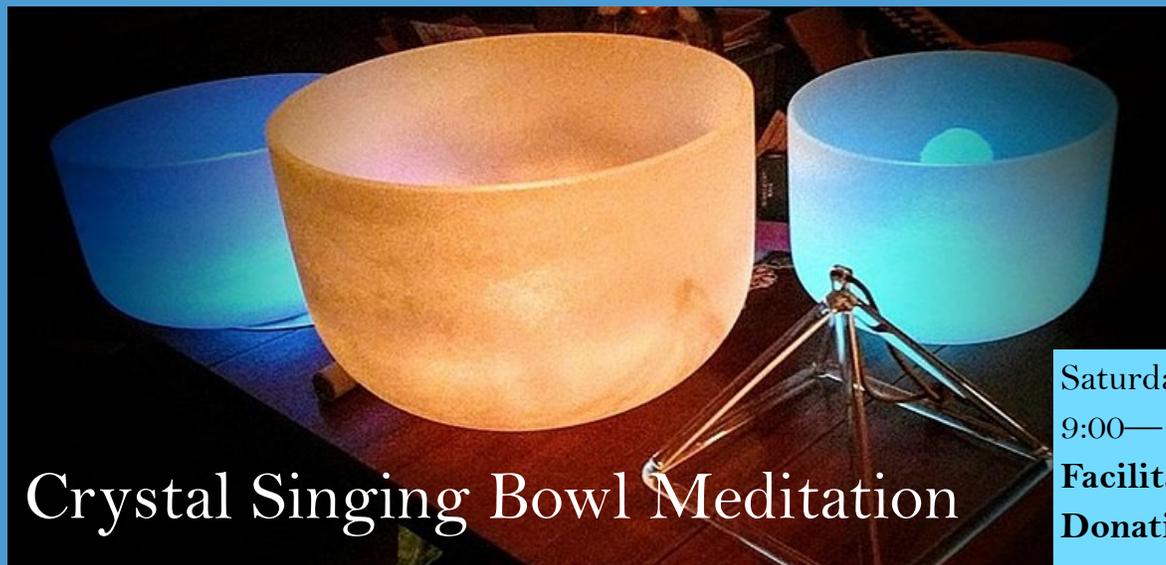
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Th, Feb. 14 Spirituality Book Club, 9:00 am
 Fri, Feb. 15-17 Grief Retreat, 6:00 pm
 Sun, Feb. 17 TMIY, 6:15 pm
 Mon, Feb. 18 Mindfulness Meditation, 1:00 & 6:00 pm
 Journey Through the Bible, 6:30 pm
 Tues, Feb. 19 Bereavement Support, 6:30 pm
 Wed, Feb. 20 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Feb. 21 Spirituality Book Club, 9:00 am
 Taize Prayer, 6:00 pm
 Sun, Feb. 24 Parish Day of Reflection, 11:30 am
 TMIY, 6:15 pm
 Mon, Feb. 25 Euchre Card Night, 6:00 pm
 Tues, Feb. 26 Walking in the Footprints, 6:30 pm
 Wed, Feb. 27 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Feb. 28 Spirituality Book Club, 9:00 am

Fri., Mar. 1 Sacred Circle, 1:00 pm
 Fishes & Loaves Pot Luck, 5:30 pm
 Sun, Mar. 3 TMIY, 6:15 pm
 Mon, Mar. 4 Journey Through the Bible, 6:30 pm
 Tues, Mar. 5 Bereavement Support, 6:30 pm
 Wed, Mar. 6 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Sat, Mar. 9 Mandala Expressions, 9:00 am
 Sun, Mar. 10 TMIY, 6:15 pm
 Mon, Mar. 11 AGLOW Prayer Group, 1:00 pm
 Centering Prayer, 6:00 pm
 Journey Through the Bible, 6:30 pm
 Tues, Mar. 12 Contemplative Movie Night, 6:00 pm
 Wed, Mar. 13 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Mar. 14 Spirituality Book Club, 9:00 am

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Sat, Mar. 16 Easter Eggs, 9:00 am
 Sun, Mar. 17 TMIY, 6:15 pm
 Mon, Mar. 18 Mindfulness Meditation, 1:00 & 6:00 pm
 Journey Through the Bible, 6:30 pm
 Tues, Mar. 19 Bereavement Support, 6:30 pm
 Wed, Mar. 20 TMIY, 6:00 am
 Sunday Scripture Study, 9:15 am
 Spirituality Book Club, 6:30 pm
 Th, Mar. 21 Spirituality Book Club, 9:00 am
 Taize Prayer, 6:00 pm
 Sun, Mar. 17 TMIY, 6:15 pm
 Mon, Mar. 25 Euchre Card Night, 6:00 pm
 Tues, Mar. 26 Walking in the Footprints, 6:30 pm
 Wed, Mar. 27 TMIY, 6:00 am
 Sunday Scripture Study, 9:30 am
 Sun, Mar. 31 TMIY, 6:15 pm



Crystal Singing Bowl Meditation

Saturday, February 2

9:00—10:30 am

Facilitator: Maria Giordani

Donation: \$15

Crystal singing bowl meditation integrates the healing vibrational sound of crystal bowls with the transformative energy of crystals and stress reduction. It will calm your soul, balance your energy flow. The vibrations of sound can create a state of relaxation and tranquility deep within. They can also stir and release blocked energy, pain, anxiety and emotions and take you to a place of greater self-awareness.

Come, join us and feel the presence of God.

Pisanki Hand-dyed Easter Eggs:

History, Origin, Symbolism, & Tradition

Saturday, March 16

9:00 am—Noon

Instructor: Amy Jo Schmit & Kelly Lemens

Donation: \$25, includes supplies



Easter eggs, in the Christian tradition, represent resurrection and new life. Painting Easter eggs is a beloved tradition in most families. In the Polish culture, families performed the ritual of "writing" on eggs during the fasting times of Lent. Pisanki, the decorated eggs, are then added to special Easter baskets along with other symbolic food and blessed on Holy Saturday. Join us for an exploration of the history, origin, symbolism and tradition of Easter eggs, then learn about the Pisanki technique of decorating.

No experience necessary, all supplies provided.

770

Guests

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