

Summer/Fall Offerings at The Well

Introduction to Restorying:

Cultivating personal, cultural, and global stories for a new era

How can you become a conduit for new stories that are emerging in our culture?

During this time of great change, a new way of being is forming and we each have a role in shaping it. This introduction to “restorying” will help you move away from the infinite loop of what’s not working and open you to new possibilities. In this educational and experiential class we will:

- Gain insight into mythic story structure and content through the work of Joseph Campbell and others
- Experience our emerging stories through journaling and contemplation
- Share insights and tell stories

Wednesday, July 17, 2013 (6:00 – 9:00 pm)

Introduction to “The Long Way Round:

The Work of Waiting”

“Transformations come only as we go the long way round, only as we are willing to walk a different, longer, more arduous, more inward, more prayerful route.” -Sue Monk Kidd

In her book *When the Heart Waits*, Sue Monk Kidd shares an intimate account of her transformational journey “the long way round.” This program will offer insight into key aspects of this challenging journey, including sacred questions, deep listening, and waiting amidst uncertainty. This program will be informational as well as contemplative, and will provide a glimpse into a longer six-week program scheduled for spring of 2014.

Tuesday, August 13, 2013 (7:00 – 9:00 pm)

Meeting with Mystics:

Rachel Naomi Remen and Blessings that Connect Us

In her book *My Grandfather’s Blessings*, Dr. Rachel Naomi Remen draws on her grandfather’s Jewish mystical insight grounded in the Kabbalah and encourages us to bless the life in one another. We will explore the life of Dr. Remen and reflect upon her understanding of blessings, connectedness, and wholeness.

Wednesday, August 21, 2013 (9:30 – 11:30 am)

WOMEN AT THE WELL

Blessed Connectedness:

Giving and Receiving Blessings

Beginning in September

Join us as we explore our understanding of blessings and seek to become a blessing for a complex world. In giving and receiving blessings, we discover how a loving presence has been alive in our desires, transitions, hard times, and joys. We will draw from Rachel Naomi Remen’s *My Grandfather’s Blessings* and John O’Donohue’s *To Bless the Space Between Us* (no text required).

Eight Monday evenings 7:00 – 8:30 pm, September 9 – December 16

Eight Wednesday mornings 9:30 – 11:00 am, September 18 – November 6

Eight Thursday mornings 9:30 – 11:00 am, September 19 – November 7

Pre-registration required. ALL CLASSES WILL BE HELD AT THE WELL CENTER, 400 W. Pennsylvania Ave., Towson, MD 21204

Guest Blog Posts for Your Summer Reading Enjoyment

The Well is delighted to welcome student intern Zoe Jack. Zoe, a rising junior at Johns Hopkins University, will be with us through July and is already making some lovely contributions to our web site.

Please check out her guest blog post, “Summer at the Well” at <http://wellforthejourney.org/a-summer-with-the-well/>. Zoe will continue posting, so consider this your “sneak peek” for some extra spiritual refreshment this summer.

A Summer with The Well By Zoe Jack

It is more than appropriate that the first official day of summer finds me at a desk in Well for the Journey’s welcoming new home, listening to the breeze of a gorgeous day sweeping in through the windows, and reflecting on a new and amazing project: blogging for this unique and life inspiring organization...

To continue reading Zoe’s post, visit wellforthejourney.org, go to **Explore More**, and then click **Blog**.



Sneak Peek at Some Programs for 2013-14

Unless otherwise noted, all classes, workshops, and gatherings will be held at The Well Gathering Center in Towson.

Parenting with Head and Heart:

Finding the Spiritual In Family Life

Tuesday mornings in October

It's hard trying to remain grounded and provide a non-anxious presence for our children amid the stress of life. In this four-workshop series, we'll take a look at parenting as a spiritual endeavor. We'll discuss child development, mental health, and parenting trends (and share some laughs!), and explore spiritual bases from various spiritual traditions (monotheistic, Eastern, Native American).

Meditation in the Christian Tradition:

Peace the World Cannot Give

Wednesday evenings in October

Come and learn about meditation as a spiritual practice that leads to health and wholeness. This program will teach meditation from the Christian tradition but is open to people of all faiths or no faith. There will be an opportunity for dialogue with those of other faith traditions.

Introduction to the Enneagram

Coming this fall

The Enneagram is a spiritual tool and a map to self-discovery used to help identify our key personality type according to an ancient tradition. It is a guide to helping understand our behaviors, motivations, values and priorities and the way we navigate our lives.

Cosmos, Creator, Connectedness:

Science meets Spirit

Tuesday afternoons beginning October 15

Wednesday evenings beginning in March

In a series of four biweekly classes, we will explore questions which arise when traditional religious assumptions are challenged by modern science. We will read Judy Cannato's remarkable little book *Radical Amazement*, which explains (in accessible terms) the new cosmology and ongoing evolution of life in an attempt to harmonize science and faith.

The Creative Way

Thursday afternoons beginning in October

Thursday evenings beginning in February

It's time for a creative adventure! Drawing from Julia Cameron's *The Artist's Way*, this eight-week class will provide space and opportunity for you to discover, recover, and engage your creative spirit. Required Text: *The Artist's Way* by Julia Cameron

PILGRIMAGE to Gettysburg in November!

Journey to sacred ground with a group of pilgrims to explore the role of faith in the historic Battle of Gettysburg.

Creative Journaling Community

Saturday and Friday mornings (alternating months) beginning in September

Gather monthly for a Creative Journaling workshop with art media and a process-oriented approach. Learn new techniques and be part of a community that listens, explores, creates and encourages.

