

Quench

SPRING 2014
COMMUNITY

A resource seeking to satisfy spiritual
thirst in community

The Well: Community & Challenge

BY DONNA MOLLENKOPF

Community is a sense of connectedness to others. We find it hard to have a feeling of community in a technological, fast-paced culture, yet communities do persevere and we have created a spiritually welcoming one at The Well. As humans, we belong together in our interdependence.

One Wednesday, a small group gathered upstairs around a table of votive candles, sharing how the hearth had been a place of the heart. The stories were about times a grandparent cared for us - times when we cared for our children, times we needed rest, and times we felt lost and struggled with life's big questions. A sense of community allowed the women to listen, to honor, to laugh, to ponder and to sense a commonality of shared wisdom. In a room downstairs, another group was having a similar experience.

Just the day before, a group had gathered to learn how to let go of old issues, hurts, concerns and fears. That night a group of men shared stories about their faith journeys. On Monday evening, a small group listened with their hearts in group spiritual direction, trusting that listening to the Spirit (without needing to cure or solve) was a shared bond of caring. Last week, another group continued a year-long look at key crossroads in their lives. Soon, men and women will ponder the connections of cosmology, creation and community. Others will look at creativity from an inner stance and consider how to pray with art, watercolors and tissue paper. A meditation group will continue to focus on breathing that is restorative but also connective with all of life.

All of this comes to be because The Well is a place that creates and nourishes community—a place to sense the presence of the Divine in all of life in unique ways. The

hospitality of our new home (to which we moved last May) gives The Well the opportunity to hold programs simultaneously, offer more groups, build community through creative approaches and consider how to engage more participants who are seeking a safe place to grow.

In February, the Board became aware of a different aspect of community for The Well. When we learned our finances were very lean and likely to run too short to pay upcoming bills, we prayed for guidance. A year ago, we felt we had been called to this new space and to add staff time. These changes meant more income was necessary. The weather had hit us hard. But was that all? Were we being called to be even bolder in raising funds in order to offer more programs? We created a crisis plan. We started short-term and long-term goals and action plans.

Then something unexpected happened. Because there is a community of folks who have been supported and nourished, The Well suddenly received a challenge grant to raise \$10,000 from new donors. This means if new donors contribute \$10,000, it will be matched with a \$10,000 gift. You are a key part of reaching this goal; it's a community undertaking. We invite you to join with us at this exciting time in The Well's life and mission.

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Creating Community

BY ROBBIN MARCUS

In putting this issue of *Quench* together, I've been musing about the questions of "What is a community?" and "How does a community get created?" At the most basic, a community is a group of like-minded people who gather together for a common goal. So, neighborhood associations, places of worship, schools – all of these are communities. So are groups that are interest based, like folk dancers, or garden club members, or book groups.

But there is a deeper connection than that between people. A friend in college and I coined the term "Spiritual Family" for those people with whom you share a spark, a

recognition of souls - a deeper connection to the spirit within. A Namaste, in the full sense of the word, literally means "The God within me recognizes the God within you." I know in my own experience that The Well houses members of my Spiritual Family – "God friends", as Mabeth calls them. Created communities like The Well are truly unique – filling a hole in our spiritual lives. All the contributions to this issue reflect the Namaste place that The Well holds in the hearts of those who attend. The Well is a special, and perhaps fragile, place. As we teeter on the edge of unknowing about the future, we hope your hearts will remember the Namaste you have received here.

Ebb and Flow

CREATIVE JOURNALING COMMUNITY

On a frigid Friday morning in January our Creative Journaling workshop gathered for the first time. We sat around a table laid out with brushes, acrylics, glues and glitter, markers, magazines and scissors. Our facilitator, Becky Slater, chose "Opening Doors" as the theme for our journal pages. Although several of us knew one another, we had never met as a group of six before.

After brief introductions, we each engaged thoroughly in creating a fresh page for our journals. There was very little conversation, but we asked to have some music. Pandora had just the soothing background we needed, ending with the Pachelbel Canon in D.

At sharing time, we listened to one another's description of making the journal pages. We shared stories of loss and love and gladness. We explored some new ideas and offered encouragement and admiration of others. It was surprisingly hard to leave one another and we complained about having to wait two months for our next meeting. Suddenly we had become a community.

- Gretchen Garman

WOMEN AT THE WELL

Heading to Women at the Well for the first time in the fall of 2013, I wasn't sure what to expect. The delightful smiles and warm greetings from women of all ages was just the beginning of the surprising, enriching experience that this time promised. We explored "Blessed Connectedness", sharing our stories if we wanted, or just listening. The curriculum was thoughtfully written to encourage creativity and spiritual growth. The sense of community among women of many faiths and backgrounds searching together for blessings in everyday life and in extraordinary circumstances makes Women at the Well unique.

- Terri Forand

THE CREATIVE WAY

This fall, having launched my fourth and youngest child off to a gap semester heading toward college, I was ready to fill my empty nest with some eggs for me! I have always loved to write but had fallen out of the practice...*The Creative Way* course got me started again. Not only did I begin to journal daily, but I also managed to include an "art date" with myself once a week. This fun, supportive class unlocked a world I had really missed in my daily life, and as an extra bonus, I connected with new friends who share the same interests!

- Cathy Hutchins



Sneak Peek

REGISTER NOW for April Programs!

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

Announcing Women at the Well Mini-Sessions! New four-week program for the Spring, with onsite and offsite availability. Your Springtime Spirit

Do you wonder how you can live a fuller, more meaningful life? Do you desire companionship to explore your spiritual journey? Do you want to become more aware of the divine in daily life? Drawing from nature, poetry, and scripture, we will discover how springtime offers practical wisdom and insight for the daily spiritual life.

Onsite at the Well

Wednesdays, April 30, May 7, 14, 21 | 9:30 -11:30 am OR
Thursdays, May 1, 8, 15, 22 | 9:30 - 11:30 am

Offsite in Hereford Zone-Call for more details

Wednesday, April 2, 16, 30, May 14 | 7:00 - 9:00 pm
Special spring discount for new women. Contact The Well office for more information.

Harford County dates: Wednesdays, April 16 & 30, May 7 & 21 | 7:00 - 9:00 pm

Summer “SoulStice” Renewal Day

Welcome the summer by renewing your mind, body, and spirit. This will be a day to welcome wonder and to bless the leisure of summer. Lunch is included.

Body care options available: Reiki, Reflexology, and Massage.
Tuesday, June 17 | 9:30 am-3:00 pm

Location: Emmanuel Monastery, 2229 West Joppa Rd.,
Lutherville, MD

Based on Julia Cameron’s The Artists’ Way, come and gain tools to help you uncover or recover your creativity.
April 28, 2014 | 5:00 – 8:00 pm | Bring your bagged dinner!
Leader: Becky Slater

Retreat Day: Are You Talking to Me?

Do you sense that you are being called to something new? Are you being nudged to pay attention to God, but find yourself wondering how to listen and respond? Come spend a day in community with others and explore discernment in daily life. Together, we will examine the challenges and abilities of everyday persons in listening for and responding to God’s call.

Saturday, June 7, 2014 | 9:00 am to 3:30 pm

Leader: Ginny Barnhart

Re-Creation Time - Stay Tuned

For details on a week of assorted programs to encourage your **Creative Spirit** in daily life, watch for more information on this exciting new offering on our website and in your email. Time, location and leaders TBA on www.wellforthejourney.org
June 23 through 28, 2014

Volunteer Opportunities

The Well has many volunteer opportunities – in the office, in programs, from home and on the road! Volunteering is a great way to connect with our community while we grow. If interested, please call Sutton or Ann (410.296.9355) or email Sutton@wellforthejourney.org



Exploring the Creative Way

Preregistration is required for all programs.

For more details visit wellforthejourney.org, or call The Well Center Office at 410.296.9355



OUR VISION

GATHERING...

SEEKING THE SOURCE OF

WHOLENESS AND LIFE

QUENCHING A COMMON THIRST

NURTURING ONE ANOTHER.

IN COMMUNITY...

BEING NOURISHED AND

RENEWED

BECOMING LIVING WATER

FOR OTHERS IN THE WORLD.

OUR MISSION

TO ENCOURAGE AND SUPPORT SPIRITUAL WELLNESS IN DAILY LIFE THROUGH INNOVATIVE PROGRAMS AND RESOURCES.

CORE VALUES

BRIDGING: INVITING PEOPLE FROM DIFFERENT BACKGROUNDS AND EXPERIENCES INTO COMMUNITY WHILE HONORING EACH PERSON'S UNIQUENESS.

REFLECTING: TAKING TIME AMIDST THE BUSY-NESS OF LIFE TO EXPLORE FAITH, FIND MEANING, AND GROW INTO WHOLENESS.

DISCERNING: HELPING ONE ANOTHER LISTEN FOR, BECOME OPEN TO, AND RESPOND TO THE LIVED EXPERIENCE OF GOD.

WELLBEING: TENDING THE SPIRITUAL LIFE AS AN INTEGRAL PART OF WHOLENESS IN PEOPLE AND COMMUNITIES.

REACHING OUT: BECOMING MORE COMPASSIONATE, CREATIVE, CONTEMPLATIVE, AND JOYFUL IN OUR RELATIONSHIPS AND OUR WORLD.

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Well for the Journey 2014

Quench is published quarterly by Well for the Journey, a nonprofit organization offering classes, small groups and resources for the spiritual life.

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