

# Summer 2015 Programs - Register Now!

Unless otherwise noted, all classes, workshops, and gatherings will be held at The Well Gathering Center in Towson.  
Visit The Well's website to register and get more details.

## Summer Soulstice Renewal Day

Welcome the summer by renewing your mind, body and spirit. Come and care for yourself as a child of God with a day to relax, replenish and bless the leisure of summer.

*Thursday, June 18, 2015 | 9:30 am - 3:00 pm*

Kathy McNany, OSB

Emmanuel Monastery, 2229 West Joppa Road,  
Lutherville, MD

Cost: \$75 (Includes lunch, reflection materials and yoga.

Reflexology, reiki and massage available for an additional cost).

## Summer Week at The Well 2015

### Wholehearted Faith

How is our faith shaped by vulnerability, courage, shame, and worthiness? This participatory workshop will introduce you to The Daring Way™ methodology based on the research of Dr. Brené Brown through the interactive use of videos, facilitated conversation, and writing exercises.

*Monday, June 22 | 6:30 - 9:00 pm*

Leader: The Rev. Arianne Weeks

Cost: \$30

### Meeting God in Nature

How does your relationship with nature affect your spirituality and psychological well-being? This workshop will review contemporary scholarship on the relationship between nature, spirituality and well-being. In addition, attendees will experience nature through guided meditation, experiential and journaling exercises.

*Wednesday, June 24 | 5:30 - 8:30 pm*

Leader: Dr. Heidi Schreiber-Pan

Cost: \$35

## Creative Play Morning

Research reveals that play can open us up to new ways of thinking and living. Lighten up and reconnect with your creative self through a variety of play stations designed for adults.

*Thursday, June 25 | 9:30 - 11:30 am*

Leader: Becky Slater

Cost: Free!

## Exploring Mindfulness

Mindfulness is increasingly being recognized as an asset in any life journey of wholeness, offering strength for any spiritual perspective. Learn about the basics of mindfulness as described in Jon Kabat-Zinn's book, *Mindfulness for Beginners* (no text required for this introduction). A five-part class will begin in the fall for those who choose to enroll.

*Thursday, June 25 | 7:00 - 9:00 pm*

Rev. Dr. Jan Trammell-Savin

Cost: \$30

## Daytrips

### Journey Through Sacred Threads

Journey to Herndon, Virginia to visit the bi-annual Sacred Threads exhibit, an exhibition of quilts exploring themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing. This exhibition provides a safe venue for quilters who see their work as a connection to the sacred and/or as an expression of their spiritual journey. Depart from Meadowood Park, Lutherville, MD.

*Wednesday, July 22 | 9:00 am - 4:00 pm*

Led by our own quilting enthusiasts: Karen Amelia Brown and Rae Cumbie

Cost: \$75 (includes transportation, box lunch, admission fees, and program)

## Visions from the Divine - Visionary Arts Museum Exhibit

How do ordinary people experience divine visions? Join us for this outing to Baltimore's Visionary Arts Museum. We will have time to reflect, enjoy lunch, and discuss how some lightening bolt of greater understanding, insight, grace and muse gives new vision and life.

*Thursday, June 11, 10:00 am - 2:30 pm or 9:30 am - 3:00 pm for those who want to meet in Towson and drive downtown together.*

Leaders: Greg Cochran and Becky Slater

Cost: \$45 includes admission fee, lunch, program

## "Well Read" Summer Book Discussions

Where does the Spirit meet us in the pages of popular literature? Gather with us on the front porch for a glass of lemonade and enriching conversation. Participants should obtain their own books. Free (goodwill) will donation as you are moved.

### *The Alchemist* by Paulo Coelho

*The Alchemist* is a remarkable tale about the most magical of all journeys: the quest to realize your life's purpose. If you are committed to pursuing your dreams, this little book will surely inspire you!

*Wednesday, July 15 | 7:00 - 8:30 pm*

Leader: Kathy Baker

### *All The Light We Cannot See* by Anthony Doerr

How do we see or even hear light in darkness? Set amid one of the darkest times in human history, *All the Light We Cannot See* reveals the kindness, courage, beauty, and friendships that arise in the most unlikely situations. Part historical fiction and part fable, this book is filled with symbols, metaphors, and characters that will linger with you long after it is read.

*Wednesday, August 12 | 5:30 - 7:00 pm*

Leader: Mabeth Hudson



### Cosmos, Creator, Connectedness

*Sept 15, 22, 29, Oct. 6 7:00 - 9:00 pm*

### The Search for Meaning: Living Life with Purpose

*Sat. Sept. 19 9:30 am - 12:30 pm*

### Well by the Sea

*Cape May, NJ. Oct. 16 - 18*

### Harriet Tubman Pilgrimage of Courage to Maryland's Eastern Shore

*Oct. 23 - 24*

### Mindfulness for Beginners

*Dates TBA*

### Women at the Well

*Begins week of Sept 14- Mon. eve, Wed. morn, Thurs. morn*

### Horizons Men's Group

*Held on the second Tuesday of the month beginning September 2015 through June 2016*

*More to come!*

Check the website and sign up for weekly email notifications.



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