Programs, Workshops and Opportunities to Nourish Your Spirit

Well for the Journey, Inc.
400 West Pennsylvania Avenue | Towson, MD 21204
410-296-9355 | wellforthejourney.org
Our Mission
To encourage and support spiritual wellness in daily life through innovative programs and resources.

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.

Core Values
BRIDGING:
Inviting people from different backgrounds and experiences into community while honoring each person’s uniqueness.

DISCERNING:
Helping one another listen for, become open to, and respond to the lived experience of God.

REFLECTING:
Taking time amidst the busyness of life to explore faith, find meaning, and grow into wholeness.

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.

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
WELCOME TO THE WELL

We offer a safe, inclusive space where you can explore your day-to-day spirituality. All Well for the Journey programs are open to everyone, no matter where you are on your own “journey.” If you have any questions about our programs, please call the office at 410-296-9355 weekdays between 9 am-1 pm.

Our Definition of Spirituality
At the Well, we define spirituality as the aspect of humanity that refers to the way that people seek and express meaning and purpose, experience their connectedness to the significant or the sacred, and experience their connectedness to the moment, to self, to others, and to nature. Spirituality is associated with hope, inner peace, compassion, and finding meaning. Spirituality is broader than religion; religion can be part of one’s spirituality, but that is not always so.

Cancellation Policy
There are no refunds of registration fees except for instances when the Well cancels a program due to insufficient registration or inclement weather.

Fees can be applied toward a future program.
Navigating Transition: Confusion as Opportunity

Lifelong learners understand that in order to grow, we must process the end of something to make room for future growth and development. The journey can be long and lonely. This four-part workshop helps people in transition – whether they are tying up a career, have lost a loved one, are navigating divorce/separation/change in household formation, or managing a health condition – to move forward with confidence and intention. Each interactive session will combine individual and group exercises. A computer and internet are required for this workshop. Session 1 is a prerequisite for all other transition classes.

**Session 1: Chaos** *(Radical disruption on the way to personal growth)*
We will outline the journey through transition and walk through how participants will join the subsequent workshops via user-friendly Zoom teleconference.

**Session 2: Discovery** *(What do we really want?)*

**Session 3: Suspension** *(Guiding tools & strategies)*

**Session 4: Resolution** *(Trusting and making choices)*

Wednesdays, Sept. 11 (at The Well); Oct. 2, 23, Nov. 13 (via Zoom), 1-2:30 pm
Leader: Gerri Leder, Certified Leadership Coach
Cost: $140 for series ($125 early registration by 9/1/19); or, $35 per session

Living B.I.G. – Living with Boundaries, Integrity & Generosity *(A three-part series based on the work of Dr. Brené Brown)*

At certain points in our lives, we realize we are in situations or relationships that do not align with our values; we accept behaviors (our own and others’) because it’s comfortable. This can lead to resentment and frustration. How can we learn to “Live B.I.G.” in our personal and professional lives?

This workshop, led by Arianne Rice, a Certified Daring Way™ Facilitator, utilizes the Daring Way™ curricula of Dr. Brené Brown, best-selling author. Participants will delve deep into Brown’s work, learn practical tools to choose curiosity over judgment, and engage in compassionate self-reflection and generosity towards others.

**Week 1: Boundaries** Values and Vulnerability • **Week 2: Integrity** Getting Curious about Shame • **Week 3: Generosity** Rumbling with Grief and Forgiveness

Wednesdays, Nov. 6, 13, 20, 6:30-9 pm • Leader: Arianne Rice, M.Div., CDWF
Location: Church of the Good Shepherd, 1401 Carrollton Ave., Towson, MD 21204
Cost: $150 for series; $50 per session
PROGRAMS & WORKSHOPS

Holy Living, Living Wholly: 
The Rule of Benedict in the 21st Century 
Up the Down Staircase—The Prophetic Challenge of Humility 
Co-sponsored by the Benedictine Sisters of Baltimore and Well for the Journey

The first step of humility is to keep reverence of God before our eyes. (RB 7:10) 
  God is God...and we are not!

We live in a time of shifting paradigms, of global migration and climate change, and of political and personal turmoil. At the same time, we seek stability and peace. Once again, we look to the 1500-year-old Rule of Benedict and its wisdom to guide us through turbulent times. This year we will focus on Chapter 7 of the Rule, Humility – 12 steps to help us grow deeper into our humanity and into the Spirit.

"Come and See" Session
Tuesday, Sept. 24, 10:30 am-12 pm
Not a prerequisite for the series. New and past participants welcome.
Location: Emmanuel Monastery, 2229 W. Joppa Rd, Lutherville, MD 21093
Cost: Free, but registration is required

Holy Living, Living Wholly Series
Tuesdays, Oct. 15, Nov. 19, Feb. 18, Mar. 17, 10 am-noon
Location: Emmanuel Monastery, 2229 W. Joppa Rd, Lutherville, MD 21093
Leaders: Sr. Kathy McNany, OSB, Fran Holman, Mari Quint, Virginia Rugemer
Cost: $140 for series ($125 early registration by 10/1); or, $35 per session

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
Intuition Development 101
Have you ever had a strong hunch about something? Do you sometimes feel like you just know something? Do you think about someone and then get a phone call from them a few minutes later? Do you wonder if you should trust that gut feeling? Discover and enhance your intuitive abilities in this fun and supportive workshop. The class is interactive and for anyone interested in gaining increased trust and confidence in their own intuition. Through lecture, discussion, and group exercises, you will learn how your intuition works, how to embrace your intuition more fully, and the five ways to receive intuitive information - all while gaining positive support from the group.

Friday, Oct. 11, 1-3 pm
Leader: Debra Diamond, Ph.D.
Cost: $40

Mystics and Visionaries: Gerard Manley Hopkins - Priest, Poet, Prophet
A devout Anglican who became a Catholic, Jesuit priest, Gerard Manley Hopkins was ahead of his time. Though he lived in 19th Century Victorian England, his writings often appear in collections of modern poetry. Hopkins had the eye of a painter, exploring nature in fine detail and the spiritual meaning of our planet in great depth. He knew both hope and desolation.

We will analyze a selection of his many poems, experiencing both their richness and complexity. We will probe the biographical and intellectual resources of his genius, encountering his all-encompassing Christian spiritual vision - a prophetic insight in his time, in tune with the cosmic consciousness of ours. Sessions will include facilitator’s presentations, quiet reflection, and participant engagement. Copies of the poems provided. For those who wish, Gerard Manley Hopkins: The Major Works (Oxford World Classics) is a recommended resource.

Mondays, Oct. 14, 21, 28, 9:30-11:30 am
Leader, Sr. Patricia Smith, RSM
Cost: $105 for series ($95 early registration by 9/30); or, $35 per session
**CREATIVE PROGRAMS**

**Igniting Your Creative Spark**

Do you wish you were more creative? Are you creative but not creating? Are you curious about the creative process? We are born with a creative spark within us, whether we recognize it or not. This series is designed to help ignite that spark. Conversation starters, a process-oriented art project, and encouraging community will help you on your way. No art experience necessary.

Saturdays, Sept. 14, Oct. 26, Nov. 23, 1-3 pm  
Leader: Becky Slater  
Cost: $110 for the series; or, $40 per session (includes art supplies)

**Wearing & Shedding Our Masks: The Art of Authentic Living**

Living out our spiritual journey requires us to name and celebrate our authentic selves. Yet, as human beings, we often wear many masks, both externally and within. While these masks conceal and protect pieces of our identities, they can also enlighten and empower us to become more fully alive. As this autumn season unfolds, we are called to travel inward and are invited to embrace opportunities for self-exploration. During this day-long program, participants will learn about the history and purpose of wearing masks. In addition, prayer and meditation, writing and group dialogue, as well as mask-making will further understanding of how the use of masks affects one’s spiritual journey and ongoing development. Join us for a creative unveiling of self-discovery! Please bring your lunch. Snacks and beverages provided.

Saturday, October 5, 9:30 am-4:30 pm  
Leader: Gordon Creamer, MA  
Cost: $105 ($95 early registration by 9/21) (includes art supplies)
**BOOK STUDIES**

**The Universal Christ by Richard Rohr**

“Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God’s constant, unfolding work in the world. “God loves things by becoming them,” he writes, and Jesus' life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize the Creator's presence all around us, and in everyone we meet. Thought-provoking, practical, and full of deep hope and vision, *The Universal Christ* is an invitation to contemplate how God liberates and loves all that is.” (Amazon.com)

In this three-part book study, participants will explore themes which draw on scripture, history, and spiritual practice. We will utilize additional companion materials (discussion guide, videos, podcast) to encourage ongoing engagement.

**Wednesdays, Oct. 9, 16, 23, 6:30-8:30 pm • Leader: Arianne Rice, M.Div.**
**Cost: $105 for series ($95 early registration by 9/25); or, $35 per session**

**Dying Well by Ira Byock, M.D.**

Are you currently caring for a dying loved one? Are you interested in living more authentically by considering the impact of dying? “*Dying Well* brings us to the homes and bedsides of families with whom Dr. Byock, a longtime hospice director, has worked, telling stories of love and reconciliation in the face of tragedy, pain, medical drama, and conflict. Through the true stories of patients, he shows us that a lot of important emotional work can be accomplished in the final months, weeks, and even days of life. It is a companion for families, showing them how to deal with doctors, how to talk to loved ones—and how to make the end of life as meaningful and enriching as the beginning.” (Readers Discussion Guide).

This two-part series includes discussion around the themes in the book (Session 1) followed by guided journaling and reflection (Session 2).

**Tuesdays, Oct. 15, 22, 6-8 pm • Leader: Gordon Creamer**
**Cost: $65 for series; or, $35 per session**

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
BOOK STUDIES

Firstlight: The Early Inspirational Writings by Sue Monk Kidd

In her early years, Sue Monk Kidd was known for her passionate spiritual writings, many of which appeared in Norman Vincent Peale’s Guideposts magazine. In Firstlight, she shares “in everyday life, there are moments when the heart opens and we realize for the first time who we are.” Through simple essays and short stories, the author shares thirteen motifs such as availability, compassion, and simplicity, along with reflections on her role as mother, daughter, wife, nurse, and writer. They are masterfully woven together and illuminate her journey as a spiritual seeker.

Join us for this two-part series: In the first session, through discussion, we will explore the themes of the book and Kidd’s spiritual moments. In our second session, through guided journaling, participants will identify personal moments impacting their spiritual awareness and in essence begin the creation of their own spiritual memoir. You may sign up for the book discussion alone. The book discussion is a prerequisite for the second session.

Thursdays, Oct. 17, Nov. 7, 9:30-11:30 am
Leader: Liz Neal
Cost: $65 for series; $35 per session
ENNEAGRAM PROGRAMS

The Enneagram: Awakening To Our Truest Essence

What is true consciousness and how do we more fully awaken to that which is our truest self formed out of Divine Love? Based on the book “Becoming Conscious, The Enneagram’s Forgotten Passageway,” by Joseph Benton Howell Ph.D., (recommended but not required) we will take a deeper look at how we can continue to evolve into higher levels of consciousness through the gift of the Enneagram. New topics will be discussed monthly with tools and exercises given to aid in our emerging consciousness practices. Prerequisite for the class is a knowledge of your Enneagram type.

Topics include:

• Enneagram of Personality as a Passageway to Consciousness
• The Ego, Its Fixations and Suffering
• The Emergence Of Consciousness in the Nine Types
• The Soul Child of Enneagram Types
• The Enneagram of Holy Ideas
• The Return to Essence
• New Eyes and Ears of the Kingdom through Spiritual Transformation
• The Beatitudes and the Enneagram
• The Flowering of Consciousness

Mondays, Oct. 7, Nov. 4, Dec. 2, Jan. 6, Feb. 3, Mar. 2, Apr. 6, May 4, Jun. 1, 6:30 - 8:30 pm
Leader: Bev Gorman
Cost: $250 for the series; $35 per session.

Introduction to the Enneagram

The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling, and behaving. Gain insight into your behaviors, motivations, habits, and fixations so that you can live with greater awareness and compassion. A free online test (www.9types.com/rheti/) is required prior to the class to determine your Enneagram type.

Saturday, Oct. 19, 8:30 am-12:30 pm
Leader: Bev Gorman
Cost: $50

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
SPIRITUAL COMPANIONING

Spiritual companioning programs give individuals the space to listen for, become more aware of, and respond to the Divine in their daily lives. These small group programs include time for reflection and sacred conversation in the community of others on the journey.

Women at the Well
This eight-part small group experience (our signature program) helps women live more meaningful connected lives. Groups are limited to 14.

Hidden Blessings

“We need to remember to bless the life around us and within us.”
-Rachel Naomi Remen, My Grandfather’s Blessings

How can we nurture goodness in the world? Discover and explore how to encounter the Divine in the most humble and ordinary way, how we can awaken to a deeper connection with others that strengthens life, and how to grow closer to one another and our authentic selves. Our guiding text will be the bestseller, My Grandfather’s Blessings by Rachel Naomi Remen, MD (text required). Through accessible stories, meaningful conversations, and reflection time, we will explore how to recognize our blessings, bless the life in others, and contribute to the healing of the world.

Evening Session:
Mondays, Sept. 16, 30, Oct. 14, 28, Nov. 11, 25, Dec 9, 16, 7-8:30 pm
Facilitators: Terri Smith and Barb Gilliss
Cost: $170; $150 early registration by Sept 2

Morning Session:
Wednesdays, Sept. 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 9:30-11 am
Facilitators: Mabeth Hudson and Donna Mollenkopf
Cost: $170; $150 early registration by Sept 11

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
SPIRITUAL COMPANIONING

Horizon’s Men’s Group
As men living in today’s world, how are we to be true to who we are? Join us for a monthly gathering to explore current issues related to men’s spiritual lives. Please see our website, wellforthejourney.org, for additional information and specifics.

Tuesdays, Oct. 8, Nov. 12, Dec. 10, Jan. 14, Feb. 11, Mar. 10, Apr. 14, May 12, Jun. 9, 7-8:30 pm
Facilitator: Greg Cochran
Cost: $180

Introduction to Group Spiritual Direction
Are you curious about Group Spiritual Direction (GSD)? Come learn about this contemplative approach to spiritual direction that is grounded in the model originated at the Shalem Institute in Washington, D.C. Dr. Franklin Adkinson, who has been leading GSD for almost two decades, will provide an overview of the process and lead participants into an experience of the discernment practice. Groups will be forming in the fall for those who are interested in enrolling in a nine-month program.

Wednesday, Aug. 28, 7-9 pm
Leader: Dr. Franklin Adkinson
Cost: $15

Group Spiritual Direction
Gather once a month to help one another listen for and respond to the presence of God in your life. This contemplative approach to spiritual direction is grounded in the model that originated at the Shalem Institute in Washington, DC. Group is limited to five.

Saturdays, Oct. 12, Nov. 16, Dec. 14, Jan. 11, Feb. 8, Mar. 7, Apr. 11, May 9, Jun. 13, 9-11:30 am
Facilitator: Dr. Franklin Adkinson
Cost: $250

For information on additional GSD groups forming in the Fall, please call Jean Anne Walsh at the Well: 410-296-9355 or email: JeanAnne@wellforthejourney.org

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
COMMUNITY EVENTS

Community “World Cafe”: Imagining Future
Well for the Journey Programs

Would you like to help shape future Well programming? Join us for an evening of connection and dialogue. The World Café is a powerful social technology for engaging people in conversations and ideas that help form our social fabric.

- How can we best serve our community and reach those who have yet to find us?
- What interests do you have that the Well could help foster?
- What are your ideas for programs, workshops, retreats, and events?
- What spirituality needs do you have which the Well could help fulfill?
- How can the Well better foster community and connection?

Thursday, October 24, 6:30-9 pm (program begins promptly at 7 pm)
Location: Church of the Good Shepherd, 1401 Carrollton Ave., Towson, MD 21204
Cost: Free, but RSVP is requested

Open House Events at the Well

Whether you’re new to the Well or are one of our long-time supporters, join us for food, refreshments, community, and connection. Meet others and get to know us better as you learn about the Well’s programs, workshops, retreats, and our growing community. Bring a friend or come solo... we welcome you to our community.

Uncork & Unwind: Happy Hour
Thursday, October 10, 5:30-7:30 pm
Cost: Free, but RSVP is requested

Coffee & Conversation
Thursday, December 5, 9:30-11:30 am
Cost: Free, but RSVP is requested

Mobile Well — The Well’s Programming On the Road

The Mobile Well brings our most-loved, tried, and true programming focused on topics that promote self-care, self-awareness, connection, and community to the workplace, community centers, retirement communities, faith communities, board/group development, and at personal residences/gathering locations, meeting the needs of many in their own spaces and on their own terms.

The Well is also seeking partnerships to help bring our programming to underserved groups. There is a great need to help nourish others’ spirits in our communities. To learn more, visit: wellforthejourney.org/mobile-well/ or call 410-296-9355.

Registration required for all programs. For more detailed information and/or to register, please visit www.wellforthejourney.org. Questions? Call 410-296-9355 weekdays between 9 am-1pm.
WOMEN’S RETREAT WEEKEND

Well by the Sea Women’s Weekend, Cape May, NJ

Balance for the Autumn Equinox through Mind, Body, Spirit

Enjoy a weekend to rebalance, refocus, and restore yourself as we greet the autumn equinox. Equinox refers to the day when light and darkness are balanced, with an equal amount of daylight and darkness. As we consciously attune to nature's cycles, we deepen our understanding of our own rhythms.

Set in the charming seaside town of Cape May, New Jersey, topics for the weekend will include: balancing community and solitude, balancing our needs with the needs of others, using the Enneagram as a tool to rebalance from False Self to True Self, and becoming aware of the importance of dark times in addition to the light times. Choose from workshops designed to give you perspective and practices to create balance at this point in your life. A contemplative nature walk, yoga, and biking will be available if you choose.

Well by the Sea is one of the Well’s most popular programs. Register early, as space is limited.

Fri., Sept. 20, 6 pm - Sun., Sept. 22, 12 pm (Early check-in available Sept. 20)
Location: Cape May, NJ (Lodging provided in several homes.)
Leadership Team: Mabeth Hudson, Terri Smith, Bev Gorman
Cost: $350 double occupancy; $395 single occupancy;
$200 commuter/non-lodging (includes program, welcome reception, and all meals.)

Deposit of $150 is due with registration by Sept 1; Balance due by Sept. 14.
REGISTRATION

The Well is here to support your spiritual journey. We do not want anyone unable to participate due to financial restraints. Please call us at 410-296-9355 if you would like to pay for a program(s) in installments, or if you would like an application for a reduction of fees through the Well Program Scholarship Fund (also available on the Well’s website).

Unless otherwise noted, all programs are held at Well for the Journey. Facilitator bios can be found on our website.

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**VOLUNTARY CONTRIBUTIONS:**

The Well Program Scholarship Fund – All amounts welcome.

Daily Faith Reflection Email Subscription* $52

Other Donation

☐ We do not want anyone unable to participate due to financial constraints. Check here if you would like an application for reduction of fees through the Well Program Scholarship Fund.

TOTAL:

How did you hear about us?

Send to: Well for the Journey | 400 W. Pennsylvania Ave | Towson MD 21204

*Reflection email containing an inspirational quote sent each weekday morning.

Well for the Journey is a 501(c)(3) nonprofit organization.