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.
CLASSES & WORKSHOPS

Mystics & Visionaries: Living from the Soul
An Evening with Lori B. Lipten, M.A.

Join us for a special evening with Shamanic Medium, Lori Lipten, who will share her story and insight into her healing work. Shamanism is an ancient healing practice that dates back more than 10,000 years. Lori’s healing gifts allow her to access the spirit world (Lori calls this “accessing her Divine helpers”) and to channel these transcendental energies into this world, connecting the two.

Lori has provided intuitive consultations, soul healing, spiritual workshops, and retreats to thousands from around the world. She helps people awaken to their divine nature, attune and align with their soul’s potential, and bridge individual and group connections between ordinary and extraordinary spiritual experience. The program will include audience participation. Please visit wellforthejourney.org/events for more information.

Tuesday, May 21, 7-9 pm
Location: The Conference Center at Shepherd Pratt,
6501 N. Charles Street, Towson, MD
Leader: Mabeth Hudson, M.A. will facilitate the discussion with Lori Lipten. M.A.
Cost: $30

Living B.I.G. – Living with Boundaries, Integrity & Generosity (based on the work of Dr. Brené Brown)

In the workplace or with friends and family, sometimes we realize we are caught in repeating patterns and accepting behaviors that we want to change because they do not align with our values – but we aren’t sure where to start. This workshop utilizes the Daring Way™ curricula based on the work of Dr. Brené Brown, best-selling author of Gifts of Imperfection, Daring Greatly, Rising Strong, and Dare to Lead. Through videos, individual and small group exercises, participants will be able to name their core values and define their boundaries, leading to integrity and generosity.

Wednesday, June 19, 6:30-9 pm
Leader: Arianne Rice, Certified Daring Way™ Facilitator
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.
CLASSES & WORKSHOPS

Igniting Your Creative Spark
Do you wish you were more creative? Are you creative but not creating? Are you curious about the creative process? You are born with a creative spark within you, whether you recognize it or not. This workshop 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.

Saturday, June 22, 1-3 pm
Leader: Becky Slater
Cost: $40 (Includes all art supplies)

Finding the Good in Goodbye - Wisdom from Pooh
Are you sending a child off to college or somewhere else? Are you or a loved one getting ready to move? Are you preparing to say goodbye to someone you care about? If so, then you know this can be an unsettling time. In this workshop, you will gain perspective and practical tools to transition through your letting go. We will use A.A.Milne’s The House at Pooh Corner (no text required) as a backdrop to discover how to find the sweetness in our goodbyes. The format will include leader presentation, small group conversation, and ideas to integrate into your daily life.

Tuesday, June 25, 6:30-8:30 pm
Leader: Mabeth Hudson, M.A.
Cost: $35
CLASSES & WORKSHOPS

**The Enneagram of Letting Go**

Have you ever noticed how difficult it is through our best intentions or strongest will power to get rid of troublesome habits or negative patterns? The Enneagram of Letting Go is a unique tool for every personality type that offers a practical and comprehensive model for transformation. We are given the tools to be more relaxed, alive, and connected with our own Being and with our surroundings, which allows us to be more open to grace. This beautiful nine-step process of releasing and surrendering reminds us that the way out is the way through. Join us as we journey inward to the freedom that awaits.

Wednesday, July 10, 6:30-8:30 pm  
Leader: Bev Gorman  
Cost: $35

**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, August 28, 7-9 pm  
Leader: Dr. Franklin Adkinson  
Cost: $15

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.
WELL-READ BOOK DISCUSSIONS

The Little Paris Bookshop by Nina George

Monsieur Perdu calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he can’t seem to heal through literature is himself; he’s haunted by heartbreak after his great love disappeared. She left him with only a letter, which he has never opened. After Perdu is finally tempted to read the letter, he departs on a mission to the south of France, hoping to make peace with his loss and discover the end of the story… (Review excerpt from BookBrowse.com)

We’ll explore themes of relationships, connection, healing, redemption, and coming to terms with loss.

Date: Thursday, June 6, 7-8:30 pm
Leader: Ginny Barnhart
Cost: $10

Small Great Things by Jodi Picoult

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years of experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she’s been reassigned to another patient. The parents are white supremacists and don’t want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene? (Review excerpt from BookBrowse.com)

This thought-provoking story addresses issues of racism, prejudice, justice, and compassion and opens us to new ways of seeing the world and living our lives.

Tuesday, July 23, 7-8:30 pm
Leader: Melanie Andrews
Cost: $10
WELL-READ BOOK DISCUSSIONS

Where the Crawdads Sing by Delia Owens

For years, rumors of the “Marsh Girl” have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life—until the unthinkable happens. (Review excerpt from BookBrowse.com)

Wednesday, August 7, 7-8:30 pm
Leader: Liz Neal
Cost: $10

RENEWAL PROGRAM

Summer “SOULstice” Renewal Day

Welcome the summer by giving your mind, body, and soul the gift of renewal. In this popular annual program, you will open to the wonder and delight of summer on the gracious, welcoming grounds of the Benedictine monastery. We will begin in community and receive reflection materials, followed by your choice of quiet reflection, outdoor walks, and body care options such as yoga and walking the labyrinth. You can sign up for massage, reflexology, and Reiki for an additional fee. Bring a brown bag lunch; drinks and fresh snacks provided. Limited to 22 people.

Tuesday, June 18, 9:30 am-3 pm
Location: Emmanuel Monastery, 2229 West Joppa Road, Lutherville, MD
Leader: Kathy McNany, OSB
Cost: $75* (includes drinks, fresh snacks, reflection materials, and optional yoga or Qi Gong)
COMMUNITY EVENTS

Uncork & Unwind: Summer Open House Happy Hours
Join us for one, two or all three summer open house happy hours at the Well Gathering Center. Whether you’re new to the Well or are one of our long-time supporters, join us for appetizers, refreshments, community, and connection. Meet new people 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.

Thursday, June 13 • Wednesday, July 17 • Thursday, August 15
5:30-7:30 pm
Cost: Free; but RSVP is requested

Community “World Cafe”: Imagining Future Well for the Journey Programs
Would you like to help shape future Well programming through meaningful conversation? 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 the Well 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?

Date: TBD (Fall 2019)
Please call 410-296-9355 to be added to our “interested” list for when the date is announced.

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.
FALL 2019: WOMEN’S RETREAT WEEKEND

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

Enjoy time beside the sea, small group workshops, and the community of women, designed to renew your spirit. This weekend includes workshops of your choice, time in nature, a welcome reception, delicious, nutritious food, and Saturday movie night. Visit www.wellforthejourney.org/events for more details about the weekend schedule. One of the Well’s most popular programs; register early, as space is limited.

Friday, Sept. 20, 6 pm - Sunday, Sept. 22, 12 pm
Location: Cape May, NJ
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.
Lodging provided in several houses in Cape May.
You may check in early on Friday, Sept. 20

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.
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.

Name:

Address:

City: State: Zip:

Phone: Email:

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VOLUNTARY CONTRIBUTIONS:

The Well Program Scholarship Fund – All amounts welcome.

Daily 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.

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.