WELCOME

WINTER 2020

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.

REFLECTING:
Taking time amidst the busyness 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.

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.
Brené Brown’s “The Daring Way™” - Courage Building, Shame Resilience, and Uncovering the Power of Vulnerability

Led by Certified Daring Way™ Facilitator, Arianne Rice, this workshop will take a deep dive into understanding the connection between vulnerability and shame based on the work of best-selling author and “vulnerability expert,” Brené Brown. The workshop includes group discussion, individual reflection, writing exercises, and video. Participants will come away with a deeper understanding of Brown’s methodology, practical “tools” they can utilize in their daily lives, and connection with a community of people who share an interest in self-understanding, growth, and awareness.

Friday, Jan. 10, 6:30-9 pm  
Saturday, Jan. 11, 9 am-4 pm  
Leader: Arianne Rice, M.Div., CDWF  
Location: Church of the Good Shepherd, 1401 Carrollton Ave., Towson, MD 21204  
Cost: $195 (includes workbook and lunch)  
(A payment plan is available, please call 410-296-9355 for details.)

L to R: Dr. Brené Brown and Daring Way Certified Facilitator, Arianne Rice
PROGRAMS & WORKSHOPS

*Mystics and Visionaries: Living Wisdom for Life Today*

Mystics are those whose relationship with God, the Divine, the Creator (insert whatever term you use), connection with all living beings, selfless service, and compassionate action contribute to the healing of the world. Our Mystic Series explores the life and spirit of individuals who provide compelling insight for our times.

**Mary Oliver Mystic Series**

Listen to life through the eyes and ears, mind and heart, of modern mystic and poet Mary Oliver, as she invites us to experience all of creation with new consciousness and sacredness. One of our most popular programs, this three-part series will enable participants to delve more deeply into Oliver’s work, ponder its meaning, and challenge us to live out her message to love the world.

- Thursdays, Jan. 9, 16, 23, 1-3 pm
- Leader: Greg Cochran and Sr. Kathy McNany, OSB
- Location: Emmanuel Monastery, 2229 West Joppa Rd. Lutherville, MD 21093
- Cost: $90 for series; or, $35 per session

**Ending Well: Empowering Conversations About Death**

The ongoing, natural circle of life reminds us that we will not live forever. Our culture resists talking about the taboo topic of death, but we can be empowered to live more fully through conversations, reflections, and planning for death and dying. This series is designed to cultivate peace and empowerment (in us and our loved ones) while letting go of fear. As a participant, you will share stories and perspectives on death, contemplate the things that are uniquely important to you to live and die well, and gain practical tools and steps to prepare yourself and your loved ones.

- Tuesdays, Feb. 4, 11, 18, 1-3 pm
- Leader: Mabeth Hudson, MA
- Cost: $95 for series
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.

Holy Living, Living Wholly
Tuesdays, 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: $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.
PROGRAMS & WORKSHOPS

Introduction to Emotional Freedom Technique

Emotional Freedom Technique (EFT) is an evidence-based self-help therapeutic method that utilizes tapping on acupoints of the body’s energetic system, which helps to free blockages on body, mind and spirit levels. It provides a powerful way to recognize and regulate emotions, release painful memories, and unlock the powerful potential that lies within all of us. This program is for anyone who has been negatively impacted by trauma, humiliation, guilt, fear, grief, shame and other obstacles to growth. EFT allows us to release the negative thoughts and memories that are preventing us from living our best life and purpose.

Saturday, Feb. 15, 1-5 pm
Leader: Annette Laugel, LGPC, LMTI
Cost: $75

Spiritual Practices for Dementia Caregivers: Channeling Love Evermore

If you are a caregiver of a loved one with dementia or a professional caregiver of clients with dementia, this day-long retreat is for you. Take some well-deserved time for self-care and compassion and join us as we explore the experience of caring for individuals with dementia through a spiritual lens. In examining what is meaningful, yet challenging in the reality of caregiving, there will be opportunities for recharging through meditation, journaling, and group dialogue. In addition, concepts and practices from Gary Shaw’s Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer’s Journey will be integrated as tools for reflection and sustenance for the remaining journey ahead. Prior reading of Shaw’s text is not required to participate in this retreat. Please bring a journal and a lunch for the day. Snacks and beverages will be provided.

Saturday, Mar. 21, 9:30 am-3:30 pm
Leader: Gordon Creamer, M.A.
Cost: $95; $80 early registration by Mar. 1
BOOK STUDY

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 a landmark book from one of our most beloved spiritual writers, and an invitation to contemplate how God liberates and loves all that is." – (Amazon.com)

In this 3-part book study and discussion group, participants will explore themes of Rohr's book which draw on scripture, history, and spiritual practice to encourage an inclusive, transformative view of God's constant engagement with us and the world. We will utilize companion materials designed by Rohr (discussion guide, videos, podcast) providing resources to encourage ongoing engagement with the material.

Wednesdays, Feb. 5, 12, 19, 6:30-8:30 pm
Leader: Arianne Rice, M.Div.
Cost: $105 for series; $95 early registration by Jan. 22

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.
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 of workshops offered throughout the year 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, Jan. 25, Feb. 29, Mar. 28, Apr. 25, May 30, 1-3 pm
Leader: Becky Slater
Cost: $180 for the series; or, $40 per session (includes art supplies)

Journaling 101

Research shows there are many benefits to journaling. It can boost your mood, enhance your sense of well-being, improve emotional intelligence and communication skills, boost memory and comprehension to name just a few. Join us for this workshop where you will have an opportunity to look inwardly and reflect on aspects of your life. Learn simple prompts for journal entries as well as tips and strategies for making journaling part of your regular routine. Time is provided for participants to ask questions and discuss journaling reflections and insights. Please bring your own journal or you may purchase a journal at the Well for $3.00.

Thursday, Feb. 6, 9:30-11:30 am
Leader: Liz Neal
Cost: $40

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.
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. The 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, Dec. 2, Jan. 6, Feb. 3, Mar. 2, Apr. 6, May 4, Jun. 1, 6:30-8:30 pm
Leader: Bev Gorman
Cost: $190 for 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, Feb. 22, 8:30 am-12:30 pm
Leader: Bev Gorman
Cost: $50
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**

Our signature program, these small group experiences help women live more meaningful, connected lives. Groups are limited to 12.

**Winter Mini Session: Silence, Laughter, and Joy: God’s Renewing Gifts**

Begin your new year by refreshing your spirit. Gain practical tools and insight as we explore sources of inner renewal that are always available but often overlooked. Claiming these sources of renewal is an act of love for ourselves and the world around us—a way to restore goodness.

- Wednesdays, Jan. 15, 22, 29, Feb. 5, 11 am-1 pm
- Facilitators: Mabeth Hudson and Donna Mollenkopf
- Cost: $110; or, $95 early registration by Jan. 6

**Winter/Spring Session: Discovering the Divine in the Dark**

Learn how times of darkness such as confusion, uncertainty, and discomfort can be meaningful times of growth. Drawing loosely from Barbara Brown Taylor’s best-selling book, *Learning to Walk in the Dark* and Sue Monk Kidd’s *When the Heart Waits* (no books required) we’ll explore how your experience of the Divine is present in the dark and gain tools to navigate and even appreciate the darkness.

- **Evening Session:**
  - Mondays, Jan. 13, 27, Feb. 10, 24, Mar. 9, 23, Apr. 6, 20, 7-8:30 pm
  - Facilitators: Terri Smith and Barb Gilliss
  - Cost: $170; or, $150 early registration by Jan. 3

- **Morning Session:**
  - Wednesdays, Mar. 4, 11, 18, 22, Apr. 1, 15, 22, 29, 9:30-11 am
  - Facilitators: Mabeth Hudson and Donna Mollenkopf
  - Cost: $170; or, $150 early registration by Feb. 19

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

Introduction to Group Spiritual Direction

Are you curious about Group Spiritual Direction (GSD)? Come learn about this contemplative approach to a deeper connection with yourself and the Divine that is grounded in the model originated at the Shalem Institute in Washington, D.C. Alan Evans, who has been serving as a spiritual director for two decades, will provide an overview of the process and lead participants into an experience of the discernment practice. Groups will be forming in late January for those who are interested in enrolling in a nine-month program.

Wednesday, Jan. 8, 7-9 pm
Leader: Alan Evans
Cost: $15 (may be applied to GSD enrollment)

Group Spiritual Direction

Gather once a month to help one another to listen for and respond to the presence of the Divine in your life. This contemplative approach to spiritual direction is based on the model of the Shalem Institute in Washington, DC. Shalem is grounded in Christian contemplative spirituality yet draws on the wisdom of many religious traditions.

New groups are forming for 9-month sessions. Groups are limited to five.

To express interest, call 410-296-9355 or email jeananne@wellforthejourney.org.
Cost: $250
(Payment plan is available. Please call 410-296-9355 for details.)
COMMUNITY EVENTS

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 new people and get to know us better as you learn about the Well’s programs, workshops, retreats, and our growing community. We welcome you to our community.

Coffee & Conversation
Thursday, December 5, 9:30-11:30 am
Cost: Free (donations accepted); RSVP requested

Happy Hour (THEME TBD)
Thursday, February 20, 5:30-7:30 pm

Mobile Well — The Well’s Programming On the Road
The Mobile Well brings Well for the Journey’s 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. The Mobile Well can meet the group programming needs of many in their own spaces and on their own terms.

The Well is also seeking partnerships to help bring the Well’s programming to underserved groups. There is great need to help nourish others’ spirits in our communities. To learn more, please 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.
**SPRING 2020 SNEAK PEEK**

**Story of Your Life: Writing a Spiritual Autobiography**  
*(No previous writing experience required)*

Whatever your faith tradition, you have a spiritual history. Beyond your practice of a religion, you have developed an inner life because of the experiences, questions, beliefs, and values that have developed along your journey. In The Story of Your Life: Writing a Spiritual Autobiography, participants examine their individually unique and personal spiritual journeys through writing about their most meaningful life experiences. The facilitator will provide exercises that focus on the ordinary everyday experiences of our lives, for, as Christina Baldwin says: “The spiritual journey is what the soul is up to while we attend to daily living.”

Tuesdays, Mar. 10 - Apr. 14, (six sessions) 10 am-12 pm  
Leader: Alan Evans  
Cost: $180; $165 early registration by Feb. 25

**New Life! A Joyful Quiet Day Retreat based on The Universal Christ by Richard Rohr**

*Everything visible, without exception, is the outpouring of God. What else could it really be? This is the question Rohr poses in his latest book, The Universal Christ as he describes a wholistic understanding of God as connected to everything and everyone at all times. If only we would see it, wake up to it, acknowledge it all around us! This would spark our gratitude, joy, faith, hope, and love in hearts, even when our hearts are hurting. In this one-day retreat, Arianne Rice will teach and facilitate individual and small group discussions with ample time for quiet reflection.*

Saturday, April 25, 9 am – 2 pm  
Location: Church of the Good Shephard, 1401 Carrollton Ave., Towson, MD 21204  
Leader: Arianne Rice, M.Div  
Cost: $100; $90 early registration by Apr. 11

**NOTE:** Programs may be added to our calendar at any time. Please check our website, www.wellforthejourney.org for the most up to date listing of our offerings.
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 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.