



Franciscan Sisters of the Sacred Heart

*Portiuncula Center for Prayer  
Poverello Holistic Center  
'Healing Body, Mind, Spirit'*

*Calendar of Events  
February - August 2019*



9263 West St. Francis Road  
Frankfort \* Illinois \* 60423  
815.464.3880 \* [info@portforprayer.org](mailto:info@portforprayer.org)  
[www.portforprayer.org](http://www.portforprayer.org)

**“The Portiuncula Center for Prayer nestled in St. Francis Woods and rooted in the Franciscan tradition, is a sacred space of welcome for those seeking peace of mind, body, and spirit.”**

**Mission Statement**

**FEBRUARY**

<b>11</b>	Celtic Spirituality: The Mists of Time (page 2)
<b>11</b>	Women's Sacred Circle (page 12)
<b>12</b>	Conscious Aging – eight weeks (page 2)
<b>13</b>	Group Spiritual Direction (page 3)
<b>15</b>	Day of Reflection (page 12)
<b>15</b>	Venus Gong Meditation (page 3)
<b>18</b>	The Gift of Hope (page 3)

**MARCH**

<b>4</b>	Meditation Prayer Cards (page 4)
<b>11</b>	⚠ Lent: Preparing for the Journey (page 4)
<b>11</b>	Anam Cara I – five weeks (page 5)
<b>15</b>	Healing Vibrations with Crystal Singing Bowls (page 12)
<b>16</b>	Active Hope (page 5)
<b>18</b>	⚠ Lent: Moving Toward the Light (page 6)
<b>25</b>	⚠ Lent: Seeing Hope Along the Way in Art (page 6)

**APRIL**

<b>1</b>	⚠ Lent: Finding Hope by Working for Justice (page 7)
<b>8</b>	⚠ Lent: The Art of Self-Love (page 7)
<b>15</b>	⚠ Lent: Walking in Hope (page 7)
<b>26</b>	Song of the Planets: Venus and Neptune Gongs (page 8)

**MAY**

<b>10</b>	Day of Reflection (page 12)
<b>10</b>	Healing Vibrations with Crystal Singing Bowls (page 12)
<b>13</b>	Gentle Yoga from the Chair/Self Care Workshop (page 8)
<b>17</b>	Hide and Seek: The Art of Knowing God (page 9)
<b>20</b>	Blossoming and Unfolding – Celebrate your True Beauty (page 9)

**SUMMER**

<b>June 18 – 20</b>	The Thin Veil (page 10)
<b>June 23 - 29</b>	Paula D'Arcy: Opening to the Light (page 10)
<b>July 24 - 28</b>	Women's Retreat: Loving You-Self Discovery (page 11)
<b>August 7 - 11</b>	Silent Retreat: The Wonder and Awe (page 11)
<b>August 23</b>	Healing Vibrations with Crystal Singing Bowls (page 12)

**Contact and Registration Information (page 14)**

FEBRUARY



Women's  
Sacred Circle  
February 11  
7 – 9 p.m.  
page 12

## CELTIC SPIRITUALITY: THE MISTS OF TIME

**Date:** Monday, February 11      **Time:** 9:00 a.m. – 2:30 p.m.

**Fee:** \$40 (includes lunch)

Today there is a growing interest in the witness and teachings of the Celtic Church. This one day experience offers you a rich overview of a spirituality now re-emerging from the mists of time. We will examine the Celtic Church: its worship, rhythm of prayer, sense of community, healing, hospitality and missionary spirit. We will be challenged to learn its lessons, principles and way of being renewed in Christ from examples such as Cuthbert, Columba, Catherine, Aiden, Brigid, and Patrick. **Facilitators: Michael Jennings, Ph.D.**, studied with John O'Donohue. He has been teaching Celtic Spirituality for many years. He is a Spiritual Director, Retreat Leader, and has a Ph.D. in Clinical Psychology. **Meg Sloan Jennings** has taught Theology for over 20 years and has studied and taught Celtic Spirituality.



## CONSCIOUS AGING

**Dates:** Tuesdays, February 12 – April 2 (eight week series)

**Time:** 9:30 a.m. - Noon    **Fee:** \$150

*"Aging invites you to become aware of the sacred circles that shelter your life."* John O'Donohue in Anam Cara

This eight-week course will focus on the spiritual, emotional and psychological factors that have brought us to be the wisdom seekers we are now. We will learn together how to: A. develop self-compassion to cope more effectively with the change, worry, and stress associated with aging; B. discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process; C. reduce fear and increase acceptance of our God in the presence of death and dying for ourselves and for our loved ones. Textbook to be purchased on first day of class from facilitator (\$20). **Facilitator: Michael Jennings, Ph.D.**

## **GROUP SPIRITUAL DIRECTION**

**Date:** Wednesdays, February 13, March 13, April 10, May 8

**Time:** 10:00 a.m. – Noon **Total Fee:** \$40 **Limit:** 6

Group spiritual direction is an experience of intentional listening and seeking God's presence within the context of a group. Participants are guided by a trained spiritual director who serves as a facilitator. Where individual spiritual direction gives a one-to-one focus, group spiritual direction offers the support, encouragement and collective wisdom found within a group setting. The process allows for silence and reflection, developing your skills of listening to others at a deep, caring level and the opportunity to share in a safe and nurturing environment.

**Facilitator:** Janice Keenan, OSF

## **VENUS GONG SACRED SOUND MEDITATION**

**Date:** Friday, February 15

**Time:** 7:00 - 8:30 p.m. **Fee:** \$25

This is a unique sound meditation that combines the planetary vibrations of the Venus gong, Native American flute, Tibetan bowls and other instruments to create a heightened meditation space.

Surrounding your body in sound vibrations can restore vital energy that is depleted during daily activities. Planetary influences are honored as the rhythms of the universe are celebrated. Bring yoga mat, pillow, and blanket. If you would like to use a zero-gravity chair, please let us know at the time of registration. **Facilitator:** Karen Tlusty-Rissman is a musician playing Native American flute, concert flute, bass guitar, Tibetan singing bowls and Venus gong. She leads classes that combine sound, visual art and guided meditation.

**Day of Reflection**  
**February 15**  
**9:30 a.m. – 3 p.m.**  
**page 12**



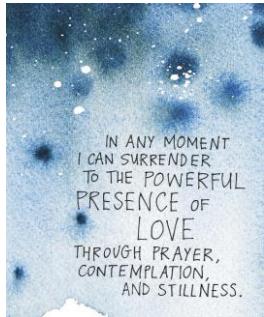
## **THE GIFT OF HOPE: GOD'S SUFFICIENCY IN THE WINTERS OF LIFE**

**Date:** Monday, February 18 **Time:** 9:30 a.m. - Noon **Fee:** \$25

What role does faith play as you navigate seasons of scarcity and the darkness of uncertainty? What role does joy play? What role gratitude? With nature as a model and the writing of Brene Brown as a context we will use guided reflection and group interaction to explore the ways we tap into the sufficiency of God during our darker, leaner seasons of life.

**Facilitator:** Deb Way is a professional naturalist with Irons Oaks Environmental Education and Activity Center and a volunteer Master Naturalist with Illinois Extension and the Forest Preserves of Cook County. She is also trained in spiritual direction and has served as retreat leader for various churches and groups in Illinois and Indiana.

## MARCH



### MEDITATION PRAYER CARDS

**Date:** Monday, March 4    **Time:** 9:00 a.m. – Noon    **Fee:** \$25  
Have you ever considered using meditation cards as an effective way to pray? Today, we will make our own small abstract cards with various colors of paint. Finding the shapes within the colors and then outlining them with pen creates a meditative experience of “letting go” and getting “in the zone.” Outside distractions begin to fall away as we focus on these meditation cards – another path to prayer! We will each have at least 9 cards to take home at the end of the session. No art experience needed.

**Facilitator:** **Ginny Raftery** is a working artist with a studio at Union Street Gallery in Chicago Heights, IL. She has taught art for many years working with children, teens, and adults. Her approach to art is primarily to encourage her students to relax and enjoy the process and hopefully gain confidence that what they create is uniquely their own and an expression of the God within.



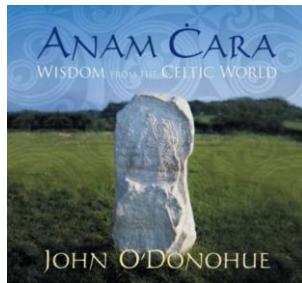
### “OUR LENTEN JOURNEY: WE WALK IN HOPE”

#### ■ PREPARING FOR THE JOURNEY

**Date:** Monday, March 11    **Time:** 9:00 a.m. - Noon    **Fee:** \$25  
In this first full week of our 40 day Lenten journey, we'll use the image of preparing for a trip to help us embark on the faith journey that leads to hope, new life, and resurrection. We will reflect on what the Lord is calling us to take with us, what we need to leave behind, and ways to look forward to the journey itself. The morning will include input, time for silence, reflective activities, and sharing. **Facilitator:** **Janice Keenan, OSF** is a West Peoria Franciscan, Retreat Program Manager, and Spiritual Director at the Port.

“Today, amid so much darkness we need to see the light of hope and to be men and women who bring hope to others.

If we walk in hope, we have joy in our hearts. Let us be lights of hope.” Pope Francis



## ANAM CARA I

**Dates:** Mondays, March 11 – April 8 (five week series)

**Time:** 1:00 – 3:30 p.m.    **Fee:** \$100

In everyone's life, there is a need for an Anam Cara, a soul friend. In this relationship, you are understood as you are, without mask or pretension. When you are understood, you are at home and feel you belong. To appreciate this relationship, you must first recognize your own inner light and beauty. The Celtic Christians believed that forming an Anam Cara friendship would help you to awaken your awareness of your own nature and experience the joys of others. Through conversation and activities, we will learn to see ourselves as the Celtic Christian Church did. Please purchase John O'Donohue's book: *Anam Cara: A Book of Celtic Wisdom* prior to the first session. **Facilitator:** Michael Jennings, Ph.D.



**ACTIVE HOPE!**

Crystal Bowls  
March 15  
7 – 8:30 p.m.  
Page 12

## ACTIVE HOPE

**Date:** Saturday, March 16    **Time:** 9:00 a.m. – 3:30 p.m.    **Fee:** \$40

Are you searching for a deeper sense of inspiration, hope, resilience and renewal in these challenging times? This session is about a concept called Active Hope and is fueled by what we would love to see happen in the world and how we can be participants in bringing that about. Based on "The Work that Reconnects", an innovative process developed by Joanna Macy, internationally acclaimed author, eco-philosopher, and activist, the session includes experiential practices, such as The Council of All Beings (a profound ceremony of interconnection with animals and plants), reflection, and inspirational readings and teachings. "The Work" instills a renewed sense of our ability to make a difference in our lives and in the world!

**Facilitator:** Kathleen Rude is an environmentalist mentored by Joanna Macy. She conducts workshops on environmental and social change, as well as spirituality and healing. She is an environmental writer and advocate with a Master's Degree in natural resources.



### ▲ MOVING TOWARD THE LIGHT – EMBRACING THE LENTEN JOURNEY

**Date:** Monday, March 18    **Time:** 9:00 a.m. – Noon    **Fee:** \$25

Seasons change, and we are called to change with them! As we celebrate the Spring Equinox this week, we will join with all of creation in welcoming the light and ushering in a season of resurrection and rebirth. Trusting that the Spirit is wanting to do something new---not only around us, but within us---we will linger with some of the age-old wisdom buried in the Lenten Gospels and listen for ways we can find to let the light in and not miss the opportunity for change that looms on the horizon of our own lives.

**Facilitator:** **Mary Ruth Broz** is a Sister of Mercy, and former Program Director at the Port. She is a retreat facilitator and spiritual director, and presently does free-lancing out of the Sisters of Mercy Center on Central Park Avenue in Chicago. She has an M. Div. degree from the Jesuit School of Theology and a Doctor of Ministry degree from St. Mary of the Lake University in Mundelein, Illinois.



### ▲ SEEING HOPE ALONG THE WAY IN ART AND IMAGE

**Date:** Monday, March 25    **Time:** 9:00 a.m. - Noon    **Fee:** \$25

“Visio Divina” is visual prayer: it invites us into an encounter with The Holy through beholding an image. We might say image and symbol are the language of the soul. Icons have been used for meditation for centuries in Eastern Christianity. In this program we will be guided in ways to explore and practice “contemplative seeing” as we pray with images.

**Facilitator:** **Mary Southard, CSJ** is best known for her creative work. Her paintings and sculptures explore and give expression to the wonder and beauty of Creation, and to the hungers of the human soul. Mary is an experienced educator and retreat facilitator whose joy is to be with others as they discover the creativity within themselves.

## APRIL

### ■ FINDING HOPE BY WORKING FOR JUSTICE

**Date:** Monday, April 1   **Time:** 9:00 a.m. - Noon   **Fee:** \$25

When we pray in the name of Jesus we become more deeply aware that we are One People, One World, loved by God, created in God's image, and meant to be hope filled expressions of God's love in this time. We will begin and end the morning in this prayerful awareness, and then reflect on the key principles of Catholic Social Teaching. The principles can then be used to look in more depth at one justice issue as a model for living justice and peace in our lives. We will focus on human trafficking and discover that we can feel hopeless or we can live in hopefulness that we can make a difference. **Facilitator:** **Peggy Quinn, OSF** has a Bachelor's and Master's in Theology with background in teaching and campus ministry. She is presently doing vocation ministry and committee work for justice and service for her congregation, the Joliet Franciscans.



### ■ THE ART OF SELF-LOVE

**Date:** Monday, April 8   **Time:** 9:00 a.m. – Noon   **Fee:** \$25

This experiential workshop includes tools to help you deepen self-awareness and gain new insights on how to more effectively nourish and care for yourself. Through expressive art exercises, journal prompts, and guided meditation you will learn to connect with your inner wisdom to bring more love and compassion into your relationship with yourself. No prior art or writing experience needed. **Facilitator:** **Karen Signore**, B.A., is certified in Creative Journal Expressive Arts (CJEA), a Reiki Master and practitioner, and an educator and workshop presenter.

### ■ WALKING IN HOPE WHILE CARRYING OUR CROSS: CONTRADICTION OR CONSOLATION?

**Date:** Monday, April 15   **Time:** 9:00 a.m. – Noon   **Fee:** \$25

"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." - Isaiah 40:31 Taking up one's cross is required for all who follow Jesus Christ. We are to walk in his footsteps following his lead carrying our own crosses. How do we walk in hope while doing this? This Holy Week, come reflect on the way of the cross that ultimately ends not in death but in the glory of resurrection and new life. We will explore what it means to choose to follow Jesus' way and how Hope is central to that choice in very real ways. **Facilitator:** **Janice Keenan, OSF**



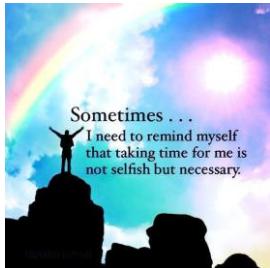
## SONG OF THE PLANETS VIBRATIONAL MEDITATION

**Date:** Friday, April 26    **Time:** 7:00 - 8:30 p.m.    **Fee:** \$25

Experience the nurturing of vibrational healing with a blending of Planetary gongs using the vibrations of Venus and Neptune, Tibetan Healing Bowls, Native American flute, and chimes in a beautiful, harmonic, and relaxing presentation. Bring yoga mat, pillow, and blanket. If you would like to use a zero gravity chair, please let us know at the time of registration.

**Facilitators:** **Karen Tlusty-Rissman** is a musician, playing Native American flute, concert flute, bass guitar, Tibetan singing bowls and Venus gong. She leads classes that combine sound, visual art, and guided meditation. **Cecily Hunt** is a yoga instructor who provides yoga therapy and meditation for healing. She is affiliated with the Cancer Support Center of Homewood and now offers sound baths on the Neptune gong.

MAY



May 10  
Day of Reflection  
9 a.m. – 3 p.m.  
and  
Crystal Bowls  
7 – 8:30 p.m.  
Page 12

## GENTLE YOGA FROM THE CHAIR AND SELF-CARE WORKSHOP

**Date:** Monday, May 13    **Time:** 9:00 a.m. – Noon    **Fee:** \$25

Self-care encompasses attention to the body as well as mental and emotional well-being. The physical yoga practice (performed in a chair) and discussion will address improving breathing, focus, balance, flexibility, and core strength. To address mental and emotional well-being and stress reduction, there will be guided relaxation and meditation techniques. These techniques are tools to decrease the effects of stress, anxiety, and depression and to improve mental focus and memory. Most of all, the workshop will provide a safe and inclusive sense of community where everyone can find joy in learning. **Facilitator: Nadine Kelly, MD, E-RYT 20, R-CYT** a practicing physician for many years, now focuses on health, wellness, and prevention by specializing in teaching aqua, chair, and gentle yoga full-time for over four years.



## HIDE AND SEEK: THE ART OF KNOWING GOD

(Designed for Spiritual Directors, Chaplains, and Deacons)

**Date:** Friday, May 17    **Time:** 10:00 a.m. – 2:00 p.m.    **Fee:** \$30

Sometimes it seems as if God likes to play hide-and-seek. Our sense of who God is and how God works can suddenly go missing in the trees behind our home and we're left with a flashlight in our hands and no one to tag. As spiritual directors, deacons, and chaplains, we hold that mystery with the people with whom we minister, inviting them to make room for a new understanding of the divine. How we tend to that same mystery in our own lives is the focus of the day. We'll explore how our faith has changed over time and how that deepens and enriches our ministry. This day will include time for quiet reflection and an opportunity to network. Lunch will be provided. Certificates of Attendance provided upon request.

**Facilitator:** Karen Skalitzky serves as a spiritual director at Old St. Patrick's Church in Chicago. A nationally recognized writer and speaker, she is the author of a Recipe for Hope: Stories of Transformation by People Struggling with Homelessness and a monthly reflection, God is Big.

## BE YOUR OWN KIND OF *Beautiful*

## BLOSSOMING AND UNFOLDING – CELEBRATE YOUR TRUE BEAUTY

**Date:** Monday, May 20    **Time:** 9:00 a.m. – Noon    **Fee:** \$25

Spring is in full bloom and reflects the splendor that lies within. Join us for a morning workshop to discover the depth of your beauty in body/mind/spirit. Through simple body movement, mindful breathing, sacred sound meditation in the Song of the Planets gong program, and journaling you will be lovingly guided to connect with your deepest self, revealing the exquisite nature of your being. **Facilitators:** Karen Tlusty-Rissman is a musician, playing Native American flute, concert flute, bass guitar, Tibetan singing bowls and Venus gong. She leads classes that combine sound, visual art & guided meditation. Cecily Hunt is a yoga instructor who provides yoga therapy and meditation for healing. She is affiliated with the Cancer Support Center of Homewood and now offers sound baths on the Neptune gong.

## JUNE



### THE THIN VEIL

**Dates/Times:** Tuesday, June 18, Noon (Lunch) – Thursday, June 20, Noon (Brunch)   **Fee:** \$225 Check-in begins at 11:00 a.m.

This three-day retreat is an invitation to begin discovering freedom from your negativity and return your soul to the grace that is waiting unseen around you at this very moment. For the Celtic Christians, all life was sacred. They reserved their greatest reverence not for what they could see, but for what they could not. They sensed an “invisible world” - the great unknown from which they came and the source of eternal wonder in their lives. Creative prayer and meditation will be offered. You are encouraged to enter directly into this Spirit-filled work and begin to learn how to escape the imprisonment we create for ourselves. **Facilitator: Michael Jennings, Ph.D.**



### OPENING TO THE LIGHT WITH PAULA D'ARCY

We are featuring greatly acclaimed Paula D'Arcy this year in lieu of our traditional Franciscan Retreat.

**Dates/Times:** Sunday, June 23, 5:30 p.m. (Dinner) to Saturday, June 29, Noon (Brunch). Registration begins at 3:00 p.m. **Fee:** \$575 (includes all meals, room, retreat) **Commuter:** \$350 (opening dinner, program, daily lunches, closing brunch)

This guided retreat will draw on themes from Paula's newest book, Stars at Night: When Darkness Unfolds as Light. She will explore how learning to move through and past life's inevitable disappointments and losses opens a door to new awareness. In the end, the darkness is recognized as the rich foundation for a larger life and the possibility of awakening to a new way of being here. **Facilitator: Paula D'Arcy** is an author, retreat leader, speaker, playwright, and former psychotherapist. In 2001 she established Red Bird Foundation, which supports the growth and spiritual development of those in need throughout the world.

JULY



## WOMEN'S SUMMER RETREAT: LOVING OURSELVES – A JOURNEY OF SELF-DISCOVERY

**Dates:** Wednesday, July 24, 5:30 p.m. (Dinner) to Sunday, July 28, Noon (Brunch)

**Fee:** \$385 includes retreat, optional spiritual direction, meals, and room

**Commuter:** \$220 includes opening dinner, program, lunch, optional spiritual direction, closing brunch. Check-In begins at 3:00 p.m.

Realizing the powerful impact our self-esteem has on our lives is a key step to understanding our relationships and behaviors. Experiences from our past have shaped our sense of self-worth and may be unconsciously controlling us in the present. With compassion and self-acceptance, we will learn to love ourselves again. We will use tools designed to help us move forward as we truly are, our authentic selves, deserving of love and a life worth living. Our morning presentations will include skill-building, reflection, activities, and sharing. Afternoons will offer personal time. Optional activities will be offered. Body treatments at the Poverello Holistic Center need to be scheduled in advance by calling the Post office.

**Facilitators:** Kristine Cain, Counselor, MA, LCPC, Janice Keenan, OSF

AUGUST



Crystal Bowls  
August 23  
7 – 8:30 p.m.  
Page 12

## SILENT DIRECTED RETREAT:

### THE WONDER AND AWE OF GOD'S LOVING GAZE

**Dates/Times:** Wednesday, August 7 at 5:30 p.m. (Dinner) until Sunday, August 11 Noon (Brunch) Registration begins at 3:30 p.m. Opening session is at 7 p.m. **Fee:** \$385 (includes room, meals, and individual spiritual direction). A six-day retreat may be arranged concluding on August 12.

Additional fee will apply. **Single-Day Option:** August 8, 9, 10 from 9:00 a.m. – 5:00 p.m. **Fee:** \$65 per day includes individual spiritual direction and lunch. The Silent Directed Retreat promises an environment that fosters silence, solitude, prayer, rest, and renewal as you find yourself surrounded by the beauty of St. Francis Woods. Each day you will have the opportunity to meet with a trained spiritual director and participate in Liturgy. **Spiritual Directors:** Janice Keenan, OSF, Father Mark DeSutter, Sue Carter

## **HEALING VIBRATIONS WITH CRYSTAL SINGING BOWLS**

**Dates:** Fridays: March 15, May 10, August 23

**Time:** 7:00 - 8:30 p.m. **Fee:** \$25

During these sessions, you will be guided into meditation accompanied by the vibrational frequencies of the Alchemy Crystal Singing Bowls as they create a sacred space. Being enveloped in this expansive field of energy allows one a greater connection with one's spirit being enfolded in Divine Love, Light, Health and Mercy. Bring yoga mat, pillow, and blanket. If you would like to use a zero-gravity chair, please let us know at the time of registration. **Facilitator:** Jalima Cuesta is a Licensed Massage Therapist and Vibrational Sound Practitioner working at the Poverello Holistic Center.

## **WOMEN'S SACRED CIRCLE held the Second Monday of each month**

**Time:** 7:00 – 9:00 p.m. **Fee:** Free will offering

Each month a small group of women meet at the Port to support one another in their efforts to walk a spiritual path in the midst of the busy-ness of their lives and the challenges of the times we are living in. **The circle is open to new members in February and September.**

## **DAY OF REFLECTION** **Time:** 9:30 a.m. – 3:00 p.m. **Fee:** \$50

This retreat day offers you peaceful, private, contemplative space and time at La Verna. Each participant has access to a private room in addition to the grounds. The day includes opening prayer, theme, time for individual reflection, lunch, and a closing service. **February 15 and May 10.**

**Individuals may schedule personal day retreats in La Verna at any time depending on availability.**

**40 DAY RETREAT** Using Sister Mary Elizabeth Imler's book entitled *A FRANCISCAN SOLITUDE EXPERIENCE: THE PILGRIM'S JOURNAL*; this retreat is based on the Third Order Rule and builds on our rich Franciscan heritage. Call for more information. **30 DAY RETREAT** based on the Ignatian model includes time for solitude, reflection, and Spiritual Direction.

## **SPIRITUAL DIRECTION**

Being companioned on your spiritual journey by a trained Spiritual Director offers the opportunity for on-going spiritual growth. In the context of an hour session you are invited to share ordinary life experience and be gently guided to how God seems to be speaking to you. **Spiritual Directors:** Janice Keenan, OSF, Norma Janssen, OSF, and Fr. Terry Johnson. Call 815.464.3880 to schedule an appointment.

## **HERMITAGES**

Designed in the tradition of Franciscan simplicity, the hermitages are quiet places where the routine of everyday life, its hectic pace and insistent demands, can be put aside for the inner needs of the heart and soul. All five are surrounded by beautiful woods for the solitude we all need.



## THE POVERELLO HOLISTIC CENTER

*Come and gently attend to the inner needs of body, mind, spirit.*

### Benefits of Bodywork

- Measurably reduces anxiety
- Improves circulation
- Eases emotional strain
- Improves muscle tone
- Promotes general relaxation

### THERAPEUTIC MASSAGE AND PRENATAL MASSAGE

Massage therapy enhances general health and well-being and has been proven effective for relaxation, relief of muscle tension, and mental, emotional, and spiritual renewal. Prenatal massage provides nurturing, skilled touch and individualized attention to the needs of mother-to-be.

### REFLEXOLOGY

Reflexology works with reflexes in the feet which correspond to all parts of the body. Specific points on the feet are given firm yet gentle touch to relax and heal the whole body.

### REIKI AND HEALING TOUCH

Relaxing, nurturing, gentle touch therapies that assist in balancing physical, mental, emotional and spiritual well-being. Recipients remain fully clothed during treatment.

### FULL BODY HOT STONE MASSAGE

With the use of hot stones on the entire body, this modality takes massage to a new level. Heat from the stones provides a relaxing, sedative effect on the nervous system, allowing muscle tissue to soften and relax.

### VIBRATIONAL SOUND HEALING

The vibrational frequencies are like having an internal massage. Some massage techniques may also be incorporated in the session to aid in the integration of energy.

Thank you to artist Sister Mary Southard, CSJ for the beautiful painting gracing our cover. Your talent, wisdom, and generosity continue to inspire and challenge us when we need it most.

“BRIGHT WINGS”

Copyright courtesy of [ministryofhearts.org](http://ministryofhearts.org)

CONTACT and REGISTRATION INFORMATION		
Spiritual Direction	Janice Keenan, OSF	815.469.4883 <a href="mailto:Janice.Keenan@presencehealth.org">Janice.Keenan@presencehealth.org</a>
Registration and Appointments	Kate Galgan	815.464.3880 <a href="mailto:info@portforprayer.org">info@portforprayer.org</a>
Director	Mary Lou Nugent	815.469.4851 <a href="mailto:MaryLou.Nugent@presencehealth.org">MaryLou.Nugent@presencehealth.org</a>
Lead Chef	Kristin Marcheschi	815.464.3830 <a href="mailto:Kristin.Marcheschi@presencehealth.org">Kristin.Marcheschi@presencehealth.org</a>
Poverello Holistic Center		
Director and Therapist	Norma Janssen, OSF	815.464.3808
Franciscan Sisters of the Sacred Heart		
Franciscan Sisters of the Sacred Heart	General Number Web Site	815.469.4895 <a href="http://www.fssh.net">www.fssh.net</a>
Registration	1. Phone 815.464.3880 2. Email <a href="mailto:info@portforprayer.org">info@portforprayer.org</a> 3. Web site: <a href="http://www.portforprayer.org">www.portforprayer.org</a> 4. Deposit required at time of registration 5. Nonrefundable deposit for programs ranging from \$40 to \$100 is \$25. Deposit for programs costing more than \$100 is \$75. Payments may be made by check payable to Franciscan Sisters, credit cards Visa, Master Card, Discover, American Express, or cash.	

## LOCATION AND DIRECTIONS

The Port is approximately 45 minutes south of Chicago in Frankfort, Illinois, at 9263 West St. Francis Road, on the St. Francis Woods Campus. The Campus is one half mile east of Route 45 (La Grange Road) and 2 miles south of the Interstate 80/Route 45 intersection. The campus is 2 miles west of Route 43 (Harlem Avenue).



