

*Portiuncula Center for Prayer  
Poverello Holistic Center*

*Calendar of Events  
September 2019 - January 2020*



9263 West St. Francis Road  
Frankfort, IL 60423  
815.464.3880 \* [info@portforprayer.org](mailto:info@portforprayer.org)  
[www.portforprayer.org](http://www.portforprayer.org)  
Franciscan Sisters of the Sacred Heart

**“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**

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**“Maturity is the ability to joyfully live in an imperfect world.”**

**Richard Rohr, OFM**

**SEPTEMBER**

**Women's  
Sacred Circle  
September 9  
page 12**



### **GROUP SPIRITUAL DIRECTION**

**Dates:** Wednesdays September 11, October 9, November 13, December 11

**Time:** 10:00 a.m. – Noon **Total Fee:** \$40 **Location:** Motherhouse

Led by a trained Spiritual Director, this is an opportunity to share your story in a supportive, non-judgmental environment. Respect for each individual and their spiritual path is an essential component to this process. You will be encouraged to listen with compassion and speak without fear as all deepen their relationship with God. **Facilitator:** **Janice Keenan, OSF** is a West Peoria Franciscan and Retreat Program Manager and Spiritual Director at The Port. She received training in Franciscan Spiritual Direction in Cincinnati, Ohio and has many years of experience in spiritual direction and retreats.



### **SONG OF THE PLANETS VIBRATIONAL MEDITATION**

**Date:** Friday, September 13 **Time:** 7:00 - 8:30 p.m. **Fee:** \$25

**Location:** Motherhouse Auditorium

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.

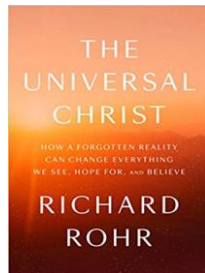
**Facilitators:** **Karen Tlusty-Rissman** is a musician, playing Native American flute, concert flute, bass guitar, Tibetan singing bowls and Venus gong. **Cecily Hunt** is a yoga instructor who provides yoga therapy and meditation for healing. She is affiliated with the Cancer Support Center of Homewood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



### **MEISTER ECKHART – A Mystic Warrior for Our Time**

**Date:** Monday, September 16 **Time:** 9:00 a.m. – Noon **Fee:** \$25  
Meister Eckhart was a German theologian, a philosopher and a great mystic within contemporary popular spirituality. His focus was ecumenical, encompassing wisdom found in mystical traditions as well as in Shamanism and indigenous spirituality. Eckhart advocated for social, economic, and gender justice. He championed an earth-based spirituality and a cosmic consciousness. He taught that we are all artists whose vocation is to birth the “Cosmic Christ” (or Buddha or Nature). Insights will be taken from *Meister Eckhart - A Mystic Warrior for Our Time* by Matthew Fox.

**Facilitator:** **Michael Jennings** has a Doctorate in Clinical Psychology, is a Dominican Associate, Spiritual Companion, and has taken course work at the Center for Action and Contemplation. Michael is also a member of the Association of Professional Chaplains, American Psychological Association, and Spiritual Directors International.



### ***THE UNIVERSAL CHRIST* by Richard Rohr, OFM – 8-week program**

**Dates:** Tuesdays, September 17 - November 5

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

This program will offer numerous opportunities for growth, including: a. learning about a forgotten teaching on Christ that can impact everything we see, hope for, and believe; b. experiencing the opportunity to learn and engage in Christian contemplative practices; c. participating in a community whose members are growing in their presence to one another; d. setting goals for becoming an individual who is a more loving person, engaged in the world. This group will build on Fr. Richard Rohr’s teachings in his book *The Universal Christ*. (required text) Please be prepared for the first class by reading Chapter One. **Facilitator:** **Michael Jennings, PhD.**

# LivingRoom Conversations

Respect. Relate. Connect.

**LIVING ROOM CONVERSATIONS Topic:** Communicating with Care  
We want to communicate with others in such a way that we gain knowledge and bridge divides. We will actively share and explore what works and what doesn't, and we will reflect on ways that we can improve our interactions with others.

**Date:** Monday, September 23 **Time:** 6:30 – 7:30 p.m. **Fee:** Free  
Living Room Conversations are a conversational bridge across issues that divide and separate us. They provide an easy structure for engaging in friendly yet meaningful conversation with those with whom we may not agree. These conversations increase understanding and reveal common ground. Living Room Conversations uses a specific model and requires all participants to commit to guidelines for the conversation. For more information please visit <https://www.livingroomconversations.org/>.

**Facilitators:** Nancy Roberta Schramm, OSF, Janice Keenan, OSF



**DAY OF  
REFLECTION  
September 27  
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## **A SPIRITUALITY OF RIPENING –**

### **Gleaning the Lessons and Blessings of Harvest**

**Date:** Monday, September 30 **Time:** 9:00 a.m. - Noon **Fee:** \$25  
Our times are “ripe” for something new! As we gather, you will be introduced to the wisdom of some master teachers on the “art of ripening”-- people who have come to see ripening itself as a sacred process. Learning to separate the chaff from the wheat and coming to see the importance of honoring endings as a way of readying ourselves for something new to emerge in our churches, our world, and our personal lives, are a few of the many ways we will explore what these times are calling forth from us. Through ritual and reflection, companionship and conversation, we will share some of the fruit from a lifetime of experience! **Facilitator:** **Mary Ruth Broz, RSM** is a Sister of Mercy. She is a retreat facilitator and spiritual director. 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.

OCTOBER



CRYSTAL SINGING  
BOWLS  
October 4  
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### **GENTLE YOGA FROM THE CHAIR AND SELF-CARE WORKSHOP**

**Date:** Monday, October 7    **Time:** 9:00 a.m. – Noon    **Fee:** \$25

The overall theme of this workshop will be self-care: paying attention to physical, mental, spiritual, and emotional well-being. The workshop begins with an interactive conversation about self care (it is so much more than a sweet treat or a bubble bath). The physical yoga practice (performed in a chair) will address improving breathing, focus, balance, flexibility, and core strength. The workshop will conclude with guided relaxation and meditation to decrease the effects of stress, anxiety, and depression and to improve mental focus and memory. **Facilitator: Nadine Kelly, MD, E-RYT, R-CYT** is a retired physician, now focusing on health, wellness, and prevention as a health coach, host of the podcast “Mindful Health for the Wise Woman”, and yoga instructor. Clients helped include those with arthritis, joint replacements, sleep disturbances, anxiety, osteopenia and osteoporosis.



### **AN AFTERNOON WITH FATHER RICHARD ROHR, OFM**

**Date:** Sunday, October 13    **Time:** 1:30 – 4:30 p.m.    **Fee:** \$20

**Location:** Motherhouse Auditorium

Father Richard Rohr will join us live by videoconference for an afternoon of teaching and conversation. He will speak for the first portion of the program followed by a Q & A session. The afternoon will also include music, light refreshments, and conversation. **Father Rohr** is a Franciscan priest, founder of the Center for Action and Contemplation in Albuquerque, and academic Dean of the Living School for Action and Contemplation. The mission of the Living School is to produce compassionate and powerfully learned individuals who will work for positive change in the world, based on awareness of our common union with God and all beings. Fr. Richard is a prolific author. A few of his books are: *Falling Upward*, *Eager to Love: The Alternative Way of Francis of Assisi*, and *The Universal Christ*.

## **THE THEOLOGY OF REST - Transforming Compassion Fatigue**

Designed for Spiritual Directors, Deacons, Chaplains, and Counselors

**Date:** Friday, October 18 **Time:** 10:00 a.m. – 2:00 p.m. **Fee:** \$30

Slow down. Be still. Find your joy. As spiritual directors, counselors, deacons, and chaplains, we nurture and guide others as they find their way back to themselves, to their deepest longings and the heart of God. Yet, it can be hard to extend the same grace to ourselves. We'll explore the theology of rest, the spiritual practice of saying no, and the wisdom in scheduling joy. This day will include time for quiet reflection and an opportunity to network. Lunch will be provided. Certificates of Attendance will be 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*.

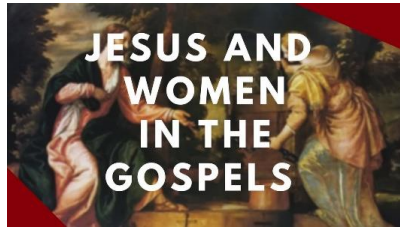


## **WOMEN'S RETREAT: "WABI-SABI" – Finding Beauty in The Ordinary**

**Dates/Times:** 10:00 a.m. Saturday, October 26 to Noon Sunday, October 27

**Fee:** \$145 (program/meals/overnight) \$95 Commuter (program/meals)

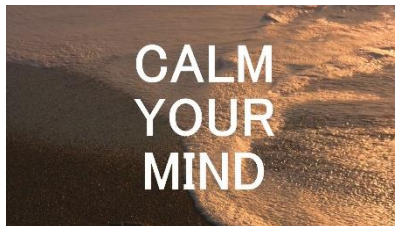
Wabi-Sabi is the Japanese art of finding beauty in the transient and impermanent. This retreat offers the opportunity to explore the similarity between the process of art and the process of prayer in an experiential way. Our felt experience helps attune us to the invitation of the God of Creativity. As it says in the Canticle of the Sun, "come dance in the forest, come play in the field." Our time together will allow for our own creativity to flow, giving expression to each one's awareness and experience of God present in the ordinary. Join us for this opportunity to "coincide with God", discover and unleash the creative mystic in yourself, and express your soul through movement, art, writing, and circle sharing. **Facilitators:** **Arlene Ashack, IBVM, MFA**, is an artist, spiritual director, founder and director of Anawim Arts. **Karen Hurley Kuchar, MS** is a poet, facilitator, and leadership coach. She is the founder of Wisdom Writing Circles and is president of the board of Anawim Arts. **Janice Keenan, OSF**



**“LONG HAVE I WAITED FOR YOUR COMING HOME” -  
Jesus’ Close Encounters with Women in the Gospels**

**Date:** Monday, October 28    **Time:** 9:00 a.m. – Noon    **Fee:** \$25

The message of the Gospel is all about the wonderful invitation to discover our intimacy with God and with other people - and it is often a lesson imperfectly learned. Jesus’ relationship with women speaks to the deep need we all have for that kind of intimacy. In the second part of the morning, we’ll take time to reflect on opening our eyes and ears and hearts to this Divine Intimacy in our own lives. **Facilitator: Father Ed Shea OFM** lives and works out of St. Peter’s in the Loop. A Franciscan priest who loves to sing and tell stories (as you will see and hear), Father Ed finds delight through celebrating the sacraments of our Church. He is a retreat director/preacher who has a creative and lively way of bringing the characters of Scripture to life.



**GUIDED MEDITATION SESSION**

**Date:** Monday, October 28    **Time:** 6:30 - 7:30 p.m.    **Fee:** \$10

Meditation allows us the opportunity to allow body, mind and spirit to enter into a sacred, peaceful space in the midst of our busy lives. For this guided meditation, a trained facilitator will lead the group in restful breathing; then gently guide us in the meditation through the use of imagery. There will also be an opportunity for reflection and optional sharing. **Facilitator: Amanda Clark Reed CST** is a Shaman and Craniosacral Therapist, offering private sessions and facilitating workshops and journeys/meditations with the intention of helping every person reclaim their truth and power. Amanda is also a SoulCollage® Facilitator and intuitive artist, offering opportunities to grow through our creative spirit.

**“We do not think ourselves into new ways of living, we live  
ourselves into new ways of thinking.”**

**Richard Rohr, OFM**



**NOVEMBER**

**DAY OF  
REFLECTION  
November 1  
page 12**



### **THANKSGIVING FOOD DRIVE AND INDOOR LABYRINTH WALK**

**Date:** Saturday, November 2 **Time:** 11:00 a.m. – 12:30 p.m.

Join us for this walking meditation where we will remember our many blessings and pray for our brothers and sisters who might not be as abundantly blessed as we, this holiday season. Please bring at least one non-perishable food item. Suggestions: canned foods (cranberry sauce, gravy, vegetables, fruit, sauerkraut, pie fillings, ham, tuna, pasta, soup, evaporated milk); canned juices (fruit, vegetable); boxed foods (turkey stuffing, mac & cheese, pastas, muffin & roll mixes, cake & brownie mixes, icings); bagged foods (pasta, beans, rice, snacks) Cash donations are also welcome. This event takes place in the gym located on Woods Drive, east of the Motherhouse. **Facilitator: Michael Jennings, Ph.D.**



### **LIVING WITH INTENTION**

**Date:** Monday, November 11 **Time:** 9:00 a.m. – Noon **Fee:** \$25

Everyday tasks and routine can be an opportunity for mindfulness and deepening our spirituality and sense of peace. Learn and practice setting intention as part of your daily routine and fill your self-care tool bag with "tools" to help you along the way. Guided meditations and relaxing moments during this program will help set the stage for incorporating these ideas into your daily life. **Facilitator: Amanda Clark Reed**

**"The opposite of faith is not doubt; the opposite of faith is control."**

**Richard Rohr, OFM**



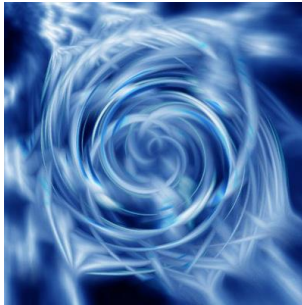
## **SACRED SOUNDS GONG BATH**

**Date:** Friday, November 15     **Time:** 7:00 – 8:00 p.m.     **Fee:** \$30

**Location:** Motherhouse Auditorium

A 'Gong Bath™' is a dynamic meditative concert which acoustically guides each participant into realms of spiritual well-being, emotional balance, cellular healing, and spiritual awareness. Healings at the physical, mental, emotional, and spiritual level are common. Please bring items for your comfort: yoga mat, blankets, pillows. Zero gravity chairs are available. Let us know if you would like to use one when you register.

**Facilitator:** **Richard Rudis** has studied Eastern philosophy and Buddhism for thirty years. He has studied sacred instruments and their playing techniques across Asia. As a Tibetan Dharma pilgrim, he was granted refuge in the Buddha from His Holiness Gyalwa Karmapa while in Tibet in 1996.



## **LIFE ON THE BRINK –**

### **Holding the Center in the Midst of the Whirlwind**

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

This morning of reflection explores our whirlwind time of magnified uncertainty by diving deep into the great tales of our biblical and faith traditions in search of a spirituality brave enough to provide substance and sustenance for our journey. **Facilitator:** **Avis Clendenen** is Professor Emerita of Religious Studies at Saint Xavier University in Chicago. After 35 years of service at Saint Xavier University in Chicago, Dr. Clendenen retired from her University life and is continuing her ministerial life by offering retreats and days of reflection that integrate insights from depth psychology with pathways to spiritual life and growth. Among other publications, she is the co-author of *Forgiveness: Finding Freedom Through Reconciliation* with Troy W. Martin and author of *Experiencing Hildegard: Jungian Perspective*.

## DECEMBER

### **LIVING ROOM CONVERSATIONS** Topic: Immigration

**Date:** Monday, December 2 **Time:** 6:30 – 7:30 p.m. **Fee:** Free will  
Immigration has become a flash point in our politics. It is highly personal for a wide variety of reasons. This conversation is an opportunity to just listen to each other's experiences around this issue. Increased understanding can be a foundation for better relationships and even solutions. (See page 4 for more information)

**Facilitators:** Rita Travis, Janice Keenan, OSF



**CRYSTAL  
SINGING  
BOWLS**

**December 13  
page 12**

**GUIDED  
MEDITATION**  
**December 16  
page 7**

### **AN AIDBHINT: An Advent Journey**

**Dates/Times:** 5:00 p.m. Friday, December 6 – to  
Noon Sunday, December 8 **Fee:** \$200

Check in begins at 5 p.m. A light supper will be provided. Our Advent journey begins anew! Hear and respond to the invitation to climb, walk, awaken, and stay awake! "It is amazing that we are here," wrote poet John O'Donohue. So much in this season is about being attentive. Advent invites us to slow down (in spite of our culture's Christmas frenzy), reflect on what it means that God took on our humanity, lived with us, showed us who God really is, and taught us how to live as children of God. We will be using insights of John O'Donohue along with Biblical passages of Advent. **Facilitator:** Dr. Michael Jennings

## JANUARY



### **SOUL COLLAGE**

**Date:** Monday, January 13 **Time:** 9:00 a.m. – Noon **Fee:** \$35  
SoulCollage® is a process which begins as simple creative fun, but which suddenly may surprise and awaken you! Learn to access your intuition and begin to create an incredible deck of collaged cards with deep personal meaning. Artistic ability is not needed and all materials will be provided.

**Facilitator:** Amanda Clark Reed CST



## **WOMEN'S SACRED SPA DAY - A Time to Simply Be**

**Date:** Saturday, January 25    **Time:** 9:00 a.m. – 4:00 p.m.    **Fee:** \$100  
(includes 90 minute Sacred Gong Sound Healing Meditation, 30-minute Individual bodywork, lunch, group sessions and optional activities)

At this time of a new moon, we will be honoring body, mind, and spirit as we invite you to join us for the tranquility of our Annual Sacred Spa Day. We will begin the day by setting an inspirational tone in the context of prayer and ritual followed by a Healing Sacred Gong Ceremony. These vibrational sounds energize and quiet body, mind, and spirit, while providing space for inner healing. The day also includes 30 minutes of individual bodywork, and opportunities to nurture your spirit, ending with time for conversation and reflection on the day. Bring mat, pillows, blankets for the Gong Ceremony. Zero gravity chairs are available for those who prefer to be in a chair. Indicate this preference at the time of registration. **Facilitators:** **Norma Janssen, OSF, Marian and Gabriela Kraus, Janice Keenan, OSF**



## **VISUAL FAITH JOURNALING**

**Date:** Monday, January 27    **Time:** 9:00 a.m. - Noon    **Fee:** \$30

Come spend time reflecting on God's words turning them into written prayers and visual reflections from your heart. You will learn what Visual Faith Journaling is and create 3 to 4 pages in your Journal. We will be using colored pencils, watercolors, a variety of mixed media with beautiful papers and images. No art experience needed. You will be able to continue your journaling journey when you take home your 24 page journal, black gel pen, stencil, glue stick, colored pencils, and watercolors.

**Facilitator:** **Paula DeLeon** retired from the corporate world to pursue art and crafting. She is a trained facilitator. She enjoys sharing the many different techniques used with stamps, inks, and watercolors in card making, and journaling.

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

**Dates:** Fridays: October 4, December 13 **Time:** 7:00 - 8:30 p.m. **Fee:** \$25

Alchemy Crystal Singing bowls create both pure tones and harmonic overtones which have the ability to shift brain waves, enhancing relaxation, creativity and healing. (Cosmic Heart Sound)

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: Christy Guyer**

is an Alchemy Crystal Singing Bowl Practitioner who has been offering the magic of sound healing for over a decade. Her calm demeanor and passion create a uniquely relaxing, beautiful healing experience.

## **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. **September 27, November 1**

**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.**

**“HERE COMES THE POSSIBLE”**

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## CONTACT and REGISTRATION INFORMATION

<b>Spiritual Direction</b>	Janice Keenan, OSF	815.469.4883 <a href="mailto:Janice.Keenan@amitahealth.org">Janice.Keenan@amitahealth.org</a>
<b>Registration and Appointments</b>	Kate Galgan	815.464.3880 <a href="mailto:info@portforprayer.org">info@portforprayer.org</a>
<b>Director</b>	Mary Lou Nugent	815.469.4851 <a href="mailto:MaryLou.Nugent@amitahealth.org">MaryLou.Nugent@amitahealth.org</a>
<b>Lead Chef</b>	Kristin Marcheschi	815.464.3830 <a href="mailto:Kristin.Marcheschi@amitahealth.org">Kristin.Marcheschi@amitahealth.org</a>
<b>Poverello Holistic Center</b>		
<b>Director and Therapist</b>	Norma Janssen, OSF	815.464.3808
<b>Franciscan Sisters of the Sacred Heart</b>		
<b>Franciscan Sisters of the Sacred Heart</b>	General Number Web Site	815.469.4895 <a href="http://www.fssh.net">www.fssh.net</a>
<b>Registration</b>	<ol style="list-style-type: none"> <li>1. Phone 815.464.3880</li> <li>2. Email <a href="mailto:info@portforprayer.org">info@portforprayer.org</a></li> <li>3. Web site: <a href="http://www.portforprayer.org">www.portforprayer.org</a></li> <li>4. Deposit required at time of registration</li> <li>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.</li> </ol>	

## 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).

