



*Franciscan Sisters of the Sacred Heart*

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

*Calendar of Events  
February - August 2020*

♥ I HAVE A DREAM ♥ THAT WE CAN ALL BE FRIENDS! ♥



THAT WE WILL BECOME PEOPLE OF HONOR, tall in spirit, full of REVERENCE for earth and each 'other' ♥ WE WILL drop our guns and our walls and our greeds. THEN THERE WILL BE ENOUGH for ALL AND THE WORLD WILL BE SAFE AGAIN FOR CHILDREN AND LIVING THINGS.

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**

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**FEBRUARY**



**Crystal Singing  
Bowls**  
February 7  
7:00 - 8:30 p.m.  
**Women's Sacred  
Circle**  
February 10  
7:00 – 9:00 p.m.  
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### **GROUP SPIRITUAL DIRECTION**

**Date:** Wednesdays, February 12, March 11, April 8, May 13

**Time:** 10:00 - 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. Meets at the Motherhouse.

**Facilitator:** **Janice Keenan, OSF** is a West Peoria Franciscan trained in Franciscan spiritual direction in Cincinnati, Ohio, a member of Spiritual Directors International, and presently Retreat Program Manager, and Spiritual Director at the Port.



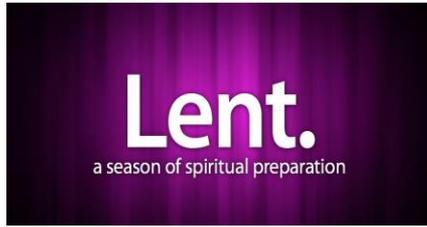
**Private Retreat  
Day**  
February 21  
9:30 a.m. - 3 p.m.  
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### **GUIDED MEDITATION SESSION**

**Date:** Monday, February 17 **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 COME TO SHARE OUR STORY AND PREPARE FOR LENT**

**Date:** Monday, February 24 **Time:** 9:00 – Noon **Fee:** \$25

During Lent this year we will be hearing the three classic Gospel stories from the Gospel of John: The Woman at the Well [Jn 4], The Man Born Blind [Jn 9] and the Raising of Lazarus [Jn 11]. These stories are really *our* story and they allow us to make a deep connection with *THE* story of the death and resurrection of Jesus Christ. This Morning of Recollection will prepare us well for the upcoming Sundays of Lent.

**Facilitator:** **Fr. 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.



## **THE ENNEAGRAM: A CHRISTIAN PERSPECTIVE 6 WEEK SERIES**

**Dates:** Tuesdays, February 25 – March 31 **Time:** 9:00 – Noon **Fee:** \$125

This course based on the book by Fr. Richard Rohr and Andrea Ebert shows both the basic logic of the nine archetypal personality types of the Enneagram and its harmony with the core truths of Christian thought from the time of the early Church forward. The sessions will give the participant an in-depth view of the Enneagram by offering the basic elements, the nine Enneagram types in detail, and the inner dimensions of human experience that they illustrate for us, leading us into a deeper understanding of ourselves and our relationships. The book *The Enneagram: A Christian Perspective* is required. Copies can be purchased at the Port. An initial on-line survey is also required to be taken in advance. The link will be given with registration. **Facilitator:** **Dr. Michael Jennings** possesses a Ph.D. 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.

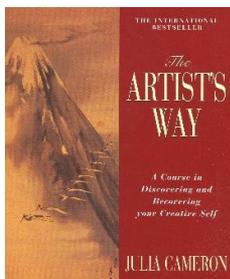
**LIVING ROOM CONVERSATIONS: MORE CURIOUS, LESS FURIOUS**

**Date:** Tuesday, February 25 **Time:** 6:30 – 8:00 p.m. **Fee:** Free Will

We want to communicate with others in such a way that we gain knowledge and bridge divides. This evening's format offers an easy structure for engaging in friendly, yet meaningful, and respectful, conversation. Research shows that curiosity which seeks multiple perspectives can open the mind, increase empathy, reduce fears, encourage self-awareness, and promote humility. Curiosity about how and why other people arrive at values and beliefs can lead to better solutions, understanding, and appreciation. We can make a choice to become more curious and less furious. 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

MARCH



**LENTEN SERIES: THE ARTIST'S WAY BY JULIA CAMERON**

**Dates:** Mondays, March 2 – April 6 **Time:** 9:00 – Noon

**Fee:** \$125 or \$25 per session (Do not need to attend all 6 sessions)

This six-week series, based on Julia Cameron's book, *The Artist's Way* explores ways to deepen one's relationship with self, God, and neighbor. Participants learn to unlock the creative energies needed to nurture and enhance life, thereby opening the path to greater spiritual growth. This series includes input, discussion, and written exercises and is open to anyone seeking empowerment over the obstacles preventing them from living authentically. **Facilitator:** Fr. Michael Jennrich, OFM has served in a variety of ministries throughout the United States, including street ministry, retreat work, parish work, campus ministry, and hospice chaplaincy. Currently an itinerant preacher, he uses his gifts to accompany others on their journey to self-discovery.



### **LENTEN SERIES: SAFETY AND IDENTITY**

**Date:** Monday, March 2    **Time:** 9:00 – Noon    **Fee:** \$25

We begin by initiating our creative recovery. We may feel both giddy and defiant, hopeful and skeptical. The aim is to allow ourselves to establish a sense of safety, which will enable us to explore our creativity with less fear. Next, we address self-definition as a major component of creative recovery. We may find ourselves drawing new boundaries and staking out new territories as our personal needs, desires, and interests announce themselves. Our aim here, is to move into a personal identity, a self-defined self. **Facilitator:** **Fr. Michael Jennrich, OFM**

### **SONG OF NEPTUNE**

**Date:** Friday, March 6    **Time:** 7:00 – 8:30 p.m.    **Fee:** \$25

From the depths of the ocean and the sky come the vibrations that open, transform, and heal. Neptune gong and other ancient instruments guide participants into a journey of spiritual awakening and awareness. Please bring yoga mat, blankets, pillows for your comfort or request a zero-gravity chair when you register. **Facilitator: Cecily Hunt** is a yoga instructor, yoga therapist and musician who provides therapeutic meditations for healing. She is affiliated with the Cancer Support Center of Homewood and Wellness House in Hinsdale.

*Integrity*

### **LENTEN SERIES: POWER AND INTEGRITY**

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

This week may find us dealing with unaccustomed bursts of energy and sharp peaks of anger, joy, and grief. Our aim is to tap into our power as the illusory hold of our previously accepted limits is shaken. We will be asked to consciously experiment with spiritual open-mindedness. Conscious experimentation may find us grappling with changing self-definition. This experience is designed to catapult us into productive introspection and integration of new self-awareness. This may be both very difficult and extremely exciting. **Facilitator:** **Fr. Michael Jennrich, OFM**



**Private Retreat**  
**Day**  
**March 13**  
**9:30 a.m. – 3:00 p.m.**  
**page 12**

### **LENTEN SERIES: POSSIBILITY AND ABUNDANCE**

**Date:** Monday, March 16    **Time:** 9:00 – Noon    **Fee:** \$25

This week we are being asked to examine our payoffs in remaining stuck. We will explore how we curtail our own possibilities by placing limits on the good we can receive. We will examine the cost of settling for appearing good instead of being authentic. We may find ourselves thinking about radical changes, no longer ruling out our growth by making others the cause of our constriction. Next, we tackle a major creative block—money. We are asked to really look at our own ideas around God, money, and creative abundance. We will explore the ways in which our attitudes limit abundance and luxury in our current lives. We will be introduced to counting, a block-busting tool for clarity and right use of funds.

**Facilitator:** Fr. Michael Jennrich, OFM



### **LENTEN SERIES: CONNECTION AND STRENGTH**

**Date:** Monday, March 23    **Time:** 9:00 – Noon    **Fee:** \$25

We turn this week to the practice of right attitudes for creativity. The emphasis is on our receptive as well as active skills. Our aim is to excavate areas of genuine, creative interest as we connect with our personal dreams. We then tackle another major creative block: time. We will explore the ways in which we have used our perception of time to preclude taking creative risks. We will identify immediate and practical changes we can make in our current lives. We will excavate the early conditioning that may have encouraged us to settle for far less than we desire creatively.

**Facilitator:** Fr. Michael Jennrich, OFM

**“Creativity requires faith. Faith requires that we relinquish control.” Julia Cameron**



## LENTEN SERIES: COMPASSION AND SELF-PROTECTION

**Date:** Monday, March 30 **Time:** 9:00 - Noon **Fee:** \$25

This week finds us facing the internal blocks to creativity. It may be tempting to abandon ship at this point. Don't! We will explore and acknowledge the emotional difficulties that beset us in the past as we made creative efforts. We will undertake healing the shame of past failures. We will gain compassion as we reparent the frightened artist child who yearns for creative accomplishment. We will learn tools to dismantle emotional blocks and support renewed risk. We then explore the perils that can ambush us on our creative path. We will search out the toxic patterns we cling to that block our creative flow. **Facilitator: Fr. Michael Jennrich, OFM**

APRIL



Crystal Singing

Bowls

April 3

7:00 – 8:30 p.m.

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## LENTEN SERIES: AUTONOMY AND FAITH

**Date:** Monday, April 6 **Time:** 9:00 – Noon **Fee:** \$25

This week we focus on our artistic autonomy. We examine the ongoing ways in which we must nurture and accept ourselves as artists. We explore the behaviors that can strengthen our spiritual base and therefore, our creative power. We take a special look at the ways in which success must be handled in order that we not sabotage our freedom. Finally, we acknowledge the inherently mysterious spiritual heart of creativity. We address the fact that creativity requires receptivity and profound trust—capacities we have developed through our work in this course. We set our creative aims and take a special look at last-minute sabotage. We renew our commitment to the use of tools. **Facilitator: Fr. Michael Jennrich, OFM**

**“Life is a spiritual dance and our unseen partner has steps to teach us if we will allow ourselves to be led. The next time you are restless, remind yourself it is the universe asking, ‘Shall we dance?’” Julia Cameron**

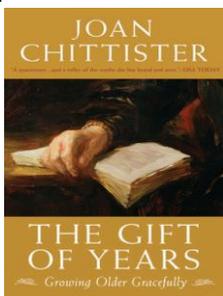


## **BENEDICTINE, FRANCISCAN, IGNATIAN: THREE POWERFUL SPIRITUALITIES**

**Date:** Monday, April 20      **Time:** 9:00 – Noon      **Fee:** \$25

The Church has a wealth of centuries old spiritual traditions, which are alive and influential today. This morning's panel will describe the inherent tenets that define each of these spiritualities. They will talk about what drew them to the beliefs they represent and how they are active in today's world.

Through our discussion the commonalities and diversities amongst these spiritualities will become apparent. **Facilitators: Michael Jennings, Ph.D.**, has studied and taught Ignatian Spirituality, Michael is also a member of the Association of Professional Chaplains. **Susan Quaintance, OSB** is a Benedictine Sister of Chicago with an M.A. in theology from St. John's University in Collegeville. She has been a high school teacher, served at an education outreach program for older adults in Chicago, and has facilitated many adult days of recollection and retreats. **Janice Keenan, OSF** is a West Peoria Franciscan, Retreat Program Manager and Spiritual Director at the Port.



## **THE BLESSINGS OF AGING: INPUT, REFLECTION & CONVERSATION**

**Dates:** Tuesdays, April 21 & 28      **Time:** 9:00 – Noon      **Fee:** \$25 each

How do you experience the aging process? Do you see it as an adventure, a time to find meaning, and a ripening? This program is based on Joan Chittister's best-selling book, *The Gift of Years*, which explores this time of maturation with fresh eyes, with joy for what has been and optimism for what is to come. In brief videos, Sister Joan explores themes of aging such as meaning, time, joy, fear, regret, spirituality, and legacy with an invitation to explore with others the blessing and challenge of each theme. In these sessions, you will be guided to embrace a vision of elderhood as a blessed time to be alive. **Come for one or both sessions.** It is not necessary to purchase the book. **Facilitator: Janice Keenan, OSF**

MAY



Private Retreat  
Day  
May 1  
9:30 a.m. – 3 p.m.  
Crystal Singing  
Bowls  
May 1  
7:00 – 8:30 p.m.  
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## SACRED SOUNDS GONG BATH

**Date:** Friday, May 8    **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 one at time of registration. **Facilitator: Richard Rudis** has studied Eastern philosophy and Buddhism for thirty years. He has studied sacred instruments and their playing techniques across Asia.

## LIVING ROOM CONVERSATIONS: PEACE BUILDING IN THE U.S.

**Date:** Tuesday, May 12    **Time:** 6:30 – 8:00 p.m.    **Fee:** Free Will

In this discussion the focus will be on peace building in the U.S. at a time when we're experiencing fierce political, social and ethnic divides.

Although the U.S. has in many ways always been a divided society, hate crimes and hate groups are now increasingly visible, an "us v. them" mentality is creating fear and increasing polarization. How did we get here and what are the peace building solutions for a country that has long been considered the world's most stable democracy?

**Facilitators: Fr. Terry Johnson** is a Spiritual Director and leader of retreats and workshops. **Janice Keenan, OSF**

**Guided Meditation 6:30 – 7:30 p.m.**  
May 18-Page 2

## NURTURING THE GARDEN WITHIN

**Date:** Monday, May 18    **Time:** 9:00 – Noon    **Fee:** \$25

Join us for a morning that honors and cultivates our inner growth. Aligning with the astrological energies of this time, we will journey inward to tend to the projects and goals we are currently working on through stretching, mindful breathing, guided meditation, and reflection. The sonic vibrations of the Venus and Neptune gongs, Tibetan Healing Bowls, Native American flute, and chimes will help to nurture your intentions, integrate your inner wisdom, empower your growth, and provide a beautiful, harmonic, and relaxing presentation. Bring yoga mat, pillow, and blanket. Zero gravity chair must be reserved in advance. **Facilitators: Karen Tlusty-Rissman** is a musician, playing Native American flute, Tibetan singing bowls and Venus gong. **Cecily Hunt** is a yoga instructor who provides healing through yoga therapy, meditation, and the Neptune gong.

JUNE



## **WOMEN'S RETREAT: THE RICHNESS OF WOMEN'S SPIRITUALITY**

**Dates:** Wednesday, June 24 (5:30 p.m. dinner) to Sunday, June 28 (Noon)

Check in begins at 3:30 **Fee:** \$385 includes retreat, optional spiritual direction, meals, and room; **Commuter:** \$220 includes opening dinner, program, lunch, optional spiritual direction, closing brunch **Single Day**

**Option:** Thursday, Friday, Saturday (June 25, 26, 27), 9:30 a.m.-5:00 p.m. group sessions (9:30-Noon and 4-5 p.m.) with afternoon free. \$65 per day Morning presentations will include input, reflection, activities, and sharing.

Afternoons will provide personal time and optional activities. Body treatments need to be scheduled in advance by calling the Port office.

Our retreat celebrates the unique richness of women's spirituality. Women live well spiritually when they are their fullest, most authentic selves. The relational focus of women's prayer allows hope and humor to seep into their spiritual lives. Women have stories of God and deep interior awareness that contribute to their spiritual freedom and wisdom. Poems and letters of holy women are refreshing gifts of the retreat.

### **Thursday, June 25: "Living Well Spiritually"**

What comes to mind when you hear the word *spirituality*? How do women live well spiritually? What does it mean for us to "have life and have it abundantly"? (John 10:10) Let's explore how our spirituality helps us live as our fullest, most authentic selves. Spiritual poet Jessica Powers gifts us with a poem about living with the Spirit.

### **Friday, June 26: "Spiritual Communication"**

How do women understand prayer? What helps women pray? What do we pray about? How do we image God and relate to God? How are we communicating with God and God with us? How do hope and humor seep into our relationship? Does our communication change over time? St. Hildegard of Bingen gifts us with a letter of inspiration, blessing, and light.

### **Saturday, June 27: "Enjoying Our Spiritual Freedom"**

What is spiritual freedom? How do we become spiritually free? How does a deeper awareness of our interior life and our greatest desires keep us on the path to spiritual freedom? St. Teresa of Avila gifts us with a letter of encouragement, wisdom, and joy in our freedom.

**Facilitators:** **Sue Garthwaite**, has a Ph.D. in Medical Physiology and an M.A. in Spirituality. Formerly a heart researcher, she is now a certified spiritual director, prayer group leader, retreat director, and spiritual writer in the Chicago area. **Janice Keenan, OSF**, Retreat Program Manager and Spiritual Director at the Port.

JULY



### FRANCISCAN RETREAT: BRINGING MY GIFT HOME

**Dates/Times:** Saturday, July 25 (5:30 dinner) to Friday, July 31 (Noon brunch) **Fee:** \$575 includes all meals, private room, retreat. **Commuter:** \$350 includes opening dinner and session, lunch daily, retreat, closing session, and brunch. Registration begins at 3:30 p.m.

For most cultures, the image of a mountain rising out of the ordinary level of human affairs has been a universal religious symbol conveying the presence of God. Our Jewish-Christian-Islamic Scriptures are filled with holy mountains that link our earthly existence to the heavenly realms. Daily conferences will offer a process of examining the journey which takes us to the mountaintop and back as we discover how to acknowledge, embrace, and utilize the gift which is uniquely ours to share. **Facilitator: Fr. Michael Jennrich, OFM** has served in a variety of ministries throughout the United States, including street ministry, retreat work, parish work, campus ministry, and hospice chaplaincy.

AUGUST



### SILENT RETREAT: TRANSFORMING INTO WILD BEAUTY

**Dates/Times:** Wednesday, August 5 (5:30 dinner) until Sunday, August 9 (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 6,7,8, from 9:00 a.m. – 5:00 p.m. **Fee:** \$65 per day includes individual spiritual direction, lunch.

The dandelion's rootedness, flowering, and white feathering seeds offer us an image of the contemplative space of retreat. We are invited to mindfulness and transformation, open to the Spirit of God refreshing us through awareness of God's wild beauty – and our own. The retreat promises an environment that fosters silence, prayer, rest, and renewal. Each day you will have the opportunity to meet with a trained spiritual director and participate in Liturgy. **Spiritual Directors: Sue Carter, Fr. Terry Johnson, Janice Keenan, OSF**

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

**Dates:** Fridays: February 7 (Jalima Cuesta), April 3, May 1 (Marian McNair) **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: Jalima Cuesta**

is a Licensed Massage Therapist and Vibrational Sound Practitioner. **Facilitator: Marian McNair, MATC, MFA.** has an extensive background in art, music, yoga, and teaching and has worked with crystal bowl sound therapy for over 20 years.

## **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 meets 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. A unique theme is introduced each month. **New members accepted in February.**

## **PRIVATE RETREAT DAY 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 21, March 13, May 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.**

**"I HAVE A DREAM"**

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<b>CONTACT and REGISTRATION INFORMATION</b>		
<b>Spiritual Direction</b>	Janice Keenan, OSF	815.469.4883 <a href="mailto:Janice.Keenan@FSSH.net">Janice.Keenan@FSSH.net</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@FSSH.net">MaryLou.Nugent@FSSH.net</a>
<b>Lead Chef</b>	Kristin Marcheschi	815.464.3830 <a href="mailto:Kristin.Marcheschi@FSSH.net">Kristin.Marcheschi@FSSH.net</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).



**I honked at the car  
in front of me  
and this angry Alpaca  
popped out  
and now I'm not sure  
what to do**

