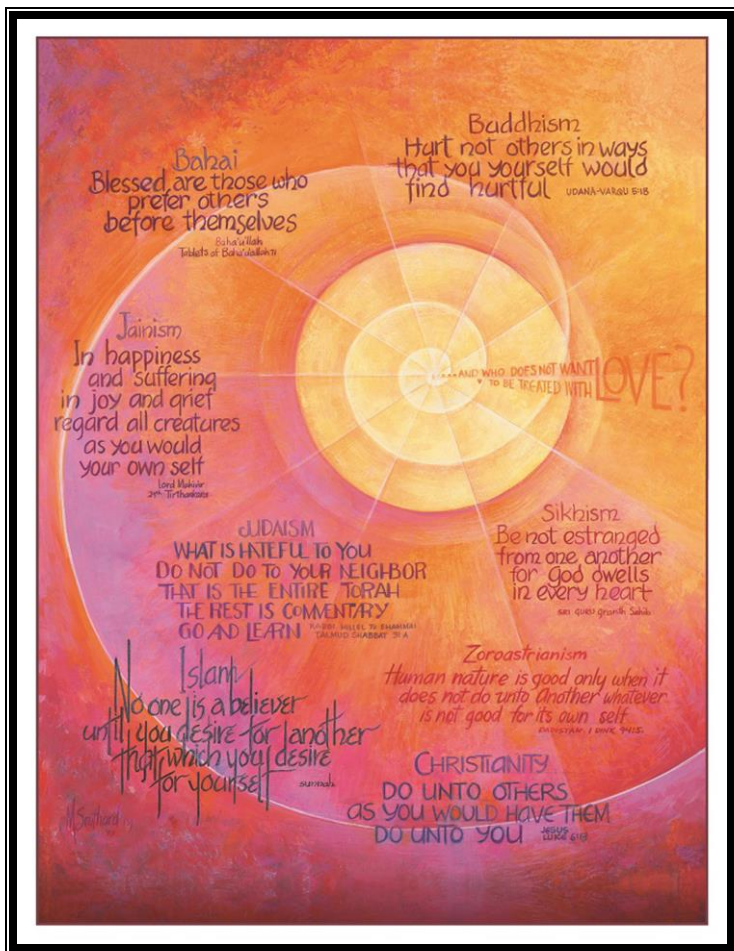


*Portiuncula Center for Prayer
 Poverello Holistic Center
 'Healing Body, Mind, Spirit'
 September 2020 - January 2021*



9263 West St. Francis Road
 Frankfort * IL * 60423
 815.464.3880 * info@portforprayer.org
www.portforprayer.org

SEPTEMBER



GROUP SPIRITUAL DIRECTION

Date: Wednesdays: September 9, October 7, November 11, December 9

Time: 10:00 - Noon **Total Fee:** \$40 **Limit:** 6

Participants are guided by a trained spiritual director who serves as a facilitator. 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 environment.

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



HEARING THE VOICE OF GOD IN YOUR LIFE WITH FR. ALBERT HAASE (Live Zoom retreat)

Dates/Times: Friday, September 11 (7:00 - 8:00 p.m.) and
Saturday, September 12 (9:30 - 11:00 a.m., 1:00 - 2:30 p.m.) **Fee:** \$70

God speaks to us each day in the events and people we encounter, as well as in our deepest feelings and most creative thoughts. How do we hear his voice in the nitty-gritty of our daily routines? Father Albert will explore practical ways we can grow in a deeper relationship with God by learning how God speaks in our everyday lives. Based on his bestselling book, *Saying Yes*, this retreat promises to bring new meaning to your relationship with God. Retreat will incorporate presentations, discussion, and Q&A.

Facilitator: **Albert Haase, OFM**, a Franciscan priest, is a popular preacher, teacher, and spiritual director. A former missionary to mainland China, he is the award-winning author of twelve books and presenter on five bestselling DVDs. He has trained spiritual directors for ten years. He is currently chaplain at Cedarbrake Catholic Retreat Center in Belton, Texas.

THE DAWNING OF A NEW VISION - YIELDING TO THE CHAOS

Date: Monday, September 14

Time: 9:00 - Noon **Fee:** \$25

While some claim life won't ever be the same following the pandemic, others question whether anything will change at all! As we gather this morning with masks in hand and social distancing in mind, we will engage in some heart to heart conversations around the deeper invitations that have come to each of us these past months...the powerful impact of people and events globally and personally that have stretched us and inspired us...and hopes we bring for a different way of being church in a world we have yet to see.

Facilitator: **Mary Ruth Broz, RSM**, is a Sister of Mercy, 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.

OUT OF THE LIGHT

Dates: Tuesdays: September 15 – November 3

Time: 9:30 – Noon **Fee:** \$160

Out of the Light is an eight-week series that is part of the newly revised Engaging Spirituality program from Just Faith Ministries. It is an invitation to proactively living gracefully, while connecting with ourselves and others. It guides participants in developing contemplative practices. Each session includes Centering Prayer, guided meditation, lectio divina, dialogue, and the deepening of relationships. The journal will be provided at the first session. Two books are recommended but not required: (*Jesus Today: A Spirituality of Radical Freedom* by Albert Nolan and, *Embracing the World* by Jane E. Vennard). **Facilitator:** **Michael Jennings, PhD** is a Clinical Psychologist and spiritual director.

WOMEN'S FALL RETREAT: A JOURNEY TO COMPASSION

Dates/Times: Saturday, September 26, 10:00 a.m. to Sunday, September 27, Noon. **Fee:** \$145 (program/ meals/overnight) \$95 Commuter (program/meals)

We cannot truly be compassionate to others unless we first are compassionate with ourselves. It is a hard truth, but it is a truth we need to acknowledge and thus begin the work of self-awareness, self-acceptance, and self-love. It is only from that vantage point that we can genuinely do the work we are meant to do. The world needs us to live our personal ministries. This weekend is devoted to learning the beauty and power of living an authentically compassionate life.

Facilitators: **Sue Carter** is a spiritual director and DRE at St. Christina Parish. She has led many retreats at St. Christina, Portiuncula Center for Prayer, and Sienna Center. **Janice Keenan, OSF** is a West Peoria Franciscan, a member of Spiritual Directors International, and presently Retreat Program Manager, and Spiritual Director at the Port.

Women's
Sacred Circle
September 14
7:00 – 9:00 p.m.
page 8

Guided
Meditation
September 21
7:00 – 8:00 p.m.
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OCTOBER

Filling the well...

"As artists, we must learn to be self-nourishing. We must become alert enough to consciously replenish our creative resources, as we draw on them..."

Julia Cameron
The Artist's Way p 21

THE ARTIST'S WAY REFRESHER FOR ARTIST'S WAY II (page 5)

Date: Monday, October 5 **Time:** 9:00 – 11:30 a.m. **Fee:** \$20

This is designed to prepare you for *The Artist's Way II*. It is required for those who did not attend the *Artist's Way I* series and recommended for those who did not complete it, but would like to participate in *The Artist's Way, II*. Reading the book: *The Artist's Way* by Julia Cameron is highly recommended.

Facilitator: **Michael Jennrich, OFM** has served in a variety of ministries, including street ministry, retreat work, parish work, campus ministry, and hospice chaplaincy. He uses his gifts of singing, spinning, weaving, and storytelling to accompany others on their journey to self-discovery.



Healing
Vibrations with
Crystal Bowls
October 16
7:00 – 8:30 p.m.
page 8

THE PRACTICE OF MINDFULNESS IN TURBULENT TIMES

Date: Monday, October 12 **Time:** 9:00 – Noon **Fee:** \$25

Mindfulness as a word, idea, and practice, has never been more visible in our culture. However, the fundamental tenets of mindfulness are often misunderstood as "just another self-help technique", or "touchy feely therapy." This program will explore the historical foundations of mindfulness, the practice of meditation, and the practical tools with which we can bring mindfulness to our everyday lives, relationships, and challenges. Our morning will consist of some lecture, dialogue, and exercises that explore the nature of awareness, and how we perceive and engage with one another and the world. **Facilitator:** **Wayland H. Iverson** (BA, MA, MAT, CMT-P) is a mindfulness coach and facilitator working with at-risk populations. Currently he is certified to teach Mindfulness Based Stress Reduction (MBSR) and has professional teaching certification through the Engaged Mindfulness Institute. He is also a member of the International Mindfulness Teachers Association (IMTA). Previously he worked as a Juvenile Probation Officer in Chicago, and taught art.



AN AFTERNOON with JAMES MARTIN at the PORT via Zoom

Date: Sunday, October 18 **Time:** 1:30 – 4:00 p.m. **Fee:** \$25

Father James Martin will join us live via Zoom for an afternoon of thought-provoking ideas, and dialogue. He will speak for the first portion of the afternoon followed by a Q & A session. His intelligence, eloquence, humor, and passion in defense of the marginalized make him a much sought after speaker. We are blessed to have this opportunity of exclusive time with him. The afternoon will also include music, prayer, and light refreshments. We will have some of his books available for sale. The event will be held in the auditorium at the Motherhouse. **Facilitator: James J. Martin, SJ** is a Jesuit priest, writer, and editor-at-large of America magazine. Some of his books are: *Jesus: A Pilgrimage*, *Between Heaven and Mirth: Why Joy, Humor and Laughter are the Heart of the Spiritual Life*, *My Life with Saints*, and *Building a Bridge : How the Catholic Church and the LGBT Community Can Enter into a Relationship of Respect, Compassion, and Sensitivity*.

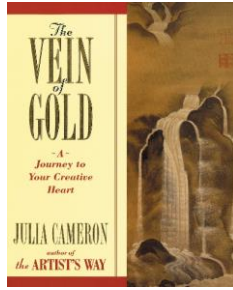


POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, October 23 **Time:** 7:00- 8:30 p.m. **Fee:** \$35

At the core of all healing, meditative, and spiritual pursuits is the goal to expand an individual's awareness to possibilities. Experience a uniquely multi-dimensional tapestry of sounds designed to relax and invigorate you simultaneously. Heal your mind and body in a colorful environment of ambient and ancestral sounds of 5 gongs and other sound tools. Please bring a yoga mat, pillow, blankets for your comfort. Zero gravity chairs need to be requested at registration. This event will be held at the Motherhouse.

Facilitators: Gabriela and Marian Kraus have both studied gongs and sound therapy with renowned master teachers. Their inherent artistic and musical abilities, years of studies in psychology and metaphysics, and life experiences work seamlessly together to facilitate a truly unique experience.



A JOURNEY TO YOUR CREATIVE HEART (*THE ARTIST'S WAY* II)

Dates: Mondays: October 26 – November 30 **Time:** 9:00 – Noon

Fee: \$150

Based on Julia Cameron's book, *The Vein of Gold*, this six-week program enhances and fine-tunes the learned skills from *The Artist's Way* I series. The program invites the participants to engage in "inner play," leading to authentic growth, renewal, and healing. The sessions include weekly teachings on the creative process and engages the participants in imaginative, involving, and energizing tasks. Participants learn how Story, Sight, Sound, Relationship, Attitude, Spirituality, and Possibility nurture a person's creativity and provide the practical tools needed to live authentically. The book *The Vein of Gold: A Journey to Your Creative Heart* is required. **Facilitator:** **Michael Jennrich, OFM**

NOVEMBER



Private Retreat

Day

November 20

9:30 a.m. –

3:00 p.m.

Guided Meditation

November 23

7:00 – 8:00 p.m.

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ANGER, LOSS, AND GRIEF IN THE TIME OF CORONA - - A LIVING ROOM CONVERSATION VIA ZOOM

Date: Monday, November 16 **Time:** 6:30 – 8:00 p.m. **Fee:** Donation

In the past few months, our experience of the coronavirus has shifted from "What's that?" to "What is this going to mean for my life?" The virus is touching all aspects of our personal and community life.

Anger, loss, and grief are common experiences and are occurring more often in the uncertain times of the Covid-19 pandemic. What is your experience? A Living Room Conversation is a conversational model developed by dialogue experts in order to facilitate connections between people, despite differences, and even identify areas of common ground and shared understanding.

Facilitators: **Fr. Terry Johnson** is pastor at St. Irenaeus in Park Forest and a spiritual director, **Janice Keenan, OSF**

DECEMBER



WHERE ARE YOU? WHAT ARE YOU LOOKING FOR? AN ADVENT REFLECTION

Date: Monday, December 7 **Time:** 9:00 - Noon **Fee:** \$25

As we enter into this great season of anticipation, perhaps it would be good to take a step back and think about the roots of the reflection we need to do during Advent. Based on Genesis 3 and John 1, Father Ed will call us to some deep reflection on the meaning of this great season and really challenge us to take seriously the invitation to “Watch and Pray.”

Facilitator: **Ed Shea, OFM** lives and works out of St. Peter’s in the Loop. A Franciscan priest, retreat director/preacher who loves to sing and tell stories (as you will see and hear), Father Ed has a creative and lively way of bringing the characters of Scripture to life and finds delight through celebrating the sacraments. Father Ed graduated from Fenwick High School, the University of Notre Dame, and Catholic Theological Union.

JANUARY



“OPEN THE DOOR OF YOUR HEART” STAY-TREAT VIA ZOOM

Dates: Monday, January 11 – Friday, January 15

Time: 10:00 – 11:00 a.m. Opening/Closing Sessions **Fee:** \$60

“I invite you to open the door of your heart and stand on the threshold of your own particular path.” Joyce Rupp

Beginning a new year is like standing in the threshold of possibilities. This virtual retreat features one-hour opening and closing sessions that include music, prayer, meditation, and sharing. During the week we ask you to dedicate at least 30 minutes a day, free from work or daily tasks. You might choose to read, walk, write, pray, rest, color, or meditate. Inspirational readings, poems, videos, and music will be sent as part of your retreat. Feel free to visit St. Francis Woods and enjoy the sacred grounds. A 45 minute Spiritual Direction session is included and will be scheduled at your convenience. Zoom links will be emailed along with materials.

Facilitators: **Janice Keenan, OSF, Megan Beutel, Norma Janssen, OSF**



SOUL COLLAGE

Date: Monday, January 18 **Time:** 9:00 – 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 has been a student of SoulCollage® for many years and has completed training to be a SoulCollage® Facilitator. She is an intuitive artist and Shamanic Craniosacral Therapist with a passion for helping you access your innate creativity and personal power.



**Guided
Meditation**
January 25
7:00 – 8:00 p.m.
page 8

WOMEN'S SACRED SPA DAY - WINTER WELLNESS

Date: Saturday, January 23 **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)

In this first month of a new year, 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: Janice Keenan OSF, Marian and Gabriela Kraus

HEALING VIBRATIONS WITH CRYSTAL SINGING BOWLS

Date: Friday, October 16 **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:** **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.

DEEP RELAXATION GUIDED MEDITATION VIA ZOOM

Dates: Mondays, September 21, November 23, January 25

Time: 7:00 – 8:00 p.m. **Fee:** \$10

Join us for this exploration of body, mind, and breath, as we gently move into a peaceful and sacred space in which profound healing and renewal can occur. This experience will combine gentle movement, relaxing breath work and guided imagery. Link will be emailed to you prior to the session.

Facilitator: **Cecily Hunt** is highly skilled and regarded for her healing practice using meditation, yoga, and gong vibrations.

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 September.**

PRIVATE RETREAT DAY

Date: Friday, November 20 **Time:** 9:30 a.m. – 3:00 p.m. **Fee:** \$50

This retreat day offers you peaceful, private, contemplative space and time at The Port. 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.

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

Promotes general relaxation

THERAPEUTIC MASSAGE, PRENATAL MASSAGE, TIBETAN BOWLS

Massage therapy enhances general health and well-being and relieves muscle tension. It provides mental, emotional, and spiritual renewal. Prenatal massage provides nurturing, skilled touch for the mother to be. Tibetan Bows can be added to enhance your massage.

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.

“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

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.

“GOLDEN RULE”

Copyright courtesy of ministryofthearts.org

CONTACT and REGISTRATION INFORMATION

Spiritual Direction	Janice Keenan, OSF	815.469.4883 Janice.Keenan@fssh.net
Registration and Appointments	Kate Galgan	815.464.3880 info@portforprayer.org
Director	Mary Lou Nugent	815.469.4851 MaryLou.Nugent@fssh.net
Lead Chef	Kristin Marcheschi	815.464.3830 Kristin.Marcheschi@fssh.net

Poverello Holistic Center

Director and Therapist	Norma Janssen, OSF	815.464.3808
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Franciscan Sisters of the Sacred Heart

Franciscan Sisters of the Sacred Heart	General Number	815.469.4895
	Web Site	www.fssh.net

Registration	<ol style="list-style-type: none"> 1. Phone 815.464.3880 2. Email info@portforprayer.org 3. Web site: www.portforprayer.org 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.
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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).



