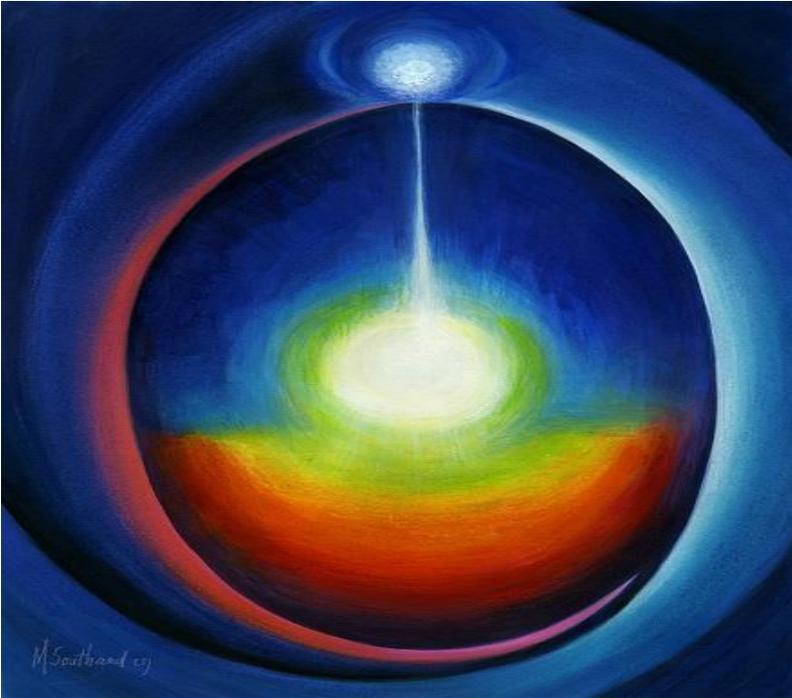




Franciscan Sisters of the Sacred Heart

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

*Calendar of Events
September 2022 - January 2023*



9263 West St. Francis Road
Frankfort * Illinois * 60423
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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.”

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September



GROUP SPIRITUAL DIRECTION

Dates: Wednesdays: September 7, October 5, November 2, December 7

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

Be part of a process in which we gather on a regular basis to assist one another in an ongoing awareness of God in all of life. Share your story in a supportive, non-judgmental environment facilitated by a trained Spiritual Director. 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 who serves as the Retreat Program Manager and a 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.



POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, September 9 **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 Auditorium.

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



WOMEN'S SACRED CIRCLE via Zoom

Dates: Mondays: September 12, October 10, November 14, December 12

Time: 7:00–8:30 p.m. Central **Fee:** Donation

You are invited to join a small group of women meeting each month to support one another in their efforts to walk a spiritual path in the midst of the challenges of the times. During this virtual gathering women can ask the important questions, share pieces of their stories, and learn from each other's experience. The group provides welcome, interaction, connection, and a chance to be heard. A unique theme is offered each month to spark conversation. **Facilitator: Janice Keenan, OSF**



JOURNEYING INWARD: DEEP RELAXATION – Guided Meditation via Zoom

Dates: Tuesdays: September 13, October 11, November 8, December 13

Time: 7:00–8:00 p.m. Central **Fee:** \$15 a session (Discounted to \$50 total if you register for all 4 in the series)

Join us for this exploration of body, mind, and breath, via Zoom, 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. We will conclude with an opportunity for reflection and optional sharing. Sit in a comfy chair or rest on the floor on a yoga mat or sleeping bag keeping a blanket, pillow, bolster, and/or eye pillow close by to create comfort. 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.

**“In the midst of movement and chaos, keep stillness inside of you.”
— Deepak Chopra**



**PRIVATE RETREAT DAY -
HAVING A CONTEMPLATIVE STANCE: Finding God Everywhere**

Date: Friday, September 16 **Time:** 9:00 a.m.–3:30 p.m.

Fee: \$50 (includes lunch)

All of creation forms a ladder to God for those who see with eyes of faith. Are we able to see the finger of God, divine providence, in the big and small events of our daily lives? 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 sacred grounds of St. Francis Woods. The day includes opening prayer, theme, time for individual reflection, lunch, and a closing service. **Facilitator: Janice Keenan, OSF** is Retreat Program Manager/Spiritual Director at The Port.

**Unique
opportunity to
dialogue with
Fr. David Kelly
Restorative
Justice**



**CREATING A CULTURE OF HOPE, A RESTORATIVE JUSTICE
APPROACH with Fr. David Kelly via Zoom Fee: Donation**

Date: Sunday, September 18 **Time:** 1:30-4:00 p.m. Central

Join us as we delve into the trauma and pain that is a part of so many lives today and strive to create a culture that focuses on healing and reconciliation. Restorative Justice offers us a lens by which we can lift up and honor one another's story and create new and stronger relationships. So many of the divisions, conflicts and violent acts are due to our unwillingness or inability to enter into relationship with one another.

Facilitator: David Kelly, C.P.P.S. is the Executive Director of the Precious Blood Ministry of Reconciliation (PBMR), a restorative justice hub in the Back-of-the-Yards/Englewood community. PBMR works to accompany those impacted by violence and incarceration. Fr. Kelly has worked as a chaplain in Cook County Jail and the Juvenile Temporary Detention Center for over 40 years. He also works in inner-city parishes/ministry sites.



WHEN THE GOING GETS TOUGH, WHERE DO WE GO?

Trusting God in an Age of Uncertainty and Anxiety

Date: Monday, September 19 **Time:** 9:00 a.m.–Noon **Fee:** \$25

Our day to day lives are filled with challenges we don't always know how to handle. Feeling out of control can leave us with a sense of anxiety and powerlessness. But this we know; our loving God is not powerless. It is into God's loving arms we must go because it is in our weakness, we find our strength in Christ. Join us for conversation, prayer, music, and reflection as we enter into Fall. This is the season when nature teaches us about 'letting go and trusting the Creator'. **Facilitator: Chris Grano** is a Spiritual Director and affiliate of Mayslake Ministries. She has training in Healing Prayer and Lay Christian Counseling. Chris has offered many presentations on spirituality, facilitated numerous retreats, and has been a Parish Mission Director. She is also an accomplished organist/pianist and vocalist, having been her parish music director for 15 years. Her faith is deeply rooted in 12 Step Spirituality.

OCTOBER



INVITATIONS BURIED IN THESE CHANGING TIMES

Date: Monday, October 3 **Time:** 9:00 a.m.–Noon **Fee:** \$25

During this harvest season, we will gather around the "fire", listen for where the Spirit is leading us, and give voice to the questions and choices that are with us as we reflect on the changes we have lived through in our world, our churches, and our personal lives, these past few years. Hopefully in our conversation and quiet time, we will stumble upon some buried invitations calling out from the chaos and leaving us with greater clarity as to how we have been changed and what is being asked of us if we are to create something new! **Facilitator: Mary Ruth Broz** is a Sister of Mercy. For much of her ministry, she has been involved in spiritual direction and retreat work. She received an M.Div. from the Jesuit School of Theology in Chicago and a D.Min. from St. Mary of the Lake University in Mundelein, IL. She was Co-founder and Director of Wellstreams Center of Women's Spirituality, co-authored *Midwives Of An Unnamed Future*, and is presently offering spiritual direction and free-lancing out of Mercy Meeting Place.

**Sacred Circle
October 10**

**Meditation
October 11**

Details page 3



AGING - A TIME OF BLESSINGS

Date: Tuesday, October 11 **Time:** 10:00 a.m.–2:00 p.m.

Fee: \$35 (includes lunch)

Does the aging process represent diminishment to you or a new phase in the adventure of life, or a little of both? This program is based on Joan Chittister's 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. Input from Sister Joan in brief videos provides the basis for reflection and conversation. We will explore themes of aging such as time, joy, transformation, and the blessing and challenge of each one. You will be guided to embrace a vision of elderhood as a blessed time to be alive. This builds on the program offered in May but participation does not require having attended that session. **Facilitator:** **Janice Keenan, OSF**



PRIVATE RETREAT DAY - THE HEALING POWER OF BEAUTY IN AUTUMN

Date: Friday, October 14 **Time:** 9:00 a.m.–3:30 p.m.

Fee: \$50 (includes lunch)

"Beauty reassures us that goodness is still real in the world." (John Eldrige, *Get Your Life Back*) In Illinois we are blessed to be surrounded by beauty in the autumn season with an abundance of color in flowers and leaves. During this day we will be recalling in wonder and awe the way beauty enhances our lives. 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 sacred grounds of St. Francis Woods. The day includes opening prayer, theme, time for individual reflection, lunch, and a closing service. **Facilitator:** **Janice Keenan, OSF** is Retreat Program Manager/Spiritual Director at The Port.

We are very honored to bring you --THE 'Nun on a Bus' the amazing Simone Campbell



SIMONE CAMPBELL, SSS:

EMBRACING A THEOLOGY OF INSECURITY via Zoom Fee: Donation

Date: Sunday, October 16 **Time:** 1:30-4:00 p.m. Central

In a time of both random violence and heightened individualism, we are called to journey through the insecurity of our time and discover the divine along the road. Let us explore the way forward that is strengthened by curiosity and fueled by a welcoming love at the heart of risk taking. In the process let us be nourished by community that can sustain us in challenging times. **Facilitator: Simone Campbell**, a Sister of Social Service, is a religious leader, attorney, and author with extensive experience in public policy and advocacy for systemic change. Currently she is a leader of "Understanding US" a grassroots dialogue effort to promote political healing in our nation. For almost 17 years she was the executive director of NETWORK, Lobby for Catholic Social Justice and leader of Nuns on the Bus. Her two books, *A Nun on the Bus* (2014) and *Hunger for Hope* (2020), are award winning reflections on the substance of her life and the call to faithful justice seeking.



POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, October 21 **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 Auditorium. **Facilitators: Gabriela & Marian Kraus**



**WOMEN'S FALL RETREAT:
CONTEMPLATIVE PLAY AND HEARTWORK JOURNALING**

Dates/Times: Saturday, October 22 10:00 a.m. to Sunday, October 23, Noon (Brunch) **Fee:** \$145 (program/meals/overnight), \$95 Commuter (program/meals)

Join us in a restorative time of being more mindfully in touch with our inner selves and recovering our joy. This retreat will assist you in making the connection between contemplation and the importance of play. A variety of activities including gentle, playful movement and using different items (coloring, building, crafts, etc.) will be included as well as steps for incorporating more play into everyday life. The Heartwork Journaling will allow us to focus on growth through creativity and play.

Facilitators: **Debra Vinci-Minogue**, an Associate Professor at Dominican University, is trained in Mindfulness Meditation (with Jack Kornfield and Tara Brach), Chair Yoga and facilitating Veriditas Labyrinth. Her most recent training is in Heartwork Journaling. **Janice Keenan, OSF**



MANAGING STRESS THROUGH MINDFULNESS AND MOVEMENT

Date: Monday, October 31 **Time:** 9:00 a.m.–Noon **Fee:** \$25

The continued uncertainty in our lives causes an underlying stress that drains our energy and fosters a lack of healthy activity. Discover ways to manage this stress through attentive awareness of our bodies, minds, and spirits, that restores, re-energizes, and uplifts us. The movement portion will offer properly aligned exercises from a chair for joint health and balance or utilizing a chair for some additional support.

Facilitator: **Elaine Noonan** is a certified stress management educator from Governors State University with additional master's degrees in exercise science, library science and educational administration from University of Illinois, Chicago. Fitness Unlimited has been her business since 1979 offering corporate and hospital-based fitness programs. She was a professional dancer focusing on joint alignment for over 11 years.

NOVEMBER



Meditation
November 8

Sacred Circle
November 14

Details page 3

CREATING A PERSONAL MANDALA OF YOUR LIFE'S JOURNEY

Date: Monday, November 14 **Time:** 9:00 a.m.-Noon **Fee:** \$25

The art form of circular drawings (mandalas) offers us a creative form of meditation. In this presentation, there will be a focus on integrating the Sacred Mandala Circle with the steps of our lives. This is a contemplative process weaving words and colors with our life path. Each person will create a mandala of their own life or of a person they know and love.

Facilitator: **Marge Mostyn** has had a career in Catholic Education teaching at both the high school and college levels. She has a BS from Lewis University and a Masters in Educational Psychology from NIU. She has taught Math, initiated the “Dear God” prayer at Providence Catholic High School, written prayers for workshops and retreats, and developed the “Mandala of Life.” At Lewis University, she witnessed the Tibetan monks creating a sand mandala and learned the traditions of this sacred shape.

DECEMBER



A MYSTICAL CUP OF IRISH TEA

Date: Monday, December 5 **Time:** 9:00 a.m.-Noon **Fee:** \$25

The holidays are an emotionally charged time that can be a roller coaster of feeling joy and happiness mixed with grief and loss. How do we make sense of these polar tugs on our consciousness? Take some time for yourself this Advent season and find peace in knowing you are not alone and there are abundant resources to help clear the path. Prayer, meditation, humor, readings, conversation, and tea fill this morning designed to help you gain perspective and serenity in trying times. In addition, everyone leaves with their own beautiful china teacup as a reminder to always take time for a fragrant, warm, soothing cup of tea. It's life changing.

Facilitator: **Michael Jennings, Ph.D.** holds a doctorate in clinical psychology and is the conserve for the Chicago area lay Ignatian community. He has studied and written about Ignatian spirituality for over a decade and is an Ignatian spiritual director.



SACRED SOUNDS GONG BATH WITH RICHARD RUDIS

Date: Friday, December 9 **Time:** 7:00 -8:00 p.m. **Fee:** \$30

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 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 Auditorium.

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.



**Sacred Circle
December 12**

**Meditation
December 13**

Details page 3

PRIVATE RETREAT DAY - FINDING THE CALM IN THE HOLIDAY SEASON

Date: Monday, December 12 **Time:** 9:00 a.m.–3:30 p.m.

Fee: \$50 (includes lunch)

Take a day to be centered in the peaceful surroundings of The Port and allow, in an African expression, "the soul to catch up with your body." 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.

Facilitator: **Janice Keenan, OSF** is Retreat Program Manager/Spiritual Director at The Port.

**"Tell me, what is it you plan to do with your one wild and precious life?"
Mary Oliver**

JANUARY



MAINTAINING STRENGTH, RESILIENCE AND SELF-CARE AS WE FACE THE MYSTERY OF THE FUTURE via Zoom

Date: Saturday, January 7 **Time:** 10:00 a.m.- Noon Central **Fee:** \$20

Start this year with positive and doable expectations, utilizing simple and effective self-care tools to keep yourself strong, grounded and flexible in uncertain times. Gentle stretching from the comfort and safety of a chair, breathwork techniques, guided meditation and reflection/journaling will help you develop a strong foundation for the new year.

Facilitators: **Cecily Hunt, MDes**, Certified Yoga Instructor and Therapist E-500 and **Marcy Hunt, PhD**, Counseling Psychologist team up to present a workshop that will help you self-reflect and learn new ways of being.



VISION BOARD: INTENTIONS FOR 2023

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

This Vision Board Workshop will help participants envision what their goals and intentions are for the new year by creating a poster board with clipped images, written intentions, mantras, etc. Materials will be supplied. The morning will also include a group Meditation for the Earth, a sacred circle where we can share our fears followed by a meditation sending light and prayers to ourselves, our fears, and the planet.

Facilitator: **Amanda Clark Reed CST**- a trained SoulCollage® Facilitator, an intuitive artist, and Shamanic Craniosacral Therapist with a passion for helping others access their innate creativity and personal power.

“To wonder is to let in a sense of awe, openness, and deep curiosity. It is to look upon the face of anyone or anything and say: *You are a part of me I do not yet know.*”

Valarie Kaur



WOMEN'S SACRED SPA DAY: Befriending Winter Together

Date: Saturday, January 21 **Time:** 9:00 a.m.–4:00 p.m. **Fee:** \$125

(Powerful Vibrational Sound Meditation, 30-minute individual bodywork, lunch, group sessions, and optional activities)

Since winter is a darker, colder time of the year we can find ourselves wanting to avoid or flee. However, we can meet this season with gentleness and connection, tending our needs and embracing the lessons of rest and reflection in the company of others. 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. 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 a 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



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. **30 DAY RETREAT** 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 a session you are invited to share ordinary life experience and be gently guided to how God is speaking to you. **Spiritual Director: Janice Keenan, OSF.** 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.

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.

“MEDITATION”

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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	815.464.3880
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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 815.464.38802. Email info@portforprayer.org3. Web site: www.portforprayer.org4. Deposit required at time of registration5. 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).



