



Franciscan Sisters of the Sacred Heart

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

*Calendar of Events
February - August 2023*



9263 West St. Francis Road
Frankfort * Illinois * 60423
815.464.3880 * info@portforprayer.org
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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February



“A SPIRITUAL JOURNEY: WISDOM FROM OZ”

with Johnpaul Cafiero, OFM via ZOOM

Date: Sunday, February 5 **Time:** 1:30 – 4:00 p.m. Central

Fee: Donation

Follow the yellow brick road as you create your own spiritual journey.

“There is no place like home” is a phrase we associate with Dorothy and her fellow seekers. It is a metaphor for all of us who yearn to find our way home to God. We will learn of the five stages of life that are part of our path and focus on the wisdom figures who inspire and guide us.

Facilitator: Johnpaul Cafiero, OFM is a Franciscan Priest. A preacher and lecturer, he also has training in counseling and massage therapy. Born and raised in the New York Metro area, he traded the uniform of a New York City policeman for the simple robes of a Franciscan friar, ministering to police and firemen in the aftermath of 9/11. He continues to serve as chaplain for police departments in Chicago and Ohio. The interest in the Wizard of Oz goes back to his childhood. His family holds one of the greatest collections of the “Wizard of Oz” movie memorabilia, some 25,000 pieces.



GROUP SPIRITUAL DIRECTION

Dates: Wednesdays: February 8, March 8, April 12, May 10

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

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 who serves as the Retreat Program Manager and a Spiritual Director at The Port.

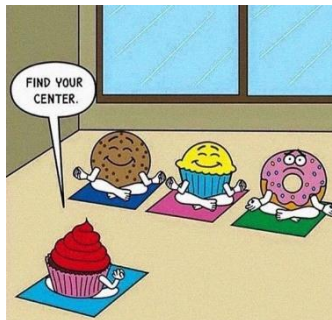
March



HONORING CREATION WITH COMPASSION AND RESPECT FOR OUR ONE AND ONLY EARTH

Date: Monday, March 6 **Time:** 9:00 a.m. – Noon **Fee:** \$25
Mother Earth is paying the price for our human consumption, greed, and indifference. Every element of nature is threatened. In this session we will examine scripture, church documents and Franciscan thought. Through discussion we will attempt to create attainable, relevant, and timely goals for a holistic lifestyle that truly reflects our love for creation.

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. He currently serves as chaplain for the University of St. Francis in Joliet, IL.



PRIVATE RETREAT DAY - "RE-CENTERING SELF"

Date: Monday, March 10 **Time:** 9:00 a.m. – 3:30 p.m.
Fee: \$50 (includes lunch)

When the GPS asks to "re-center", it puts us back on track. This day will focus on ways to re-center through mindfulness, prayer techniques and self-care. Designed to support our intentions to make positive changes moving forward, we will experience peaceful, private, contemplative space and time. Each participant has access to a private room at the Port. 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.

JOURNEYING INWARD: DEEP RELAXATION

Guided Meditation Via Zoom

Date: Tuesday, March 14 **Time:** 7:00 – 8:00 p.m. Central **Fee:** \$15

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. 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; have a blanket, pillow, bolster and/or eye pillow close by to create comfort. **Facilitator: Cecily Hunt** is highly skilled and regarded for her healing practice using meditation, yoga, and gong vibrations.

**Featured on PBS
and is a White
House Champion
of Change—raised
over \$65 million in
funding for justice
initiatives**



AN AFTERNOON WITH BECCA STEVENS: “DAILY PRACTICES THAT LOVE OUR BODIES AND CHANGE THE WORLD” via ZOOM

Date: Sunday, March 19 **Time:** 1:30 – 3:30 p.m. Central

Fee: Donation

“I am a believer in preaching what we practice. In other words, how we live out our faith in practical daily ways is what we are really preaching to the world.” At the heart of the community of Thistle Farms, a global movement for women's freedom founded 25 years ago, lies the practice of sitting in a circle and lighting a candle. That simple daily practice has helped shape their movement for freedom. Becca will offer a deep dive into specific practices such as healing oils and tea ceremonies to spark in us a renewed commitment to our own daily practices that can heal our bodies, form our preaching, and change the world.

Facilitator: Becca Stevens is a speaker, social entrepreneur, author, priest, founder of ten non-profit justice enterprises, and President of Thistle Farms. She has been featured on PBS NewsHour, The Today Show, CNN, ABC World News, named a CNN Hero, and White House Champion of Change, holds five honorary doctorates, and raised over \$65M in funding for justice initiatives. Drawn from 25 years of leadership in mission-driven work, Becca leads important conversations across the country with an inspiring message that love is the strongest force for change in the world.



LOVING KINDNESS FOR THOSE WHO CARE FOR OTHERS

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

Caregivers make it their mission to do everything possible for loved ones. Because of the need for patience, kindness, strength, and courage as they comfort and assist others, they themselves can require care to regain emotional balance and re-energize. During this morning presentation, tools for self-compassion will be offered to support caregivers in their daily ministry which will include reflections relating the healing ministry and challenges of Jesus to the loving touch and difficulties of those aiding another.

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.

April



COMPASSION AND MARGINALIZATION

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

Join us as we look at the meaning of marginalization and the participants' personal experience of it both in themselves and in others. This realization can lead to greater compassion for those affected, empowering us to respond compassionately and to assist in the dismantling of the causes of marginalization.

Facilitator: **Suzanne 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.



POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, April 14 **Time:** 7:00 - 8:30 p.m. **Fee:** \$35

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.



CREATING A GOD BOX

Date: Monday, April 17 **Time:** 9:00 a.m. – Noon **Fee:** \$25

Do your worries and anxieties sometimes get the best of you? Do you wish you could find a way to let them go or hand them off to someone else? Having an actual place in which to put our written worries can actually provide some relief. In this session, we will create a hand decorated box to aid us in our practice of prayerfully letting go and letting God hold our worries. **Facilitator: Ginny Raftery** is a working artist with a studio at Union Street Gallery in Chicago Heights, she enjoys making art with others. She is a strong believer in the creativity that resides in each of us and knows it contributes to the increase of peace in our own lives and in the world.



PRIVATE RETREAT DAY: "PUTTING SPRING IN OUR STEPS"

Date: Friday, April 28 **Time:** 9:00 a.m. – 3:30 p.m.

Fee: \$50 (includes lunch)

As new life buds and blooms all around us we can find ourselves revitalized by a renewing day in a lovely, peaceful setting. Come and allow yourself to be aware of what is new growth for you this spring and to nurture this life within. The day offers you peaceful, private, contemplative space and time at The Port and includes opening prayer, handouts, time for individual reflection, lunch, and a closing service. Each participant has access to a private room. **Facilitator:** **Janice Keenan, OSF** is Retreat Program Manager/Spiritual Director at the Port.

May



TIBETAN SINGING BOWL SOUND MEDITATION WITH MARK BIEHL

Date: Friday, May 5 **Time:** 7:00 - 8:30 p.m. **Fee:** \$35

This is a complete immersion into the world of sound and vibration that will gently guide you into a state of heightened awareness and tranquility by merging the vibrational energies of over twenty beautifully tuned Himalayan singing bowls, gongs, chimes, indigenous flutes and the voice. Let SANCTUARY offer you refuge for a more focused, peaceful and balanced life. Please dress casually and bring a yoga mat, blanket and pillow for your comfort. Zero gravity chairs need to be requested at registration. It is preferable not to eat for an hour prior. This event will be held at the Motherhouse auditorium. **Facilitator:** **Mark Biehl, CVSC, LSHC** is a lifelong musician and composer. Mark is a Certified Vibrational Sound Coach and Licensed Spiritual Health Coach who has received training in Primordial Sound Meditation and traditional shamanic sound practices.

Sacred
Circle
May 8
Page 3 for
details

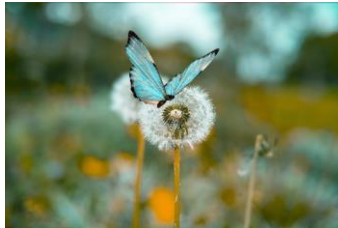


“ROOTED IN LOVE: FEEL WITH THE HEART”

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

In this session, participants will explore and engage in grounding exercises for calmness, space, and restoration. Exercises include forest bathing (weather permitting), journal prompts, Heartwork (doodle) journaling, and discussion about self-care practices. This morning is for *“anyone wanting to strengthen their capacity to ride life’s many ups and downs — with more steadiness, ease and a sense of groundedness.”* (*Finding Calm*, Sarb Johal)

Facilitator: **DebraVinci-Minogue**, an Associate Professor at Dominican University, is trained in Mindfulness Meditation (with Jack Kornfield and Tara Brach). She has recently been trained in Heartwork Journaling.



THE FEAST OF PENTECOST:

“SEEDS OF CHANGE AND TRANSFORMATION COMING IN THE MIDST OF WIND AND FIRE!”

Date: Monday, May 15 **Time:** 10:00 a.m. to 2:00 p.m.

Fee: \$40 (lunch included)

During this Season of Spring, we will plant new seeds around the traditional Feast of Pentecost. You will be reminded that in the midst of lives as simple and as complicated as those of the disciples following the events of Holy Week, we too are called to emerge from our own life and death experiences, knowing that we are equipped with a Spirit that “can do infinitely more than we can ask or even imagine!” In addition to the presentation there will be quiet time, group reflection time, a meditative walk, and poetry readings.

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.

AGING GRACEFULLY: INPUT, REFLECTION & CONVERSATION

Date: Tuesday, May 23 **Time:** 10:00 a.m. – 2:00 p.m.

Fee: \$40 (lunch included)

Aging is a reality of our existence. How we age is a choice. We will explore our time of maturation with fresh eyes, finding joy for what has been and optimism for what is to come, embracing a vision of elderhood as a blessed time to be alive. This presentation will incorporate brief videos based on Joan Chittister's book, *The Gift of Years*, stories, reflective activities on challenges and blessings received, and sharing time. **Facilitator: Janice Keenan, OSF** is a co-coordinator of her community's Continuing Care Committee which has been offering programs on the Spirituality of Aging for the past several years. She is also Retreat Program Manager and Spiritual Director at the Portiuncula Center for Prayer.

June



WOMEN'S SUMMER RETREAT: OPEN THE DOOR OF YOUR HEART

Dates: Wednesday, June 21 5:30 p.m. (Dinner) to Sunday, June 25 Noon (Brunch) **Fee:** \$385 includes retreat, optional spiritual direction, meals, and room. **Commuter:** \$220 includes opening dinner, program, lunch, optional spiritual direction, closing brunch. Check-In begins at 3:30 p.m.

A door can represent a separation – or an invitation. This retreat we will explore the rich images of the door as an invitation to growth and awareness. Discover the many ways that doors are a potent symbol for spiritual growth. You will discover that there is seemingly no end to the insights that the image of the door can yield and that opening the door of the heart reveals the vast treasure of who we are and how the sacred is present within us. This is a journey to the true self. Content and reflective activities will draw from Joyce Rupp's *Open the Door*. 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.

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, and presently Retreat Program Manager, and Spiritual Director at the Port. Both directors were trained by Joyce Rupp in 2021 to give the Boundless Compassion Retreat.

July



SUMMER RETREAT: “THE SPIRITUAL JOURNEY: A PROCESS FOR TRANSFORMATION” with Fr. Albert Haase, OFM

Dates: Sunday July 9 at 5:30 p.m. (Dinner) until Friday July 14 Noon (Brunch) Registration begins at 3:30 p.m. Opening session is at 6:30 p.m.

Fee: \$550 includes all meals, room, retreat. Commuter: \$325 includes opening and closing meals, program, daily lunches, access to a private room during the day.

The spiritual journey is the communal process of being transformed by the Spirit of God into the image of Christ for the sake of others. During this retreat, Albert Haase, OFM, will explore the many dimensions of this transformation including living in the present moment, fostering a healthy image of God, living with mindfulness, and becoming a person of forgiveness. Input will draw upon material from the books, *Becoming an Ordinary Mystic*, *Saying Yes*, and *Soul Training with the Peace Prayer of Saint Francis*. **Facilitator: Albert Haase, OFM** was ordained a Franciscan priest in 1983. He is a popular preacher, teacher, spiritual director and guest on talk radio shows. A former missionary to mainland China for more than eleven years, he is the award-winning author of fourteen books on popular spirituality and the presenter on five best-selling DVDs. He currently resides at San Miguel Friary in San Antonio TX. Visit his website: www.AlbertOFM.org.

Special
Evening with
Fr. Albert
open to all



BE A TURTLE - AND NINE OTHER PRINCIPLES OF DISCERNMENT

Date: Wednesday, July 12 **Time:** 7:00 – 8:30 p.m. **Fee:** Donation
Discerning God's voice and call in our lives is one of the great challenges in the spiritual life. In this lecture, Albert Haase, OFM, will explore ten important principles offered by the spiritual tradition that help facilitate hearing God's call. This event is in the Motherhouse auditorium.

Facilitator: Albert Haase, OFM



SILENT DIRECTED RETREAT: “A SOUL’S JOURNEY”

Dates: Wednesday, August 2 at 5:30 p.m. (Dinner) until Sunday, August 6 Noon (Brunch) Registration begins at 3:30 p.m. Opening session is at 6:30 p.m. **Fee:** \$385 (includes room, meals, and individual spiritual direction). A longer retreat may be arranged for an additional fee. **Single-Day Option:** August 3,4,5 from 9:00 a.m. – 5:00 p.m. **Fee:** \$70 per day includes individual spiritual direction and lunch.

Our soul’s journey takes us along many paths, through the joys and sorrows, the blessings and detours, of personal experience as we seek meaning and connection with the divine. The Silent Directed Retreat promises an environment that fosters silence, solitude, prayer, rest, and renewal. Each day you will have the opportunity to meet with a trained spiritual director and to take part in an optional reflective activity.

Spiritual Directors: Sue Carter, Fr. Terry Johnson, and Janice Keenan, OSF



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 815.469.3883 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.

“WALK WITH ME”

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CONTACT and REGISTRATION INFORMATION

Spiritual Director	Janice Keenan, OSF	815.469.4883 Janice.Keenan@FSSH.net
Registration and Appointments Director	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

Spiritual Director	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 815.464.3880 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).



