



*Franciscan Sisters of the Sacred Heart*

*Portiuncula Center for Prayer  
Poverello Holistic Center*

*Calendar of Events  
September 2023 - January 2024*



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[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**

<b>Date</b>	<b>September</b>	<b>Page</b>
6	Group Spiritual Direction	2
7	Women’s Empowerment: Boundaries via Zoom	2
12	An Evening with Father James Martin via Zoom	3
15	Powerful Vibrational Sound Meditation	3
19	What’s Anger Got to Do With It?	4
30-10/1	Women’s Fall Retreat: Bringing Your Dreams to Life	4
<b>October</b>		
5	Women’s Empowerment: Forgiveness via Zoom	5
20	Private Retreat Day: A Time of Leaping Into Leaves	5
23	And the Greatest of These is Love	6
<b>November</b>		
2	Women’s Empowerment: Acceptance via Zoom	6
12	Navigating the Unknown with Karen Hering via Zoom	7
14	Re-Visiting Women in Scripture with Mary Ruth Broz, RSM	8
17	Powerful Vibrational Sound Meditation	8
<b>December</b>		
5	Healing for The Mind, Body, and Spirit	9
12	Private Retreat Day: We Wait in Hope	9
<b>January</b>		
9	Zentangle as Artistic Meditation	10
16	Open Yourself Up to New Beginnings via Zoom	10
27	Women’s Sacred Spa: Savor the Day	11
<b>Contact and Registration Information (page 14)</b>		
<b>ALL PROGRAM TIMES ARE CENTRAL TIME ZONE</b>		

*“We do not exist for ourselves alone, and it is only when we are fully convinced of this fact that we begin to love ourselves properly and thus also love others.”*  
**Thomas Merton**

**September**



**GROUP SPIRITUAL DIRECTION**

**Dates:** Wednesdays: September 6, October 4, November 1, December 6  
**Time:** 10:00 a.m. – Noon    **Total Fee:** \$60    **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 Spiritual Director at The Port.



**WOMEN'S EMPOWERMENT: BOUNDARIES via Zoom**

**Date:** Thursday, September 7    **Time:** 7:00 – 8:00 p.m.    **Fee:** Donation  
Join us for this event for women of all ages and backgrounds who want to understand the value and need for empowerment. We will discuss the importance of self-love, self-worth, boundaries, and why they are crucial for your mental and emotional well-being. Learn how to determine your limits, how to communicate them, and the importance of consequences. We are all on a journey of self-discovery, and this virtual event is a safe space to learn, grow, and connect with other like-minded women. This can also serve as a wonderful opportunity for building genuine connections with other women who also believe in self-improvement and are looking to make friendships as adults. **Facilitator: Jennifer Ramirez** is an author, entrepreneur, and coach. She is the Founder of the nonprofit organization, &Rise, whose mission is to empower women to be the ultimate versions of themselves.



## **AN EVENING WITH FATHER JAMES MARTIN via Zoom**

**Date:** Tuesday, September 12 **Time:** 7:00 – 8:30 p.m. **Fee:** Donation  
*“James Martin—arguably our greatest writer priest—has penned a genius meditation on the Raising of Lazarus. It’s a spiritual manual to renewing one’s faith. I came away with a renewed hope that grace alone can call me out of whatever tomb I’ve buried myself in.”* Mary Karr  
*“Come Forth”* is Father Martin’s new book on the Raising of Lazarus. This widely acclaimed book will be the focal point of the evening. We are blessed to have this time to learn from Fr. Jim and engage in dialogue during the Q&A session. **Facilitator: James Martin, SJ** is a Jesuit priest, writer, and editor-at-large at *America* magazine. Author of *My Life with Saints*, *Building a Bridge: How the Catholic Church and the LGBT Community Can Enter into a Relationship of Respect, Compassion, and Sensitivity*, *Learning to Pray*, and his most recent book *Come Forth* (available 9/5/2023).



## **POWERFUL VIBRATIONAL SOUND MEDITATION**

**Date:** Friday, September 15 **Time:** 7:00 - 8:30 p.m.

**Location:** Motherhouse auditorium **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 must be requested at registration. **Facilitators: Gabriela & 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 unique experience.



## **WHAT'S ANGER GOT TO DO WITH IT?**

**Date:** Tuesday, September 19 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Anger impacts both the mind and the body. During our time together, we will explore common sources of anger as well as strategies that promote healing. Our focus will be anger that stems from transitions and grief.

**Facilitator: Linda Heying, PsyD, LMFT** is a Marriage & Family Therapist, and is based in Oak Brook. Linda specializes in the counseling of relationship issues, anxiety, and depression. Linda has experience in handling cases of addiction, anger management, behavioral issues, codependency, substance use, transgender, women's issues, and more.



## **WOMEN'S FALL RETREAT: "BRINGING YOUR DREAMS TO LIFE"**

**Dates/Times:** Saturday, September 30 from 10:00 a.m. to Sunday, October 1 Noon (Brunch) **Fee:** \$145 (program/meals/overnight),

\$95 Commuter (program/meals)

Dream images are the language of the soul experienced through our senses and our feelings. Natural Dreamwork is a spiritual practice that allows us to bring dream images and experiences to life by feeling them rather than interpreting them. The images we encounter reveal new insights and guide us toward wholeness and healing in our inner and outer life. Each dream/image offers a gift by inviting you to reconnect to your soul, to reclaim and remember parts of yourself you may have forgotten, and to discover new ways of being in relationship with yourself, others, and the Divine. This retreat provides times of listening, personal reflection, creative expression, and sharing. **Facilitators: Julie Filipic** is a certified practitioner of Natural Dreamwork, a Spiritual Director/Companion and a Supervisor for other Spiritual Directors. She will team with **Janice Keenan, OSF**, Retreat Program Manager and Spiritual Director at The Port to facilitate this retreat.

October



### **WOMEN'S EMPOWERMENT: FORGIVENESS via Zoom**

**Date:** Thursday, October 5 **Time:** 7:00 – 8:00 p.m. **Fee:** Donation

Join us for this event for women of all ages and backgrounds who want to understand the value and need for empowerment. We will discuss the importance of forgiveness as a way to free ourselves from carrying burdens we do not need. Forgiveness does not mean condoning what someone has done or what is happening. It can be a form of letting go. It can create space for love and creativity as the energy needed to withhold forgiveness is now free. This virtual event is a safe space to learn, grow, and connect with other like-minded women. **Facilitator: Jennifer Ramirez** is an author, entrepreneur, and coach. She is the Founder of the nonprofit organization, &Rise, whose mission is to empower women to be the ultimate versions of themselves.



### **PRIVATE RETREAT DAY - "AUTUMN! A TIME OF LEAPING INTO LEAVES"**

**Date:** Friday, October 20 **Time:** 9:00 a.m. – 3:30 p.m.

**Fee:** \$50 (includes lunch)

Remember the fun of leaping into piles of raked leaves as a child (young-at-heart adult)? Memories of those simple pleasures can bring us joy. Come for a day that can reconnect you with simple pleasures that can refresh and revitalize you – watching the colorful leaves dance on the breeze, looking for shapes in clouds, breathing deeply of crisp autumn air, or quietly taking in the beauty around you. 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 an opening prayer, theme, time for individual reflection, lunch, and a closing service.

**Facilitator: Janice Keenan, OSF, Program Manager at The Port**



## “AND THE GREATEST OF THESE IS LOVE”

**Date:** Monday, October 23 **Time:** 9:30 a.m. – Noon **Fee:** \$25

*“Spread love everywhere you go. Let no one ever come to you without leaving happier.”* Mother Theresa

We will engage mind, body, and spirit in the exploration of the virtue of love. What does love look like in our lives? How can we apply love to others and to ourselves? What can we do to expand our understanding and practice of love? This is an interactive session - participants will be led in several mindfulness practices, including creative expression and gentle movement.

**Facilitator:** **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. She is also trained in Heartwork Journaling.

November



## WOMEN'S EMPOWERMENT: ACCEPTANCE via Zoom

**Date:** Thursday, November 2 **Time:** 7:00 – 8:00 p.m. **Fee:** Donation

Join us for this event for women of all ages and backgrounds who want to understand the value and need for empowerment. We will discuss the importance of acceptance of who and where we are in this moment. Imagine the beauty and freedom of ‘nonjudgmental acceptance’. The energy we use criticizing ourselves and our circumstances can be transformed into believing in our own beauty, strength, wisdom, and self-love. **Facilitator:** **Jennifer Ramirez** is an author, entrepreneur, and coach. She is the Founder of the nonprofit organization, &Rise, whose mission is to empower women to be the ultimate versions of themselves.

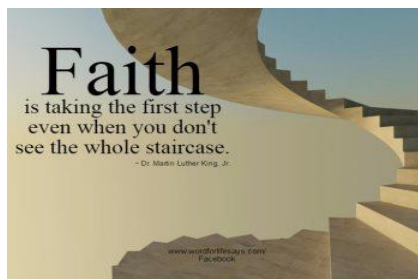


**“NAVIGATING THE UNKNOWN:  
FINDING OUR WAY IN TIMES OF GREAT CHANGE”  
AN AFTERNOON WITH REVEREND KAREN HERING via Zoom**

**Date:** Sunday, November 12 **Time:** 1:30 – 4:00 p.m. **Fee:** Donation

In recent years, we have all experienced unprecedented change in our personal lives and our communities of faith. As we try to discern the new thing God is doing in the midst of this change, we may be exhausted, eager, bewildered, anxious, grieving, or uncertain. Or all of these, in turn or at once. Taking time to pause, reflect, and imagine, and to converse with God, with our own heart’s truth, and with one another is more important than ever. You are invited into an afternoon of reflection and listening, led by author Karen Hering, drawing from her award-winning book, *Trusting Change: Finding Our Way through Personal and Global Transformation*. The online session will include embodied practices, guided reflection and writing (for writers and nonwriters alike), and conversation, asking how we might navigate the uncharted terrain of our times. How do we prepare ourselves – and one another – for a journey we’ve not been on before?

**Facilitator: Reverend Karen Hering** is an award-winning author and an ordained Unitarian Universalist minister. She has led a literary ministry for almost 15 years and serves as a threshold guide to people and communities on the cusp of change. Her books, *Trusting Change: Finding Our Way through Personal and Global Transformation* and *Writing to Wake the Soul: Opening the Sacred Conversation Within*, invite readers to access their own wisdom in correspondence with the holy and with the world around them.







## **RE-VISITING WOMEN IN SCRIPTURE – LEARNING THE ART OF MENTORING, THE GIFT OF FRIENDSHIP**

**Date:** Tuesday, November 14 **Time:** 9:30 a.m. – Noon **Fee:** \$25

In recent years, many of us have become aware of women who have influenced our spiritual lives. As we gather this morning, we will focus on some lessons that can be learned from three stories taken from scripture around the relationships between Ruth and Naomi, Mary and Martha, and Elizabeth and Mary. Together we will listen for what they have to teach us about supporting one another, making room for one another's differences, and coming to honor one another's truth that may be very different from our own. **Facilitator: Mary Ruth Broz, RSM, D.Min.** is a Sister of Mercy, spiritual director and retreat leader. She co-authored *Midwives Of An Unnamed Future*, and is presently offering spiritual direction and free-lancing out of Mercy Meeting Place in Chicago.



## **POWERFUL VIBRATIONAL SOUND MEDITATION**

**Date:** Friday, November 17 **Time:** 7:00 - 8:30 p.m.

**Location:** Motherhouse auditorium **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 must be requested at registration. **Facilitators: Gabriela & Marian Kraus** have studied gongs and sound therapy with renowned master teachers. Their inherent artistic and musical abilities, and years of studies in psychology and metaphysics, create a unique transforming experience.

December



### HEALING FOR THE MIND, BODY, AND SPIRIT

**Date:** Tuesday, December 5 **Time:** 9:30 – 11:30 a.m. **Fee:** \$25

Take a two-hour journey of the best of two worlds – yoga and qigong – all in the comfort of a chair. Beginning with gentle chair yoga we will stretch to the sounds of the 50s and 60s. Followed by a short break, we will connect with mind, body, and spirit through Qigong which is an ancient Chinese practice aimed to quiet the mind and body through meditative movement. By pairing movement, intention, breath, and beautiful sounds from our own voices, we can reach deep relaxation and lasting health benefits. This workshop allows us to connect on a deeper level to ourselves, and ultimately all living things. We will end with beautiful sounds from crystal bowls, Tibetan bowls, and chimes. **Facilitator: Gail Morales** is a certified yoga and qigong instructor, and sound healing practitioner. She has been teaching yoga for over eight years in a studio environment and recently branched out to the corporate world and park districts. She has additional certifications in yin, restorative, and chair yoga.



### PRIVATE RETREAT DAY – “WE WAIT IN HOPE”

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

**Fee:** \$50 (includes lunch)

Waiting is a reality of our busy lives, especially in a season that tends to be filled with preparations for Christmas. Instead of anticipating waiting impatiently in this process, we can choose to focus on the kind of waiting in hope that can be transformative! 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 an opening prayer, theme, time for individual reflection, lunch, and a closing service. **Facilitator: Janice Keenan, OSF** is the Retreat Program Manager and Spiritual Director at The Port.

January



### **ZENTANGLE AS ARTISTIC MEDITATION**

**Date:** Tuesday, January 9 **Time:** 9:30 a.m. – Noon **Fee:** \$35

Begin the new year with a new skill or a reacquaintance with Zentangle. This easy-to-learn, relaxing, and fun way to create beautiful images is done by drawing structured patterns, called tangles. This “meditative drawing” promotes calmness while using repetitive patterns to create your artwork. The practice can allow you to enjoy increased focus, creativity, self-confidence, and an enhanced sense of well-being. Fee includes cost for materials. **Facilitator: Robbin Keenan** is a certified Zentangle teacher who also works with wood, acrylics, photography, scrapbooking, and painting. Robbin worked as a software engineer and since retirement expanded into many volunteer roles including presenting various programs at schools, libraries, and parks as a University of Illinois Master Gardener and Master Naturalist.



### **OPEN YOURSELF UP TO NEW BEGINNINGS via ZOOM**

**Date:** Tuesday, January 16 **Time:** 7:00 – 8:00 p.m. **Fee:** \$15

Join us for a journey of yoga and qigong from the comfort of your home. We will begin with the gentle stretching of chair yoga followed by connecting with mind, body, and spirit through Qigong, an ancient Chinese practice designed to quiet the mind and body through meditative movement. The goal is to leave the session more relaxed, restored, and energized by letting go of what no longer serves and opening our hearts to the possibilities offered in the new year. **Facilitator: Gail Morales** is a certified yoga and qigong instructor and sound healing practitioner based in the south suburbs. She has been teaching yoga for many years in studio, corporate, and park district environments. Gail's approach to teaching is very lighthearted as she loves making her classes enjoyable for all. She has additional certifications in yin, restorative, and chair yoga.



## **WOMEN'S SACRED SPA: "SAVOR THE DAY"**

**Date:** Saturday, January 27    **Time:** 9:00 a.m. – 4:00 p.m.    **Fee:** \$125

Savoring is an intentional act of recognizing the value of a moment and treasuring the positive emotions that come with it. In this first month of a new year, we will be honoring body, mind, and spirit as we invite you to savor your time with us at 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. Please bring a yoga mat, pillow, and blankets for your comfort. Zero gravity chairs need to be requested at registration.

**Facilitators:** Janice Keenan OSF, Marian and Gabriela Kraus

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**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. Contact Janice Keenan, OSF for more information 815.469.4883.

## **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. Call 815.464.3880 for 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.**

**“WEAVING ENERGIES OF LOVE”**

**Copyright courtesy of [ministryofhearts.org](http://ministryofhearts.org)**

**“For everything there is a season,  
a time for every activity under heaven.”  
Ecclesiastes 3:1**

**SAINT FRANCIS WOODS - A CAMPUS FOR ALL SEASONS**

Guests are invited to explore the beautiful grounds that are home to deer, squirrels, raccoons, birds, chipmunks, and some humans.



Deer arriving for a blessing from Francis in early Winter



The beautiful Heritage Chapel is surrounded by blossoms in Spring



Summer invites a stroll along Hickory Creek



Fall is the perfect time to walk the labyrinth

<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>Spiritual Direction</b>	Norma Janssen, OSF	815.464.3880
<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).



