



*Franciscan Sisters of the Sacred Heart*

*Portiuncula Center for Prayer  
Poverello Holistic Center*

*Calendar of Events  
February - August 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**

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**If I come knowing what I want to say, I leave no room for inspiration to enter in.**

**See how your whole life is a threshold and invitation to say yes to enter into holy mystery. Ask for the wisdom to see heaven shimmering everywhere.**

**Christine Valters Paintner**

February



## **WOMEN LIVING AUTHENTICALLY:**

### **WELCOMING ALL OUR PARTS via Zoom**

**Date:** Tuesday, February 6 **Time:** 7:00 – 8:30 p.m. **Fee:** Donation  
Authenticity is the degree to which a person's actions are aligned with their values and desires. When we seek to live in a more authentic manner, we embark on an inner journey to discover the story lines that shape our lives and relationships. We develop parts of ourselves, much like versions of inner children/family members within us. It is important to learn how to identify and welcome ALL with attention and love. The evening will include input and practice of a few supportive techniques while sharing and connecting within a supportive and accepting community of women.

**Facilitator:** **Danielle Vaquer, LMFT** is an empathically intuitive Licensed Marriage Family Therapist, and public speaker. She is in private practice in Oak Lawn, IL and runs retreats and workshops dedicated to inspiring healing from within and creating the ripples of change through our lives and into our communities and the world at large.



## **GROUP SPIRITUAL DIRECTION**

**Dates:** Wednesdays: February 7, March 6, April 3, May 1

**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 a Spiritual Director at The Port.



## **CENTERING PRAYER: A PATH TO SPIRITUAL CONNECTEDNESS**

**Date:** Tuesday, February 20 **Time:** 9:30 a.m. – Noon **Fee:** \$25

This morning will include input on Centering Prayer as the core practice of Christian contemplative life, as well as engagement in Centering Prayer practice. The speaker will also describe Centering Prayer as a communal prayer and communal divine presence, leading us into the practice of praying with a communal intention. We will embark on the making of the two greatest commandments into one: “Love Your God with all your heart, and soul, and strength.... And love your neighbor as your Self” (Mk 12:28-30). These two will become one in us as we deepen our relationship with our true reality in the prayer we will share during this program.

**Facilitator:** **Alan Krema** has been a facilitator and leader in Contemplative Outreach Chicago since 2000, served as its coordinator for six years. He is also a Wisdom Waypoints Wisdom facilitator and guide, and an alumnus of the Center for Action and Contemplation Living School. He has recently completed the Shalem Institute’s two-year program: “Transforming Community: Leading Contemplative Prayer Groups and Retreats”.



## **PRIVATE RETREAT DAY: HANDLE YOURSELF WITH CARE**

**Date:** Monday, February 26 **Time:** 9:00 a.m. – 3:30 p.m. **Fee:** \$50

We’ve heard the airline advice to “put your oxygen mask on first”, before helping another. True self-care is a journey of self-awareness, inner growth, and meaningful connection. It involves practices that nourish the spirit, cultivate self-awareness, and foster emotional well-being. This retreat day will allow participants to take some time to pause, reflect, rest, and be renewed. Each participant has access to a private room at the Port 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.

March



## **POWERFUL VIBRATIONAL SOUND MEDITATION**

**Date:** Friday, March 1 **Time:** 7:00 - 8:30 p.m. **Fee:** \$40

At the core of all healing, meditative, and spiritual pursuits is the goal to expand an individual's awareness of 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 LIVING AUTHENTICALLY: SENDING COMPASSION TO ALL OUR PARTS via Zoom**

**Date:** Tuesday, March 5 **Time:** 7:00 – 8:30 p.m. **Fee:** Donation

On our life journey we develop parts/inner children/family members to cope with various situations and environments. At first, these coping skills are helpful, needed, and maybe even lifesaving. As we continue to grow and experience life though, we may find that the ways in which we have learned to cope may not be as helpful or useful as they once were. We will discuss the importance of discerning between self-love vs. self-betrayal and why it is crucial in inner healing. When self-compassion is expressed, it has a direct impact on our ability to cultivate inner peace. The evening will include input and practice of a few supportive techniques while sharing and connecting within a supportive and accepting community of other women on a journey of self-discovery and healing. **Facilitator: Danielle Vaquer, LMFT** is an empathically intuitive Licensed Marriage Family Therapist, and public speaker. She is in private practice in Oak Lawn, IL and runs retreats and workshops dedicated to inspiring healing from within and creating the ripples of change through our lives and into our communities and the world at large.

## **MOON PAINTING AND SELF REFLECTION WORKSHOP**

**Date:** Tuesday, March 12 **Time:** 9:30 a.m. – Noon **Fee:** \$35

The moon holds a mystical presence. Its symbolism and the significance of its phases invites us to look inward and harness the energy of each phase and gain new understandings of ourselves and our lives. Join us for a morning of creativity and reflection and make your own mixed media moon painting. Infuse your canvas with illuminating intentions, explore various texturing techniques for the background with acrylics and choose from a variety of papers and embellishments to create your moon painting. You will also explore the symbolism of the moon, its phases, and its healing properties and the personal meaning it holds for you through guided meditation and journaling techniques. **Facilitator: Karen Signore, B.A.** is a Certified Creative Journal Expressive Arts™ Project Insight™ Master Instructor and Coach, Visioning(R) Instructor and Usui Reiki Master. Karen supports others in deepening their relationship with their authentic self.



## **BIRTHING THE HOLY:**

### **THE WISDOM OF MARY AND THE SACRED FEMININE via Zoom**

**Date:** Saturday, March 16 **Time:** 10:00 am - 12 pm Central

(4-6 pm Ireland + UK) **Fee:** Donation

We take time today to encounter the wisdom of Mary and the sacred feminine. Our focus will be on three aspects of Mary which invite us into our own journey of responding to the call, incubating, and birthing our dreams. We begin with Mary as Virgin. This archetype is about claiming our wholeness. Mary was given full agency to say yes or no to the divine. When we embrace the Virgin within, we are empowered to choose the direction our lives might take. We then enter into a period of waiting, allowing, and finally, when the moment of full ripeness is ready, we birth the holy. We are each called to bring our gifts in service to the world. Gather with us for this holy pause which includes meditation, visio divina, song, gentle movement, writing explorations, and sharing to allow our bodies and hearts to speak with clarity. **Facilitator: Christine Valters Paintner, PhD** is the online Abbess of Abbey of the Arts, a virtual monastery and global community which integrates contemplative practice and creative expression. She is the author of 20 books on spirituality, the arts, and poetry including *Birthing the Holy* on thirty-one of Mary's names and titles. Christine lives on the wild edges of Ireland with her husband John and dog Sourney. Her website is [www.AbbeyoftheArts.com](http://www.AbbeyoftheArts.com).



## **HAVE A HEART – AND THEN OPEN YOUR HEART TO OTHERS**

**Date:** Tuesday, March 26 **Time:** 9:30 a.m.– Noon **Fee:** \$25

The core of discipleship and the "beating heart of the Gospel" is MERCY. Jesus of Nazareth, by his words, his actions, and his entire person reveals the mercy of God. We in turn, are made in the image and likeness of God - "a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness" (Ex 34:6). We are then to become the living and visible face of God's mercy. Using Scripture, video clips of *The Chosen*, personal reflection and sharing, we will ponder how Jesus models mercy for us and consider ways to deepen the attribute of mercy in our own relationships. **Facilitator: Janice Keenan, OSF**

April



## **MARY MAGDALENE AS MODEL FOR OUR SPIRITUAL JOURNEY**

**Date:** Tuesday, April 2 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Mary Magdalene as disciple, witness, and prophet is one of our strongest role models for understanding the elements that emerge on a spiritual journey. This reflective morning based on her spirituality offers a very specific example of the Ignatian spiritual elements which see God as an active God, always at work in us. Once Mary encountered Jesus, her life was transformed, and she was invited to an ever deeper walk in faith even amidst sorrow and suffering. Through personal reflection and group sharing we will consider the process of grieving and the forgiveness of life's hurts, and then the transformation to moments of healing so that we can, as the song says, "dance, dance, wherever we may be, for he is the Lord of the Dance said he". **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.



## **WOMEN LIVING AUTHENTICALLY: PROTECTING OUR INNER PEACE**

**Date:** Tuesday, April 2 **Time:** 7:00 – 8:30 p.m. **(Zoom)** **Fee:** Donation

When we are in alignment from within, we have a greater capacity for self-acceptance while experiencing an innate wellspring of inner peace. When working with our parts/inner family members, it is important to practice curiosity, and self-compassion and to take small daily steps to assist in our inner healing and acceptance. The more healed our parts become, the less they tend to distract us from our inner peace. This alignment creates a ripple of peace and acceptance that contributes to our connecting with others. **Facilitator: Danielle Vaquer, LMFT** is an empathically intuitive Licensed Marriage Family Therapist, and public speaker. She is in private practice in Oak Lawn, IL and runs retreats and workshops dedicated to inspiring healing from within and creating the ripples of change through our lives and into our communities and the world at large.



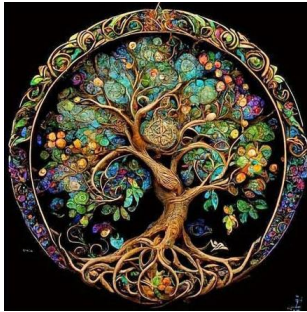
## **INTRODUCTION TO MINDFULNESS AND MEDITATION**

**Date:** Monday, April 15 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Mindfulness is the basic human ability to be fully present and aware of where we are and what we are doing. There is a lot of information available about mindfulness but some of it can be confusing. In this interactive session, participants will engage in several mindfulness practices led by the facilitator, practices that can easily be implemented into daily lives. Additionally, participants will learn what mindfulness is and what it is not, the benefits of practicing mindfulness, and they will have an opportunity to take part in discussion and ask questions about mindfulness.

**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.





## **MOTHER EARTH ENERGY FOR BODY, MIND, AND SPIRIT**

**Date:** Monday April 22    **Time:** 9:30 a.m. – Noon    **Fee:** \$25

Take a journey this Earth Day morning to 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 music and nature. Followed by a short break, we will connect with body, mind, and spirit through Qigong, an ancient Chinese practice aimed to quieting 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 additional certifications in yin, restorative, and chair yoga.

May



## **SANCTUARY TIBETAN BOWL SOUND JOURNEY WITH MARK BIEHL**

**Date:** Friday, May 3    **Time:** 7:00- 8:30 p.m.    **Fee:** \$35

SANCTUARY is a complete immersion into the world of sound and vibration that will guide you into a state of heightened awareness and tranquility.

Allow the vibrational energies of over twenty beautifully tuned Himalayan singing bowls, gongs, chimes, indigenous flutes and the voice to transport you into deep relaxation and remove stress. Please bring a yoga mat, blanket, pillow, and eye covering (optional) for your comfort. Dress comfortably and bring some water to drink. Zero gravity chairs need to be requested at registration. This event will be held at the Motherhouse Auditorium. **Facilitator: Mark Biehl, CVSC, LSHC** lifelong musician and composer, is a Certified Vibrational Sound Coach and Licensed Spiritual Health Coach. He has twenty years' experience in sound healing, including Primordial Sound Meditation and traditional Shamanic sound practices.



## **WALKING THE ROAD LESS TRAVELLED - CULTIVATING A SPIRITUALITY FOR OUR TIMES**

**Date:** Tuesday, May 7 **Time:** 9:30 a.m. – Noon **Fee:** \$25

As we read the headlines, watch the news, witness aggressive behavior everywhere, the belief that we all can be kinder, gentler, and wiser is being challenged every day. As we gather this morning, we will explore some of the invitations and challenges that come with walking a road less travelled, draw upon stories from nature, our own lives, and even the Synod that Pope Francis called for in the Catholic Church this past fall! Hopefully, we will go more conscious of the work ahead and more committed to leaving this world a better place!

**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.



## **PRIVATE RETREAT DAY: MAY FLOWERS, SUNSHINE, AND ENDLESS POSSIBILITIES**

**Date:** Friday, May 10 **Time:** 9:00 a.m. – 3:30 p.m. **Fee:** \$50

We've all heard the saying, "April showers bring May flowers." After the transition from winter to spring, the month of May brings a welcome blossoming of flowers, a lifting of spirits and hope in goodness to come. Come to the peaceful surroundings of the woods to explore what might be coming to new life within you in this spring season. Experience calming, private, contemplative space and time at the Port. Each participant has access to a private room at the Port in addition to the grounds. The day includes opening prayer, theme, time for individual reflection, lunch, and a closing service.

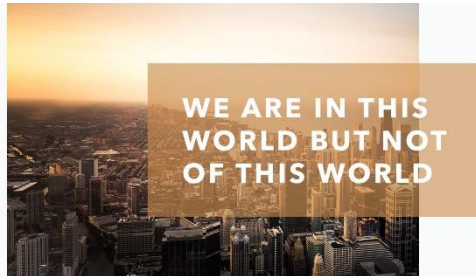
**Facilitator:** **Janice Keenan, OSF** is Retreat Program Manager/Spiritual Director at the Port.



## **FINDING GOD IN THE ORDINARY AND AMAZING: AN AFTERNOON WITH MELANNIE SVOBODA via ZOOM**

**Date:** Sunday, May 19 **Time:** 1:30 – 4:00 p.m. Central **Fee:** Donation

This retreat afternoon explores some of the ordinary ways God breaks into our everyday lives: through the wonders of creation, the joy of friendship, prayer, a news headline, a favorite old song, a little child, our personal pain and sorrow, someone in need. Using scripture, music, stories, and humor, this retreat will offer ways we, in our ordinary lives, can enter more deeply into the Mystery of God—who is seeking us more than we can ever imagine! **Facilitator: Melannie Svoboda, SND**, a sister of Notre Dame of Chardon, Ohio has ministered as a high school teacher, novice director, congregational leader, spiritual director, retreat leader, and writer. She is the author of numerous books including *Traits of a Healthy Spirituality*, *Picking Strawberries*, and *Hanging onto Hope*.

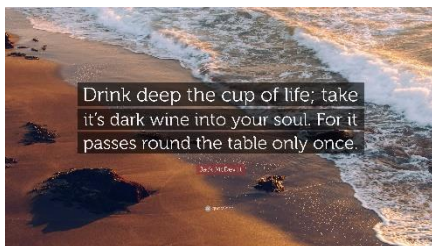


## **LIVING IN ALIGNMENT**

**Date:** Tuesday, May 21 **Time:** 9:30 a.m. – Noon **Fee:** \$25

We sometimes feel like we are not quite on the right path, or that we have lost our sense of direction in the daily demands of life. Based on the speaker's own journey to live "in this world but not of this world," this morning is designed to help you reconnect with who you are and explore the factors that can help you gain a greater sense of alignment in your life. This session includes individual reflection and group sharing as it offers you an opportunity to explore your personal values. A Wheel of Life exercise will help you ground those values in the present. You will also be invited to spend quiet time with God engaging in a variety of short exercises designed to help you make room for the Divine. You may find it helpful to bring a journal to the session. **Facilitator: Karen Bychowski, B.S., M.A.** was a management consultant assisting large organizations in navigating change. In October 2019, taking steps to find meaning in the second half of her own life, she felt called to become a Professional Certified Coach. She is passionate about helping others explore and live out the greatest purpose for their lives.

June



## **WOMEN'S SUMMER RETREAT: DRINK DEEPLY FROM THE CUP OF YOUR LIFE**

**Dates:** Wednesday, June 19, 5:30 p.m. (Dinner) to Sunday, June 23 Noon (Brunch) **Fee:** \$385 includes retreat, optional spiritual direction, meals, and room. **Commuter:** \$220 includes opening dinner, program, daily lunches, optional spiritual direction, closing brunch. Check-In begins at 3:30 p.m.

An ordinary cup can become a sacred vessel that connects us with life and brings us into closer union with the Divine. In this retreat we will explore how the cup is a rich symbol of life offering us images of emptying, filling, giving, and receiving, accepting and letting go – all part of our inner life and growth. Content and reflective activities will draw from Joyce Rupp's *The Cup of Our Life*. Morning presentations will include input, reflection, activities, and sharing. Afternoons will provide personal time and optional activities. *We ask that you bring to the retreat a favorite coffee or teacup.*

*You may also wish to bring a journal.* **Facilitators:** **Sue Carter** is a spiritual director and has a ministry of faith formation at St. Christina Parish and **Janice Keenan, OSF** is a West Peoria Franciscan and Retreat Program Manager/Spiritual Director at the Port.

July

## **FRANCISCAN RETREAT "BEFRIENDING THE WOLF WITHIN"**

**Dates/Times:** Saturday July 13 at 5:30 p.m. (Dinner) until Thursday, July 18, Noon (Brunch) Check-in 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, and access to a private room during the day. We will return to the dilemma of the people of Gubbio who had to face the challenge of an imperfect world and deal with the invitation to learn how to forgive and heal their community. We will place this concept into the practical, concrete instructions that Jesus gave his disciples when he taught them to pray, namely the revolutionary concept of forgiveness in the Lord's Prayer. We will discover that this prayer is a call to live a consecrated life, a Eucharistic existence within a dysfunctional world. **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 of self-discovery. He is currently Chaplain for the University of St. Francis.

August



## **SILENT DIRECTED RETREAT: STAND STILL TO FIND YOUR BALANCE**

**Dates/Times:** Wednesday, July 31 at 5:30 p.m. (Dinner) until Sunday, August 4 Noon (Brunch) Check-in 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 1, 2, 3 from 9:00 a.m. – 5:00 p.m. **Fee:** \$65 per day includes individual spiritual direction and lunch.

When author Terry Hershey was asked what he was learning during the pandemic, he responded “More than ever the invitation is to wonder and to savor life in the moment: to be here now”. Even when the *now* is challenging and uncertain, we are encouraged to pause, stand still, and pay attention so as to discover the sacrament of the present moment, where God is revealed, and grace is offered. Each day you will have the opportunity to meet with a trained spiritual director and participate in Liturgy. An optional reflective activity is offered each afternoon. The theme is based on insights from the book *Stand Still: Finding Balance When the World Turns Upside Down* by Terry Hershey. **Spiritual Directors: Sue Carter, Fr. Kerry Prendiville, 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 815.464.3880 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.



## **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**

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.

### **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**

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.**

**“TREE OF HOPE FOR A BROKEN WORLD”  
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**CONTACT and REGISTRATION INFORMATION**

<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

**Franciscan Sisters of the Sacred Heart**

<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>
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<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>
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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).



