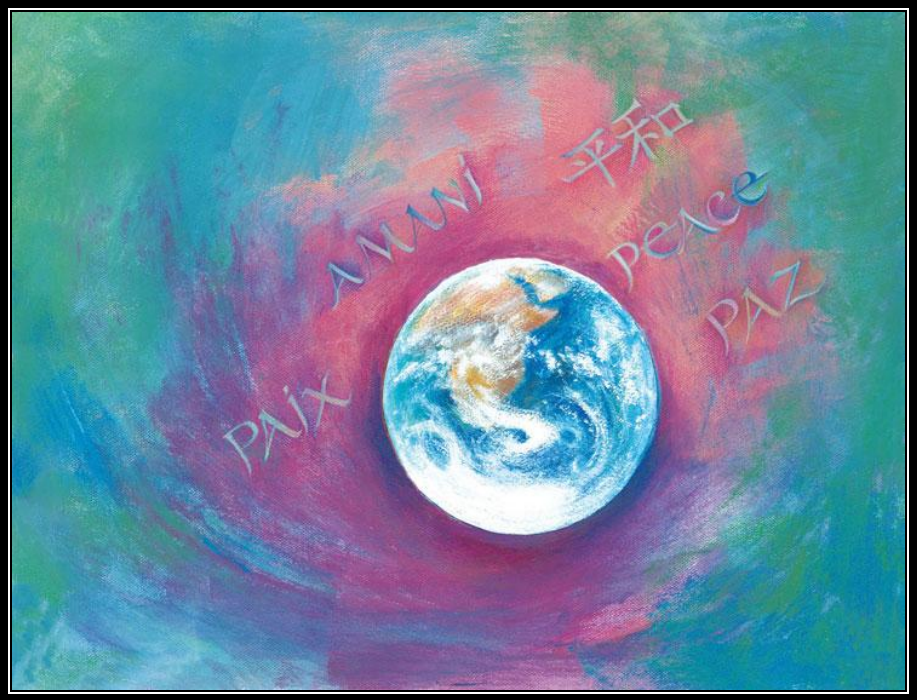




Franciscan Sisters of the Sacred Heart

*Portiuncula Center for Prayer
Poverello Holistic Center*

*Calendar of Events
February - August 2025*



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.”
 Mission Statement

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"The privilege of a lifetime is to become who you really are."
 Carl Jung

February



AN AFTERNOON WITH BRIAN MCLAREN:

SOMETHING IS TRYING TO BE BORN via Zoom

Date: Sunday, February 9 **Time:** 1:30 – 3:30 p.m. CST **Fee:** Donation

Author and former pastor, Brian McLaren will discuss the process of change and explore both what is passing away and what is trying to be born in the spiritual lives of growing numbers of people, both Christians and members of other faith communities. His program can serve to help us explore new ways of thinking, becoming, and belonging, finding courage and resilience for the deeply challenging times that are upon us.

Facilitator: **Brian D. McLaren** is an author, speaker, activist, and public theologian. A former college English teacher and pastor, he is a passionate advocate for "a new kind of Christianity" - just, generous, and working with people of all faiths for the common good. He is a faculty member at the Center for Action and Contemplation, an Auburn Senior Fellow, a contributor to We Stand With Love, and a leader in the Convergence Network, through which he is developing an innovative training/mentoring program for pastors and church planters.



A TIME OF MINDFULNESS: CULTIVATING JOY via Zoom

Date: Monday, February 10 **Time:** 7:00 – 8:15 p.m. **Fee:** Donation

Mindfulness is intentionally giving your full attention to the current moment without judgment. In this mindfulness hour, participants will be invited to focus on cultivating joy. Joy carries a multitude of positive impacts. Attention will be given to differentiating joy from other emotions and how to create space in our daily lives for joy, despite our circumstances.

Facilitator: **Debra Vinci Minogue, Ed.D.**, is an Associate Professor at Dominican University, a life coach, and certified in several Mindfulness practices including mindful meditation, laughter yoga, chair yoga, labyrinth facilitation, forest therapy, and more. Additionally, Debra runs her own Mindfulness business, www.findyourwithin.com.



WE CAN DO THIS: WE WERE MADE FOR THESE TIMES

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

The title of this presentation is taken from Jungian Clarissa Pinkola Estes' 2003 essay entitled "We Were Made for These Times". While written 18 years ago, her insights provide beacons of light and challenge for our time. Times of transition—while disconcerting, sometimes disheartening—hold a hidden hopefulness. For millennia, the people of God search for what can sustain them through their wilderness wandering. There is always manna in our desert. The bent over woman in the Gospel of Luke provides a biblical basis for a model of challenge and opportunity for living as we navigate complex, turbulent times. We can do this. **Facilitator: Avis Clendenen** served at Saint Xavier University in Chicago for 37 years. Avis is currently Coordinator for Spiritual Enrichment at Mercy Circle. She continues to offer retreats and an array of weekends and days of reflection integrating insights from depth psychology with spiritual life and growth.



PRIVATE RETREAT DAY: SANCTUARY AND SAVORING

Date: Monday, February 24 **Time:** 9:30 a.m. – 3:30 p.m. **Fee:** \$50

This day in mid-winter offers us the opportunity to find moments of sanctuary - "moments when wonder scoots up next to me with a nudge." [Tish Harrison Warren] Take time apart in the peaceful setting of the Port to savor a cup of tea/coffee/cocoa, to notice the beauty of nature, to ponder with gratitude the blessings in your life. Experience private, contemplative space at the Port for a day that includes opening prayer, a reflection on the theme, time for individual reflection, lunch, and a closing service. Each participant has access to a private room at the Port in addition to the lovely grounds. **Facilitator: Janice Keenan, OSF**

March



YOU TOO, ARE CHOSEN

Date: Tuesday, March 4 **Time:** 9:30 a.m.– Noon **Fee:** \$25

We so often hear in the Gospel stories how Jesus was on the road with his early followers. We too, as disciples are invited to accompany Jesus on our faith journeys, learning from him how love transforms the lives of those he encountered and brought healing to so many. Using Scripture, video clips of *The Chosen*, personal reflection, and sharing, we will ponder together how we can carry out Jesus' challenge to be loving and forgiving, bringing hope and healing to those persons he places on our paths this Lent.

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



A TIME OF MINDFULNESS: MINDFUL LISTENING via Zoom

Date: Monday, March 10 **Time:** 7:00 – 8:15 p.m. **Fee:** Donation
Mindfulness is intentionally giving your full attention to the current moment without judgment. In this mindfulness hour, participants will be invited to focus on mindful listening. Mindful listening takes time and effort and is integral to maintaining meaningful relationships with others. This is an interactive session, and attention will be given to calling our awareness to our listening behaviors and how we can become mindful listeners.

Facilitator: **Debra Vinci Minogue, Ed.D.**, is an Associate Professor at Dominican University, a life coach and certified in several Mindfulness practices including mindful meditation, laughter yoga, chair yoga, labyrinth facilitation, forest therapy, and more. Additionally, Debra runs her own Mindfulness business, www.findyourwithin.com.

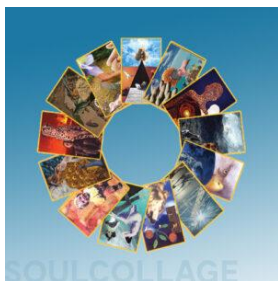


GONG MEDITATION WITH BENJAMIN SAVAGE

Date: Friday, March 21 **Time:** 7:00 – 8:00 p.m. **Fee:** \$35

Benjamin, a friend and apprentice of the late Richard Rudis, has been offering public and private gong meditations for over ten years. These vibrational experiences feature an intense crescendo that can elicit a deep meditative state in the participants. He has a unique way of playing the gongs, as well as singing bowls and other instruments, to craft an immersive sound bath experience. This session will be held at the Motherhouse Auditorium. Please bring what you need to be comfortable on the floor, e.g., a yoga mat, pillow, blankets, comfy socks, eye covering. Zero gravity chairs need to be requested at registration. **Facilitator: Benjamin Savage** is Director of Online Programs at Northwestern University. He has spent a lifetime exploring spiritual traditions searching for the unifying elements that connect us. His search led him to the gongs, which seem to be a portal for connecting with the oneness that connects and permeates all things.

April



SOULCOLLAGE

Date: Tuesday, April 1 **Time:** 9:30 a.m. – Noon **Fee:** \$35

SoulCollage® is a process of image-making which may surprise and awaken you! Our morning together will include guided meditation, card-making, and journaling. Learn to access your intuitive wisdom and create a series of collaged cards offering deep personal meaning. Experience is not needed – all are welcome. If you are able, please bring a selection of 5-10 image-heavy magazines. All other SoulCollage® materials will be provided.

Facilitator: Sharon Devo is a Wheaton Franciscan Associate, Spiritual Companion and SoulCollage® Facilitator. She is committed to the integration of the creative with the contemplative in her personal spiritual practice and in her work with individuals and groups.



PRIVATE RETREAT DAY – LENT AND SPRINGTIME – RENEWAL AND JOYFUL HOPE

Date: Monday, April 7 **Time:** 9:30 a.m. – 3:30 p.m. **Fee:** \$50

Spring is a powerful symbol of renewal and growth, hope, joy, and vibrancy of life. “Lent” actually comes from the Middle English word for “springtime.” As the days stretch longer and nature bursts into life, we too have the chance to rejuvenate our spirits and foster new growth within ourselves through time apart in a peaceful setting. You can experience private, contemplative space and time at the Port on this day that includes opening prayer, theme, time for individual reflection, lunch, and a closing service. Each participant has access to a private room at the Port in addition to the lovely grounds. **Facilitator:** Janice Keenan, OSF



A TIME OF MINDFULNESS: MINDFUL SPEECH via Zoom

Date: Monday, April 14 **Time:** 7:00 – 8:15 p.m. **Fee:** Donation

Mindfulness is intentionally giving your full attention to the current moment without judgment. In this mindfulness hour, participants will be invited to focus on mindful speech. Our tongues can be the most difficult thing to control, but we can be by being mindful. Being attentive while speaking can lead to self-understanding and is one benefit from practicing mindful speech. In this session, participants will explore their speech behaviors and will be introduced to strategies for becoming a more mindful speaker. In our society, mindful speech can be a powerful tool for resolving disputes and building better relationships. Words matter. **Facilitator:** Debra Vinci Minogue, Ed.D., is an Associate Professor at Dominican University, a life coach and certified in several Mindfulness practices including mindful meditation, laughter yoga, chair yoga, labyrinth facilitation, forest therapy, and more.

POETRY

SPIRITUALITY, INTUITION, AND WONDER SHINE THROUGH POETRY

Date: Tuesday, April 29 **Time:** 9:30 a.m. – Noon **Fee:** \$25

In keeping with this celebration of the newness of life in the Easter season, come discover the magic, insights, and vision of four gifted poets – Denise Levertov, Mary Oliver, Gerald Manley Hopkins, and E.E. Cummings. Explore with new eyes selected poems from each of these innovative authors. **Facilitator: Michael Raftery** has over 50 years of teaching experience sharing his love for literature and poetry. He graduated from Iona College with a B.A. in English and a minor in Theology and Philosophy. He received his M.A. from the University of Chicago where he studied humanities, literature, and history.

May



SANCTUARY TIBETAN BOWL SOUND JOURNEY WITH MARK BIEHL

Date: Friday, May 2 **Time:** 7:00 – 8:30 p.m. **Fee:** \$35

SANCTUARY is a complete immersion into the world of sound and vibration that will gently guide you into a state of heightened awareness and lasting tranquility. Allow the vibrational energies of over twenty beautifully tuned Himalayan singing bowls, gongs, chimes, melodious flute, and soothing vocals to transport you into deep relaxation and remove stress. This session will be held at the Motherhouse Auditorium. Please bring what you need to be comfortable on the floor, e.g., a yoga mat, pillow, blankets, comfy socks, eye covering. Dress comfortably and bring some water to drink. Zero gravity chairs need to be requested at registration. **Facilitator: Mark Biehl**, CVSC, LSHC lifelong musician and composer, is a Certified Vibrational Sound Coach and Licensed Spiritual Health Coach. He has twenty years of experience in sound healing, including Primordial Sound Meditation and traditional Shamanic sound practices.



AN INTRODUCTION TO REIKI

Date: Monday, May 5 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Reiki is a natural hands-on healing art that is concerned with energy. Reiki works on physical, emotional, mental, and spiritual levels, activating and enhancing one's innate healing ability. After hearing a description about Reiki and what it can do, participants will receive a mini-Reiki session. Come discover the powerful healing of Reiki during this program.

Facilitators: **Nancy Hoel, MPS** is a Reiki Master and Reiki Teacher. She has been involved in Reiki as a healing ministry for 25 years. Nancy is also a spiritual director, retreat facilitator, and speaker for parish programs.

Sue Carter is a Reiki Master at the Poverello Holistic Center. She is also a spiritual director and leads a women's ministry and grief group.



WELCOMING SPRING AND SUMMER – SACRED STREAMS AND MUDDY PLACES

Date: Tuesday, May 13 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Busy-ness, disillusionment, and even routine can keep us from recognizing the "Holy in our Midst." As we move into this new season around us, we soon learn how change becomes the norm and stability an illusion. This morning as we come together, you will be invited to slow down, wake up, remember things you may have forgotten, and refrain from naming too quickly what is sacred and what is not! **Facilitator: Mary Ruth Broz** is a Sister of Mercy and familiar to many who have participated in programs at the Port. 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 in Chicago.



MY LIFE'S JOURNEY ... A SONG OF FAITH

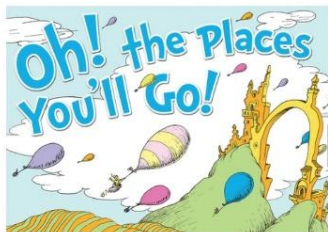
Date: Tuesday, May 20 **Time:** 9:30 a.m. – Noon **Fee:** \$25

This morning of reflection will provide an opportunity to sit at the foot of your own story and reflect on your life journey. We will take time to celebrate both the nearness and mystery of God's presence. Through songs, Scripture and stories, we will ponder the wealth of our experiences to discover how God has blessed, challenged, and influenced our living. The morning will also include some quiet time and sharing. **Facilitator: Kathy Sherman, CSJ** is a singer, composer, prayer leader, liturgist, poet, and activist. Her passion is for writing music that spreads hope, healing and joy to our world - music that helps us remember that "all are ONE!" Kathy is committed to working for non-violence, (especially in Chicago) and advocating for the protection and healing of Planet Earth. She co-chairs the Laudato Si' Action Platform in her Congregation.

Jesus was short on sermons, long on conversations; short on answers, long on questions; short on abstraction and propositions, long on stories and parables; short on telling you what to think, long on challenging you to think for yourself.

Brian D. McLaren

June



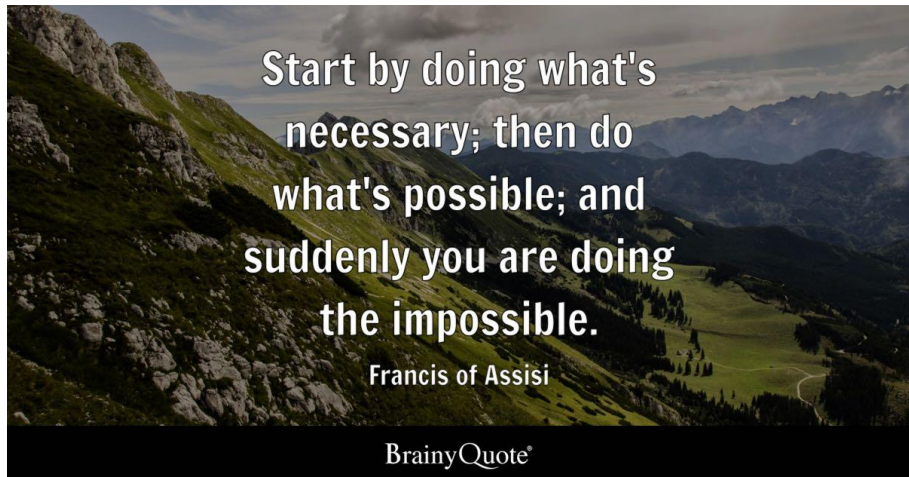
WOMEN'S SUMMER RETREAT: A FUTURE FULL OF HOPE

Dates: Wednesday, June 18 5:30 p.m. (Dinner) until Sunday, June 22 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. Opening session is at 6:30 p.m.

Based on Jeremiah 29:11 (*"I know the plans I have for you, says the Lord"*), and *O the Places You'll Go* by Dr. Seuss, this retreat will explore our life journeys in the context of the God of the Journey wanting our good, and some of the ups and downs we encounter on the paths our lives take.

Through input, creative reflective activities, and sharing, we will discover the rest stops, excitement, and growth that enrich this journey we travel together. Morning presentations will include input, reflection, activities, and sharing. Afternoons will provide personal time, an opportunity for individual spiritual direction, and optional activities. Body treatments need to be scheduled in advance by calling the Port office.

Facilitators: **Sue Carter** is a spiritual director and has been involved in parish ministry and faith formation for many years. She also facilitates a women's ministry and grief group. **Janice Keenan, OSF**



Start by doing what's
necessary; then do
what's possible; and
suddenly you are doing
the impossible.

Francis of Assisi

BrainyQuote®

July



FRANCISCAN SUMMER RETREAT:

BIRTHING THE WORD: SPIRITUAL MOTHERHOOD

Dates: Sunday, July 13 at 5:30 p.m. (Dinner) until Friday, 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.

The mystery of the Incarnation – The WORD becoming flesh and one of us – held great significance for St. Francis. This contemplative retreat explores the Franciscan idea of spiritual motherhood and will be based on St. Bonaventure’s “Five Feasts of the Child Jesus”. Every Christian—male and female – is invited to do what Mary herself did as Jesus’ mother, be a Christ-bearer to their world. Embracing spiritual motherhood in this way changes the way in which a person will celebrate the feasts of Annunciation, Nativity, Holy Name of Jesus, Epiphany, and Presentation. The retreat offers an introduction to the topic as well as morning sessions that offer deeper meaning to each of the five feasts. A variety of contemplative experiences will be offered in the afternoon, e.g., lectio in art and music to enhance the retreat experience. **Facilitator: Mary Elizabeth Imler, OSF** is the General Minister of the Franciscan Sisters of the Sacred Heart. A Franciscan scholar, she holds a Master’s degree in Franciscan Studies from the International Franciscan Institute at St. Bonaventure University.

August

SILENT DIRECTED RETREAT:

LIKE CLAY IN THE HAND OF THE POTTER

Dates/Times: Wednesday, August 6 at 5:30 p.m. (Dinner) until Sunday, August 10 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 7,8,9 from 9:00 a.m. – 5:00 p.m. **Fee:** \$65 per day includes individual spiritual direction and lunch.

The vision of the potter and the clay reveals to us the picture of Creator God lovingly shaping the clay that is each of us on a turning stand. Take time from the spinning wheel of your life to reflect on the ways God is at work with, and within you, during this Silent Directed Retreat. These days promise you 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 participate in liturgy. Additional optional prayer experiences will be offered in the afternoons. **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 hour session you are invited to share your ordinary life experience and be gently guided to how God is speaking to you. 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.

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

Reiki is a relaxing, nurturing gentle touch therapy that assists 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.
"CHRISTMAS EARTH"
Copyright courtesy of ministryofthearts.org

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 surrounded by blossoms in Spring



Summer invites a stroll along Hickory Creek



Fall is the perfect time to walk the labyrinth

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	Jan Ulrich	815.464.3830 Janice.Ulrich@FSSH.net
Poverello Holistic Center		
Spiritual Direction	Norma Janssen, OSF	815.464.3880
Franciscan Sisters of the Sacred Heart		
Franciscan Sisters of the Sacred Heart	General Number Website	815.469.4895 www.fssh.net
Registration	<ol style="list-style-type: none">1. Phone: 815.464.38802. Email: info@portforprayer.org3. Website: www.portforprayer.org4. Deposit required at time of registration5. Non-refundable deposit for programs ranging from \$40 to \$100 is \$25. Non-refundable 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).

