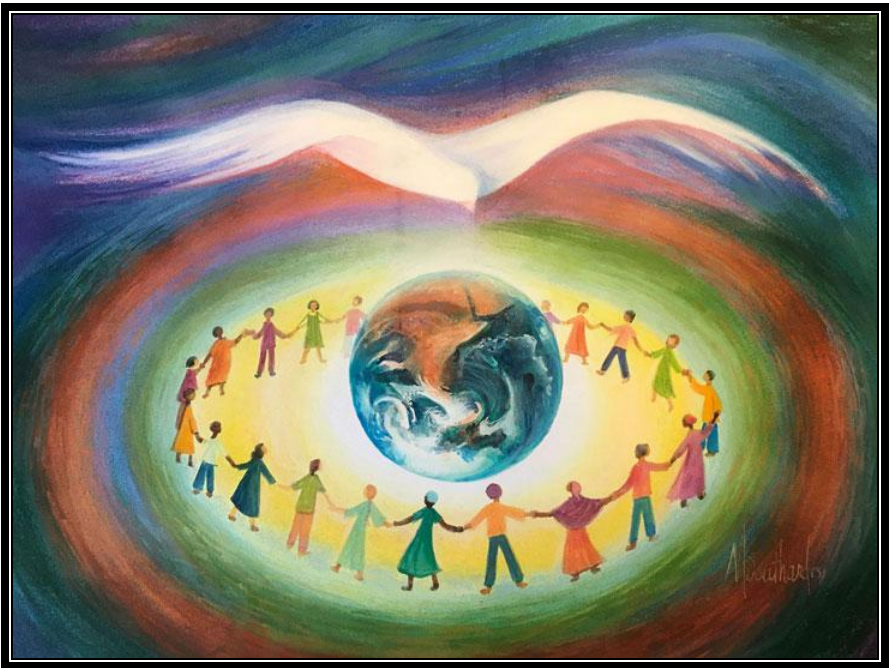




Franciscan Sisters of the Sacred Heart

*Portiuncula Center for Prayer
Poverello Holistic Center*

*Calendar of Events
September 2025 - January 2026*



9263 West St. Francis Road
Frankfort * Illinois * 60423
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www.portforprayer.org

*"Where there is peace and meditation, there is
neither anxiety nor doubt." Francis of Assisi*

“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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***“God loves us, God loves you all, and evil will not prevail!
We are all in God’s hands. Therefore, without fear, united
hand in hand with God and each other – let us go forward.”***

Pope Leo XIV

September



JOY AND HOPE—TWO SIDES, ONE COIN

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

Joy and hope, both are necessary. As we will learn this day, they are intertwined. We will explore the ways in which they fuel each other. In this time of global and personal challenges, our need for these two emotions has increased. Scripture calls us to be people who can give a reason for our hope and promises "that our joy may be full". Through input, reflection, shared wisdom, prayer, and ritual, we will seek to find both hope and joy in our daily lives and to recognize ways to cultivate them for ourselves and for the benefit of society.

Facilitator: **Joyce Shanabarger, OSF** is a Franciscan Sister of the Sacred Heart. Her past ministries have included adult faith formation as well as leadership in her congregation. Her present ministries include being a spiritual director and giving days of reflection. She has a Masters in Christian Spirituality from Creighton University and a background in both Ignatian and Franciscan spiritualities.

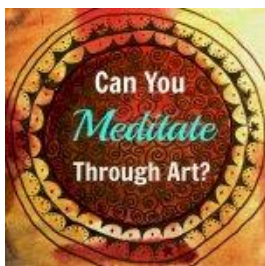


POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, September 19 **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.



ENGAGING WITH SPIRIT IN THIS PRESENT MOMENT

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

This morning program combines meditation and art allowing participants to explore present moment awareness through artistic expression. This expression will include visual, tactile, and written creation in a safe space. These activities provide opportunities for everyone to connect with their highest self and the Divine. Weather permitting, outdoor activities like the Cosmic Walk will be included for further spiritual connection. All materials will be provided. No art experience is needed.

Facilitator: **Renee Klyczek Nordstrom** is a licensed clinical professional counselor and art therapist (LCPC, ATR), working in the field for more than 10 years. She has been an artist her whole life. Art therapy is a form of creative expressive used to improve a person's physical, mental, and emotional well-being.

October



ZENTANGLE FALL MAGIC

Date: Tuesday, October 7 **Time:** 9:30 a.m. – Noon **Fee:** \$35

Relax into fall with the Zentangle Method. "Tangles" are simple, structured patterns, which are combined into beautiful non-representational art. This class will add a little tint of magic to your meditative Zentangle practice. As you use the Zentangle Method to create beautiful images, you will enjoy increased focus, creativity, self-confidence and an increased sense of well-being. A familiarity with the Zentangle method is helpful but not required for the adventurous learner! Fall images will be used helping you to better appreciate this season of color and transition. Supplies will be provided and are included in the fee.

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 is an Illinois Master Gardener and Master Naturalist.

**Additional
Gong
Session
November
7**



GONG MEDITATION WITH BENJAMIN SAVAGE

Date: Friday, October 10 **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, 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, or blankets. Zero gravity chairs need to be requested at registration.
Facilitator: Benjamin Savage is Director of Executive Education Online Programs at Northwestern University. He has spent a lifetime exploring spiritual traditions searching for the unifying elements that connect us.



BILL SHORT, OFM via Zoom:

THE INCLUSIVE COMMUNITY OF FRANCIS AND CLARE

Date: Saturday, October 11 **Time:** 10:00 a.m. - Noon Central Time
Francis and Clare of Assisi pioneered a form of life based on the Gospel in the 13th century. Their community included men and women, contemplative and active, ordained and lay, married and single. Their followers came from many different cultures and spoke different languages. Yet their commitment to shape their lives on the example of Jesus and the disciples drew them all together. We will spend some time reflecting on their inspiring vision and some of the ways we can express that vision in our own day.
Facilitator: Brother William (Bill) Short is a Franciscan Friar and Professor of Spirituality at the Franciscan School of Theology at the University of San Diego and director of the Collegium S. Bonaventurae in Rome. His undergraduate studies were done at the University of San Francisco, and he earned an M.A. from the Franciscan School of Theology and Graduate Theological Union in Berkeley (1976), before completing the Licentiate and Doctorate in Sacred Theology at the Pontifical Gregorian University in Rome (1983).



THE POWER OF CONTEMPLATION AND ACTION IN HARMONY

Date: Monday, October 27 **Time:** 9:30 a.m. – Noon **Fee:** \$25

In this session, participants will explore the story of Martha and Mary – two sisters who welcomed Jesus into their home. While Martha busied herself with food preparations, Mary chose to sit at Jesus' feet and listen.

Contemplation and action make great sisters – active service and receptive contemplation are both essential. The story of Martha and Mary offers a wonderful opportunity to reflect on this sacred integration in our daily walk with God. **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.

November



WOMEN'S FALL RETREAT:

WELCOMING SANCTUARY THROUGH SOULCOLLAGE®

Dates/Times: Saturday, November 1, 9:30 a.m. until Sunday, November 2, Noon **Fee:** \$175 (program/meals/overnight), \$125 **Commuter** (includes program/meals)

Sometimes sanctuary is a place. Sometimes it is being with loved ones, our circle of friends. Sometimes it is spending time in nature, reading a good book, or through an act of creating. Sometimes we just need silence.

During this Fall Retreat, you are invited to immerse in your own sanctuary through guided meditation, journaling, and SoulCollage®.

The SoulCollage® card-making experience is an invitation to spend time interacting with images, drawing on your intuition, creating, and then listening to what your own creations are saying to you. *All SoulCollage® materials will be provided. Feel free to bring your journal if you have one.*

Facilitator: Betty Bentley, is a former Director of Religious Education, and holds certifications in Spiritual Direction, Boundless Compassion, and SoulCollage®. She has been bringing the intuitive process of SoulCollage® to small gatherings, and retreats since 2018 and often incorporates the use of imagery in her spiritual direction and Boundless Compassion practices.

Gong with
Benjamin Savage
November 7
See page 4 for event
details



AN EXTRA-ORDINARY TEA PARTY ON AN ORDINARY DAY

Date: Monday, November 10 **Time:** 11:30 a.m.– 1:30 p.m. **Fee:** \$35

Taking time in an ordinary day for a soothing cup of tea can put us in a reflective, peaceful mood. Join us for a delightful tea party featuring delicious homemade baked goods and finger foods, as well as a soothing cup of tea, coffee, or cocoa. The presenter will guide participants in reflecting on the action of the Divine in the everyday, ordinary time of life. This practice of mindful awareness of God's presence in the ordinary and in creation provides nourishment to body, mind, and spirit and is a form of self-care. Please bring your own favorite cup and enjoy this pause in the day.

Facilitator: **Suzanne Carter** is a certified spiritual director, a Boundless Compassion Facilitator, and experienced retreat leader. She served in parish ministry for over 25 years as Director of Religious Education and Adult Formation.



THANKSGIVING -

A SACRED STOPPING PLACE ON THE WINTER JOURNEY

Date: Tuesday, November 18 **Time:** 9:30 a.m. – Noon **Fee:** \$25

In a few days, in the midst of war and violence, political upheavals and personal challenges, Thanksgiving will come, and we will be invited to gather with friends and family and even strangers to remember and give thanks - but will we? Our time together this morning will invite us to stop, name for ourselves and share with one another the big and small things that have helped us keep faith, keep going, and stay strong as we face the challenges that threaten to stop us along the way. Our time together will be dedicated to remembering those things we too easily forget - a God who waits to meet us in the dreams we still carry, those things that "keep the fire lit" and remind us of the work that is ours so we don't settle for something less than who we are and what the world can yet become!

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. co-authored *Midwives of An Unnamed Future*.

December



MY SOUL IN STILLNESS WAITS

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

Our lives are filled with things to do, places to go, and people to see. This does not allow time for the soul to rest in the present moment and to savor what we are experiencing right now. The season of Advent invites us to a time of waiting and stillness. Come to a peaceful place and enjoy time for silence, solitude and prayer to help us stay in touch with ourselves and the God who loves us so much he came to dwell among us as one of us. The morning will include time for input on the gift of regular silence and stillness in our lives as well as sharing and prayer.

Facilitator: **Mary Barbara Hassler, OSF** is a Franciscan Sister of the Sacred Heart who has journeyed with people through their grief and loss as Director of Ministry of Care and Bereavement for eight years in a parish. She has a master's degree in Spirituality from Loyola University, Chicago and has been an educator for many years. She presently ministers at a homeless shelter and is a spiritual director.



PRIVATE RETREAT DAY – EMMANUEL IS STILL WITH US TODAY

Date: Tuesday, December 9 **Time:** 9:30 a.m. – 3:30 p.m. **Fee:** \$50

This retreat day offers you personal, contemplative space, and time at the Port so that you can pause peacefully during this busy, yet blessed, season and take time to appreciate the wonder, hope, and joy that is ours because the Son of God, Emmanuel, became *one with us*. Reflecting on the past year can be a time to acknowledge blessings received and challenges overcome, fostering gratitude and a sense of hope for the future. Each participant has access to a private room in addition to the grounds. The day includes an opening prayer, handouts to reflect on the theme, time for individual reflection, lunch, and a closing service.

Facilitator: **Mary Barbara Hassler, OSF**

FRANCISCAN SUMMER RETREAT 2026
Fr. Albert Haase, OFM
Living the Lord's Prayer (July 19- 24, 2026)

January

"The purpose of our lives is to be happy"
Dalai Lama

ENVISIONING A HOPEFUL NEW YEAR

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

This Vision Board Workshop will help participants envision what their goals and intentions are for the new year by creating a poster board with clipped images, written intentions, and mantras. Materials will be supplied. The morning will also include a sacred circle where participants can share their hopes followed by a meditation sending light and prayers to themselves, others, and the planet. **Facilitator:** Karen Bychowski, B.S., M.A. was a management consultant who decided in 2019 to find more meaning in her life. A Professional Coach and Spiritual Companion, Karen is passionate about helping others explore and live out the greatest purpose for their lives and offers vision board experiences that tap into intuition and imagination as pathways to clarity and transformation.

SPIRIT CIRCLE DRUMMING



Date: Monday, January 19 **Time:** 10:00 – 11:30 a.m. **Fee:** \$15

Nurture your spirit through rhythm and meditation. Based on a blend of traditions, this Spirit Circle draws on our most ancient roots to creatively raise group energy. Each round will begin with a chant or Native American-style flute song. Rhythm instruments will gradually come in until the drumming reaches its natural conclusion. There will be a few moments of silent meditation, taking in the energy that was raised and then sending it out as prayers and blessings. You are welcome to bring your own drums, rattles, or rhythm instruments as a limited number of shared instruments will be available. **Facilitator:** Karen Tlusty is a musician, astrologer, artist, and celebrant of Spirit. She has facilitated sacred circles for over 35 years. Karen plays the Native American flute, concert flute, bass guitar, Tibetan singing bowls, and gong.

WOMEN'S SACRED SPA DAY - EMBRACE THE CHILL



Date: Saturday, January 24 **Time:** 9:00 a.m. – 4:00 p.m. **Fee:** \$150

In this first month of a new year, we will be honoring body, mind, and spirit as we invite you to slow down and "chill", enjoying relaxation, reflection, and rejuvenation with women companions during this winter month. We will begin the day with a Healing Sacred Gong Ceremony. These vibrational sounds energize and quiet body, mind, and spirit. An inspirational prayer ritual will follow. The day also includes 30 minutes of individual bodywork, creative activities, and opportunities for reflection, rest, or conversation to nurture your spirit. Please bring a yoga mat, pillow, and blankets for your comfort. Zero gravity chairs need to be requested at registration.

Facilitators: Sue Carter, Marian and Gabriela Kraus

40 DAY RETREAT Using Sister Mary Elizabeth Imler's book entitled *A FRANCISCAN SOLITUDE EXPERIENCE: THE PILGRIM'S JOURNAL*; this retreat is based on the Third Order Rule and builds on our rich Franciscan heritage. **30 DAY RETREAT** includes time for solitude, reflection, and Spiritual Direction.

SPIRITUAL DIRECTION

Being companioned on your spiritual journey by a trained Spiritual Director offers the opportunity for on-going spiritual growth. In the context of a 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.

HEALING AND RELAXATION SESSION

This 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
"CIRCLE THE CITIES WITH LOVE"
Copyright courtesy of ministryofthearts.org

CONTACT and REGISTRATION INFORMATION		
Operations Manager	Kate Galgan	815.464.3880 info@portforprayer.org
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: 815.464.3880 2. Email: info@portforprayer.org 3. Website: www.portforprayer.org 4. Deposit required at time of registration 5. 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).



