

Franciscan Sisters of the Sacred Heart
Portiuncula Center for Prayer
Poverello Holistic Center

Calendar of Events
February - August 2026



9263 W Saint Francis Rd
Frankfort, IL 60423

815-464-3880

info@portforprayer.org
portforprayer.org

February

2	Winter Sowing: A Native Garden
17	The Gift of Hope: Living Through Trying Times
18	Weekly Hybrid Lenten Series Begins (through March 25)
20	Gong Bath™ with Benjamin Savage
23	Living In the Moment “Ichigo Ichie”

March

3 & 31	Grief and Loss Support Program (2 part program)
9	How About Living the Seasons of Our Lives
23	The 12 Steps and the Paschal Mystery
28-29	Transformative Overnight Sound Journey

April

7	Private Retreat Day - Basking in the Reflection of God's Love
10	Gong Bath™ with Benjamin Savage
13	Creating Your “Personal Sacred Box”
20	Prayer for the Planet
25	An Interview About Grief with Joyce Rupp via ZOOM
28	Mary: A Legacy of Courage

May

1	Sanctuary Tibetan Bowl Sound Journey
19	Tea Party – Honoring Woman as God's Blessings
22	Gong Bath™ with Benjamin Savage
31	FSSH Sesquicentennial Celebration Mass

June

8	Private Retreat Day ~ Psalm 139
24-28	Women's Summer Retreat: Choose Joy
26	Powerful Vibrational Sound Meditation

July

19-24	Franciscan Summer Retreat: “Living the Lord's Prayer: Way of a Disciple”
22	Special Evening with Fr. Albert Haase: “Forgiving God, Self, and Others”
31	Gong Bath™ with Benjamin Savage

August

5-9	Silent Directed Retreat: Inviting God into Your Boat of Life
-----	--



WINTER SOWING: A NATIVE GARDEN

Date: Monday, February 2 **Time:** 9:30am-12pm **Fee:** \$35

All plants need soil, water, and sunlight to grow and thrive. But seeds and plants, like people, also need slightly different things to be their best! We're going to learn about some native plants that need a bit of winter to grow. Come and learn about "winter sowing" to make starting your own seedlings easier! (it even works for food garden plants!!) Learn about some of our native prairie species and add them to your own garden to help our native pollinators! You'll leave with a container of your own to germinate this winter!

Facilitator: Robbin Keenan is a University of Illinois Master Gardener and Master Naturalist. She volunteers sharing her knowledge at schools, libraries, and parks. She is a certified Zentangle instructor who also works with wood, acrylics, photography, scrapbooking, and painting.



THE GIFT OF HOPE: LIVING THROUGH TRYING TIMES

Date: Tuesday, February 17 **Time:** 9:30am-12pm **Fee:** \$25

Are you weary and discouraged over the times in which we are living? It seems that the violence, hatred, wars, and disasters in our world are so overwhelming, not to speak of the turmoil that may be going on in our own personal lives. The winter months, especially February when we are yearning for Spring to arrive, can zap our energy and we wonder where God is in all of this. Where do we go to find hope? As we gather for this morning of reflection, let's ponder what hope means, find ways to keep hope in our hearts and give that hope to others. There will be input, sharing, prayer, and time to ponder and reflect on God's abiding presence in our lives. **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.

LENTEN JOURNEY

HYBRID LENTEN SERIES

Dates: Wednesdays, February 18 - March 25

Times: 6:30pm-8pm **Fee:** \$80 **LIMITED TO 20 PARTICIPANTS**

Join us as we embark on a meaningful journey through Lent. We will begin **in person** on Wednesday, February 18, with a Lenten prayer service, concluding with the imposition of ashes and the distribution of a daily devotional book. Then, each Wednesday until Easter, we will gather on **Zoom** to pause and reflect on our daily devotions. Together, we will engage with thought-provoking reflection questions designed to deepen our spiritual practice. Our weekly **Zoom** gatherings will provide a space to share insights and experiences from the previous week, fostering connection and support within our community. **Facilitator: Sue Carter** has led Advent and Lent groups for more than twenty years. (additional bios on pages 4 and 6)



GONG BATH™ WITH BENJAMIN SAVAGE AT THE MOTHERHOUSE AUDITORIUM

Date: Friday, February 20

Time: 7pm-8pm

Fee: \$40

Gong Baths™ are also scheduled for April 10, May 22, and July 31

Gong meditation is a profound method for expanding consciousness and restoring balance to both mind and body through sound vibration. Participants may experience a range of benefits—from deeply transformative insights to gentle, subtle healing. If you've tried traditional meditation and found it difficult or unsatisfying, gong meditation may offer an immediate pathway to achieving a deeply relaxed and meditative state. Please bring what you need to be comfortable on the floor, e.g. a yoga mat, pillow, blankets. Zero gravity chairs must be requested when registering. **Facilitator: Benjamin Savage** has had the blessing of learning the ways of the gong from the late Richard Rudis (Karma Sonam Dorje) who granted him the rare ability to legally use the term "Gong Bath™". Benjamin has spent a lifetime exploring spiritual traditions searching for the unifying elements that connect us.

Mission Statement

"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."

LIVING IN THE MOMENT "ICHIGO ICHIE"

Date: Monday, February 23 **Time:** 9:30am-2:30pm **Fee:** \$50

Step into a retreat designed to awaken your sense of presence, wonder, playfulness, and connection. Rooted in the Japanese concept Ichigo Ichie – "one time, one meeting" – this experience invites you to honor the uniqueness of every moment and every encounter. Through meditation, reflection, gentle mindful movement, and laughter exercises, we will explore how to savor life's fleeting beauty, tap into our playful sides, and cultivate deeper connection with ourselves and others. Expect a warm, playful, spacious atmosphere that blends quiet mindfulness with the energy of shared laughter. No meditation or laughter experience required – just a willingness to be here fully, just once, in this moment. **Facilitator: Debra Vinci-Minogue, Ed.D.**, is an Associate Professor and Director of Teacher Development Programs at Dominican University, a life and mindfulness coach, and holds certifications in several Mindfulness practices including Mindful Meditation, Laughter Yoga, Heartwork Journaling, Advanced Labyrinth Facilitation, and Forest Therapy Guide. Debra implements contemplative pedagogy in the courses she teaches at the university and runs her own Mindfulness business.



GRIEF AND LOSS SUPPORT PROGRAM

Dates: Tuesdays, March 3 & 31 **Times:** 9:30am-12pm **Fee:** \$50

Join us for a compassionate and healing program designed to support individuals navigating grief and loss. This program will be a two-part series. In the first session we will build a safe and welcoming space to provide understanding, connection, and gentle guidance as you move through your healing journey. You will be invited to share your story, please bring a photo of your loved one. In the second session, we will explore the themes from "The Invisible String" by Patrice Karst and Lew Vriethoff. This beautiful story illustrates the invisible string made of love that connects us to our loved ones, regardless of distance. It symbolizes the unbreakable bonds of love that exist between family and friends, providing comfort and security in times of fear or separation. As the narrative unfolds, you learn that this invisible string connects us to everyone we love, including friends and pets. The story emphasizes that love transcends physical boundaries, ensuring that we are always connected in our hearts. All are welcome to join us on this healing journey! **Facilitator: Sue Carter** serves as the Program and Spiritual Director at The Port. With over two years of experience facilitating a grief-support group at a local church, she brings compassion, guidance, and a deep commitment to spiritual care.

Anger and hatred are signs of weakness, while compassion is a sure sign of strength. ~ Dalai Lama



HOW ABOUT LIVING THE SEASONS OF OUR LIVES

Date: Monday, March 9

Time: 9:30am-12pm

Fee: \$25

God walks with us on the journey of life. In this retreat, we will reflect on the seasons of our lives—from childhood to the present—through the lens of Scripture, personal experience, creation, and the wisdom of spiritual guides. Together, we'll explore how each stage of life offers unique lessons and blessings, deepening our awareness of God's presence in every season.

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.



THE 12 STEPS AND THE PASCHAL MYSTERY

Date: Monday, March 23

Time: 9:30am-12pm

Fee: \$25

Join us on this Lenten morning as we contemplate the deep connection between the 12 Steps of recovery and the Paschal Mystery of Christ's life, death, and resurrection. Through Chris' presentation, music, scripture, and quiet reflection, we can ponder how God's transforming and healing grace is present in our own lives. Come to rest in the Spirit, reflect on your journey, and rediscover the hope and new life Christ offers each of us. You do not need to be a "12 Stepper" to attend—all are welcome. A helpful, but not necessary, pre-read is Richard Rohr's book "Breathing Under Water: Spirituality and the Twelve Steps." **Facilitator:** **Christine Grano** is a Spiritual Director as an affiliate of Mayslake Ministries and in her own practice. She has training in Healing Prayer and Lay Christian Counseling. Chris has offered many presentations on spirituality, facilitated numerous retreats, and has been a Parish Mission Director. She is also an accomplished organist/pianist and vocalist, having been her parish music director for 15 years. Her faith is deeply rooted in 12 Step Spirituality.



TRANSFORMATIVE OVERNIGHT SOUND JOURNEY AT THE MOTHERHOUSE AUDITORIUM

Date/Time: 8pm Saturday, March 28 – 7am Sunday, March 29 **Fee:** \$195

This immersive journey begins with brief introductions; guests are invited to share why they chose to join and what they wish to walk away with. We will set general intentions for the evening and introduce some aspects of gongs and sound therapy. Then we will partake in a workshop that will set the tone for sound related part of the evening which begins around 10pm and continues as a constant stream of sound until 6am. Guests can stay awake all night or drift in and out, whatever feels right in the moment. Light refreshments and beverages will be provided. Please bring items for your comfort on the floor, such as yoga mats, blankets, inflatable mattresses, pillows, sleeping bags. A limited number of zero gravity chairs are available and need to be requested at the time of registration. **Facilitator: Marian Kraus** has studied gongs and sound therapy with renowned master teachers. His inherent artistic and musical abilities and his life experiences work seamlessly together to facilitate a unique experience. Through the powerful synthesis of ancient sound wisdom and modern immune science, his work guides transformational healing that dissolves limiting patterns and elevates human potential.



PRIVATE RETREAT DAY: BASKING IN THE REFLECTION OF GOD'S LOVE

Date: Tuesday, April 7 **Time:** 9:30am-3:30pm **Fee:** \$50

When was the last time you lifted your face toward God, welcomed the sun's warm embrace, and felt—deep within your soul—that His love is the joyful, sustaining force at the very center of your life? Join us as we bask in the sun and feel His love for us. 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: Sue Carter** serves as the Program and Spiritual Director at The Port. She is 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.

GONG BATH™ WITH BENJAMIN SAVAGE AT THE MOTHERHOUSE AUDITORIUM

Date: Friday, April 10

Time: 7pm-8pm

Fee: \$40

[SEE PROGRAM DESCRIPTION AND BIO ON PAGE 3](#)



SOUL SPACES: CREATING YOUR “PERSONAL SACRED BOX”

Date: Monday, April 13

Time: 9:30am-12pm

Fee: \$35

In this creative, hands-on session, participants will be invited to explore their spirituality through meaningful artistic expression. Each person is encouraged to bring a box—such as a shoe box, gift box, or small cardboard box—to transform into a personal spiritual container. This box can be decorated and filled with items that support reflection and inner growth. Participants may create affirmation cards, include journals for personal writing, or gather other symbolic items that help them connect with their spiritual journey. A variety of materials will be provided, offering multiple pathways for creativity and self-discovery. This retreat is designed to nurture reflection, inspire mindfulness, and support deeper spiritual connection through the power of art. **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.



PRAYER FOR THE PLANET

Date: Monday, April 20

Time: 9:30am-2pm

Fee: \$50

Many people feel the weight of the world right now. We love this planet and care about people and places in pain, yet it’s easy to feel helpless or overwhelmed. This retreat offers a gentle, hopeful way to empower and bring that love into expression. Through simple teaching, guided meditation, reflection, and a unique gong ritual, we’ll explore how to move from a sense of separation and helplessness into a felt experience of connection with the living Earth as one life. No prior experience with meditation or sound work is necessary—just a willing heart. **Facilitator: John David Sparks** is an author, a certified spiritual coach, a licensed massage therapist, and an international speaker. For over three decades, John has guided individuals and groups in exploring the deeper nature of healing—helping others release what limits them and rediscover their innate peace.

“Whoever you are, wherever you are, may you find inner
harmony and a desire to be a loving presence in our world.”
~ Joyce Rupp

AN INTERVIEW ABOUT GRIEF WITH JOYCE RUPP via ZOOM

Date: Saturday, April 25

Time: 10am-12pm CST

Fee: Donation

We will listen to a recently recorded interview between Joyce Rupp and Sue Carter, which includes a thoughtful Q&A focused on the experience of grief. Throughout the recording, group conversations will be led by Sue, drawing inspiration from her conversation with Joyce and inviting reflection and shared insight. We look forward to coming together to explore themes of grief, healing, and compassion through the lens of Joyce's wisdom.

Facilitators: **Joyce Rupp** is well known for her work as a writer, international retreat leader, and conference speaker. She has a B.A. in English, a M.R.E. in Religious Education, and a M.A. in Transpersonal Psychology. She is a member of the Servites (Servants of Mary) community and was a volunteer for Hospice for fifteen years. She currently resides in Des Moines, Iowa. **Sue Carter** (see bios on pages 3, 4, 6)



MARY: A LEGACY OF COURAGE

Date: Tuesday, April 28

Time: 9:30am-12pm

Fee: \$25

As we approach the month of May—a month traditionally devoted to Mary in the Catholic Community—we will reflect together on some of the images and understandings of her that have come down to us from theologians and storytellers, authors, poets, and ordinary people like ourselves. Through a presentation, time for reflection and conversation, we will piece together the wisdom from those who have come to know her intimately through “visits” and “visions” of their own, and hopefully not only uncover the strength and courage of this woman of faith woven into our history, but also uncover a strength within ourselves that is truly her legacy to us.

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.



SANCTUARY TIBETAN BOWL SOUND JOURNEY WITH MARK BIEHL AT THE MOTHERHOUSE AUDITORIUM

Date: Friday, May 1 **Time:** 7pm-8:30pm **Fee:** \$45

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, native drumming, melodious flute, and soothing vocals to transport you into deep relaxation and remove stress. Please bring what you need to be comfortable on the floor, e.g. a yoga mat, pillow, blankets. Zero gravity chairs must be requested when registering. Dress comfortably and bring some water to drink.

Facilitator: Mark Biehl, CVSC, LSHC lifelong musician and composer, is a Certified Vibrational Sound Coach and Licensed Spiritual Health Coach. He has over twenty years' experience in sound healing, including Primordial Sound Meditation and traditional sound practices.



TEA PARTY: HONORING WOMAN AS GOD'S BLESSING

Date: Tuesday, May 19 **Time:** 11:30am-1:30pm **Fee:** \$35

Based on Peter 1: 3-4 *"Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."* This retreat was created just for you! It's a restorative pause — a chance to rest deeply, nourish your body and spirit, and reconnect with your most authentic self. In this nurturing space, you're invited to slow down, breathe, and return to your day with renewed energy, presence, and balance. The Port Chefs are here to delight you with their delicious homemade baked goods and finger foods, and a soothing selection of tea, coffee, and cocoa. Denise La Giglia will enhance the experience with the charming, dulcet tones of her flute. **Facilitators:** Sue Carter (see bios on pages 3, 4, 6) **Denise La Giglia** is a pastoral musician, spiritual director, recording and concert artist. She has an MA in Pastoral Studies from Loyola University in Chicago and a BA in music from Mundelein College, IL.

**GONG BATH™ WITH BENJAMIN SAVAGE
AT THE MOTHERHOUSE AUDITORIUM**

Date: Friday, May 22

Time: 7pm-8pm

Fee: \$40

SEE PROGRAM DESCRIPTION AND BIO ON PAGE 3



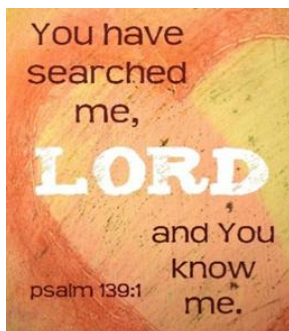
FSSH CELEBRATION MASS AT THE QUEEN OF ANGELS CHAPEL

Date: Monday, May 31

Time: 9:30am

Fee: free

Commemorate the daring four Sisters who arrived through New York Harbor, among waving USA centennial flags, then traveling to Avilla, IN, 150 years ago. Celebrate the courageous 23 sisters who followed and all Franciscan Sisters of the Sacred Heart who continue to serve throughout North and South America. Please join us in thankful prayers for all God has done.



PRIVATE RETREAT DAY ~PSALM 139

Date: Monday, June 8

Time: 9:30am-3:30pm

Fee: \$50

Join us for a sacred day of quiet renewal as we explore God's intimate knowledge of us, God's abiding presence, and God as Creator. This retreat offers a gentle, reflective space to pause, breathe, and welcome the gifts of growth and new beginnings. Each participant will have a private room and full access to the peaceful grounds at The Port, providing an atmosphere of rest, stillness, and restoration. The day will include opening prayer, handouts, individual time in solitude and silence to center our hearts and minds, lunch, a closing service to gather and give thanks.

Facilitator: Sue Carter (see bios on pages 3, 4, 6)

Blessed the man who is patient with his neighbor's shortcomings as he would like him to be if he were in a similar position himself. ~ St. Francis of Assisi



WOMEN'S SUMMER RETREAT: "CHOOSE JOY"

Dates/Times: 4pm Wednesday, June 24 – 12pm Sunday, June 28

Fee: \$395 overnight (single room) or \$225 commuter

Based on Nehemiah 8:10 "The joy of the Lord is your strength."

No matter how busy or overwhelming life becomes, God's joy remains a steady place to rest. He meets you in the simple moments, the everyday tasks, and the small things that make you smile. Come join us for a refreshing and uplifting women's retreat—five days set apart to breathe, reconnect, and rediscover the joy God freely gives. Morning presentations will include input, reflection, activities, and sharing. Afternoons offer personal time, giving individuals the chance for spiritual direction, bodywork, campus exploration, time in the art room, as well as an optional daily group activity. Consider adding our Friday evening sound meditation to your retreat to aid in your renewal. **Facilitators:** **Sue Carter** (see bios on pages 3, 4, 6) **Jenny DeVivo, OBlSB, PhD** serves as the Vice President of Mission and Heritage at Saint Xavier University. She is a biblical scholar, spiritual director, and a Benedictine Oblate with St. Benedict's Monastery in St. Joseph, MN.



POWERFUL VIBRATIONAL SOUND MEDITATION AT THE MOTHERHOUSE AUDITORIUM

Date: Friday, June 26

Time: 7pm-8:30pm

Fee: \$50

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 what you need to be comfortable on the floor, e.g. a yoga mat, pillow, blankets. Zero gravity chairs must be requested when registering.

Facilitator: **Marian Kraus** (bio on page 6)



FRANCISCAN SUMMER RETREAT:

"LIVING THE LORD'S PRAYER: WAY OF A DISCIPLE",

Dates/Times: 4pm Sunday, July 19 – 12pm Friday, July 24

Fee: \$550 overnight (single room) or \$325 commuter

Contained in the Lord's Prayer is a complete picture of our life with God. In this retreat based loosely on his book, "Living the Lord's Prayer: Way of a Disciple", Fr. Albert follows the lines of this greatest of all prayers, showing how the ideas have been understood by great people of faith in the past, and revealing how they are useful for our spiritual formation today. Topics range from our view of God to our most intimate human relationships to how we treat the world around us and the people in it. With Fr. Albert's guidance, plus the wisdom of this great cloud of witnesses that includes Francis of Assisi, Martin Luther, Thérèse of Lisieux, and others, you'll discover how God can use this prayer to shape your very soul. This retreat also includes true stories and reflection questions to guide you in living --rather than simply saying--the Lord's Prayer and thereby walking in the way of a true disciple. **Facilitator: Albert Haase, OFM** was ordained a Franciscan priest in 1983. He is a popular preacher, teacher, spiritual director, and guest on talk radio shows. A former missionary to mainland China for more than eleven years, he is the award-winning author of fourteen books on popular spirituality, and the presenter on five best-selling DVDs. He currently resides at San Miguel Friary in San Antonio TX. Visit his website: AlbertOFM.org



A SPECIAL EVENING WITH FR. ALBERT HAASE:

"FORGIVING GOD, SELF, AND OTHERS"

Date: Wednesday, July 22 **Time:** 7:00 – 8:15 p.m. **Fee:** free will

Jesus challenged us to be people of forgiveness. Unfortunately, he didn't offer us a method or show us "how" to forgive. In this presentation, Albert Haase OFM will offer us practical methods to forgive others, ourselves--and even God! Program takes place at the motherhouse auditorium.

Facilitator: Albert Haase, OFM (see bio above)

**GONG BATH™ WITH BENJAMIN SAVAGE
AT THE MOTHERHOUSE AUDITORIUM**

Date: Friday, July 31

Time: 7pm-8pm

Fee: \$40

SEE PROGRAM DESCRIPTION AND BIO ON PAGE 3



SILENT DIRECTED RETREAT:

“INVITING GOD INTO YOUR BOAT OF LIFE”

Dates/Times: 4pm Wednesday, August 5 – 12pm Sunday, August 9

Overnight Fee: \$395 (single room, meals, and 3 individual spiritual direction sessions) **Single Day Fee:** \$70 (lunch and an individual spiritual direction **Aug 6, 7, 8 only**)

Join us for a transformative retreat centered around a single purpose: to welcome God into the boat of our lives. Together, we will explore how to invite His presence into our storms, our moments of calm, our questions, our hopes, and the journeys that lie ahead. As Hebrews 6:19 reminds us, *“We have this hope as an anchor for the soul, firm and secure.”* Just as Jesus stepped into the boat with His disciples, He invites us to anchor ourselves in His promises, bringing peace, direction, and His unwavering presence into our everyday experiences. This retreat fosters solitude, prayer, rest, and renewal. Each day you will have the opportunity to meet with a trained spiritual director, participate in liturgy, and explore our art room. Additional optional prayer experiences will be offered in the afternoons. Come and embark on this meaningful journey of faith and discovery! **Facilitators:**

Andy Neu is a Permanent Deacon, Parish Pastoral Associate, and Certified Professional Spiritual Director who enjoys accompanying seekers from all walks of life on their spiritual journeys. He is a storyteller at heart, with a passion for art, ritual, and prayer. His spirituality is grounded in the charisms of Dorothy Day, Henri Nouwen, the Marist Brothers, and St. Francis of Assisi. **Lorene Knobbe** is a Spiritual Director, a retired teacher, and a Boundless Compassion Facilitator. She is very active at her Catholic Church in Davenport, IA including the Vocations Committee and Marriage Ministry team. **Sue Carter** (see bios on pages 3, 4, 6)

Thank you to artist Sister Mary Southard, CSJ
for the beautiful painting gracing our cover
“I PRAYED FOR THE HEART OF A STAR”
Copyright courtesy of ministryofthearts.org



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.

PORTIUNCULA CENTER FOR PRAYER

Secretary	Tracey Cerney	815.464-3880 info@portforprayer.org
Operations Manager	Kate Galgan	815.469-4851 Kate.Galgan@fssh.net
Program and Spiritual Director	Sue Carter	815-469-4883 Suzanne.Carter@fssh.net
Lead Chef	Jan Ulrich	815.464.3830 Janice.Ulrich@fssh.net

POVERELLO HOLISTIC CENTER

Director	Norma Janssen, OSF	815.464.3880
-----------------	--------------------	--------------

FRANCISCAN SISTERS OF THE SACRED HEART

815.469.4895	fssh.net
--------------	----------

PROGRAM REGISTRATION

Phone: 815.464.3880 Email: info@portforprayer.org Website: portforprayer.org
--

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).

