



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

*Calendar of Events
September 2024 - January 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

Date	September	Page
6	Powerful Vibrational Sound Meditation	2
9	A Mindfulness Hour: Mindful Eating via Zoom	2
10	Learning the Art of Mentoring: The Gift of Women's Friendship with Mary Ruth Broz, RSM	3
17	Zentangle	3
October		
7	Private Retreat Day: Autumn! A Time of Leaping Into Leaves	4
14	A Mindfulness Hour: Self Compassion via Zoom	4
20	An Afternoon with Fr. Ron Rolheiser, OMI Wrestling with God and with Love via Zoom	5
22	CPR for the Soul	6
25	Richard Rudis Memorial Benefit Gong Bath	6
26-27	Women's Fall Retreat: Whole-Hearted Living	7
November		
9	Teilhard, Einstein, and The Spiritual Quest with John Haught, Ph.D. via Zoom	8
11	A Mindfulness Hour: Gratitude via Zoom	8
12	<i>The Book of Joy: Lasting Happiness in a Changing World</i>	9
December		
3	Finding Hope and Healing Your Heart	9
9	Private Retreat Day: A Weary World Rejoices	10
10	The Woman at The Well	10
January		
7	Praying with Color	11
25	Women's Spa Day: Winter Glow from Inner Beauty	11
Contact and Registration Information (page 14)		

“A tiny bud of a smile on your lips nourishes awareness and calms you miraculously – your smile will bring happiness to you and to those around you. You should get up a little later each day and you should smile more.”

Thich Nhat Hanh

September



POWERFUL VIBRATIONAL SOUND MEDITATION

Date: Friday, September 6 **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.



A MINDFULNESS HOUR FOCUSED ON MINDFUL EATING via Zoom

Date: Monday, September 9 **Time:** 7:00 – 8:00 p.m. **Fee:** Donation

Mindfulness is being aware and present in the moment, without judgment and with acceptance. It involves paying attention to your thoughts, feelings, and surroundings. We will engage in a mindful activity, and then discuss how that practice can be implemented into daily life. This evening's program will focus on mindful eating - being fully attentive to food, feelings, hunger, and satiety cues. Discover more about eating consciously, engaging all the senses, and acknowledging responses, and physical cues like hunger or fullness. Mindful eating tips, as well as an example of mindful eating, will be explored in this session. **Facilitator: Debra Vinci Minogue**, an Associate Professor at Dominican University, is trained in Mindfulness Meditation (with Jack Kornfield and Tara Brach), chair and laughter yoga, and facilitating Veriditas Labyrinth. She is also trained in Heartwork Journaling and is a forest therapy guide.



LEARNING THE ART OF MENTORING: THE GIFT OF WOMEN'S FRIENDSHIPS

Date: Tuesday, September 10 **Time:** 9:30 a.m. – Noon **Fee:** \$25

Over the years, many of us have become aware of the tremendous impact other women have had on our spiritual growth. As we gather this morning, we will be invited to reflect on how we have been mentored along the way by wise women who have crossed our path, as well as by stories of women's friendships in scripture. Together we will listen for how we might continue to grow as we make room for one another's differences and even more, learn to honor one another's truth! **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.



ZENTANGLE

Date: Tuesday, September 17 **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 art. This class will take your meditative Zentangle art in a colorful new direction. As you use the Zentangle Method to create beautiful images, you likely 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! Supplies are included. Fall images will be used helping you to better appreciate this season of color and transition. **Facilitator: Robbin Keenan** is a certified Zentangle teacher who also works with wood, acrylics, photography, scrapbooking, and painting. Robbin worked as a software engineer and, since retirement, expanded into many volunteer roles and is a University of Illinois Master Gardener and Master Naturalist.

October



PRIVATE RETREAT DAY -

AUTUMN! A TIME OF LEAPING INTO LEAVES

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

“Autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!” — Winnie the Pooh

Remember the fun of leaping into piles of raked leaves as a child (young-at-heart adult)? Memories of those simple pleasures can bring us joy. Come for a day that can reconnect you with simple pleasures that can refresh and revitalize you – watching the colorful leaves dance on the breeze, looking for shapes in clouds, breathing deeply of crisp autumn air, or quietly taking in the beauty around you. This retreat day offers you peaceful, private, contemplative space, and time at the Port. Each participant has access to a private room in addition to the grounds. The day includes an opening prayer, handouts to reflect on the day, time for individual reflection, lunch, and a closing service. **Facilitator:** **Janice Keenan, OSF**, is Retreat Program Manager and a Spiritual Director at the Port.



A MINDFULNESS HOUR FOCUSED ON SELF-COMPASSION via Zoom

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

Mindfulness is being aware and present in the moment, paying attention to your thoughts, feelings, and surroundings without judgment and with acceptance. In this mindfulness hour, the speaker will focus on self-compassion, treating yourself the way you would treat a friend who is going through a difficult situation. Aspects of self-compassion will be explored, and a meditation will be offered, along with a discussion on how that practice can be implemented into daily life. **Facilitator:** **Debra Vinci Minogue**, an Associate Professor at Dominican University, is trained in Mindfulness Meditation (with Jack Kornfield and Tara Brach), chair and laughter yoga, and facilitating Veriditas Labyrinth. She is also trained in Heartwork Journaling and is a forest therapy guide.



AN AFTERNOON WITH FR. RON ROLHEISER: WRESTLING WITH GOD AND WITH LOVE – RESISTANCE AND SURRENDER WITHIN OUR SPIRITUAL JOURNEY via Zoom

Date: Sunday, October 20 **Time:** 1:30 – 4:00 p.m. DST **Fee:** Donation

What do God and love ask of us? That can be answered in a single word, “Surrender.” But much inside of us resists, wanting its own way; so goes the journey. Jacob wrestled an entire night with God; the great prophets often said to God, “Thy will be done”; Jesus himself sweated blood in Gethsemane, asking God to change his will; and even in our most intimate relationships we still resist losing our independence. Our journey in faith and in love is a constant struggle between resistance and surrender. What drives this? What is healthy and what is not? Understanding God, understanding ourselves, understanding our struggle, and understanding love.

Facilitator: Ron Rolheiser, OMI, is a priest of the Missionary Oblates of Mary Immaculate. He is President Emeritus of the Oblate School of Theology in San Antonio, Texas, and a Professor of Spirituality there. He is a community-builder, lecturer, and writer whose books are popular throughout the English-speaking world and have now been translated into many languages. His weekly column is carried by more than 80 newspapers worldwide. Prior to this present position, he taught theology and philosophy at Newman Theological College in Edmonton, Alberta, served as Provincial Superior for six years, and on the General Council in Rome for six years. Along with his academic knowledge in systematic theology and philosophy, he is a popular speaker in the areas of contemporary spirituality, and religion and secularity. Oblate Communications and Franciscan Media have produced 15 DVDs of his retreats. His many books include *Wrestling with God: Find hope and meaning in the daily struggles to be human, and Holy Longing*.

“Spirituality is about what we do about the fire inside of us,
about how we channel our eros.”

Ron Rolheiser, IHM



CPR FOR THE SOUL

Date: Tuesday, October 22 **Time:** 9:30 a.m. – Noon **Fee:** \$25

InterPlay® is a creative, improvisational, arts-based system to unlocking the wisdom of the body. We play and relax with storytelling, movement, vocalization, connection and stillness. We have the opportunity to reconnect our body, mind, heart, and spirit together. BodySpirit is a term used in InterPlay to express the totality of each of us, the essential integration of parts of ourselves that are often conceptualized as being separate. Treat yourself to this transformational opportunity, receive support and encouragement from others and make it an intentional effort to self care.

www.InterPlay.org **Facilitator:** **Wai-Chin Matsuoka** is Singaporean Chinese, who was transplanted to the U.S.A. when she came to do her graduate studies. She has over 20 years as a spiritual director. She is particularly experienced in bringing forth new life from the ashes of change and transitions. Wai-Chin is a seasoned retreat and workshop facilitator who weaves together spirituality, somatic practices, soul-tending, and InterPlay®.



RICHARD RUDIS MEMORIAL BENEFIT GONG BATH

Date: Friday, October 25 **Time:** 7:00 – 8:00 p.m. **Fee:** \$35

Richard Rudis, a preeminent figure in sound healing passed away on April 2, 2024. Richard created the original Gong Bath experience more than twenty years ago and performed more than 1000 gong baths, spreading mindfulness and loving kindness throughout the world. Benjamin Savage, Richard's friend and apprentice will perform a Gong Bath in his style. Compensation will go to support Richard's family and help publish his final book. This session will be held at the Motherhouse Auditorium. Please bring what you need to be comfortable on the floor. Zero gravity chairs need to be reserved in advance. **Facilitator:** **Benjamin Savage** 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. He has a unique way of playing the gongs, as well as singing bowls and other instruments, to craft an immersive sound bath experience. He is Director of Online Programs at Northwestern University.



WOMEN'S FALL RETREAT: WHOLE-HEARTED LIVING

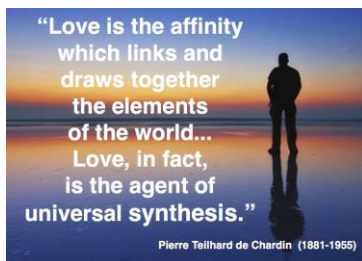
Dates/Times: Saturday, October 26, 9:30 a.m. to Sunday, October 27, Noon (Brunch) **Fee:** \$165 (program/meals/overnight),

Commuter \$115 (includes program/meals)

The fullness of life contains the complete spectrum of experience - joy, heartache, peace, suffering, love, grief, compassion, disappointment, connection, and loss. To embrace and live whole-heartedly means that you practice remaining open to the gifts of your specific journey. Whole-heartedly we move forward and stumble, sometimes dancing without the choreography, yet learning along the way. Together with the Divine, we learn to embrace and accept all the parts of ourselves through compassion, curiosity, and connection. This retreat provides individual and collective time to create, reflect, and move your body and spirit, while sharing within a caring and supportive group experience. **Facilitators: 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. **Janice Keenan, OSF**, is a Peoria Franciscan, Retreat Program Manager, and Spiritual Director at the Port.



November



TEILHARD, EINSTEIN, AND THE SPIRITUAL QUEST, via Zoom

Date: Saturday, November 9 **Time:** 9:30 – 11:15 a.m. CST **Donation**
Although Albert Einstein denied the existence of a personal God, he confessed to being religious, and he thought that good science and right living cannot take place without faith. To understand what he meant by religion and faith, this presentation will place the celebrated physicist in "conversation" with his contemporary, Pierre Teilhard de Chardin. The two scientists had been living in the United States within miles of each other when they both died in the spring of 1955. If they had ever met and been able to talk about science, the universe, time, faith, God, and the meaning of life, how would the conversation have gone? **Facilitator: John Haught, Ph.D.** is a Distinguished Research Professor at Georgetown University, Washington DC. His area of specialization is systematic theology, with a particular interest in issues pertaining to science, cosmology, evolution, ecology, and religion. He is the author of 22 books of which the most recent are *God After Einstein* and *The Cosmic Vision of Teilhard de Chardin*.



A MINDFULNESS HOUR FOCUSED ON GRATITUDE via Zoom

Date: Monday, November 11 **Time:** 7:00 – 8:00 p.m. **Fee:** Donation
Mindfulness is intentionally giving your full attention to the current moment without judgment. In tonight's mindfulness hour, participants will be invited to focus on gratitude. Practicing gratitude has incredible benefits that include improving mental health and deepening relationships with others. Attention will be given to establishing a daily gratitude practice and a gratitude meditation will be offered. **Facilitator: Debra Vinci Minogue,** an Associate Professor at Dominican University, is trained in Mindfulness Meditation (with Jack Kornfield and Tara Brach), chair and laughter yoga, and facilitating Veriditas Labyrinth.



THE BOOK OF JOY: LASTING HAPPINESS IN A CHANGING WORLD

Date: Tuesday, November 12 **Time:** 9:30 a.m. - Noon **Fee:** \$25

The Book of Joy by the Dalai Lama and Archbishop Desmond Tutu is a poignant and heartwarming account of a week-long conversation between these two world-renowned and influential spiritual leaders. During that time, they shared their accumulated wisdom on one of life's most fundamental questions, "How do we find joy and light, amidst so much darkness and suffering?" This morning presentation draws upon their experiences and insights with excerpts from the book and movie, along with reflection time and sharing, to offer practical advice and guidance for how we can cultivate joy in our own lives, even in the face of difficulty. **Facilitator: Janice Keenan, OSF** is the Retreat Program Manager and Spiritual Director at the Port.

December



FINDING HOPE AND HEALING YOUR HEART

Date: Tuesday, December 3 **Time:** 9:30 a.m.– Noon **Fee:** \$25

Grief and loss are a part of the human journey. Through presentation, prayer, sharing and reflection, we will explore the kinds of loss and grief that are a part of our lives and how God, others, and we ourselves, can bring healing to a heart that is broken by suffering. **Facilitator: Mary Barbara Hassler, OSF** is a Franciscan Sister of the Sacred Heart who has journeyed with people through their grief and loss in a parish as Director of Ministry of Care and Bereavement for eight years. 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.

**"Joy is the infallible sign of the presence of God."
Pierre Teilhard de Chardin**



PRIVATE RETREAT DAY – A WEARY WORLD REJOICES

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

Sometimes in this Advent season anticipating Christmas we can get caught up in the hectic pace and find ourselves missing the desired holiday joy. We may be hearing “Joy to the World,” but relate more to hoping for the promise found in “O Holy Night” – “a weary world rejoices.” This retreat day offers you peaceful, private, contemplative space, and time at the Port so that you can breathe peacefully and appreciate the wonder, hope, and joy that is ours because of the birth of Jesus. 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: Janice Keenan, OSF** is the Retreat Program Manager and Spiritual Director at the Port.



THE WOMAN AT THE WELL

Date: Tuesday, December 10 **Time:** 9:30 a.m.– Noon **Fee:** \$25

“Everyone who drinks this water will be thirsty again, but whoever drinks the water I give will never thirst. Indeed, the water I give will become a spring of water welling up to eternal, life.” (John 4:13-14) The story of the Samaritan woman Jesus meets at Jacob’s well is a rich example of love, truth, redemption, and acceptance. She leaves her water jar, much like the disciples left their nets, and becomes a disciple, sharing the Good News with those she encounters. This presentation will unpack the woman’s experience while providing an opportunity for us to have our own well experience, encountering the same love and acceptance from Jesus that she found. **Facilitator: Sue Carter** is a spiritual director and has a ministry of adult faith formation at St. Christina Parish. She leads women’s ministry and grief groups for the Archdiocese of Chicago.

January



PRAYING WITH COLOR

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

Using the process taught by Sybil MacBeth in her book *Praying in Color*, we will put color to our words, thoughts, concerns and prayers for our personal intentions, and for our precious world. Sometimes for some of us, worries and concerns keep us in an agitated state, and it's hard to settle ourselves down to pray. By using words, doodles, patterns and designs, we can let our hands color around a specific intention while keeping our hearts and minds focused on our prayer. It is a type of prayer that can be very satisfying and grounding. Supplies are provided. **Facilitator: Ginny Raftery** is a working artist with a studio at Union Street Gallery in Chicago Heights. She has enjoyed facilitating "Praying in Color" workshops for adults and teens over the past several years. Her approach allows participants to gain confidence that what they create is uniquely their own and an expression of the God within.



WOMEN'S SACRED SPA: "WINTER GLOW FROM INNER BEAUTY"

Date: Saturday, January 25 **Time:** 9:00 a.m. – 4:00 p.m. **Fee:** \$125

"Your beauty should not come from outward adornments... Instead, 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." 1 Peter 3:3-4

Inner beauty means that real beauty does not come from ointments or adornments, but from the inside - being kind to yourself and to someone else, spreading positivity, being helpful, or radiating self-confidence. In this first month of a new year, we will be honoring body, mind, and spirit as we invite you to discover your winter glow by embracing your inner beauty at our Annual Sacred Spa Day. We will begin the day with a Healing Sacred Gong Ceremony. These vibrational sounds energize and quiet body, mind, and spirit, while providing space for inner healing. An inspirational prayer ritual will follow. The day also includes 30 minutes of individual bodywork, and opportunities to nurture your spirit, ending with time for conversation and reflection on the day. Please bring a yoga mat, pillow, and blankets for your comfort. Zero gravity chairs need to be requested at registration.

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



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 Directors:** Janice Keenan, OSF and Norma Janssen 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. *"Solitude is one of the most precious things in the human spirit. Solitude can be a homecoming to your own deepest belonging."* John O'Donohue



LABYRINTH

"The labyrinth can be a metaphor for what is sacred in our lives. Through its twists and turns, its ancient spaciousness holds everything we experience — our minds and emotions, our physical beings and our spirits, our losses and gains, our successes and failures, our joys and sorrows. When we walk the path inward, we carry our burdens with us. When we meditate or pray in the center, we ask for grace, forgiveness, and understanding. When we walk the path outward, we are lighter, more joyful, and ready again to take on our life's challenges." Alex Pattakos



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 Donna Korba, IHM for the beautiful painting gracing our cover. This lovely art piece was designed for the 2013 LCWR Assembly

“DIVINE LOVE”

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	Kristin Marcheschi	815.464.3830 Kristin.Marcheschi@FSSH.net
Spiritual Direction	Norma Janssen, OSF	815.464.3880

Franciscan Sisters of the Sacred Heart

Franciscan Sisters of the Sacred Heart	General Number Web Site	815.469.4895 www.fssh.net
Registration	<ol style="list-style-type: none"> 1. Phone 815.464.3880 2. Email info@portforprayer.org 3. Web site: www.portforprayer.org 4. Deposit required at time of registration 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. 	

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).

