



## St. Francis Woods Campus Newsletter

St. Francis Woods: A Place of Hope, Healing, Harmony



### The Lenten Journey Series

The invitation this year is to hunt for the holy in the midst of all that is broken, and trust that there is still a Spirit hovering over the chaos, wanting to lead us if we pay attention.

At the Portiuncula Center for Prayer, you can attend any number of the weekly Lenten programs that you are interested in attending. Details of the first two sessions in the series are given on page 3. Blessings on your Lenten journey!

### Awakening the Dreamer: Changing the Dream

In the beautiful setting of St. Francis Woods, we invite you to join us for a prayerful inquiry into God's dream for our world. We have gathered a team of trained and experienced facilitators who are ready to deliver this powerful symposium, hosted by the staff at the Port. "Awakening the Dreamer" offers a bold vision for an environmentally sustainable, spiritually fulfilling, and socially just human presence on Earth. We will explore the current state of our planet from the perspective of our interconnectedness with all things and join the largest social movement of all time—millions of people and organizations working for a new dream for humanity and planet Earth! Through videos, prayer and music, time for quiet reflection and sharing, we will listen for God's presence and guidance in the voice of the Earth and its people.



**Date:** Saturday, Feb. 11 **Time:** 9:30 a.m.-3:30 p.m. **Fee:** \$25

**Facilitators:** Facilitated by a team of Wheaton Franciscan Sisters trained to present this symposium as part of this worldwide initiative.

### Explore a New Way to Live Out Your Faith

Associates of the Franciscan Sisters of the Sacred Heart share prayer, spiritual programs and ministries with the Sisters without becoming vowed members. To join or to receive more information, please contact Sister Ella Binz at 815.469.4895, Ext. 0, or at [SrElla.Binz@fssh.net](mailto:SrElla.Binz@fssh.net). You can also stop by the Front Office of the Motherhouse from 8:00 a.m. to 4:30 p.m. (Mon.-Fri.).

### AA Retreat: Self-Acceptance and Spirituality



For many of us, not being "good enough" shaped our past and perhaps is even shaping our present life. Only when we can accept and love ourselves as we are, at this moment in time, can we give ourselves the freedom to move forward. This retreat will focus on the 12 Steps with special emphasis on Steps 1, 3, and 11.

**Date:** Saturday, February 25 (10:00 a.m.) to Sunday, February 26 (Noon)

**Fee:** \$130 (includes program, meals, overnight)  
\$80 (includes program and meals)

**Facilitator:** Sister Linda Fischer, ASC has been a grateful recovering alcoholic for the past 20 years and says she loves facilitating recovery retreats because "she receives every bit as much as she gives." She calls her own journey in recovery one of the greatest blessings in her life.

Franciscan Sisters of the Sacred Heart  
9201 W. St. Francis Road  
Frankfort, IL 60423-8330

Phone: 815.469.4895  
Fax: 815.464.3809  
[www.fssh.net](http://www.fssh.net)

### Dates to Remember

Feb. 11 – Symposium on the the Environment, "Awakening the Dreamer..."

Feb. 22–Ash Wednesday

Feb. 25 – AA Retreat

March 5, 19–Retreat in Everyday Life (see pg 2)

◆◆◆  
"There are three stages in the work of God: impossible; difficult; done."  
◆◆◆

James Hudson Taylor

### Highlights

Lenten Journey Series, pg 3

Doctrine and Dogma, pg 4

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Seven Sorrows of Mary, pg 4

The Seven Last Words of Jesus, pg 4

### Worship with Us!

Although we cannot accommodate weddings or funerals because we are not a parish, we warmly invite you to join us for the times of prayer and worship shown on page 2.





## Women exploring a New Path to Living the Gospel

If you are a single Catholic woman age 18 to 43 who is interested in exploring Religious life,

please call

Sister Nancy 815-464-3848 or

Sister Maria 815-464-3873

or email us at our new address, [vocations@fssh.net](mailto:vocations@fssh.net).



FRANCISCAN SISTERS OF THE SACRED HEART

9201 W. ST. FRANCIS ROAD

FRANKFORT, IL 60423-8330

## FSSH Food for the Poor Program Benefits Local Families

We are thankful for your donations of non-perishable food items may be dropped off anytime at your convenience at the Motherhouse front desk or chapel entrance. We supply three charities::

- ◆ The Frankfort Township Food Pantry
- ◆ Jones Center in Chicago Heights
- ◆ Daybreak (Catholic Charities) in Joliet

## Individual Spiritual Direction

Being companioned on your spiritual journey by a trained spiritual director offers the opportunity for ongoing spiritual growth. In the context of an hour session (often scheduled monthly), you are invited to share ordinary life experience, listen for the movement of the Holy Spirit, and be gently guided in paying attention to how God seems to be speaking through the twists and turns of your journey.

Mary Ruth Broz, RSM 815.469.4883

Norma Janssen, OSF 815.464.3808

Mary Shinnick, OSF 815.464.3807

Nancy Roberta Schramm, OSF 815.464.3848

**Time:** Call for appointment

**Fee:** \$50



## It's Easy to Receive the St. Francis Woods Campus Newsletter by Email

### Three Ways to Register:

1. Drop off this form at the Motherhouse or
2. Leave a phone message for Sheila at 815.464.3800 or
3. Send your information to [Sheila.JenningsGeorge@fssh.net](mailto:Sheila.JenningsGeorge@fssh.net).

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone Number: \_\_\_\_\_

*Thank you!*

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## Save the Dates!

### Retreat in Everyday Life: Tending the Holy

Participants of this retreat attend two Group Sessions on Mondays, **March 5** and **March 19**, from 7:00-9:00 p.m. at the Portiuncula Center for Prayer, while the rest of the retreat takes place in your own home at a time that is convenient for you! More information next month or contact the Port at 815.464.3800 or [info@portforprayer.org](mailto:info@portforprayer.org).

## Queen of Angels Chapel

### Private Prayer:

Daily 8:00 a.m. – 4:30 p.m.

### Mass:

Mon. through Fri. 7:45 a.m.

Saturday 8:15 a.m.

Sunday 9:00 a.m.

(Morning Office 15 minutes before Mass)



### Holy Hour:

First Friday (Sacred Heart) 4:00 p.m. – 5:00 p.m.

Every Wednesday (Vocations) 4:00 p.m. – 5:00

## Make a Difference!

For information on the advocacy work that our Sisters are involved in, and to find out how you can help, see the News section of our newly designed website at [www.fssh.net](http://www.fssh.net).

# THE LENTEN JOURNEY

*“This treasure we possess in earthen vessels to make it clear that its surpassing power comes from God and not from us...” (2 Corinthians 4)*

These are not easy times for any of us! Wherever we go, we seem to be surrounded by stories of hardship, sadness, and tragedy. While we want to alleviate the suffering of others, many of us have our own struggles with feelings of disillusionment and betrayal by the very people and institutions we have put our faith in. As much as we would like to move through the season of Lent leaving these realities behind us, it seems to us that the invitation this year is to hunt for the holy in the midst of all that is broken, and trust that there is still a Spirit hovering over the chaos, wanting to lead us if we pay attention.

This Lent we invite you to join with other seekers who are wanting to go deeper. Give yourself time to think, to pray, to be inspired, and to gather some spiritual resources for the journey that is yours!

**\*\*\*Each session is independent of the others, so come to one or all. Each week there will be a presentation, time for quiet and conversation together.** The fee for the series is \$100. The fee for each session is \$20

## The Lenten Journey: Invitations Buried on the Desert Landscape: Finding Treasures in Earthen Vessels

**Date:** Monday, February 27      **Time:** 9:30-Noon      **Fee:** \$20

Through stories and images, we will tap into the timeless wisdom of saints and sages who made their own “desert journey,” struggled with their own weaknesses and limitations, and stumbled upon unexpected treasures that left them with the kind of faith that refuses to lose heart and that taught them how to live with courage and creativity in worlds that were far from perfect.



**Facilitator:** Mary Ruth Broz is a Sister of Mercy and Program Manager at the Port. She received a Master of Divinity Degree from the Jesuit School of Theology and a Doctor of Ministry Degree from St. Mary of the Lake University in Mundelein. She is a spiritual director and has facilitated countless retreats and workshops assisting people in uncovering the sacred dimensions of their ordinary life experience.

## Experiencing the Treasure of Music and Sound in Healing

**Date:** Monday, March 5      **Time:** 9:30-Noon      **Fee:** \$20



Through breathing exercises, chanting, and playing percussion instruments, you will experience the power of music and sound in creating balance, reducing stress, and contributing to the healing process. Through stories and the unique experience of the presenter, you will also be given a glimpse of how music can offer dignity and spiritual healing to those suffering the devastating effects of poverty, homelessness, and the isolation of aging.

**Facilitator:** Marge Nykaza has a Masters Degree from Loyola University, and is a professional singer and pastoral musician. She is also founder and Director of HARMONY, HOPE, AND HEALING---a creative and therapeutic music program that she founded in the year 2000, and has brought to shelters and those who are underserved in Chicago these past 12 years.

### Additional Sessions:

Finding Beauty in the Chaos	Monday, March 12
Searching for Treasures through Visual Journaling	Monday, March 19
Connecting Addiction and the Spiritual Journey	Monday, March 26
Holy Week: Going Forth as Wounded Healers	Tuesday, April 3



## Portiuncula Center for Prayer

### I would like to register for:

	Date	Time	Price
<input type="checkbox"/> Awakening the Dreamer	Feb 11	9:30 a.m.	\$25.00
<input type="checkbox"/> AA Retreat	Feb 25	10:00 a.m.	\$130/\$80
<input type="checkbox"/> Lenten Journey —Invitations Buried	Feb 27	9:30 a.m.	\$20.00
<input type="checkbox"/> Lenten Journey —Treasure of Music	March 5	9:30 a.m.	\$20.00

### Method of Payment

Check (mail or drop off)       Cash (drop off at The Port or the Motherhouse)

**Total Enclosed: \$ \_\_\_\_\_**

**Make check payable to:** Franciscan Sisters of the Sacred Heart  
**Mailing address:** 9263 West St. Francis Road, Frankfort, IL 60423-8330

### Other ways to register:

- To pay by credit card, call 815.464.3880
- send an email to [info@portforprayer.org](mailto:info@portforprayer.org)
- visit our website: [www.portforprayer.org](http://www.portforprayer.org)

\_\_\_\_\_

Name

\_\_\_\_\_

Address

\_\_\_\_\_

Phone

\_\_\_\_\_

Email

# Adult Enrichment 2012 Programs

## Saturday Mornings of Spiritual Energy

*There is Mass at 8:15 in our Chapel*

### BREAKFAST / CUP OF SPIRITUALITY

Saturday, February 25

9:00 – 11:00 a.m. in the Auditorium

#### The Church: Doctrine and Dogma

*Doctrine is rooted in the Person of Jesus Christ, his words and deeds.*

- ♦ *How did the Church develop its official teaching?*
- ♦ *How is doctrine infallible defined and what are the official doctrines of the Church?*

*Be an informed and confident Catholic.*



### BREAKFAST / CUP OF SPIRITUALITY

Saturday, March 24

9:00 – 11:00 a.m. in the Auditorium

#### The Church: The Great Schism and the Reformation

*The Church has gone through great difficulties over these 2000 years: a break between the Western Church (Rome) and the Eastern Church (Constantinople), two, or even three, Popes at one time, and the division of Christians in Europe during the sixteenth century, to mention a few. How did the Catholic Church prevail, reform, and remain faithful to Jesus Christ?*

## Monday Evenings of Repast and Reflection

### SOUP, SALAD, SCRIPTURE

Monday, February 13

6:30 – 8:30 p.m., Dining Room

#### The Seven Sorrows of Mary

*The seven sorrows of Mary are an expansion of the five Sorrowful Mysteries of the Rosary. Forty days after the birth of Jesus when Mary and Joseph presented him in the Temple, Simeon prophesied to Mary that her heart would be pierced. In the Church of the Holy Sepulcher in Jerusalem there is a sculpture that portrays Mary with her heart pierced by seven small swords. We will reflect on these seven sorrows from a scriptural viewpoint. The Church celebrates the memorial of our Lady of Sorrows on Sept. 15.*

Presenters: Sr. Marilyn Renninger, osf  
and Fr. Ildephonse Skorup, ofm  
Franciscan Sisters of the Sacred Heart Motherhouse  
St. Francis Woods, 9201 St. Francis Rd., Frankfort, IL 60423

**Fee: \$15 per person**

Reservations are necessary because of the food and handouts.

To reserve either: call: 815-464-3886 or email: [SrMarilyn.Renninger@fssh.net](mailto:SrMarilyn.Renninger@fssh.net)

### SOUP, SALAD, SCRIPTURE

Monday, March 12

6:30 – 8:30 p.m.  
Dining Room

#### The Seven Last Words of Jesus

*What was Jesus thinking about as he hung on the cross at Calvary for three hours? The Gospels give us seven clues. He thought about his Father. He thought about his Mother. He thought about his friends. He thought about each one of us. We will reflect on these sacred last words of Jesus and their meaning for us.*



*Pietro Perugino's depiction of the Crucifixion, 1482.*

## Scripture Reflections



Every Thursday morning from 9:30 – 11:00 a.m. in our library, there is a reflection by Sr. Marilyn Renninger, osf, and sharing on the Scripture readings for the following Sunday. No fee and no need to register. Just come and share the Word of God.