

# St. Francis Woods Monthly Campus Bulletin

*A Place of Hope, Healing, Harmony*

Issue 81

June 2009

Franciscan Sisters of the Sacred Heart  
9201 W. St. Francis Road  
Frankfort, Illinois 60423-8335



(815) 469-4895  
FAX - (815) 464-3809  
www.fssh.com

*You are warmly invited to participate in any of the following sacred happenings on the campus of the Franciscan Sisters of the Sacred Heart.  
Please note that because we are not a parish church, weddings and funerals may not be scheduled here.*

## *June's Sacred Happenings*

- 1 Just to Be is a Blessing ♦ PORT
- 13 FSSH Jubilee Mass ♦ 10:30 a.m. ♦ Chapel
- 14 Installation of FSSH Leadership Team ♦ 11:00 a.m.
- 15-19 Women's Contemplative Retreat ♦ PORT
- 19-21 Silent Directed Retreat Weekend ♦ PORT
- 19-25 Silent Directed Retreat Full Week ♦ PORT
- 22 Welcoming the Healing Energy of Summer ♦ PORT
- 26 Drumming Circle ♦ PORT
- 26-27 Mandala Retreat ♦ PORT

## *July's Coming Events*

- 4 Mass ♦ 9:00 a.m.
- 17 Singing of the Gong ♦ 9:30 a.m. ♦ Motherhouse  
Singing of the Gong ♦ 7:00 p.m. ♦ Motherhouse
- 21 A Mid-Summer Feast: Sitting with Mary Magdalene and  
Clare of Assisi ♦ PORT
- 24 Praying with the Chakras ♦ PORT  
Singing of the Gong ♦ 7:00 p.m. ♦ Motherhouse
- 24-26 The Simple Joys of Singing your Soul ♦ PORT

### **PORTIUNCULA Center for Prayer**

To register for a program at the PORT, call Mary Ann Hamilton at (815) 464-3880; Email [info@portforprayer.org](mailto:info@portforprayer.org); or visit web site: [www.portforprayer.org](http://www.portforprayer.org)

### **Just to Be is a Blessing...Sitting with Martha and Mary (John 11:5)**

Date and Time: June 1; 9:30-Noon  
Fee: \$20 Facilitator: Mary Ruth Broz, RSM  
We are reminded of the importance of making room for the Martha and Mary within each of us as we struggle to find a balance during coming months and quiet the judgmental voice that would move us toward making one more important than the other.

### **Women's Contemplative Retreat**

Date and Time: June 15; 3pm to June 19; 11am  
Fee: \$340 Facilitator: Mary Ruth Broz, RSM  
Take a morning walk along the tree lined paths, sip a cup of coffee while you journal in the gazebo, walk the labyrinth—all ways to clear space for God

to meet you in the busyness of life and in the chaos of this world. This retreat includes quiet time, spiritual direction, group prayer with a centering theme and conversation.

### **Silent Directed Retreat**

Date and Time: Two Options  
Weekend: June 19; 7pm to June 21; 11am (\$175)  
Week: June 19; 7pm to June 25; 11am (\$475)  
Choose a weekend or a week of solitude, prayer, rest, and daily meetings with a trained spiritual director. This gift will help cultivate the art of mindfulness and make room for a God of surprise to lead you on your way.

### **Welcoming the Healing Energy of Summer: Standing on Holy Ground**

Date and Time: June 22: 9:30-11:30am (\$20)  
repeated at 7-9pm (\$20)  
Facilitator: Mary Ruth Broz, RSM  
After a long, cold winter, we will join with our ancestors in gathering to officially usher in the

summer season. In listening for the wisdom of the earth as it comes to life once again, we celebrate a God who wants to rekindle the fire within and around us. We honor this sacred time when the sun is at its peak.

### **Mandala Retreat: The Sacred Art of Simplicity**

Date and Time: June 26; 7pm to June 27; 3pm

Fee: \$95 commuter/\$145 overnight

Facilitator: Claudia McFarlane

Create a mandala and find what resonates with your true nature and the needs of your soul. Explore the sacred space of the circle with an open heart and a willingness to help simplify your life. This is a hands on workshop using art, music, and journaling.

### **Poverello Holistic Center**

These are times of high stress and energy may be running low. Come and be refreshed and renewed through the calming experience of bodywork at the Poverello Holistic Center. Here, **we offer:**

- ◆ A peaceful and quaint setting
- ◆ Caring and gentle therapists
- ◆ Daytime and evening hours
- ◆ Attention to body, mind and spirit
- ◆ Hope, healing and harmony

Let your whole being drink in peace through these **bodywork modalities:**

- ◆ Therapeutic or Relaxing Massage
- ◆ Reflexology
- ◆ Lymphatic Drainage Technique
- ◆ Pregnancy Massage
- ◆ Orthobionomy
- ◆ Healing Touch
- ◆ Healing Facial

**Gift certificates** are available for yourself and for someone you love. Purchase them at the Holistic Center, the Portiuncula Center for Prayer or the Reception Desk at the Motherhouse. [Also available by phone with credit card at 815.464.3808] Call 815.464.3808 (Sister Norma) or 815.464.3840 (Poverello Holistic Center) to make an appointment.

### **Special Series For Bodyworkers**

The Poverello Holistic Center is presenting a special series for bodyworkers entitled "A Spiritual Approach to Bodywork." The series will focus on bringing spirituality into bodywork, help to add spirit and soul to all types of bodywork and

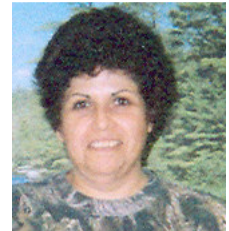
heighten an awareness of God's grace at work in the practitioner and the client.

All sessions will be held at the Poverello Holistic Center. The fee is \$15 per session. Call Mary Ann Hamilton at 815.464.3880 to register.

### **Meet Our Therapists**

The Poverello Holistic Center offers a wide variety of bodywork services which are "hand delivered" by some of the best therapists in the area.

Each month, we would like to introduce you to one of these therapists.



Meet Pearl Levy,  
Massage Therapist.

### **The Tool**

As with all tools, you want to find the one that fits your needs. So when you find it, you learn how to work with it so that it will aide you in your task at hand. When you have learned all that it can do and use it properly, you gain the most benefits from it. But it does not fix the problem; it only aids you in fixing the problem.

My name is Pearl Levy and I am a Licensed Massage Therapist. I received my training from the Wellness Massage Training Institute of Woodridge, Illinois. I have been a Licensed Massage Therapist for the past ten years. I have my own practice and joined the staff of the Poverello Holistic Center in January of 2004. I consider myself a tool of God and that he has blessed me with the wonderful ability to help relax and comfort my clients. I make no promise to heal anyone, but do make a promise to help my clients learn how to relax, comfort and heal themselves.

I can be reached at the Poverello Holistic Center at 815-464-3840 or you can reach me directly at 815-521-9812. More than likely, you will be reaching the voice mail; so please leave your name, number and the best time to reach you and I will return your call as soon as I am available. Remember the tool is only as good as the one who uses it. Find the tool that works for you and work with it. Hope to hear from you soon.

God's blessings, Pearl

### **Discernment Opportunities**

**(For single women high school age to 45)**

*Are you sensing a call to seek a deeper relationship with and serve God as a Religious Sister? Do you need someone to help you discern your vocation? We are here to help you – call, email, or write us! Ask for Sister Lovina Francis Pammit, Vocation Office (815) 464-3873 [vocations@fssh.net](mailto:vocations@fssh.net).*

### **The Franciscan Journey**

This is a fourteen section reflection program on Franciscan Life for reading, journaling, and sharing. Sharing may be done in person, via email, or by telephone. Just contact Sister Lovina (815) 464-3873 [vocations@fssh.net](mailto:vocations@fssh.net) if you would like more information regarding this program.

### **“CALLED” Series for Young Adults**

Discernment Evenings for Young Adults...who want to listen closely to what God is calling them. All evenings take place at:

**The Cenacle Retreat Center** - 7:30 to 9:30 p.m.  
513 West Fullerton Parkway  
Chicago, IL 60614 - Phone: 773.528.6300

**All evenings are free, but we need your registration.**

Please RSVP to:

**Sr. Elyse Ramirez, O.P.**

Office for Religious / CAVA - P.O. Box 1979  
Chicago, IL 60690-1979 Phone: 312.751.5240  
Or e-mail info to: [CAVA@archchicago.org](mailto:CAVA@archchicago.org)  
Subject "Registration" - You can register for all evenings or for single sessions.

### **Listening to God's Call**

(for single men and women 18 to 35)

When: Sunday, June 14, 2009 (10 am - 5:00 pm)  
Where: Portiuncula Center for Prayer (The PORT)  
St Francis Woods  
9263 W. St Francis Road  
Frankfort, IL 60423

10:00 AM Registration and Opening Prayer  
Topics of the day include Image of God, God Calls, Deciding and Discernment, Religious Life and Priesthood. Time is provided for Private Reflection, Questions, and Sharing

4:15 PM Closing and Sunday Liturgy

Fee: \$10.00 for lunch and materials

Register by Monday, June 8, 2009

Contact: Sr. Claire Vandborg, IBVM — 630-868-2904 or [CLVand@aol.com](mailto:CLVand@aol.com)

Sponsored by the Joliet Area Vocation Association (JAVA) [www.vocations.com](http://www.vocations.com)

### **WoodSong Sacred Sound & Wellness Spa**

*(Gift Certificates available. 815-464-3810)*

Come and be nourished, refreshed and energized through the power of music and sound in our Sacred Sound and Wellness Spa. Registration required.



The July – December 2009 Calendar of Events for our Sacred Sound & Wellness Spa is at the Chapel entrances or can be accessed at our website: [www.woodsong.us](http://www.woodsong.us).



*This is the season of springtime.  
It is a time for new growth, new ideas, new challenges.  
It is a time for giving birth to what has laid dormant  
over the past cold winter days and months.  
To begin again and foster the newness:  
Take time for vacation,  
for prayer,  
for family  
and for friends.*