

St. Francis Woods Campus News

APRIL 2025

ISSUE 258

"SET ABLAZE THE FIRE OF GOD'S NEWNESS ... COMMUNITY, CHURCH, COSMOS"

PRETZELS FOR LENT



Did you know pretzels are a Lenten symbol?



Click image to see video

SCRIPTURE REFLECTIONS

We are delighted to invite you to **Thursday Scripture Reflection** via Zoom and In-Person on **Thursdays at 10:30 a.m.** through April 16. No registration required—either come to the Assisi Center (stop at the Motherhouse front desk for directions) or submit the [form on our website](#) to receive a Zoom link for the next gathering. Looking forward to seeing you! <https://fssh.net/connect/mass-events/>

STITCHES & BLESSINGS

Join us for a morning of prayer, crocheting (knitting too!), and camaraderie **every second Friday of the month at 10:15 a.m.** for one hour at the Motherhouse with Sr. Ella! Learn more and let us know you would like to be a part of this interfaith prayer group by [registering on our website](#).



"THE SPIRIT DROVE JESUS OUT INTO THE DESERT." MARK 1:12-15

The desert is a place of testing. It is filled with many challenges. The temptations that you encountered were enticing, but you did not give in to them, Lord. I too face many challenges in my life. Like you, let me resist them. The devil can be very cunning, making what is bad seem good. Give me the grace to not give in. Help me to stand strong so that when I leave the desert, I can proclaim like you, "The kingdom of God is at hand. Repent and believe in the Gospel." Give me the grace to lead a countercultural life. Give me the grace to be an authentic witness of the Gospel. — Sr. Dominic Dybel

HOLY WEEK/TRIDUUM SERVICES



Holy Thursday: 6:00 p.m. Mass

Good Friday: 3:00 p.m. Service

Holy Saturday: 6:00 p.m. Easter Vigil Mass

Easter Sunday: 9:30 a.m. Mass

Mass: Tuesday-Sunday at 9:30 a.m.

Eucharistic Adoration: 4:00-4:45 PM on Wednesdays and on the First Friday of the month. Please arrive no later than 3:55 PM as the Front Desk will close promptly at that time.

Jubilee Year Prayer

April 6, 2025
3:30 p.m. – 4:30 p.m.



The time of Jubilee is at hand! It is a sacred time to open the doors of our hearts and the gates of our spirits and cross the threshold into a holy space where we will meet the God of Jubilee. It is a time to rest in quiet moments of reflection, remembering the goodness and lavishness of a generous Creator. It is a time to dwell in the holiness of Jubilee time so that we can then dwell in the holiness of ordinary time. Join us for prayer and Eucharistic Adoration.



COMMUNITY PICNIC AT ST. FRANCIS WOODS

Fun and creative outdoor activities!

All ages
All day event

JUNE 28

Reserve a blanket and pack your own lunch: \$10

Reserve a blanket and have a lunch packed and prepared for you: \$10 + \$10 per person/per lunch

Outdoor activities:

- Take a stroll through the beautiful acres of St. Francis Woods
- Go on a scavenger hunt
- Explore the unfolding story of life and the universe at the Cosmic Walk
- Enjoy a meditative walk at our Labyrinth

Register now:
FSSH.net/give

MINDFULNESS: MINDFUL SPEECH VIA ZOOM ON APRIL 14, 7:00-8:15 P.M.

Mindfulness is intentionally giving your full attention to the current moment without judgment. In this mindfulness hour, participants will be invited to focus on mindful speech. Our tongues can be the most difficult thing to control, but we can be by being mindful. Being attentive while speaking can lead to self-understanding and is one benefit from practicing mindful speech. In this session, participants will explore their speech behaviors and will be introduced to strategies for becoming a more mindful speaker. In our society, mindful speech can be a powerful tool for resolving disputes and building better relationships. Words matter. **Fee:** Donation
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.

A GLIMPSE INTO FRANKFORT CIRCLE OF ASSOCIATES



The Frankfort Circle meets on the second Saturday of the month at 10:15 a.m. in the MH library. Our March gathering focused on checking in with Honorary Associates, presenting the prayer bowl, and planning a day of reflection. A highlight included sharing signs of hope—reflecting on the images, people, and moments that inspire us. We found hope in the rhythm of the seasons, the delicate beauty of a snowflake, and the promise of new life emerging from the earth. Nature reveals God's presence, while acts of love and faith remind us that hope is alive in those who witness among us. Stories of redemption, like those in "The Three Men" Hallmark series, affirm that our lives are woven into something greater. And in Mary, we see a profound example of trust and divine promise, reminding us that even in the cold of winter, spring is on the horizon. The gathering was attended by 16 Associates and Sisters. - Pat Tomich, Assistant Associate Director

[Associate Application](#)

Facility Request FACILITY REQUEST FOR RETREAT GROUPS

815.464.3880

We have many spaces available to rent for retreat groups. Click the button at left to make a request on our Portiuncula Center for Prayer website.



PORTIUNCULA CENTER FOR PRAYER
Retreat and Holistic Center
... on the St. Francis Woods campus, home of the Franciscan Sisters of the Sacred Heart, Frankfort, IL


Private Retreat Day
Lent & Springtime: Renewal and Joyful Hope
See All Port Programs

Monday, April 7

Experience private, contemplative space and time at the Port on this day that includes opening prayer, theme, time for individual reflection, lunch, and a closing service.

Facilitator: Sr. Janice Keenan, OSF

To register, call (815) 464-3880 or go to <https://www.portforprayer.org/payment/>



PORTIUNCULA Center for Prayer Retreat and Holistic Center

All Port Programs

- [SOUL COLLAGE](#) - 04/01/2025 - 9:30 am - 12:00 pm
- [PRIVATE RETREAT DAY - LENT AND SPRINGTIME - RENEWAL AND JOYFUL HOPE](#) - 04/07/2025 - 9:30 am - 3:30 pm
- [MINDFULNESS: MINDFUL SPEECH via Zoom](#) - 04/14/2025 - 7:00 pm - 8:15 pm
- [SPIRITUALITY, INTUITION, AND WONDER SHINE THROUGH POETRY](#) - 04/29/2025 - 9:30 am - 12:00 pm

[About Religious Life](#) [Prayer Request](#) [Spiritual Direction](#)