



## Pondering by Sister Kathleen Anne Copp

Nest: our humanity built of dirt  
and dung and grass,  
yet a hallowed home if we will to be  
open to the God who seeks us,  
(who knows not what to seek);  
who hovers over the nest of our  
fragility, enriching our poverty  
with bright wings of grace.

So that we may be —  
a nest in which Divinity may rest.  
Love loves us; becomes One in us,  
One with us,  
One of us:  
Jesus



## Mass Schedule & Holy Hour

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

**Wed., Jan.1:** Solemnity of Mary, Mother of God at 9:30 a.m.

**Eucharistic Adoration: 4:00-5:00 PM on Wednesdays and on the First Friday of the month.** If using the wheelchair accessible front entrance, please arrive no later than 3:55 PM as the Front Desk will close promptly at that time. Otherwise, enter through the chapel parking lot doors.

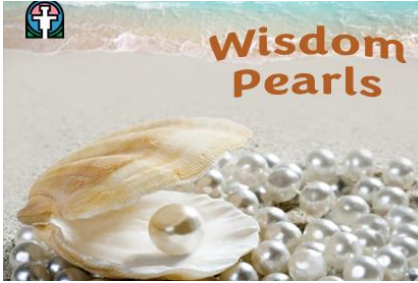
## Emptiness: A Franciscan Perspective by Sheila George

As we begin this new year, are you feeling “full”—fulfilled, grateful, and joyful? Be honest. Maybe you are feeling nothing—nothing but empty... of energy, of purpose, of connection, of faith. This, too, is the faith journey. We are not meant to travel alone on that journey, nor pretend that we are okay when we are not. Look deeply into that vast, open space and see it with new eyes. There is no clutter in emptiness. Nothing to keep you from moving forward. Only light and space and newness are ahead of you. Ask God to help you open your arms to the Spirit, stir those deep pockets of grief and pain that you hold so tightly to your chest and let them slowly pull away from you, rise and drift away. Let light and wind and space and calm swirl about you and through you and within you. Make space. A clean, bright, beautiful space where there is peace. Peace is not necessarily followed by happiness, which is a fleeting emotion, but instead a deep, abiding joy. Joy will find you when and where you make space for it. Embrace your emptiness!



## Jubilee: Pilgrims of Hope Prayer Service January 5, 2025, 2:00 p.m.

Pope Francis has proclaimed 2025 as a Holy Year, so we will gather at the beginning of this Jubilee Year as pilgrims of hope, eager to fan the flame of hope within us. We come as God’s people, bringing the dreams and hopes of our hearts. We ask the God of Jubilee for healing, for renewal, and for the grace to live Jubilee intently as a community of love.



John 6:1-5

“Andrew said, ‘There is a young boy here who has five barley loaves and two fish; but what good are these for so many?’ Jesus said, ‘Have the people recline.’ Now there was a great deal of grass in that place. So the men reclined, about five thousand in number. Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, also as much fish as they wanted. When they had their fill, he said to the disciples, ‘Gather the fragments left over, so that nothing will be wasted.’ So they collected them, and filled twelve wicker baskets with fragments.”

Lord, when I read this passage, I am reminded of the verse from the hymn [“Gift of Finest Wheat,”](#) which says, “You satisfy the hungry heart with gift of finest wheat.” Help me Lord to realize daily at the Holy Sacrifice of the Mass that you feed me with your Body and your Blood. Because I have been fed, I need to become like You. Help me to realize that with You, all things are possible!

*Sr. Dominic Dybel*



## Franciscan Spirituality Discussion Group

[Register](#)

Join us the **second Wednesday of the month**, Feb.-May 2025, **10:30 a.m.-12:00 p.m.** for a discussion on Franciscan spirituality. This year will focus on the life of St. Clare of Assisi. Bring a copy with you of *Light of Assisi: The Story of Saint Clare* by Margaret Carney, OSF and register on our website, [fssh.net](http://fssh.net).

## Facility Request for Retreat Groups

We have many spaces available to rent for retreat groups. Call 815.464.3880 for information or go to the form at the button below to make a request.

[Facility Request Form](#)

## Spiritual Direction

Being companioned on your spiritual journey by a trained spiritual director offers the opportunity for ongoing spiritual growth. Spiritual Direction is an hour-long session, usually scheduled monthly and offered in-person, by phone, or over Skype, Duo or Zoom.

**Time:** Call for appointment **Fee:** \$55

Reduced rate of \$40 if on retreat at St. Francis Woods.

Maria Brizuela, OSF	815.325.4183
Mary Barbara Hassler, OSF	847.502.6637
Norma Janssen, OSF	815.545.0183
Janice Keenan, OSF	815.469.4883
Lovina Francis Pammit, OSF	<a href="mailto:Lovina.Pammit@fssh.net">Lovina.Pammit@fssh.net</a>
Nancy Roberta Schramm, OSF	224.565.1460
Joyce Shanabarger, OSF	847.769.7372
Mary Shinnick, OSF	815.464.3807

[Spiritual Direction](#)



**PORTIUNCULA Center for Prayer  
Retreat and Holistic Center**

[All Programs](#)

- [PRAYING WITH COLOR](#) - 01/07/2025 - 9:30 am - 12:00 pm
- [AN AFTERNOON WITH MURRAY BODO SHARING POEMS AND INSIGHTS INSPIRED BY FRANCIS AND CLARE via Zoom](#) - 01/12/2025 - 1:30 pm - 3:30 pm
- [WOMEN'S SACRED SPA: "WINTER GLOW FROM INNER BEAUTY"](#) - 01/25/2025 - 9:00 am - 4:00 pm

## Hermitages

Simplicity and solitude are the hallmarks of our hermitage retreats. Each of our five dwellings are designed for you to relax, meditate, pray, and find inner peace. Many hermits include spiritual direction and massage therapy as part of their retreat. Advance appointments are needed for these services. Call 815.464.3880 to schedule your hermitage retreat or go to [Contact Us](#) to email your request.