

Franciscan Spiritual Center

Peace. Presence. Community.

September thru January, 2019/20
Spiritual Programs to Bring Aliveness



Franciscan Spiritual Center
2512 SE Monroe St
Milwaukie, Oregon 97222

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Email: info@francisspctr.com
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About the Franciscan Spiritual Center

For over twenty years, the programs and resources offered by the Franciscan Spiritual Center have deepened the contemplative spirit. Rooted in Gospel values and the prophetic spirit of St Francis and St Clare, and we are enriched by the contemplative wisdom of other religious traditions.

Our program offerings follow four themes from the witness of St Francis and St. Clare of Assisi:

- Spirituality and Centering oneself in God's Extravagant Love
- Programs on peace making and interfaith connections
- Spiritual leadership and the renewing of faith communities
- Ways of simplicity and embracing creation

We are a Center of simple beauty and kind hospitality, inviting you to:

- come to one of our excellent programs detailed in this program guide
- meet with one of our trained spiritual directors
- come for a personal retreat using our day rooms or overnight accommodations
- sign up for one of our pilgrimages or our training programs
- come visit our bookstore and gift shop
- take a meditation class or visit the meditation room.

Living with open hearts, and deep reverence and care for all people and creation is essential in our often challenging, fearful and anxious world. If you yearn for inner peace and peace in our world, if you desire an experience of God's affirming and forgiving presence, if you long for a community of encouragement and compassion, we invite you to join us soon and often.

The Franciscan Spiritual Center is a sponsored ministry of the Sisters of St. Francis of Philadelphia who have had a ministry in Portland since 1943.

S T A F F

Rev. Larry Peacock, Director	lpeacock@francisspctr.com
Sr. Mary Jo Chaves, OSF	mjchaves@francisspctr.com
Sr. Celeste Clavel, OSF	cclavel@francisspctr.com
Paula Gamble-Grant	paulag@francisspctr.com
Michelle Kroll	info@francisspctr.com
Mark Lesniewski	markl@francisspctr.com
Stori Long	storil@francisspctr.com
Rev. Eileen Parfrey	eparfrey@francisspctr.com
Tom Welch	twelch@francisspctr.com

Letter from the Director:

On a long trip to Wyoming, I did the traditional summer thing – read books! Staff joke about the pile of books on my desk that seems to grow taller, but I can heartily recommend two books:

It is Giovanni and the Camino of St. Francis by James F. Twyman, a wonderful novel that weaves walking to Assisi, stories of St. Francis and contemporary angst about choices made in life.

“Francis saw something in people they couldn’t see in themselves, “ Giovanni said. “He saw a light the world could never understand. You can call that Christ if you want or call it love. It doesn’t really matter what words you use because they’re really the same thing.”

As Giovanni walks with a troubled Anna on the road to Assisi, she begins to understand the pull of St. Francis, Assisi and the God wo believes in us even when we are filled with doubts and questions.

It is a good read and might make you want to go to Assisi with us or go on one of our walking pilgrimages to Lindisfarne or the Cathedral of Santiago.

The second book is Falling Upward: A Spirituality for the Two Haves of Life by Richard Rohr. I’m still reading it, but it is filled with wisdom whereby we can “transcend & include” the tasks of the first half of life as we move to maturity where we can be “forgiving, compassionate and radically inclusive.” We certainly need more of that trinity in our nation & world, and I look forward to reading more.

We are grateful the Center can accompany individuals wherever they are on their journey. Through spiritual direction, our training programs, our retreats and pilgrimages detailed in this booklet, we seek to be good companions with you on the journey.

I look forward to greeting you here or walking on some Camino.

Peace & every good,



Larry Peacock



P.S. I hope you will meet and introduce yourself to our newest staff member, Stori Long, our new marketing and social media coordinator. We are excited to welcome her to this ministry. She is a delight!



*Join us on the Journey
Creating Peace, Presence and Community*

Join us for this **Doubly Great Evening** as **You** have the opportunity to bid on some great vacation packages, baskets and art and more **plus**, at the same time, support the ministry of the Franciscan Spiritual Center.

How about 7 Days in Cortona, Italy or a week in Mexico? Or, a Timbers game in the new suites at Providence Park or 2 nights at a Cannon Beach house, or a trip to see Hamilton in Chicago? All will be in our live auction.

We have art from local artists, gift certificates to Float North, Allison Hotel, A Cena Restaurant, Portland Spirit, handmade quilts and rugs, a Willamette Valley Vineyards VIP Tour, and many baskets. This and much more in our silent auction.

Plus, experiences like a Day of the Dead Party, workshops on glass making, card making or wreath making. Or, a Vietnamese Dinner for 8.

Funds raised at the auction will be used to support our programs and create **a new outdoor labyrinth**, a walking prayer and meditation path for use by our guests and the community. For over 60 years, the Sisters of St Francis of Philadelphia have provided a place of hospitality and beauty and offered guidance and resources to nurture the spirit, strengthen the heart and kindle compassionate action. Your gifts and support touches lives. Thank you.

Tickets - \$65 per person. Includes a generous two entre buffet, passed appetizers, a no host bar, Missionary chocolates and live music.

<https://francisspctr.ejoinme.org/registration19>

Join us in creating peace, presence and community!

September Programs

Mindfulness Meditation

Mindfulness meditation is a gift we give ourselves. By simply learning to follow our breath, notice our thoughts and gently return to the breath in a small group nestled in the deep peace of the Franciscan Spiritual Center our lives can change. We become more peaceful, more joy filled and more energized by the stillness and the loving energy created in the group silence. All faiths and all traditions are welcome. A 6 week session begins every 7 weeks. Many in the group continue on and look forward to welcoming new members. No experience is needed. Mindfulness Meditation is ongoing through December.

Date: Starting Tuesday September 3rd

Time: 10:00am-11:00am

Leader: Claudette Pelletier

Cost: \$50 for series



UNIVERSAL CHRIST Book Discussion Group

What difference does it make in our world that “Christ” is not Jesus’ last name? Does an understanding of “God everywhere in all things” have any meaning for the 21st Century Pacific Northwest? Franciscan Richard Rohr unpacks his understanding of the implications of these questions his book, “The Universal Christ.” Indeed, he considers the implications so important that he subtitles the guide to his book, “How a forgotten reality can change everything we see, hope for, and believe.” Join our facilitated group study of this book to see where you stand on these issues. This will be an every-other-week series of eight sessions.

Date: Begins September 4th

Time: 1-2:30pm

Leader: Eileen Parfrey

Cost: \$80 for series



Engaged Mysticism

Group members will meet monthly to discuss writings by, and about mystics and mysticism and share how the readings have impacted them and moved them to engage in the world. Readings will be short so that members have time to delve into the spirit of writings and let the writings sink into their hearts. The first book will be “Meister Eckhart; A Mystic Warrior for Our Times,” by Matthew Fox

Dates: Starting September 17th, 3rd Tues. of the month

Time: 1-3pm

Leader: Mark Lesniewski

Cost: \$60-80 sliding scale for series



APPRECIATION TEA

Join us on **Sunday afternoon, September 22 from 3-5 pm** at the Center as we honor and give thanks for the healing touch ministry of Sister Emma Holdener. For nearly 20 years Sr. Emma has offered and blessed many with massage, reflexology and Qi Gong. Join us to thank “our dear Emma” and wish her well in her retirement. We will have light refreshments throughout the time and a brief liturgy of thanks at 4 pm. Come join us.

More Programs

Zentangles as Spiritual Practice

What on earth are Zentangles? Zentangles are a creative, free form expression of art that put us into a meditative zone. More than doodling, Zentangle creation is a focused form of art with the intent of expanding our creativity and opening our minds to the spirit. This art process is fun, enlightening and healing. We'll create several Zentangles that can be added to journals, taken home as art or turned into cards. You'll be impressed with what you can create – even if you don't consider yourself an artist. All supplies will be provided.

Date: Wednesday September 25

Time: 9:30-3:30pm

Leader: Denise Anderson

Cost: \$55-85 sliding scale



S.C.R.A.P.: Spiritual Creative Restorative Art Pilgrimage

We suggest the means of creative expression as a spiritual practice. The invitation here is for participants to experience new, LOCAL resources for re-purposed materials suitable for art-making and crafting. Surfing on the synergy of a creating community, we'll seek out and "harvest" materials to create individual altars. The day's activities will include a "field trip" to a carefully-curated local materials source, then a return to the Center for a sack lunch followed by a time of creating and playing. As part of this event, we'll offer an opportunity for a surplus materials exchange from personal stash. The day will end with a community dinner comprised of a cold salad version of Stone Soup, followed by a time of sacred sharing and blessing one another's altars.

Date: Saturday September 28th

Time: 9:30-7:30pm

Leaders: Eileen Parfrey, Val Hornburg & Michelle Kroll

Cost: \$75-100 sliding scale



Honor the "Autumn of Life" through the Gospel Wisdom of Matthew

Reflect upon and honor the "Seasons" of your life through a year-long Labyrinth series; walk the labyrinth while accompanied by the Gospel wisdom of Matthew (Fall), Mark (Winter), John (Spring), and Luke (Summer). Events in our lives are not walled off like separate rooms in a house. The labyrinth allows for the integration of life events into the whole of life. All move around one another participating in life's next turn just as the labyrinth offers many turns before the center is reached. One may attend all four retreats or come to one as a stand-alone retreat day. Come celebrate the "whole of you" through these days of quiet reflection, labyrinth walks and gospel wisdom.

Date: Wednesday October 2nd

Time: 9:30-3:00pm

Leader: Dorothy Charbonneau

Cost: \$55-85 sliding scale (per session)

More October Programs

Spiritual Direction as a Sacred Exchange

As spiritual directors we are about being present and holding very still in order to be like a mirror that faithfully reflects how another is aware of the divine. It is a sacred holding of the essence of another's spiritual journey. We invite spiritual directors from around the area to gather to explore spiritual direction creatively and contemplatively as that solitary journey we can never take alone. The day will be a retreat with time to engage in contemplative prayer, dialogue and creative expressions of the call to be a spiritual director.

Date: Friday October 4th

Time: 10am-3pm

Leaders: Sr. Mary Jo Chaves & Rev. Eileen Parfrey

Cost: \$55-85 sliding scale



Francis and the Wolf of Gubbio:

A lesson in peacemaking for our times.

St. Francis and the Wolf of Gubbio is a beloved and meaningful legend from the life of Francis. Participants will be invited to participate in the retelling of the legend of Francis' "taming" of the great beast that was threatening the people of the village of Gubbio. Aspects of peacemaking and reconciliation—in the world, in families, and in ourselves—will be examined through the lens of the example of Francis, and ample time will be allowed for personal reflection.

Date: Thursday October 10th

Time: 1-3:30pm

Leader: Tom Welch

Cost: \$25 per person



Milwaukie Historical Walk

Milwaukie was settled by pioneers coming West on the Oregon Trail in the late 1840s and early 1850s. The first settlers established lumber and grist mills and later several families established prosperous fruit orchards. Milwaukie and other Willamette River settlements lost out to Portland in the competition to become the major city on the Willamette by the early 1860s.



Through most of the 19th century, Milwaukie was a semi-isolated rural enclave that depended on the ferry or rough wagon trails for connection to Portland and other communities. Milwaukie as a community did not grow until the coming of the electrified interurban in the 1890s. The early 21st century has brought more residential growth and the beginnings of downtown re-development with the arrival of Orange Max light rail.

Dates: Saturday October 5th

Time: 10am-12pm

Leader: Eric Wheeler

Cost: \$25 per person

Franciscan Spiritual Center www.FrancisSpCtr.com

Register: 503-794-8542

More October Programs

Engaged Mysticism

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Dates: October 15th

Time: 1-3pm

Leader: Mark Lesniewski

Cost: \$60-80 sliding scale for series



Breathe, Create & Pray

Drawing on the theme, "Caring for Creation," we will begin our time with quiet reflection followed by the creation of no-fail collaged prayer cards & journals. Afterwards, we will explore how these icon-like images can deepen our experience of prayer. No artistic experience necessary. Quiet, contemplative, prayer-time together. All materials provided. Limit 12 participants

Date: Wednesday October 16th

Time: 9:30- 3:30pm

Leader: Val Hornburg

Cost: \$65-95 sliding scale
(includes materials fee)



Dreams: Portal to the Inner Life

In this program we will learn to relate to our dreams in ways that take us beyond just dream “interpretation” into deeper relationships with our inner lives. Participants are asked to bring at least two dreams that they have remembered and/or written down. We will also explore how to see our waking lives as “but a dream.”

Date: Wednesday October 23rd

Time: 10am-3:30pm

Leader: Mark Lesniewski

Cost: \$55-85 sliding scale



Active Hope: Franciscan Contemplation for Troubled Times

The challenges we face in today’s world can be difficult even to think about—climate change, gun violence, mass extinction, social and political upheaval. Active Hope shows us how to strengthen our mutual capacity to face this crisis so we can respond with resilience and creative power.

Dates: Saturday October 26th

Time: 10am -3pm

Leader: Pam Wood

Cost: \$55-85 sliding scale



More Programs

Contemplative Yoga

If you are longing to take a step away from the frenetic pace of life or if you are at a cross-road in your life and don't know which way to turn, this one day retreat is for you. We will embrace the riches of Sabbath as we discover the wisdom of our bodies as a source for spiritual discernment. We will use yoga, meditation, breath work, deep listening, and journaling to help us discover our deep joy, wisdom and creativity.



This program is for folks who are curious about yoga as well as those who have a regular practice. The practices will be gentle for beginners and deepening for yoginis.

Date: Wednesday October 30th

Time: 9:30am- 3:30pm

Leader: Beth Estock

Cost: \$55-85 sliding scale

Cultivating Health Through Mindfulness

Is your lifestyle energizing? As a professional, what will support your taking leadership over your health? Life and work are full of challenging decisions. As professionals, we hold responsibility for ourselves and our clients. Given stressors, sometimes we need new tools to *resetting* our nervous systems. Join me for this one-day workshop, that will provide proven mindfulness and lifestyle practices for sustaining healthy power.



Date: Wednesday November 6th

Time: 9:30am-4pm

Leader: Teddy Gardner

Cost: \$55-85 sliding scale

Iconography Workshop

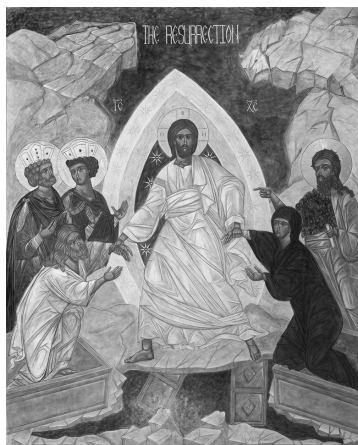
This workshop will provide a hands-on experience of writing and praying with icons. The presentation gives an overview of the development of icons, their meaning and discussion of how they are used for prayer. Participants will be guided through a simple experience of writing an icon by doing a value study or black and white drawing of a holy image.

Dates: November 13 & 14th

Times: 9:30am- 3:30pm each day

Leaders: Kathleen McDonnell, Sue Graves, Anne Sekul, Michelle Crislip

Cost: \$120 – 150 for two day retreat (includes materials)



More November Programs

Creating a Personal Shrine

There was a time when people perceived the sacred in every place. As our lives have become more hectic and purpose-driven, we've lost touch with that sense. A personal shrine is one way to not only evoke the sacred in the daily-ness of our lives, a personal shrine can express our personal spirituality and become a creative exploration of the sacred in the mundane. A shrine can be a memorial to a person or event, it can refocus our understandings of the divine. Using paper, sparkly things, objects from nature, and personal memorabilia, we will create a shrine as deeply personal as our own vision of the sacred.

Date: Saturday November 16th

Time: 9am-3pm

Leader: Eileen Parfrey

Cost: \$55-85 sliding scale



Engaged Mysticism

Group members will meet monthly to discuss writings by, and about mystics and mysticism and share how the readings have impacted them and moved them to engage in the world. Readings will be short so that members have time to delve into the spirit of writings and let the writings sink into their hearts.

Dates: November 19th

Time: 1-3pm

Leader: Mark Lesniewski

Cost: \$60-80 sliding scale for series



Dark Night and the Resurrection of the Soul

Everyone experiences hardships, and painful times that can be referred to as "dark nights," but what constitutes a "dark night of the soul?" In this program we will explore the elements that make up a true dark night of the soul and how we can soulfully cooperate with this divine movement that has historically led people of all backgrounds to awaken to greater inner vision and spiritual courage. (This is a follow-up to previous Dark Night presentations.)

Date: Wednesday November 20th

Time: 10am-3:30pm

Leader: Mark Lesniewski

Cost: \$55-85 sliding scale



Labyrinth Walk for Healthcare Professionals

The labyrinth is a sacred design that has been present in many cultures across continents for several millennia. Walking a labyrinth can be a powerful form of prayer, meditation, clearing of the mind, and finding one's center. This mini-retreat will provide busy healthcare professionals a chance to slow down, journey to their core, and revisit the call they received to become healers. Tom, a physician, spiritual director, and Veriditas®-trained labyrinth facilitator, will present a brief introduction to the labyrinth followed by time for walking the 7-circuit indoor canvas Medieval Labyrinth.

Date: Thursday November 21st

Time: 6:30-9pm

Leader: Tom Welch

Cost: \$25-55 sliding scale



Advent Programs

Advent Taizé

Join us this Advent season for a contemplative experience of Taizé prayer where musical phrases are repeated over and over to quiet the mind and heart in order that the song may become prayer. The ebb and flow of chanting and silence is enhanced by a scripture reading and prayer around the cross.

Dates: Friday December 6th

Time: 7-8:30pm

Leader: Sr. Mary Jo Chaves & Sr. Celeste Clavel

Cost: Donation



Journey to the Crèche - 2019

A Franciscan Advent Series of Retreats

Drawing on the theme and using Larry Peacock's book entitled, *The Living Nativity*, we will gather for three Wednesday retreat mornings during Advent. During each retreat (attend singly or the whole series) we will spend time around a theme from the book, spend time in quiet prayer & reflection, then use a different form of no-fail creative expression to close our mornings. Sharing lunch together on December 18th.

Wednesday Dec 4 9:30- noon
Francis and the Christmas Crèche
Creative Expression: Soul Collage ® Cards



Tuesday Dec 10 9:30 – noon
Making Room at the Crèche
Creative Expression: Manger or clay figures

Wednesday Dec 18 9:30 – 1:00
Sharing the Nativity with Others
Creative Expression: Cards & letters

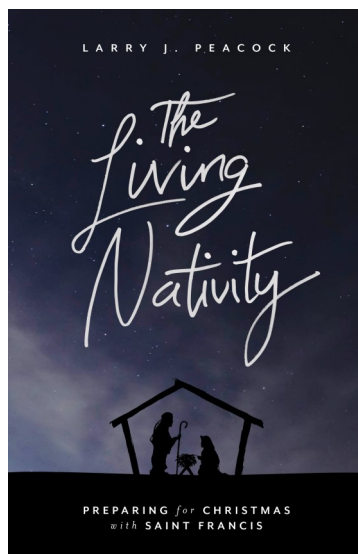
Pricing includes copy of *The Living Nativity* (\$13)

Single retreat \$40-55 (includes book)

\$35-50 without book

Series – all three and book = \$100- 145

Leaders: Val Hornburg and Larry Peacock



More Programs

Engaged Mysticism

Group members will meet monthly to discuss writings by, and about mystics and mysticism and share how the readings have impacted them and moved them to engage in the world. Readings will be short so that members have time to delve into the spirit of writings and let the writings sink into their hearts.

Dates: December 17th

Time: 1-3pm

Leader: Mark Lesniewski

Cost: \$60-80 sliding scale for series



St. Francis Goes to Hollywood

Imagine if St. Francis of Assisi could travel through time and tell the story of his life! This is the premise of a new musical being performed by NY Times bestselling author and Peace Troubadour James Twyman. In fact, James will be performing the "Brother Sun, Sister Moon" musical off-Broadway in New York for two weeks in February, 2020, and he kicks off his US tour right here at FSC on January 4. During the cross-country tour he will imitate St. Francis as closely as possible, traveling without money and in complete trust for rides, food and support. Don't miss the opportunity to join us for the launch of this amazing project.

Date: January 4th, 2020

Time: 2-4pm

Leader: James Twyman

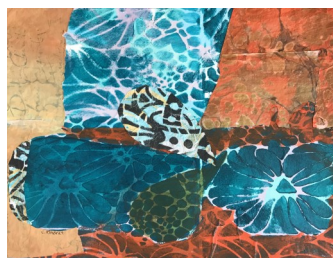
Cost: \$20-40 sliding scale



ART SHOW

September/October Artist: Chris Kondrat

Chris uses all aqueous media, approaching it with energy and playfulness. She starting painting with watercolor about 15 years ago and first exhibited her art in 2010. Since then she explored acrylic, collage and mixed media. She exhibits monthly at Village Gallery of Arts in Cedar Mill, where she is currently a member, and also belongs to the Watercolor Society of Oregon.



This exhibit includes a variety of subjects because Chris tends to paint what she likes, while being open to trying new things, Her paintings includes themes that are landscapes, still life, abstracts, and flowers, often with a whimsical colorful quality. She has the most fun and creativity when telling a story with her artwork.

Come and visit the gallery Monday thru Friday from 9am-4pm

November/December: Ken Mazzochi

January/February: Melinda Jackson

Meet the Leaders



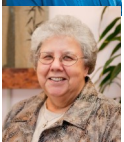
Rev. Denise Andersen is an ordained minister who has been leading Art and Spirit Circles for 25 years while being a parish pastor in Milwaukie and Chicago. From large rain gardens to tiny garden altars, she has been designing exterior sacred spaces for three decades. She is an active retreat and workshop leader covering topics from creative journaling to designing sacred spaces.



Dorothy Charbonneau served as a Franciscan Covenant Program volunteer at the San Damiano Retreat Center in Danville, CA. She completed her Labyrinth Facilitator certification with Dr. Lauren Artress through Veriditas based in Petaluma, CA. She has given several Labyrinth Retreats at San Damiano during Lent and at other times during the year. She is also a member of the Franciscan Companions group at the FSC.



Sr. Mary Jo Chaves is a spiritual director and retreat leader who offers retreats and workshops to parishes, co-leads a Franciscan Pilgrimage to Italy every other year and coordinates the Franciscan Hermitage Experience. She is the director for the two year Franciscan Spiritual Director Training Program.



Sr. Celeste Clavel is the business manager for the Center and a professional musician at a local Catholic parish. She loves leading Taize prayer times with members of her choir. She takes pride in our mission of providing a place of comfort and guidance to the community.



Rev. Beth Ann Estock is an ordained elder in the United Methodist church, a yoga instructor, writer and an executive coach. Her most recent book, "Discernment" weaves a tested framework for innovation called Theory U with stories from the Book of Acts to help people access the practice of discernment for their everyday lives. www.bethestock.com



Teddy Gardner, M.Ed., PCC, WHE is a certified Executive Coach and Whole Health Educator whose expertise with mindfulness based practices is woven into all aspects of her business, Partnership-Works www.partnership-works.com. She is an insightful coach and health educator who empowers others to embrace change as an ally for personal and professional development. With a background in rehabilitation counseling and over 10 years facilitating mindfulness-based practices, Teddy brings a diverse depth of experience to her work. This program is based on teachings from Mindfulness Based Stress Reduction.



Val Hornburg is a trained SoulCollage® and labyrinth facilitator and loves offering retreat and creative expression experiences for people of all faiths. In love with all things Francis and Clare and with a deep devotion to Mary, Val seeks to offer companionship to people on their spiritual journeys. She completed the Franciscan Spiritual Center's spiritual direction training this year and happily serves on the FSC Advisory Board.

Meet the Leaders



Mark Lesniewski- After some life changing mystical experiences in the early 1980's Mark Lesniewski entered a Catholic seminary. This was followed by Franciscan formation, chaplain and spiritual direction studies, marriage and family, learning meditation and other mindfulness practices, time in Native American, Quaker, and Episcopal communities, and 30 years of service to people experiencing poverty, mental and physical illnesses, and incarceration. In 2013 he received a Master's Degree in Contemplative/Buddhist Psychotherapy from Naropa Univ.



Eileen Parfrey is a spiritual director and retreat leader. As a retired Presbyterian clergywoman and through spiritual direction training at Namaste in Portland, she has an appreciation for the varieties of ways in which people define and express their search for God. She is one of our pilgrimage leaders and has walked the Camino 3 times.



Camino.

Rev. Larry J. Peacock is the Director of the FSC. He has led retreats and workshops for groups and churches across the country and is the author of *Openings: A Daybook of Saints, Sages, Psalms and Prayer Practices* and *The Living Nativity*. He pastored United Methodist churches in England, MI, and CA before moving to MA to become Executive Director of Rolling Ridge Retreat Center. He is trained as a spiritual director and has made pilgrimages to Assisi, Iona & Taizé & walked the



Claudette Pelletier enriches every session with her personal wisdom, gained over a lifetime of deeply integrating body, mind and spirit. She has explored numerous forms of meditation and knows from direct experience that a meditative practice helps create joy, peace, healing and personal growth as one simply quiets the mind, breathes consciously and observes one's thoughts.



James Twyman is an internationally renowned, best-selling author, filmmaker and musician who has a reputation for traveling to some of the world's greatest areas of conflict, sharing his message of peace. He has been called "The Peace Troubadour" and has performed his peace concert in countries like Iraq, Northern Ireland, South Africa, Bosnia and Serbia, drawing millions of people together in prayer to influence events of world crisis. James is also a member of the Order of Franciscan Hermits.



Pam Wood is a counselor and facilitator working with faith communities to deepen our connection with the Earth through experiential and interactive processes, reflection, Catholic social teaching, ritual, art and music. She is an art therapist, school counselor, and the co-author of "Care for Creation: A Franciscan Spirituality of Earth" (St. Anthony Messenger Press, 2008).

Spiritual Direction Ministry

Spiritual direction is at the core of our ministry and we accompany nearly 80 people each month in their relationship with God. We are blessed to do this work and invite you to call us. Most spiritual direction happens at the Center M-F from 9-5, though we have an additional meeting site in NE Portland and some directors do phone or Zoom conversations and some do evening and weekend hours.

Additionally we offer:

- Spiritual Direction Training– a well respected 2 year program, begins 9/2020
- Peer Supervision for current directors
- Continuing education for directors– see October 4th program
- Coaching in contemplative practices
- Spiritual Leadership Program
- Gather, Ground, Grow

SPIRITUAL DIRECTION

Spiritual direction fosters an individual's personal, intimate relationship with God. It is companionship given to one person (the directee) by another person (the director) which enables the directee to pay more attention to God's presence and activity in his or her life. By appointment only and has sliding fee structure of \$60-100 per hour.

Spiritual Directors:

Sr. Mary Jo Chaves, Paula Gamble– Grant, Mark Lesniewski,
Larry Peacock, Eileen Parfrey & Tom Welch

INDIVIDUAL SUPERVISION FOR SPIRITUAL DIRECTORS

Individual Supervision: For experienced spiritual directors who would like to participate in individual supervision. The participant brings focused questions, reflections, and verbatim as they relate to the practice of giving spiritual direction. The supervisor shares their insights and questions to assist the director in understanding the director's call to the ministry of spiritual direction. By appointment only and has sliding fee structure of \$60-100 per hour.

Leaders: Sr. Mary Jo Chaves, Paula Gamble– Grant, Mark Lesniewski

SPIRITUAL DIRECTION TRAINING PROGRAM

A 2-year training program, based on Franciscan values, begins September 2020. The enrollment is open. We welcome your interest– email Paula at paulag@francisspctr.com for more information.

We have spiritual directors who can accompany you in your time of discernment. We also recommend our *Spark! Leadership Program* or participation in a *Franciscan Hermitage Experience*– silent retreat.

FRANCISCAN HERMITAGE EXPERIENCE



Franciscan Hermitage Experience is a Four Day Silent Retreat on the lovely wooded grounds of Alton Collins Retreat Center that provides the opportunity for people of all faith traditions to enter deeply into the presence of God through the spirituality and guidance of St. Francis and St. Clare. "To sit at the feet of Jesus" (Luke 10:39) is the invitation for each person who participates in the daily rhythm of prayer, eating, silence, teaching, and sharing.

Franciscan spirituality and insights will be shared through song, scripture, reflections, readings, poetry and faith sharing. You will discover a supportive community in the shared silence and the wisdom of Francis and Clare.

Dates: November 22-25, 2019

Time: 5:00pm, Friday thru Monday at 4:00pm

Cost: \$550—\$650 sliding scale (scholarships are available)

Leaders:

Sr. Mary Jo Chaves, OSF, Connie Isgro, Eileen Parfrey and Michelle Kroll

Place: Alton Collins Retreat Center, Eagle Creek, OR

Private rooms at Alton Collins. Scholarships available

Your gifts beyond the costs enable others to participate.

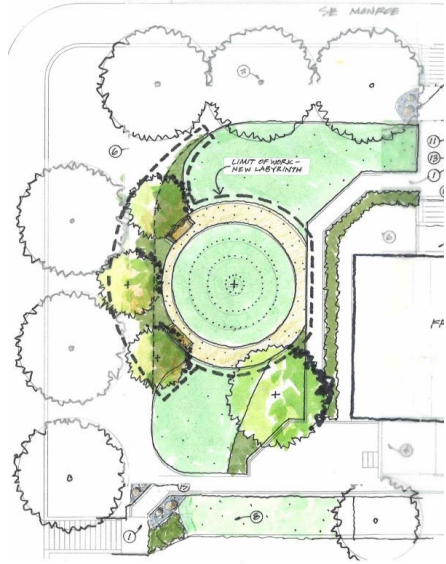
We Walk in Beauty

Phase two of our landscape and garden project, is the creation of an **outdoor labyrinth** and garden area.

This circular path is to be nestled under the trees on the western side of the front yard. The seven circuit path will be surrounded by new plantings, benches and a gravel path. We are working with PLC landscapers, who did our Peace Garden, and Fertile Ground, Labyrinth designers to accomplish the renewal of the welcoming landscape.

We welcome your financial support to do this project. We have a \$3000 matching grant so your gift can be doubled immediately!! Call Director, Larry Peacock to learn more.

We also have two benches available for a naming opportunity – as a memorial or honoring of someone special. Your \$750 gift can place a name on one of the benches.



Thank you for your support.

On June 7, we dedicated the new **Peace and Meditation Garden** and since then it has become a favorite sitting and resting place, even a place for a quiet lunch. There is almost always something blooming, the birds are singing and the breezes cooling. Thank you for making it possible.

ESTATE PLANNING

***Have you added the Franciscan Spiritual Center to your will or estate planning?
Call us for information.***

Upcoming Pilgrimages



St. Cuthbert's Way 2020 ~ A Celtic Pilgrimage in Britain

May 27 – June 5, 2020

St Cuthbert's Way, billed as "some of the best walking in England" and "one truly fantastic trail," moves from Scotland into England, through stunning landscapes, points of historical interest, quaint border villages and natural beauty. The 60 mile walk named for him was only officially opened in 1996, although the holy sites it connects have been venerated since Cuthbert's lifetime in the 7th century. We will be walking with the memory of Celtic saints along ancient paths. A local guide will accompany us and luggage transfer between lodgings is provided.

10 days, including 2 days in Edinburgh and 7 on the walk. Land package - \$2995 double occupancy, \$3595 single. **Deposit of \$500 needed by February 12, 2020.**



Camino de Santiago – Portuguese Way

September 22- October 2, 2020

The Camino de Santiago included many paths from several directions that all ended at the Cathedral of St. James in Santiago. Our 2020 Camino experience approaches Santiago from the south, known as the Camino Portuguese. This 65 mile portion of the Camino, which was used by Queen Isabel of Portugal in the 13th Century, heads north following the Atlantic coast of Portugal and Spain, gently winding along ancient paths, running through woodlands, villages, farmlands, vineyards and historic towns. We will be staying in tourist class and 3 star hotels along the Camino plus hotels in Barcelona at the beginning and end of our walk. Includes, local guide, breakfasts and dinners and luggage transfer between hotels on the Camino. **Reserve your place with a \$500 deposit by June 9, 2020.** Land package – less than \$3700 TBD (single and double occupancy available)

Meditation Space & Practice

One on One Meditation Coaching

Participants will receive individualized meditation instruction from FSC staff member, Mark Lesniewski, to either develop a meditation practice or invigorate and enhance an existing practice. They will then sit in silent meditation, which will be followed by reflecting with the instructor on their experience of the meditation session and will receive suggestions for their home practice. Individual instruction can provide the fine tuning and individualized feedback that usually is not available in classroom or online courses.

Meditation Classes

A weekly series of classes taught by Claudette Pelletier. You will learn simple techniques to quiet your mind, to observe and release the thoughts that stress your body, as you practice looking at life from a higher perspective.



Meditation Space

Sometimes we call it the “Upper Room,” other times we refer to it as a “poustina” the Russian word for a prayer space, or it is “that room” in the attic. Whatever the name, we have created a simple space in the attic with an altar, an oriental rug, soft lights and prayer benches and cushions for people to meditate and pray.

People who come for spiritual direction or retreats, guests and staff have discovered this sweet space for solitude and prayer.

You are invited to come and pray, sit or meditate.

Individualized Guidance in Contemplative Practices

Contemplative practices help us to cooperate with grace in the dissolving of our inner obstacles to loving more freely and fully. Participants will receive personalized practices based on one-on-one discussions with the instructor, Mark Lesniewski. Ongoing appointments are encouraged to address questions that come up in practice, and to make adjustments as the practitioner evolves.

Franciscan Companions

Franciscan Companions is an inspiring, energetic group of about 30 women and men from diverse faith traditions who desire to grow in understanding their Franciscan hearts. They are the associates for the Franciscan Sisters' Community that sponsor the Center. At the Companions monthly meetings they gather to enjoy one another's company, to reflect on Franciscan themes and to learn more about supporting the Sisters community and their place in it. The heart of the time they spend together monthly is faith sharing where each person in a small group shares their intentions for prayer as well as their reflections on the theme for the month. One companion commented that this monthly meeting vitally nourishes her own faith journey as she grows in living the spirit of Francis and Clare in today's world.



First Tuesday evenings 6:00pm September to June
Email Sr. Mary Jo Chaves to join~ mjchaves@francisspctr.com

Personal Overnight Retreats

Our Center, an urban Franciscan sanctuary, has 2 bedrooms available for personal overnight mini-retreats. We invite you to take the opportunity to enjoy our Franciscan hospitality and to gift yourself with time for silence, solitude and rest.



Spiritual direction and private meditation are available during your stay. Arrangements should be made with FSC **prior** to your stay. You may also want to take advantage of the programs that are offered on premises during your stay.

Cost: \$65 per night (meals not-provided)

*spiritual direction is \$60-100

One night deposit required to reserve your time.
Remainder is to be paid upon arrival.

To reserve time for retreat please contact Michelle at 503-794-8542.

Meeting Spaces

Choose the Franciscan Spiritual Center for your next meeting, seminar or retreat.

- A completely restored 1910 grand mansion in the heart of Milwaukie
- Large conference room for up to 30 people
- Complimentary Wi-Fi and presentation equipment
- Informal living room for small groups or a break out room
- Dining area for snacks or catered meals
- Continuous beverage service
- Professional hospitality staff
- Outdoor benches and table (seasonally)
- Bookstore and gift shop
- Two blocks from the Max Orange Line and convenient bus lines
- Air conditioned
- 4 miles from Portland
- free parking
- Staff available to lead retreats

Call for availability.

Testimonial:

We are quite fortunate to have available to us the retreat facilities at the Franciscan Spiritual Center. Such a place as this, is not easy to come by. The sacred air, the various sizes of rooms, the kitchen and dining facilities, the welcoming and accommodating staff, the available technology, and the comfortable, yet professional atmosphere present a unique and synergistic place to gather for the deeper work. Our staff and group members love it!

In addition to the programming and Spiritual Direction offered at FSC, sharing their beautiful space is a blessing for our Portland community!

~ Karen Beal, JVC Northwest



Directions to:

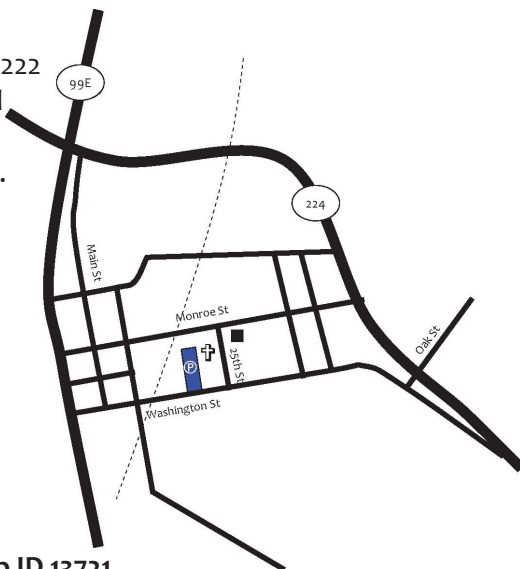
Franciscan Spiritual Center,
2512 SE Monroe St, Milwaukie, OR 97222
Located on the corner of SE 25th and
SE Monroe St in Milwaukie.
It is a 2 story yellow and white house.

Trimet Buses: Closest are:

#33 Stop ID#7124

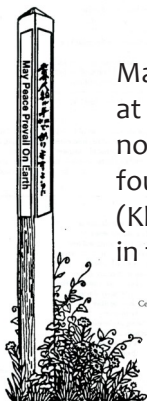
#29 Stop ID#6153

**Buses: 28, 29, 30, 31, 32, 33, 34,
70, 99, 152 all stop at Stop ID#8225
which is 5 blocks from our location.**



Orange Line– MAX

Milwaukie/Main St MAX Station Stop ID 13721



May Peace Prevail on Earth. This prayer greets you when you arrive at the Center and blesses you as you leave. Thanks to generous donors, we have purchased a four sided Peace Pole with the prayer in four languages: English, Spanish, Vietnamese and Native American (Klamath) that is planted by the front door. We join with thousands in the world in over 180 countries in offering this prayer.

May Peace Prevail on Earth.



The “Living Path” fabric mandala symbolizes the ministry of the Franciscan Spiritual Center and the intentions of all of us traveling on a spiritual journey. An ancient Cretan/Celtic labyrinth, with the Star-Cross of Christ at its heart, honors many faith traditions and marks the path into the Life around us and within us. Along the way, we travel through molten creative fires, the darkness of mystery, the cooling waters of life, and the greening of creation. St. Francis, the Mystic Saints, and the

Divine Feminine remind us to find Light in all things, to celebrate the wholeness and wisdom of the path, and to join the radiant energy waves of the joyful dance of living! Made by Artist: Melanie Weidner. Dimensions: 32-1/2 inch diameter circle ~ Medium: Fabric, thread & beads.



REGISTRATION FORM

Pre-register for the programs you would like to attend.

Deposits or full payment may be required in order to secure your place in a program.

Name _____

Address _____

City _____

ST _____

Zip _____

Phone _____

Email _____

Please fill in the name(s) of the program(s) you are planning to attend:

Title: _____

Cost: _____

Deposit: _____

Total Cost

Total Deposit

Make Check Payable to:
Franciscan Spiritual Center
2512 SE Monroe St
Milwaukie, OR 97222
Ph: 503-794-8542

Credit Card Information:

Zip: _____ Exp. _____
CVV: _____

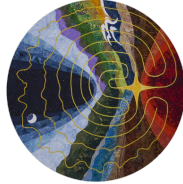
Name on Card : _____

Signature : _____

Monies will be returned for any program cancelled by FSC.

You can also register online at www.FrancisSpCtr.com





Franciscan Spiritual Center
2512 SE Monroe St
Milwaukie • Oregon • 97222
Phone: 503-794-8542
www.FrancisSpCtr.com
Peace. Presence. Community.

HOURS 9am—5pm
Monday — Friday

- Interfaith Center
- Spiritual Programs
- Spiritual Direction
- Retreat Direction
- Space Rental
- Meditation Room
- Library
- Bookstore

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