

**PORTIUNCULA
Center for Prayer
9263 W. St. Francis Road
Frankfort, IL 60423
(815) 464-3880
FAX (815) 469-4880**

The Center is located
45 minutes south of Chicago
near the intersection
of Route 45 and I-80
in Frankfort, IL and is
accessible from Chicago airports by
shuttle services.

The facilities are air-conditioned and
handicapped accessible. There is a
designated refrigerator for those who
bring their dietary foods

About the Center. . .
Nestled in a lovely wooded
55 acre campus of the
Franciscan Sisters of
the Sacred Heart provides
a peaceful environment for
renewing body, mind, and soul.

It is a place where you can enter your
heart's center to rest, refresh, and meet
again the God who loves you.

Centering Prayer Intensive and Post Intensive Retreats



**Sunday July 14, to
Sunday July 21, 2019**

**Sponsored by
Contemplative Outreach
of Chicago**

**Held at
Portiuncula Center for Prayer
Frankfort, IL**

**(Max capacity: 20.
Minimum registrants needed: 13)**

Registration Form

____ Intensive Retreat

____ Post Intensive Retreat

Name _____

Address _____

City _____ State _____

Zip _____

E-mail _____

Telephone _____

Enclosed is my check for:

_____ \$740.

_____ \$100 retreat deposit. Full payment
needed by June 30, 2019.

Please indicate any special dietary or physical
needs

Make checks payable to:

Contemplative Outreach Chicago

Mail to: Alan Krema
822 Bakewell Lane, Naperville, IL 60565

Eight Day Intensive and Post Intensive Retreats July 14-21, 2019

The Intensive Retreat provides an opportunity to deepen the practice of Centering Prayer in an atmosphere of profound silence and community support. There are up to six 30-minute Centering Prayer periods daily. This prayer is supported with viewing a selection of the Spiritual Journey video series by Fr. Thomas Keating. Private interviews with the retreat guides can be scheduled.

The Post-Intensive Retreat provides an opportunity to deepen the practice of Centering Prayer and Lectio Divina in an atmosphere of profound silence and community support. There are up to seven 30-minute periods of Centering Prayer daily. Participants observe Sacred Silence four days during the retreat. Previous participation in an 8 or 10 Day Intensive Retreat is a prerequisite for the Post-Intensive.

Minimum number of registrants is 13.

Registration: Registration begins at 2:00 pm Sunday July 14. The retreat begins at 3:00pm, and concludes late morning on Sunday July 21. Cost of the retreat including room, meals, and materials is \$740 for private room with shared bath. A non-refundable deposit of \$100 must be included with your registration. Balance of payment due by June 30. Any funds deposited for this retreat will be refunded to you if the retreat does not meet minimum registration of 13 people. No refunds will be given for cancellation after July 1.

About the Retreat Guides

Alan Krema has served the Contemplative Outreach Chicago chapter in many roles, most recently as the chapter coordinator and is a long time practitioner of centering prayer. Alan is a graduate of the Center for Action and Contemplation Living School as well as a Wisdom facilitator in the lineage of Cynthia Bourgeault.

Sandy Janowski is a retired Social Worker, Addiction Counselor and Community College Adjunct Instructor. In 2009 she was commissioned by the Institute of Spiritual Companionship and has been a practitioner of Centering Prayer since 2001. Sandy serves on the Circle of Service for Contemplative Outreach Chicago. Sandy is a mother, grandmother, and great grandmother.