



Franciscan Spiritual Center

Program Guide: Spring Hybrid Edition

January 2023 to June 2023



Franciscan Spiritual Center
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About the Franciscan Spiritual Center

For over twenty years, the programs and resources offered by the FSC have deepened the contemplative spirit. We are rooted in Gospel values and the prophetic spirit of St. Francis and St. Clare and 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 peacemaking and interfaith connections
- Spiritual leadership and the renewing of faith communities
- Ways of simplicity and embracing creation

Living with open hearts, deep reverence for all creation and gentle compassion toward all persons is essential in this very challenging time of a global pandemic and addressing racial injustices. If you yearn for inner peace and greater resilience in the creation of a just and kind society, if you long for assurance that you are loved and valuable, if you seek a community of encouragement and engagement, we hope you will find the Franciscan community to be good companions on your journey.

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

FSC STAFF

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Greeting from the Director

Contained in this elegant little booklet is a sacred offering. On the one hand, it is a program booklet listing courses and events scheduled for the coming months. And, on the other hand, it is one of those gentle and persistent invitations into growth, new ways of seeing, and opportunities for new and deeper connections and relationships. But if you also look closer you may see that it is a beautiful reflection of a sacred community – of the many souls who have, over time, responded to and borne witness to what God is doing in this world. If you sense that, take a moment and give thanks for what God is doing and perhaps marvel at the way God welcomes and uses many gifts, personalities, perspectives, and life experiences to be present with and nourish this world.

I invite you to peruse, to wonder, and to pray over this little booklet. Certainly, review the course offerings for what speaks to you (as well as what might challenge you). But consider, too, your community. What may be of solace to a friend or a neighbor? Is there something that can be improved by joining in community with others? And, finally, I'd dare you to ask yourself what is missing. Does your answer to that question expose the something that is yours to contribute?

The book of Hebrews in the New Testament speaks of a cloud of witnesses and its role in the perseverance and perfection of our faith. My experience of that has been the community of the seen and unseen, the known and unknown persons who corporately hold hope.

I am new to the Franciscan Spiritual Center. I have not yet made the acquaintance of all of those who contributed to this community, but it is not lost on me what a hardy and beautiful community they have helped create (and what I get to contribute to and participate in). To those that teach, and facilitate, and support, and join in, thank you.

With welcome and gratitude,

A handwritten signature in black ink that reads "Christine". The script is fluid and cursive, with a long horizontal flourish at the end of the name.

Signature Programs

Spiritual Direction Ministry

Spiritual Direction is at the core of our ministry and we accompany nearly 80 people each month in their relationship with the Divine. We are blessed to do this work and invite you to call us to schedule an appointment at the Center or via Zoom.

Additionally we offer:

- Spiritual Direction Training– a well respected 2 year program, begins 9/2024.
- Peer Supervision for current directors.
- Continuing education for directors.
- Coaching in contemplative practices.
- Spiritual Leadership Program.



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 the Holy One'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, Sr. Theresa Lamkin, Mark Lesniewski, Christine Naylor, Eileen Parfrey, and 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, Mark Lesniewski, Tom Welch

SPIRITUAL DIRECTION TRAINING PROGRAM

A 2-year training program, based on Franciscan values, begins September 2024. The enrollment is open. We welcome your interest– email info@francisspctr.com for more information.

Testimonial:

"Spiritual direction provides a unique yet common opportunity to open the closed place for good."



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: May 26-29, 2023

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, Terry Cappiello 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.

Winter Programs

Wintering-in with Spiritual Intent

As we break into the new year, we may find ourselves uninspired in this dark, damp month. We'll come together to explore creative ways we can bring sacred light into our lives. Taking a look at images of light, we'll create our own with oil pastels, acrylics and ink. We'll pause to meditate on bringing this glow inward and extending it outward into our communities and world.

For as the rain and the snow come down from heaven and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty. Isaiah 55:10-11a

The light shines in the darkness, and the darkness has not overcome it. John 1:5

Date: Wednesday January 11th
Time: 10am - 12pm
Led by: Denise Andersen
Cost: \$25 per person (Supplies are included.)

Healing Vibrations: Neptune Gong

Join us for an exploration into sound therapy, during which your body becomes deeply relaxed, your mind focused, opening you at the molecular level to profound healing and well-being. Gongs and metal bowls have been around for thousands of years but only recently proven by western science, in research at Duke University and MIT and other institutions, to aid in diagnosing and treating cancer patients as well as easing symptoms and effects of treatment. Sound healing benefits all bodies, reducing stress, lowering cholesterol and respiratory rate, improving sleep, calming, cleansing, helping your body and mind to reset to their natural harmony by passively receiving balancing vibrations. Wear loose, comfortable clothing. You are welcome to sit in a chair or rest on the floor; yoga mats, sleeping bags, blankets, bolsters, pillows and eye masks can help to create comfort.

Dates: Monthly First Tuesday of the Month
Time: 1:00-2:15pm
Led by: Cecily Hunt
Cost: \$15 per session



Find us on Social Media

Just search:

Franciscan Spiritual Center

Journeying Inward: Deep Relaxation (ZOOM)

Journeying Inward is an invitation to profoundly let go of tension and weariness in your body as you remain mentally awake, alert and aware. This is a blend of yoga nidra, an ancient technique to soften and ground and restore your physical body as you move to a delta brainwave state, with seasonal guided meditation. Participants report feeling deeply relaxed and also guided to their center, often resulting in a great night's sleep. You do not need prior experience: Friends and family are welcome to join. Done from the support of a comfy chair or resting on a yoga mat or sleeping bag; props such as blankets, blocks and bolsters...eye pillows and pillows...are helpful to create maximum comfort.

Led by: Cecily Hunt

Dates: Monthly Second Thursday of the Month

Time: 4pm

Cost: \$15 per session

Light of Assisi: The Story of St. Clare (ZOOM)

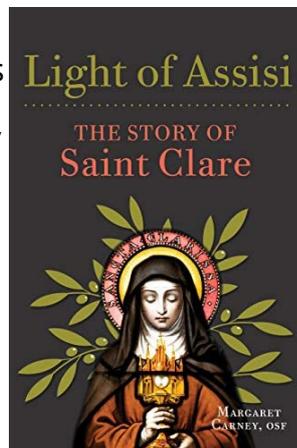
Written by St. Margaret Carney, OSF, this biography highlights the extraordinary contributions Clare made to the Franciscan world following the death of St. Francis. This book is her story from birth until her death in 1253. Saint Clare is one of the most remarkable women from medieval Christianity. Yet it is only in the last fifty years that the English speaking world became familiar with her story. We will get to know Clare as a person whose faith and commitment to living the gospel permeated her entire life.

Led by: Terry Cappiello

Dates: Mondays starting January 16th for 8 weeks

Time: 6:30-8pm

Cost: \$80 for series



Exploring Our Spiritual Journeys

What keeps us on this path of nurturing our spirituality? It can be hard going, but we have seen the rewards. We may not realize how far we've come or recognize the significance of our experiences. Considering our own stories can enlighten and encourage us, but also can do the same for others. In this half-day retreat, after opening with a brief meditation, we will share our spiritual journeys. We will bring objects or images that represent our journeys and will have the opportunity to respond and reflect with each other. There will be individual time for journaling, drawing, or simply enjoying reflective silence. Together we will discover the belonging, significance, and freedom we have found along the way.

Date: Wednesday January 18th

Time: 9am – 12pm

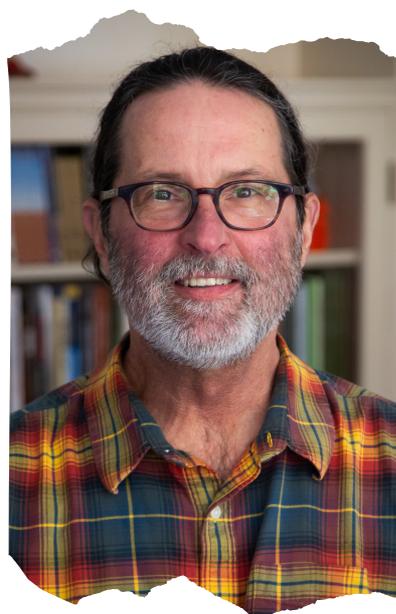
Led by: Leslie Soken

Cost: \$20 per person

Meditation with Mark

Mindful Meditation

Members of our meditation groups say that they find peace, presence, and community in our gatherings. And, as of November 29th, 2022, people can join us in-person or on Zoom. We spend the first 15 minutes forming community through contemplative sharing and listening based on short, weekly essays from various contemplative writers. This can also be a time to discuss our approaches to meditation practice. The next 30 minutes are dedicated to silent, sitting meditation, bringing loving-kindness to whatever arises within us (“non-judgmental observation”). We share again for the last 45 minutes after the meditation. All are welcome. A 6-week session begins every 7 weeks. Sign up for Tuesday mornings or Thursday mornings, but if members cannot make it on their chosen day, they are welcome to participate with the other group that week.



Mark Lesniewski

Meetings are from 10-11:30am Pacific Time.
New series begin Tuesdays January 17th and
Thursdays January 19th
Cost: \$60 for the series (6 weeks)

"I've been a participant in the Thursday meditation group since it began and I'm happy to say we are building a little community. We gather weekly (some on Zoom and some in person) and share our lives, meditate, talk about readings that Mark shares from a variety of sources, and learn techniques for deepening our practices. Mark is a compassionate and skilled facilitator and intrepid spiritual sherpa. This work has opened my eyes and my heart." ~ Linda West

Exploring Whole Body Prayer through Qigong (ZOOM)

Are you looking for another way to practice spiritually? Do you have a desire to dive deeper with yourself and get to know others from this place? Are you wanting a safe space to breathe, welcome in light and listen to your inner voice? If yes, this may be the group for you! Using meditation, journaling, group discussion and learning a short series of Qigong postures, we will practice ways to connect with our highest selves through working with the themes of stillness, prayer and gratitude.

Led by: Teddy Gardner

Date: Wednesdays February 1st, 8th, and 15th

Time: 7-8:30pm

Cost: \$75 for series

Create Your Own Altered Book of Hours

What is sacred about time for you? How do you mark the sanctity of each day's passing time? For centuries, the Church has observed regular hours for prayers. In monastic communities, these hours are observed with specifically focused prayers. The prayer books for these services are often referred to as "A Book of Hours." Join us as we contemplatively "alter" children's board books to visually reflect these hours. Materials will be provided by guide Eileen Parfrey. Up to 8 people.

Led by: Eileen Parfrey

Date: February 4

Time: 10:00 a.m. to 4:00 p.m.

Cost: \$50 per person

Jump Start Your Life: Explore Ways to Spark Your Creative Energy

We'll come together to explore ways we can jump-start our creativity. Have you felt stuck and are looking for way to get out of a creative rut? Maybe you'd like to explore a different direction for you life and need some tools to uncover your options.

God wants us to love our best lives and be filled with God's creative spirit. This workshop will involve conversation, contemplation and hands-on art projects. (Supplies Included)

Led by: Denise Andersen

Date: Wednesday February 15th

Time: 10am-12pm

Cost: \$25 per person

Secrets from Centenarian Pilgrims (ZOOM)

Have you spent your life following the learn, earn, retire lifestyle model, only to get here and wonder, What?! I'm not old! The culture has put me out to pasture, but there is so much more I feel called to do! Now what? Thanks to the fastest growing segment in the U.S., vibrant 80-, 90-, and 100-year-old pilgrims who have explored these limitations, and who have shared their field notes on the new 30+ year longevity landscape with us. We see some 65-year-olds with several chronic diseases, while some 80-year-olds are doing triathlons, and 100-year-olds are living independently. We now know genetics is only 20% of our health story, the rest is lifestyle. We simply can no longer be grouped by age and expect to live into our dreams, gifts, and Joy Spark!

Join us as we explore the 4 surprising strategies that will positively change your journey ahead. Taking the field notes collected from many studies, we will adopt and adapt their proven practices for living a healthier, more engaging, and fulfilling second half of life.

We will fill your knapsack with

- Resource sheets for applying the 4 strategies with best practices
- The My Village Map™ tool for additional support
- Exercises to discover what is true for you
- Checklists and tools to set your own course forward

Dates: 2 options Feb. 11 from 9am - 4pm **OR** June 10th from 9am - 4pm

Led by: Mary Jo Saavedra

Cost: \$80 per person

A Soulful Song for Evolving Times

As we journey into this New Year, do you long for the spiritual focus and support to forge a new way forward? Howard Thurman poetically calls out, "The old song of my spirit has wearied itself out." Collectively and individually, we experience this evolutionary pulse towards a reset while birthing the new. This can be challenging, hopeful, and very necessary. In these two sessions (Feb & Mar) we will explore this transformational dynamic and how we can soulfully align ourselves to that which is emerging. For the sake of a more equitable world, our aim is to engage through a soul-led life and "learn the new song for the new needs." Contemplating Howard Thurman's poem, I Will Sing a New Song, we will consider an evolutionary model for transformative change. Individually and in small and large groups we will reflect on how we can meaningfully navigate and assist this change. Embarking on this New Year, we will craft intentions and rituals that support us in realigning our sacred journey to this emerging reality.

Led by: Karen Beal, Jack Kennedy & Mark Lesniewski

Dates: February 18 & March 18

Time: 10am-1pm

Cost: \$60 for series

Lifescaping Your Forever Home (ZOOM)

Do you worry about managing your home in later years? Are you concerned you are one fall away from having to leave your house? Are you overwhelmed by clutter or the thought of updating your home? Are family and friends bugging you to move to a retirement facility? There are so many events that can force you from your home when you don't want to leave.

But what if you could prepare for these life transitions and thrive at home for as long as possible in 5 transformative steps?

I know firsthand, and as a professional, that it is a scary to consider these questions for fear of what the answer may be. The unknown always makes us uncomfortable. I can also tell you from years of experience, waiting for a crisis to make changes can be devastating and rob you of your ability to have what you want. We will consider together how you can craft a life plan and a home plan to support future needs and transitions while providing connection and joy today. This process can expand how you look at each space in your home while infusing intentional meaning that supports physical flexibility. A nest to nurture your dreams while supporting your security. A place to live your Joy Spark through the many opportunities and challenges the second half of life presents!

Using my proven blueprint to help you plan your custom Home Life Design, you have the opportunity for clarity and confidence in your choices. Move out of denial, from fear that you don't know, what you don't know, and unfreeze feelings of deer in the headlights panic when life throws you the unexpected.

I invite you to join me for this weekend retreat to learn my unique Home Life Design™ approach for crafting a spiritually grounded forever home!

Let's break ground and start building! Don't worry, no hammers necessary!

Two Dates to choose from:

Feb. 25th & 26th from 10am - 4pm

OR May 20th & 21st from 10am - 4pm

Led by: Mary Jo Saavedra

Cost: \$160 per weekend

Pilgrimage to Jerusalem - a Lenten Journey

Join us for a day of prayerful contemplation and creativity setting intentions for our own Lenten journeys to the Cross. We will use the sacred arts of creating no-fail SoulCollage® Prayer cards (personal icon-like cards that draw deep wisdom from our hearts and souls) and walking the beautiful FSC indoor labyrinth throughout this gentle day. No experience needed. All materials provided. Bring a simple sack lunch.

Date: Wednesday February 22nd

Time: 9:30am -3:30pm

Led by: Val Hornburg & Lynne Lew

Cost: \$60 per person

Reading & Writing the Elegy (ZOOM)

We have all experienced several kinds of loss over the last two years. Some 200,000 American children have lost a parent. To have lived several decades is to have lost someone inexpressibly dear. Poetry is the language we use to express the inexpressible. One way people have coped with loss over the millennia is to write about it. In this workshop we will be reading and discussing elegies written by several wonderful poets who, I trust, will inspire us to write and share our own. This is not a critical workshop but an exploratory one. We will embark together on a path of contemplative self-discovery and hopefully come out on the other end a little wise, a little deeper, a little more appreciative of the written word. All beginning to advanced poets are welcome. 6 sessions

Dates: Sundays February 26- April 2

Time: 1-3 pm

Led by: Scott Dalgarno

Cost: \$120 for the series

Franciscan Taize Service- IN PERSON

Ready the way for the Lord! Join us for our Virtual Taizé Service on every **first Friday of the month**, at 7PM for an evening of prayer, music, and meditation. 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.

You can join us live via any of the following links:

[FACEBOOK](#)

[YOUTUBE](#)



Spring Programs

A Pilgrimage into the Celtic Arena

Celtic Spirituality has an ancient history and is becoming increasingly present in our modern day conversations regarding the whole field of spirituality. This workshop will review some of the history as well as modern day interest and application of this unique segment of spirituality within the larger field. The workshop will include presentation of the history and application of Celtic Spirituality as well as interaction, discussion and personal reflection.

Date: Wednesday March 15th and 22nd

Time: 1pm-4pm

Led by: Bev Crow

Cost: \$50 per person

Living with a Franciscan Heart: All of Creation as Brother and Sister (ZOOM)

For Francis and Clare all of creation was treated as one would treat a brother or sister: brother sun, sister moon, brother fire, sister water, etc. Francis would run through the forest playing two sticks as if they were a violin since everything in creation was fingerprinted with the Christ. Clare tended a garden in her monastery as she established relationship with each plant, each flower. Francis' last song was his Canticle of Creatures. This mini-retreat will explore their relationship with all of creation and how we are invited in our world today to do the same. There will be time for prayer, a presentation, personal reflection and sharing.

Dates: March 24th - 27th, 2023

Time: 10am -12pm daily

Led by: Sr. Mary Jo, Michelle, Terry, Connie

Cost: \$100 for the series or \$25/session

Becoming a Person of PEACE

Our first online eCourse is now available. Becoming a Person of PEACE is a seven session invitation to spiritual practices and reflections on welcoming peace inside and living with peace to all one meets. You may complete the eCourse on your own time schedule, but once you register, you will receive a daily email with the information and videos and resources.

<https://franciscanspiritualcenter.podia.com/peace>



"Wild Mercy" Book Discussion

In Mirabai Starr's newest book, she explores feminine spirituality using teachings and reflections to apply to the themes to our lives. Inspirational stories from St. Teresa of Avila, Julian of Norwich, Hildegard of Bingen and other mystics welcome the wisdom of women to transform the human family. Each chapter highlights a spiritual practice to deepen our contemplative prayer lives. The discussion group begins on Monday, April 3 and continues for eight weeks.

Dates: Mondays starting April 3rd

Time: 6:30-8pm

Led by: Terry Cappiello

Cost: \$80 for series

eARTH – Celebrating Our Mother Earth through Art

As we celebrate our planet this Earth Day, we'll come together to explore ways we can use nature as an art tool. St. Francis has been described as a nature mystic, one who finds God in the vast and beautiful fields of nature. In following St. Francis' path, we'll find ways to bring nature deeper into our home environment. We'll also take a look at the amazing works of Andy Goldsworthy - an English sculptor, photographer, and environmentalist who produces site-specific sculptures and land art situated in natural and urban settings. *"The whole earth is full of God's glory."* Isaiah 6:3 All you need for this class is a journal, pen, and natural found objects. All other supplies will be provided.

Led by: Val Hornburg & Denise Andersen

Date: April 20

Time: 9:30am-12pm

Cost: \$35 per person

Spiritual Garden Art: Creative ways to bring sacred art into our indoor and outdoor garden spaces.

We'll come together to explore ways we can bring sacred art into our indoor and outdoor spaces. Join us as we share our creative endeavors in our gardens.

Bring photos of your spaces, and we will brainstorm together on how they can become spiritual havens. You will also create a mobile that can be hung inside or outside of your home. *"The whole earth is full of God's glory."* Isaiah 6:3

All you need for this class is a journal, pen, and natural found objects that can be hung. All other supplies will be provided.

Led by: Denise Andersen

Date: May 17th

Time: 10am-12pm

Cost: \$25 per person

Program Leaders

Rev. Denise Andersen is an ordained minister who has been leading Art and Spirit Circles while being a parish pastor in Milwaukie and Chicago. She is an active retreat and workshop leader covering topics from creative journaling to spiritual gardening. From large rain gardens to tiny home altars, she has been designing exterior and interior sacred spaces for three decades. Denise has found that at the intersection of art and contemplation is a deeply spiritual practice. Rev. Andersen is currently creating a 16-piece multi media work of art based on the Stations of the Cross with an environmental justice focus. This art installation has been funded by the Lilly Foundation. Denise is a member of the Three Rivers Art Guild.

Karen Beal leads JV EnCorps, a program of Jesuit Volunteer Corps Northwest, for older adults who engage in social justice and spiritual formation. She is a Spiritual Director with a PhD in Counseling Psychology and is a lifelong journeyer in western and eastern wisdom traditions and practices. She has years of experience in educational, nonprofit and mental health care settings as well as leading spiritually focused groups and retreats.

Terry Cappiello is a retired mental health counselor and college professor. She currently is a certified yoga teacher with Living Yoga, a Portland nonprofit. She loves to hike, travel, read, and practice yoga. Being in nature and practicing yoga are her avenues to experience God's abundant love.

Sr. Mary Jo Chaves, OSF is a Franciscan Sister. She has spent her ministry career in the Portland area and has been the driving force in building the ministry that is the Franciscan Spiritual Center. She offers spiritual direction to individuals, crafted and co-facilitates a two-year training program for budding spiritual directors, provides supervision for established directors, leads and facilitates retreats (including the bi-annual Hermitage experience as well as tailored private and group retreats for lay and religious participants). She facilitates the local Companions Group as well as other opportunities for Franciscan education and devotional practice. She was a long-time pilgrimage leader and remains at heart a pilgrim. She is a connector, a mentor, and a strong proponent of honoring one's God given gifts and opportunities for service. Many have noticed that 26 years of sitting with and listening with others to the movement of the Holy Spirit, will create a soul of great beauty and humility.

Sr. Celeste Clavel, OSF is a Franciscan Sister. She spent the majority of her ministry career as a teacher and choir director. Currently she leads Taize services and serves as the business manager for the Franciscan Spiritual Center. She is a lover of gardens, children, and music, which together make up a beautiful chorus of creation.

Beverly Crow is a retired Presbyterian minister. Having grown up knowing that as a Presbyterian, I was related to the Celtic stream of the church, it has only been since retirement that I have been intentionally pursuing that aspect of my faith tradition and realizing that it is more integral to my own self identity and spiritual experience than I had previously understood. I am eager to share the blessing and broad application of the Celtic perspective of life and faith for people of all traditions.

Scott Dalgarno has taught several poetry writing classes from a self-reflective, memoirish point of view for mostly middle-age and older persons in church settings. He has an M.A. in Literature and Film from the Univ. of Oregon. He has taken over 25 weeklong workshops with many of the great poets of our time (over the last 22 years). He has published poems in *The Yale Review*, *The Antioch Review*, *Christian Century magazine*, *America magazine*, *The Bellevue Literary Review*, *The American Poetry Review*, *The Merton Seasonal* and other journals. He is currently Senior Pastor at Southminster Presbyterian Church in Beaverton.

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.

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 soul-filled and creative, Val companions people on their heart & soul journeys. She's a Spiritual Director, SoulCollage® Facilitator and Labyrinth Facilitator, retreat & workshop leader specializing in creative expression.

Cecily Hunt, MDes-CYT E500, is a yoga instructor who provides yoga therapy and meditation for healing. She has been affiliated with cancer support centers, spirituality centers, nature centers and community centers for the past 15 years, and since 2016 has offered gong meditations/sound healing on Neptune gong and other ancient instruments.

Jack Kennedy is a former Jesuit trained in the Ignatian Tradition, has 50 years experience as a spiritual director, retreat facilitator, and educator. He presently has a private practice in Portland, OR, and meets with people from a broad spectrum of faith and spiritual backgrounds. Jack designs and facilitates retreats and workshops on spirituality-based listening processes and decision-making.

Mark Lesniewski Over the past 35 years Mark has been involved in peace and justice movements in Portland, Denver, and Chicago. He has been in panel discussions on Gandhian non-violence and the practice of "ahimsa," which is to "do no harm," and he teaches meditation, mindfulness, and maitri (loving-kindness).

Eileen Parfrey Eileen's day job is as a spiritual director at the Franciscan Spiritual Center. One of her primary spiritual practices is making of art—clay sculpture, collage, altered book—which grew out of a Lilly Endowment sabbatical grant she designed as a pastor. The grant, "Bringing Spirituality to Faith," enabled her to spend three months learning to pray with images instead of words, altering books, using art as a peacemaking process, and unorthodox calligraphy.

Mary Jo Saavedra is a practicing Gerontologist, Author, and Spiritual Director. She is a nationally recognized speaker and trainer on life planning and elder-care management. She is the owner of Fireside Group, LLC in Naples, Florida, where she engages her joy spark through her beach life with family and friends. With a passion for helping others navigate the new aging landscape, she in resilience through purpose, connection, and meaning. Using her Home Life Design™ process with her Six Pillars of Aging Wellbeing™ framework, she helps choose how they will live with the opportunities and challenges in the second half of life. Mary Jo has additional certifications in aging-in-place, senior advising, and spiritual direction. In addition, Mary Jo has thirty years of professional experience across multiple industries including high-tech, finance, nonprofit, healthcare, and wellbeing. More information can be found here: <http://www.eldercare101book.com>.

Leslie Soken is a certified spiritual director (Christos, Lino Lakes, MN) and former teacher. She has experience in developing academic curriculum, small group programs, and book studies. Her spiritual journey has cast a wide net from growing up in a dualistic, legalistic perspective to a progressive perspective with many steps in between. She has gleaned what gives life and reflects the love of God in each context and let go of that which does not.



Finding Us

Directions to:

Franciscan Spiritual Center,

3159 Furman Drive, Marylhurst, OR 97036

Located on the Furman Drive on the Marylhurst Campus in the St. Catherine's Building, which is brick.

Trimet Buses:

#35 Stop ID#6334 Northbound

#35 Stop ID#3008 Southbound

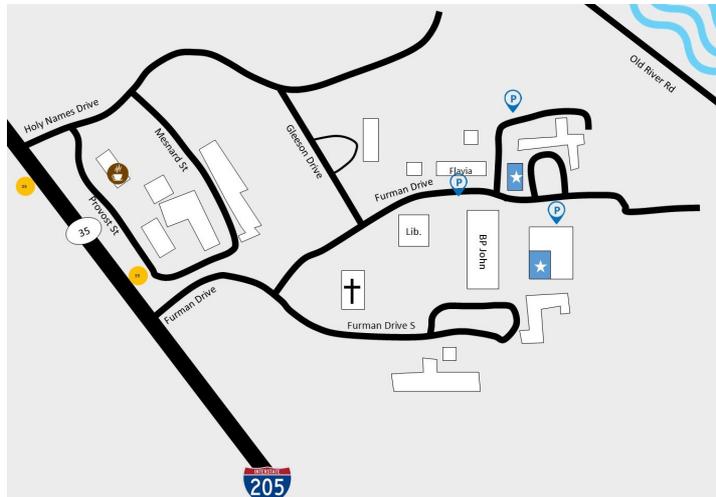
Driving Directions:

From I-205

Follow I-205 to OR-43 N/Willamette Dr in West Linn. Take exit 8 from I-205, Follow OR-43 N to Furman Dr/Marylhurst College in Lake Oswego

From I-5 in Portland

Take exit 299A to merge onto OR-43 S/S Hood Ave toward Lake Oswego Keep right to stay on OR-43 S/S Hood Ave, Pass by Petco (on the left in 6.1 mi), Turn left onto Furman Dr/Marylhurst College



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
PO Box 144
Marylhurst, OR 97036
Ph: 503-794-8542

Credit Card Information:

----- Exp.-----

Zip: ----- CVV:-----

Name on Card : -----

Signature : -----

Monies will be returned for any program cancelled by FSC.

You can also register online at www.FrancisSpCtr.com



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Marylhurst, OR 97036
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