

# Tau Center

Winter / Spring 2011  
Spirituality Programs  
From the Wheaton Franciscans



*Tau Center is committed to the transformation of our world  
by providing diverse opportunities that support personal growth  
and spiritual development.*



Tau Center is a spirituality ministry sponsored by the Wheaton Franciscan community. Established in 2005 as an opportunity to share a passion for transformative spiritual growth and healing, Tau Center provides a variety of programs, workshops, and holistic services. The majority of the programs are offered on our campus in Wheaton, Illinois, a peaceful and reflective environment where individuals and groups of diverse spiritual traditions can nourish their lives and find companions on the spiritual journey. To find out more about our programs visit our website: [www.taucenter.org](http://www.taucenter.org). If you would like to be added to our mailing list, please contact us at 630-909-6805 or [taucenter@wheatonfranciscan.org](mailto:taucenter@wheatonfranciscan.org).

### **Mission Statement**

Tau Center is committed to the transformation of our world by providing diverse opportunities that support personal growth and spiritual development.

### **Vision Statement**

In the spirit of Francis of Assisi, we welcome all people looking for greater meaning in life and a deeper relationship with God, others, self, and all creation. Through the integration of body, mind and spirit, we offer a place of quiet beauty and hospitality that deepens and supports the unique gifts each person contributes to the hope and healing of all.

### **What does "Tau" mean?**

St. Francis used the symbol of the Tau (a cross that looks like a 'T') as a mark of God's favor and blessing and wanted it to be used by his followers as such a symbol. He used it to both address and sign letters, to identify communities of brothers and sisters, and to "seal" work done in the name of Christ by Franciscans. Today the Tau is a world-wide sign of Franciscans and is frequently part of the identifying symbol of Franciscan religious communities, including the Wheaton Franciscans.

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#### **Tau Center Oversight Board**

Diane Przyborowski, OSF  
Ellen Heitman, OSF  
Glenna Czachor, OSF  
Lynn Schafer, OSF  
Mary Ellen McAleese, OSF  
Pat Irr, OSF

#### **Tau Center Staff**

Jeanne Connolly, Ed. D.  
Executive Director  
  
Karen Tornberg  
Program Coordinator

*Cover: Detail from a window in Our Lady of the Angels Chapel*

## **Dear Friends,**

Welcome to the Winter/Spring 2011 Program Guide for Tau Center. We are proud of the many opportunities offered by Tau Center in the coming months and look forward to your participation.

We are approaching the end of 2010 with all of the hustle and bustle of the holiday season. Tau Center has had an exciting year of growth and change. Our program offerings have expanded, we have moved into new space, and we continue to put into place policies, procedures and structures that will help the financial sustainability of our spirituality ministry. Soon we will be presented with a new calendar year and continued opportunities for growth and change. As I reflected on this new calendar year I was struck by these thoughts adapted from Stephen B. Cloud.

*As we begin calendar year 2011, we look at a block of time. We see 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes, 31,536,000 seconds. And all is a gift from God. We have done nothing to deserve it, earn it, or purchase it. Like the air we breathe, time comes to us as a part of life. The gift of time is not ours alone. It is given equally to each person. Rich and poor, educated and ignorant, strong and weak—every man, woman and child has the same twenty-four hours every day.*

*Another important thing about time is that you cannot stop it. There is no way to slow it down, turn it off, or adjust it. Time marches on. And you cannot bring back time. Once it is gone, it is gone.*

*Obviously, time is one of our most precious possessions. We can waste it. We can worry over it. We can spend it on ourselves. Or, as good stewards, we can invest it in the kingdom of God.*

Tau Center provides each of us with an opportunity to "spend time on ourselves" while "investing in the kingdom of God" as we deepen our relationship with God, others, self, and all creation.

Tau Center has been gifted immensely by our Wheaton Franciscan Community, our Oversight Board, staff, presenters, practitioners, volunteers, participants, and donors. As we move into this new calendar year, I invite you to use the precious gift of time to enrich and enliven your spirit as we work together to transform our world. Happy New Year!

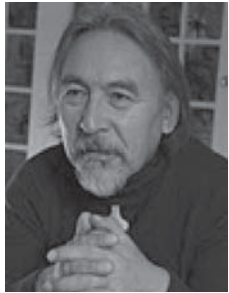
Blessings,

Jeanne Connolly  
Tau Center Executive Director

PS: Please check out our website for the most up-to-date information on our program offerings: [www.TauCenter.org](http://www.TauCenter.org).

## Hosted by Tau Center

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### **Melting the Ice in the Heart of Man Healing Circle** January 21 - 23

Angaangaq Angakkorsuaq is an Eskimo-Kalaallit elder from Western Greenland. As a traditional healer, storyteller and carrier of a Qilaut drum, he conducts healing circles that integrate the wisdom of unwritten traditional Inuit teachings of his people.

For more information, contact Judi Macy: [jmacy30056@aol.com](mailto:jmacy30056@aol.com) or 239-218-1961.

### **SoulCollage® Workshop** March 5

SoulCollage® is a process of creating, over time, a personal deck of unique, collaged cards from found and personal images for the primary purpose of self-exploration, self-acceptance, and soul-tending. Join Peg Lentz for a SoulCollage workshop March 5. For more information or to register, contact Peg at [lentzpeg@yahoo.com](mailto:lentzpeg@yahoo.com) or 630-896-2839.



### **Progoff Intensive Journal® Method Workshop** March 12 and 13

Sister Joyce Kemp will teach the Intensive Journal method as an integrated system of writing exercises to access and work with your experiences and feelings for gaining awareness about your life.

For more information or to register, call 800-221-5844.

### **Qi Gong** March 18-20

Bruce Carlson will be offering an introductory workshop on Chinese Soaring Crane Qi Gong through Tau Center on Wednesday, March 2 (see page 11; registration is through Tau Center). Those who are interested in further study of Qi Gong can attend a full weekend course led by Bruce and held at Tau Center March 18-20. For details on the full course or to register for it, contact Bruce Carlson ([carboebuce@gmail.com](mailto:carboebuce@gmail.com)).

## Coming in 2011

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### **Dinner and Dialogue** February 15

The Justice, Peace and Integrity of Creation Office of the Wheaton Franciscans (JPIC), in collaboration with Tau Center, will be offering a Dinner and Dialogue on Tuesday, February 15, from 6 to 9 p.m. The topic and presenter were not determined as of this printing. For more information: [justicepeace@wheatonfranciscan.org](mailto:justicepeace@wheatonfranciscan.org) or 630-909-6635.

### **Awakening the Dreamer Symposium** April 9

Also in collaboration with JPIC, we are presenting the Awakening the Dreamer Symposium on Saturday, April 9, from 9 a.m. to 3 p.m. See page 20 for more information.



Photo: Scott Anger

### **Brother Bill Short** August 7

Tau Center will host premier Franciscan scholar Brother Bill Short on Sunday, August 7, for a special day of reflection including liturgy and lunch.

For more information, contact Tau Center to be added to the mailing list for this special event.

### **Capacitar Training**

Capacitar means "to empower." Our vision is to heal ourselves and to heal our world. Using a hands-on approach, we teach simple wellness practices that lead to healing, wholeness, and peace in the individual and in the world. Capacitar is committed to communities affected by violence, poverty and trauma, uniting people across borders in solidarity, understanding and reconciliation.

In the fall, Tau Center will be offering Capacitar training led by founder Pat Cane. In February and May, we are offering two introductory sessions (see page 9 for more information). Call or email to get on a special mailing list for this training. For more information about Capacitar, visit [www.capacitar.org](http://www.capacitar.org).

### **Wheaton Franciscans' Spring Bazaar** March 25 and 26

Mark your calendars for our spring craft bazaar March 25 and 26. Additional information will be available closer to the date. If you would like to receive more information, please contact Tau Center.

## Winter / Spring 2011 Programs

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### **An Introduction to the Art and Practice of Meditation**

In most faith and spiritual traditions, meditation of some kind is a spiritual practice. If you are curious about meditation, this session will explore what meditation is, why people do it, and then Sr. Diane will offer guided practice of some basic forms of meditation. There will be time for information sharing, practice and discussion.

Facilitator: Sr. Diane Przyborowski

Saturday, January 15, from 9 a.m. to noon

Fee: \$20

Registration is required and closes one week prior to program date or when full.

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### **Silent Meditation**

On the fourth Tuesday of each month, a group will gather in the Meditation Room in Tau Center for communal meditation in shared silence. This is not a program—there is no fee and no leader—but at least one Wheaton Franciscan will be present. As this is a new endeavor, please phone 630-909-6805 or email taucenter@wheatonfranciscan.org before coming so we can expect you or notify you of any changes to our schedule.

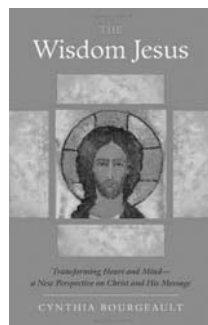
The first gathering is Tuesday, January 25, from 6:00 to 6:45 p.m.

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### **A Book Reflection Series**

#### ***The Wisdom Jesus* by Cynthia Bourgeault**

Jesus is someone who can be taken for granted or misunderstood, seen as a source of inspiration, teacher, or friend. Episcopal priest and teacher Cynthia Bourgeault gives us the opportunity to study the teachings and mysteries of Jesus through new eyes and hearts. Jesus may emerge for you as a teacher of the transformation of consciousness. Be prepared to discuss chapters 1 - 4 for the first session.



Facilitator: Sr. Diane Przyborowski

Tuesdays: January 25, February 22, March 22, April 26, from 7 – 9 p.m.

Fee: \$45 for four sessions

Registration is required and closes one week prior to program date or when full.

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### **Make a Prayer and Affirmation Bracelet**

Natural stones and gems from the earth hold properties that emit life-giving energy to those who wear them. Likewise, our personal prayers and self-affirmations lead us to healing, happiness and peace. In this beading workshop and morning of reflection, we will gather in a community of prayer and energy. You will name your personal intentions and affirmations and then create a bracelet of natural gems/stones that complement your prayer. You will learn basic beading technique during this class. All materials are included.

Facilitator: Sr. Glenna Czachor

Saturday, January 29, from 9 a.m. to noon and Tuesday, March 15, from 6 to 8:30 p.m.

Fee: \$50 covers all materials required to make a bracelet

Registration is required and closes one week prior to program date or when full.

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### **Tai Chi Lunch Break**

Use this time to clear your mind and activate your energy. We will use specific breathing techniques and slow, precise physical movements to help give you strength, flexibility, better balance, improve your concentration and mind/body awareness. People at any level of physical fitness can participate and will benefit from this gentle practice. Dress comfortably and bring water.

Facilitator: Yvonne Czarniak

Thursdays, Feb 3 - Mar 17, 2011 (6 weeks) (no class on Feb 17)

Thursdays, Apr 7 - May 19, 2011 (6 weeks) (no class on May 5)

12 (noon) to 12:45 p.m.

Fee: \$60 per six-week session

Registration is required and closes one week prior to program date or when full.

## **Journey Toward Wisdom**

This six-week program encourages both deeper awareness of ego defenses and the shift from living unconsciously through ego to living more consciously from the wisdom of your inner world. It involves a willingness to grow in self-knowledge, to develop skills needed for soul-work, and a readiness to practice centering prayer/meditation which moves us from head to heart. As a group we will attempt to find language for this experience, develop skills through practice, and experience prayer that takes us into our inner quiet.

Facilitator: Sr. Pat Irr

Mondays: February 7, 21, March 7, 21, April 4, and 18, from 7 to 9 p.m.

Fee: \$75 for six sessions

Registration is required and closes one week prior to program date or when full.

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## **Ongoing Meditation Practice**

Teachers of evolutionary spirituality highlight meditation as an essential component of the spiritual life. Today more than ever, a vibrant meditation practice is central to living life fully and assisting in the transformation of our world. During this time together, we will practice meditating and share how we can continue to deepen our personal practice. Several forms of meditation will be shared. Each session stands independently; come for one or all sessions.

Facilitator: Sr. Diane Przyborowski

Saturdays: February 12, March 12, April 16, and May 14, from 9 a.m. to noon

Fee: \$20 per session

Registration is required and closes one week prior to program date or when full.

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## **Winter Gazing and Praising Retreat Day**

Franciscans learn to gaze all along the way, seeing the beauty of God in all around us, and praising the good in all. This day of reflection, led by Sr. Georgene, will be one of gazing and praising, dividing our time between inspirational teaching and practicing in the winter beauty of

our campus. We will return to share the wisdom gathered. Participants can dine together in the Marianjoy café where food is available for purchase or bring a sack lunch.

Facilitator: Sr. Georgene L. Wilson

Thursday, February 17, from 10 a.m. to 3 p.m.

Fee: \$30

Registration is required and closes one week prior to program date or when full.

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## **Compassionate Self-Care**

### **An Introduction to Capacitar Training**

Our lives are so filled with family needs, work demands, and community obligations that we often feel worn out physically, emotionally and spiritually. Some of us also are affected by the impact of difficult situations in our lives. It's hard to maintain relationships with those we love, including God, when we don't feel at peace within ourselves. And yet we often neglect to take the time to care for ourselves.

In this spiritually reflective and renewing program, you will learn simple but effective practices which can help relieve the symptoms of stress which come from both ordinary and extraordinary life events. The practices involve gentle movement, quiet reflection, calming breath work, simple finger holds, safe touch and more. When accompanied by the intention of connecting with God, these practices also become a form of body prayer.

This program is based on the body wisdom from many traditions from ancient to modern which have been adapted by Capacitar, Inc., an international program of empowerment which takes these methods of healing to people in 35 countries, mostly in the developing world.

In the fall, Tau Center will be presenting Capacitar training with founder Pat Cane. Call or email to get on a special mailing list for this training. For more information about Capacitar, visit [www.capacitar.org](http://www.capacitar.org).

Facilitators: Sr. Melanie Paradis and Marjorie Wilbur

Offered twice: Saturday, February 19, from 9:30 a.m. to noon and Thursday, May 12, from 6:30 to 9 p.m. Dress comfortably.  
Free-will offering  
Registration is required and closes one week prior to program date or when full.



Photo: Sr. Pat Irr

## **Soulwork Through Active Imagination and Creative Expression**

This program is for seekers from all walks of life and stages of inner work. You will learn the skill of Active Imagination, practice with one another, and give creative expression to your images. This work will help you be present to the images of your inner world with respect, compassion and— at times — with challenge. Jung would call it soul work, opening the door to the unconscious figures that seek the light of consciousness.

Facilitator: Sr. Pat Irr  
Tuesdays: February 22, March 15, 29, and April 12 from 7 to 9 p.m.  
Fee: \$45 for four sessions  
Registration is required and closes one week prior to program date or when full.

## **Spiritual Literacy for Everyday Life**

Sr. Georgene will lead this group through reflections on spiritual practices that deepen awareness of the good in all. These practices are of our ordinary life and are of a “consciousness” rather than a doing. The book *Spiritual Literacy: Reading the Sacred in Everyday Life* by Frederic and Mary Ann Brussat will be one of Sr. Georgene’s references for this program, but you do not need to purchase or read it in order to fully participate.

Facilitator: Sr. Georgene L. Wilson  
Thursdays: February 24, March 3, 10 and 17, from 7 to 9 p.m.  
Fee: \$45 for four sessions  
Registration is required and closes one week prior to program date or when full.

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## **Chinese Soaring Crane Qi Gong: Introductory Workshop**

In this two-hour workshop, participants will be introduced to Chinese Soaring Crane Qi Gong Remedy Routines. Remedy Routines are useful for cleansing and healing and allow the power of the mind to guide the Qi. The course will open with an overview of the history and lineage of the remedy routines. Next participants will learn two remedy routines and a laying down Qi Gong meditation. The two Remedy Routines offered are Liver Cleansing, which clears diseased Qi from the body through the Liver channel, and the Tonification Stance for building Qi. Those who are interested in further study of Qi Gong can attend a full weekend course led by Bruce and held at Tau Center on March 18-20. For details on the full course, contact Bruce Carlson (carboebruce@gmail.com).

Facilitator: Bruce Carlson  
Wednesday, March 2, from 7 to 9 p.m.  
Fee: \$25  
Registration is required and closes one week prior to program date or when full.

## Who Are the Wheaton Franciscans?

Are you curious about the Wheaton Franciscan Sisters who founded Wheaton Franciscan Healthcare and live on that beautiful campus in Wheaton? Would you like to know more about the Community that is part of an international congregation celebrating its 150th anniversary? Are you looking for new challenges or companionship on your spiritual journey? Did you know you can be a part of this



Community as a non-vowed Covenant Member? This presentation will introduce you to the Wheaton Franciscans—our mission, philosophy, ministries, and various ways you might want to connect with us. Please join us for an informal presentation and conversation.

Facilitator: Wheaton Franciscan Covenant Member Jeanne Connolly  
Attend one of these dates: Monday, March 7, from 9 to 11 a.m. or  
Monday, May 16, from 7 to 9 p.m.

There is no charge for these presentations.

Registration is required and closes one week prior to program date or when full.

## Lenten Morning of Reflection

### Weaving Lenten Practices from Franciscan Cloth through Storytelling and Song

Our lives are busy and stuffed-full — so why do we feel like there are holes in the cloak of our faith? Following the example of St. Francis, we will explore the basic practices of Lent using storytelling, faith-sharing, song, and ritual action. Come join us as we discover together ways to patch our coats, the way Francis did. This is an interactive gathering during which we will form community, share, pray and sing together. You will open yourself to new ways to convert your heart and prepare to celebrate the Resurrection.

Facilitators: Sr. Glenna Czachor and Ruth K. Hroncich

Saturday, March 19, from 9 a.m. to noon

Fee: \$25 (includes prayer materials to take home)

Registration is required and closes one week prior to program date or when full.

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## Women Leaders in Early Christianity

Women have always played a significant role in the history of the Church. Unfortunately, the role of women in the early Church is not well known. Pope Benedict XVI recently acknowledged the contribution of these women saying in part that the female presence in the sphere of the primitive Church was not a secondary role. Come and meet the women of this time. Pray with them; learn about their lives and the legacy they have given to the men and women of the 21st century Church.

Facilitator: Sr. Ellen Heitman

Wednesday, March 23, from 6:30 to 9:30 p.m.

Fee: \$25

Registration is required and closes one week prior to program date or when full.



## Praying With Images

**This two-session series will enrich the use of our imagination in our prayer practices.**

The first evening there will include a brief input session by Sr. Georgene during which we will view the video *Meinrad Craighead: Praying with Images* and then have a circle discussion. Meinrad Craighead is a contemporary artist whose life and body of work reminds one of Hildegard of Bingen's creative spirit and multiple visions and gifts. The second evening will include conversation about our images and prayer styles, praying with icons, and time for reflection and creative expression.

Facilitator: Sr. Georgene L. Wilson

Thursdays: March 24 and 31, from 7 to 9 p.m.

Fee: \$35

Registration is required and closes one week prior to program date or when full.

## Healing Into Wholeness

### Reclaiming the Judeo-Christian Legacy of Hands-On Healing and Essential Oils

"Your robes are all fragrant with myrrh, aloes and cassia." Psalms 45:8

"I have perfumed my bed with myrrh, aloes and cinnamon." Proverbs 7:17

Essential oils are mentioned hundreds of times in both the Hebrew and New Testaments. They were truly the precious medicine chest of our Judeo-Christian ancestors. In this presentation, we will explore the wisdom of earlier times and look at how these people used essential oils for ritual and healing the physical body. We will smell, touch, and experience some of the oils of ancient scripture as well as oils from our modern times. We will also explore Hildegard of Bingen as a 12th century medicine woman who created essential oils in her time. Bring your Bibles.

Facilitator: Wheaton Franciscan Covenant Member Therese Yonikus  
Monday, March 28, from 7 to 9 p.m.

Fee: \$20

Registration is required and closes one week prior to program date or when full.

## Lent: A Matter of the Heart

### "Come back to me...with all your heart." Joel 2:12

During our day of reflection, we will ponder this call from God as we seek to discover, with God's help:

Where is my heart?

Who is in my heart?

What is in my heart?

What does my heart need NOW?

Input from Sr. Mary Ellen, quiet, and guided reflections will serve as a springboard for our pondering and sharing. We will discover that these questions take us deeply into the center of our lives. Participants

can dine together in the Marianjoy café where food is available for purchase or bring a sack lunch.

Facilitator: Sr. Mary Ellen McAleese

Wednesday, March 30, from 9:30 a.m. to 4 p.m.

Fee: \$35

Registration is required and closes one week prior to program date or when full.

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## **Living God's Dream for You**

### **The Christian Practice of Discernment in Daily Life**

God's true dreams and hopes for us are that we develop our gifts and talents, and place them in the service of others. Learn the difference between true discernment and decision-making, the benefits of keeping a spiritual journal, the practice of paying attention to "inner movements," and the meaning of keeping oneself always "turned toward God." Participants can dine together in the Marianjoy café where food is available for purchase or bring a sack lunch.

Facilitator: Sr. Joyce Kemp

Saturday, April 2, from 9 a.m. to 3:30 p.m.

Fee: \$35

Registration is required and closes one week prior to program date or when full.

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## **Weaving Palms**

### **Instruction Sessions and Contemplative Practice**

In the Christian tradition, palms are blessed and distributed on Palm Sunday, the beginning of Holy Week. The art of weaving blessed palms is a contemplative practice for many. During the week before Palm Sunday, sessions will be offered to learn and practice this art form.

After having learned how to weave the palms earlier in the week, on Palm Sunday there will be a time to engage in this creative practice in a group contemplative setting with minimal explanation given. A free-

will offering for materials is suggested. Registration for each session is separate.

Facilitator: Sr. Diane Przyborowski

Instruction sessions: Monday, April 11, from 2 to 4 p.m. and again from 7 to 9 p.m.

Palm Sunday Contemplative Practice: Sunday, April 17, from 1 to 3 p.m.

Free-will offering

Registration is required and closes one week prior to program date or when full.

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## **Walking and Praying the Labyrinth**

*A three-part, in-depth introduction to the history of the labyrinth, its use in our prayer life, and the sacred experience of walking the labyrinth.*

Session 1: An Introduction to Labyrinths

Labyrinths are found in many cultures all over the world.

Why were they created, what is their function, why have they re-emerged in recent times?

Come to explore the history, mystery, and wisdom of the labyrinth and its relevance in our lives today.

Session 2: Labyrinths and Prayer

Among the many gifts the labyrinth offers us, it can help to enhance and expand our prayer life. Join us as we delve into the ways that labyrinths can be a useful tool in our communication with the Divine.

Session 3: Walking the Labyrinth



In this concluding session, we will experience what the labyrinth holds for us. A sacred space will be created for our labyrinth walk and for processing the experience afterwards.

Facilitated by Wheaton Franciscan Covenant Member Ellen Sheaffer  
Wednesdays: May 4, 11, 18, from 7 to 9 p.m.

Fee: \$35 for all three sessions

Registration is required and closes one week prior to program date or when full.

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### **An Evening Book Discussion**

#### ***Still Alice*: a novel by Lisa Genova**

Alzheimer's disease is touching most of our lives today in one form or another. This extraordinary novel gives insight and understanding as the reader vicariously experiences this disease through the thoughts and feelings of 50-year-old Alice. She is diagnosed with early-onset Alzheimer's disease. One also journeys with her husband, adult children, and colleagues as each one deals with this diagnosis in very different ways. Read the book *Still Alice* by Lisa Genova before the session.



Facilitator: Sr. Diane Przyborowski

Tuesday, May 10, from 7 to 9 pm.

Fee: \$15

Registration is required and closes one week prior to program date or when full.

### **Abundant Life Now Through Holistic Living**

This workshop provides the opportunity to explore, remember and practice awareness and techniques vital to our well-being. We will explore the body-mind-spirit connection, reminding ourselves of old ways and finding new ways to integrate and nurture our whole being into an abundant life. Dimensions to be pondered include: What do we mean by holistic living? What is the impact of stress on holistic living? How can I be sure my mind is assisting me in living holistically? What is my spirit all about, and how does it relate to holistic living? What holistic attention do I give my body? Join us as we make plans for living holistically NOW! Participants can dine together in the Marianjoy café where food is available for purchase or bring a sack lunch.

Facilitator: Sr. Mary Ellen McAleese

Saturday, May 21, from 9:30 a.m. to 4 p.m.

Fee: \$35

Registration is required and closes one week prior to program date or when full.

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### **Community Wellness Courses at Marianjoy**

Marianjoy Rehabilitation Hospital was founded by the Wheaton Franciscan Sisters in 1972 and shares our campus. They offer many wellness classes that are also open to the community. If you would like to get on their mailing list or see what is being offered, visit [www.marianjoy.org](http://www.marianjoy.org) and click on "Classes."

# Awakening the Dreamer Symposium

**Saturday, April 9**

**At the Wheaton Franciscan Motherhouse**

*Tentative schedule: 9 a.m. to 3:30 p.m. program, including lunch, followed by liturgy at 4 p.m. (optional)*

You will experience dynamic group interactions, leading edge information, and inspiring multimedia. Participants in this event are inspired to reconnect with their deep concern for our world and are empowered to make a difference.

Designed with the collaboration of some of the finest scientific, indigenous and activist minds in the world, the Symposium explores the current state of our planet from a new perspective and connects participants with a powerful global movement to reclaim our future.

Stories and prayer from our Franciscan tradition will be woven into the program.

## ***The symposium provides an exploration of four questions:***

### **Where Are We?**

An examination of the state of environmental, social and personal well-being

### **How Did We Get Here?**

Tracing the root causes that lead to our current imbalance

### **What's Possible for the Future?**

Discovering new ways of relating with each other, with the Earth and looking at the emerging Movement for change

### **Where Do We Go from Here?**

Considering the stand we want to be in the world and our personal and collective impact

If you are ready to be disturbed, inspired and moved to action, and to be introduced to a thriving community of committed cohorts, then join us in exploring the most critical concerns of our times, and discover new opportunities to make a real difference in accelerating the emergence of an environmentally sustainable, spiritually fulfilling, and socially just human presence on this planet!

For more information, contact the Justice, Peace and Integrity of Creation Office of the Wheaton Franciscans: [justicepeace@wheatonfranciscan.org](mailto:justicepeace@wheatonfranciscan.org) or 630-909-6635.

**Visit [www.awakeningthedreamer.org](http://www.awakeningthedreamer.org) to view a sample of the program.**

## **Spiritual Direction, Retreat Leaders and Holistic Practitioners**

Many Wheaton Franciscan vowed and covenant members, as well as friends of the Wheaton Franciscans, offer spiritual direction, directed retreats, workshops, and holistic healing therapies. Contact them directly for more information or call 630-909-6805 for assistance. Spiritual direction is a way for one person to companion another on their spiritual journey toward growth and wholeness. Sessions can include sharing of life experiences, time of prayer or listening for the Creator, and guidance in observing God at work in your life.

### **Spiritual Directors**

Fr. Tom Borkowski  
Rosemarie Burian, OSF  
Dawn Capiluppo, OSF (SE Wisconsin)  
Alice K. Carroll  
Alice Drewek, OSF  
Pat Irr, OSF  
Joyce Kemp, rc  
Ann Kuhn  
Charlotte Loizzi  
Mary Ellen McAleese OSF  
Melanie Paradis, OSF (SE Wisconsin)  
Diane Przyborowski, OSF  
Ellen Sheaffer  
Veronica Ward

### **Retreat, Workshop, and Days of Reflection Leaders (These can be held on our campus or at your location.)**

Fr. Tom Borkowski  
Rosemarie Burian, OSF  
Dawn Capiluppo, OSF (SE Wisconsin)  
Jeanne Connolly, Ed.D.  
Glenna M. Czachor, OSF  
Pat Irr, OSF  
Ann Kuhn  
Mary Ellen McAleese, OSF  
Melanie Paradis, OSF (SE Wisconsin)  
Diane Przyborowski, OSF  
Ellen Sheaffer  
Veronica Ward  
Georgene L. Wilson, OSF

### **Holistic Healing Therapies**

Sharon Kroon Devo, CLMT  
Joanne Hambor, LMT  
Melanie Paradis, OSF (SE Wisconsin)  
Theresa Puchley, N.D.  
Therese Yonikus

## Presenters and Practitioners

**Fr. Tom Borkowski** is the Chaplain and Director of Faith Development and Liturgy of the Wheaton Franciscans. He holds a Master of Special Education and a Master of Divinity and is a certified spiritual director and retreat director. Contact: 630-909-6644 or [tborkowski@wheatonfranciscan.org](mailto:tborkowski@wheatonfranciscan.org)

**Rosemarie Burian, OSF, D. Min.,** is a Wheaton Franciscan Sister, healing touch practitioner, and spiritual director. Sr. Rosemarie is a certified hospital chaplain, certified Healing Touch practitioner, and has conducted research and training in body-mind-spirit integration. Contact: 630-862-5115

**Dawn Capilupo, OSF,** is a Wheaton Franciscan Sister located in the Milwaukee, Wisconsin, area, offering spiritual direction for individuals or groups, and retreats and workshops. Sr. Dawn has a Master of Franciscan Studies and Spirituality from St. Bonaventure University in New York and a spiritual direction and leadership certificate from the Shalem Institute for Spiritual Formation in Washington, D.C. Contact: 414-332-3557

**Bruce Carlson** has been a student of Qi Gong for nine years and has practiced two forms of Qi Gong: Chinese Essence and Soaring Crane. He has focused in recent years on Chinese Soaring Crane and its healing benefits. Bruce has studied with a variety of teachers, including Professor Chen Huixian, who is a Qi Gong master and brought Chinese Soaring Crane to the United States, and Teri Applegate, the current lineage holder for Chinese Soaring Crane certification in the United States. Bruce is certified as a Level I Soaring Crane instructor. Contact: [carboebruce@gmail.com](mailto:carboebruce@gmail.com)

**Alice K. Carroll** is a Wheaton Franciscan Consecrated Widow Covenant Member, a member of the animator team for the Wheaton Franciscan resident Sisters, and certified in spiritual direction. Alice has experience in clinical pastoral education, women's leadership programs, and feminist spirituality studies. Contact: 630-909-6805 and indicate you are leaving a message for Alice.

**Jeanne Connolly, Ed.D.,** is a Wheaton Franciscan Covenant Member, Director of Outreach and Covenant Membership, and Executive Director of Tau Center for the Wheaton Franciscans. Jeanne holds a doctorate in adult education and has more than 20 years of experience in group facilitation and presentation. Contact: 630-909-6638

**Glenna M. Czachor, OSF,** is a Wheaton Franciscan Sister and Director of the Justice, Peace and Integrity of Creation Office for the Wheaton Franciscans. She has a Master of Pastoral Studies from Catholic Theological Union. Sr. Glenna has more than 20 years of experience planning liturgy and prayer, and offering presentations and retreats for small groups, parishes, and the RCIA.

She offers informative and experiential programs on prayer and spirituality as well as prayer and liturgy planning and consulting. Contact: 630-909-6636 or [gczachor@wheatonfranciscan.org](mailto:gczachor@wheatonfranciscan.org)

**Sharon Kroon Devo, CLMT,** is a Wheaton Franciscan Covenant Member and board certified, licensed Massage Therapist in Illinois and Wisconsin. She offers a wide range of services from Swedish massage to reflexology, and is experienced working with special needs clients, including the severely disabled. She is currently studying Thai Bodywork Techniques. Contact her office at 630-909-6810 or cell 630-207-7136, or email her at [sdevo@wheatonfranciscan.org](mailto:sdevo@wheatonfranciscan.org)

**Alice Drewek, OSF,** is a Wheaton Franciscan Sister offering individual spiritual direction. She has a Master of Business Administration and a spiritual direction certificate from the Claret Center. Contact: 630-791-9183

**Joanne Hambor, LMT,** is a Wheaton Franciscan Covenant Member and licensed Therapeutic Massage Therapist who is board certified in Therapeutic Massage and Bodywork. Joanne is also certified in geriatric massage therapy, ayurvedic head massage, orthobionomy, and joint mobilization of the spine. Contact: 630-752-0106

**Ellen Heitman, OSF** is a Wheaton Franciscan Sister and a Chaplain at Loyola University Medical Center. Sr. Ellen's background includes nursing, parish ministry including administration, retreat work and religious education with children, youth, and adults. She has a Master of Theology from Sacred Heart School of Theology in Franklin, WI. Her field of study focused on scripture with a concentration on women in the Bible. Currently, she is a candidate for board certification with the National Association of Catholic Chaplains.

**Ruth K. Hroncich** has spent her life praising God through song and prayer. She is an accomplished musician and has led countless choirs and liturgical services in a wide variety of settings. A committed Catholic, she's worked for more than 30 years in parishes and the Chicago Archdiocese, and currently ministers in the parish of St. Barbara in Brookfield, IL. She is also an active leader in the Chicago Cursillo movement. She lives by the motto: "Make a Joyful Noise unto the Lord" (Psalm 95). Contact: 708-704-8525 or [rhroncich@scbglobal.net](mailto:rhroncich@scbglobal.net)

**Pat Irr, OSF,** is a Wheaton Franciscan Sister, teacher, and spiritual director offering spiritual deepening and seminars on Franciscan spirituality and other areas of spirituality. Sr. Pat holds an Master of Sacred Science from St. Bonaventure University and an Master of Pastoral Studies from Loyola University. Contact: 630-456-4459

**Joyce Kemp, rc, Ph. D.,** is a spiritual director, musician, and retreat or workshop leader. She is fluent in Spanish. Sr. Joyce is a published author and

holds a Doctor of Philosophy degree in applied spirituality. Contact: 630-836-2043.

**Ann Kuhn** is a Wheaton Franciscan Covenant Member offering spiritual direction and retreat direction. Ann is the owner of Oasis Place, a day and overnight place for retreats in the far west suburbs of Chicago that includes an outdoor labyrinth. Contact: 630-552-8201

**Charlotte Loizzi** is a Wheaton Franciscan Covenant Member offering individual spiritual direction. She has 20 years of experience in nursing and parish ministry and has a spiritual direction certificate from the Institute for Spiritual Leadership. Contact: 630-324-6980

**Marjorie Wilbur** served as the Executive Director of The Center to BE, an inclusive spirituality center in Milwaukee, from 2000 through 2010. Prior to this she held administrative leadership positions in Catholic health care through Wheaton Franciscan Services for over 20 years. She is a graduate of Mount Mary College in Milwaukee and has a masters degree in Community Health Planning from the University of Wisconsin in Milwaukee. Marjorie completed the Spiritual Direction Preparation Program at the Franciscan Spirituality Center in La Crosse, Wisconsin, and serves as a spiritual companion. She is a member of the U.S. Advisory Board of Capacitar, Inc.

**Mary Ellen McAleese, OSF**, is a Weaton Franciscan Sister who designs and guides retreats and workshops in holistic spirituality and accompanies others on their spiritual journey. She has ministered in leadership and ongoing formation for her community and as a liturgist in many settings. Contact: 630-690-7964 or memcaleese@att.net (subject line: retreat)

**Melanie Paradis, OSF**, is a Wheaton Franciscan Sister offering spiritual direction for individuals or groups, and retreats, workshops and days of reflection. She has a Master of Education degree from Cardinal Stritch University, Milwaukee, Wisconsin, and certificates in spiritual direction and retreat direction from the Franciscan Spirituality Center, La Crosse, Wisconsin. Sr. Melanie offers the complementary therapies of Energy Medicine and Training in Healing and Transformation as part of the spiritual direction process and is certified in Training in Healing and Transformation by Capacitar, Inc. Contact: 262-797-2513 or mparadis@yahoo.com

**Diane Przyborowski, OSF**, is a Wheaton Franciscan Sister with a Master of Arts in Pastoral Counseling. Sr. Diane has more than 30 years of experience in spiritual companioning, pastoral counseling, retreat and workshop facilitating, living and guiding others in contemplative practice, and presentations in the areas of holistic spirituality and Franciscan spirituality. Contact: 630-393-7046 or diprzy@sbcglobal.net

**Theresa Puchley, N.D.**, is a Wheaton Franciscan Covenant Member,

Naturopathic Doctor, and has advanced certification in lymphatic drainage and lymphatic breast massage. She offers naturopathic consultations and lymphatic drainage therapy. The lymphatic system is the first line of defense for the immune system. Lymphatic drainage treatments help to remove toxins, allowing the body to heal itself. Contact: 630-752-0106

**Ellen Sheaffer** is a Wheaton Franciscan Covenant Member, spiritual director, group retreat leader, and Veriditas certified labyrinth facilitator. She holds a Master of Counseling Psychology from the Adler School of Professional Psychology. Ellen has worked for 25 years in social service agencies focused on women and children. Her areas of special interest are women's issues, burn-out, cancer, and facilitating one's journey back to self. Contact: 630-992-0313

**Veronica Ward** is a Wheaton Franciscan Covenant Member located in the Kansas City, Missouri area where she is available for spiritual direction and days of prayer and reflection. She is a Pastoral Associate, has a Master of Theology, and certification in spiritual direction. Contact: 816-761-5483

**Georgene L. Wilson, OSF, D. Min.**, is a Wheaton Franciscan Sister, teacher, preacher, artist and poet. She is the poetry editor of *Interreligious Insight* and on the faculty of Common Ground in Deerfield, Illinois. Sr. Georgene is experienced in spiritual formation and retreats with adults and spiritual direction. She is available for directed, guided or preached retreats for individuals or groups, trans-traditional spiritual teaching and workshops, and conference facilitation. Contact: 630-690-1249

**Therese Yonikus, LMT**, is a Wheaton Franciscan Covenant Member, a licensed Massage and Craniosacral Therapist, Shamanic Healing Practitioner, offers The Raindrop Technique and is Certified in Arivigo Abdominal Therapy. She holds a Master of Education degree. Contact: 630-393-0386

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**Sisters Marge Zulaski and Gabriele Uhlein** have joined the staff of the Christine Center and moved to Willard, Wisconsin. The Christine Center was founded by Wheaton Franciscan Sister Virginia Mary Barta as a place for solitude and meditation for people of all spiritual paths.

You can reach Srs. Marge and Gabriele by writing to them c/o the Christine Center, W8303 Mann Road, Willard, WI 54493. You may also send an email to taucenter@wheatonfranciscan.org and it will be forwarded to Sr. Marge or Sr. Gabe per your instructions.

For more information on the Christine Center, visit [www.christinecenter.org](http://www.christinecenter.org).

## Renting Space from Tau Center

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Tau Center now has a new home in the Our Lady of the Angels Motherhouse on our gorgeous 60-acre campus in Wheaton. The new space has more than 14 rooms, each appropriately furnished to host spirituality programs, spiritual direction, artistic expression, holistic healing, and peaceful contemplation.

Tau Center's space is available for use by the general public for a minimal fee. These include spaces for spiritual direction, small group meetings, day retreats, workshops, and presentations. The largest space can accommodate a group of 30.

### The available meeting rooms are ideal for:

- Small study or discussion groups
- Parish staff meetings
- Board retreats
- Meetings or presentations
- Spiritual direction
- Personal days of retreat or reflection

Some AV equipment is also available for rent. There is a refrigerator for sack lunches, catered meals can be brought in, or groups can dine at the Marianjoy Cafe. We provide some hot beverages and water.

And while on campus, it is possible to visit our chapel, explore the campus peace path, or walk the Marianjoy labyrinth (weather permitting).

### Holistic Healing Room

We also have one room that is available for rental by a holistic healing therapist. The room includes a massage table, chair, and cabinet. Practitioners must provide their own supplies.

Call 630-909-6805 for more information, to request a brochure with rates, or to schedule a tour.

## Tau Center Welcomes Your Generous Support

Course fees cover only a very small portion of our ministry's expenses. Financial gifts from our generous supporters help cover operating costs or scholarships are welcome. Donations are made out to the Wheaton Franciscans and are fully tax deductible. Please contact Karen Tornberg at 630-909-6805 for more information.

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## Volunteer Opportunities

Many people ask how they can get to know the Wheaton Franciscans better and how they can give back to this community. One very tangible way is by volunteering time and energy to help the Community and ministries important to us.

There are many ways to share the gift of time, including driving Sisters to appointments, assisting with mailings, graphic and web design, grant writing and fundraising, data entry and shelving books for our new library, helping with special events, and much more.

Tau Center is also interested in finding liaisons to local parishes and groups who will help us spread the word and gauge what people are looking for in the area of spirituality programming.

For more information, call 630-909-6805.

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## Gift Certificates

Need a special gift for a holiday, birthday, staff appreciation, or just to say you care? Gift Certificates for Tau Center programs are available in any denomination. Contact Karen at 630-909-6805 for more information.

## The Wheaton Franciscans

Wheaton Franciscans comprise the United States Province of the International Congregation of the Franciscan Sisters, Daughters of the Sacred Hearts of Jesus and Mary. We are a community of vowed women religious and covenant (associate) women and men whose mission is to live the Gospel following the spirit of St. Francis and St. Clare of Assisi, and our foundress Mother Clara Pfaender.



*Tavola of Mother M. Clara Pfaender. Artist: S. Maryam Gossling, FSPA*

150 years ago, Mother M. Clara Pfaender made the decision to form her own congregation in Germany following the rule of St. Francis of Assisi. Her mission—prayer for the church and service to the poor, orphaned and sick—is the beginning of our story.

We continue to celebrate a long and rich heritage that flows from our local community to ministries in healthcare, shelter, justice and peace, and spiritual development.

Our founding spirit challenges us to live a life of ministering in mutuality and partnership, with love as the energy that moves us. We collaborate with other religious communities and lay partners in health, shelter, and other human service ministries. Our individual ministries are as diverse as the gifts that we each bring to community life.

With our partners in ministry, we are blessed to remain in service to God, affirming the value of the common good and the dignity of all people, and advocating for the poor and marginalized.

## Vowed Membership

As Vowed Members our form of life is this: to observe the Gospel of Jesus Christ by living in obedience, chastity and poverty. We live community and seek to integrate contemplation and action so that our life becomes a blessing for ourselves and for those whom we serve. Each day we live anew this personal call and our response in faith as we try to be more like Christ. For more information on Vowed Membership, please visit [www.wheatonfranciscan.org](http://www.wheatonfranciscan.org) or call Sr. Trish Villarreal at 630-909-6639.



## Covenant Membership

Since 1983, the Wheaton Franciscan mission has extended a pathway of spiritual growth and mutuality to women and men through a relationship called Covenant Membership. Covenant Members are persons who relate to the charism and philosophy of the Wheaton Franciscans, want to live this mission in their daily lives, in their families, friendships and work life, and seek to publicly identify with the community. For more information, please visit [www.wheatonfranciscan.org](http://www.wheatonfranciscan.org) or attend "Who Are the Wheaton Franciscans?" held March 7 and May 16 (see page 12).

## Additional Opportunitites to Connect

### Worship



All are welcome to worship with the Wheaton Franciscans in our beautiful chapel in the Our Lady of the Angels motherhouse.

The first Sunday of each month from September through May is Joyful Sunday with Mass at 10 a.m.; the rest of the month, Sunday Mass is usually at 9:00 a.m. If you enjoy making music

as part of your worship experience, we are always looking for additional musicians and choir members for Joyful Sundays!

If you would like to be on the email list to receive our monthly liturgy calendar, please send a note to [taucenter@wheatonfranciscan.org](mailto:taucenter@wheatonfranciscan.org).

### Circle of Contemplation

Each month a circle of Wheaton Franciscans gathers to sit in silence as we meditate together. We begin with remembering the wisdom of the Psalmist: BE STILL AND KNOW THAT I AM GOD as we move into the stillness. Through this simple act of faith, our intention is to bless the world that we may all be instruments of peace, transformation, hope, and healing. Join us in the Deutschland Chapel of Our Lady of the Angels Motherhouse from 10:15 to 11 a.m. on the third Sunday of the month. To join the monthly email reminder list or if you have any questions, contact Sr. Diane Przyborowski at 630-393-7046 or [diprzy@sbcglobal.net](mailto:diprzy@sbcglobal.net).

### Threshold Choir

Threshold Choirs honor the ancient tradition of singing at the bedsides of people who are struggling: some with living, some with dying. A new choir is starting up and will be meeting the second and fourth Wednesdays at 7:30 at Our Lady of the Angels Motherhouse. For more information contact Jeanne Guilfoyle at 630-909-6640 or [jguilfoyle@wheatonfranciscan.org](mailto:jguilfoyle@wheatonfranciscan.org).

### Prayer Shawl Ministry

Since 2005, the Wheaton Franciscans have been knitting or crocheting prayer shawls with the intention that they might serve as a healing presence for those who are experiencing loss or serious illness. The shawls are made with love and prayer so that those who receive them might be comforted and know that they continue to be held in prayer in God's tender love. We meet from 7 to 8:30 p.m. at Our Lady of the Angels Motherhouse on the third Wednesday of the month. Participants supply their own materials. If you are interested, please contact Sr. Diane (630-393-7046 or [diprzy@sbcglobal.net](mailto:diprzy@sbcglobal.net) subject line: prayer shawl ministry) for more information.

### Woodcarving With Sr. Lynn Schafer Beginner 3D, Low Relief, and Project Mentoring

Explore the practice of working with wood as a contemplative art form in which you can find yourself and the Creator. Listen to your soul speak through this creative process. No experience is necessary. If you are interested, contact Sr. Lynn at 630-909-6762 for more information.

### Join Us on Facebook!

Tau Center and other ministries of the Wheaton Franciscan ministries are on Facebook. Go to [www.facebook.com/taucenter](http://www.facebook.com/taucenter) and become a fan to receive updates and interact with other like-minded individuals online. While you are on Facebook, you can search for our other pages: Wheaton Franciscans, Justice Peace and Integrity of Creation, and Upendo Village.





Wheaton Franciscan Covenant Member Mary Krystinak offers teaches back-to-basics green living skills such as canning, pickling, organic gardening, composting, and lasagna gardening. She is the owner of Mary's Wholesome Living and co-founder of Green Drinks of Wheaton.

### Upcoming classes include:

#### **Knitting Retreat Days**

January 15 and February 5 from 9 a.m. to 3 p.m.

#### **Make Your Own Kombucha**

January 17, 18 or 19 from 6 to 9 p.m.

#### **Gluten-Free Bread and Ghee**

February 14, 15 or 16 from 6 to 9 p.m.

#### **Jams, Jellies and Marmalades**

January 24, 25 or 26 from 6 to 9 p.m.

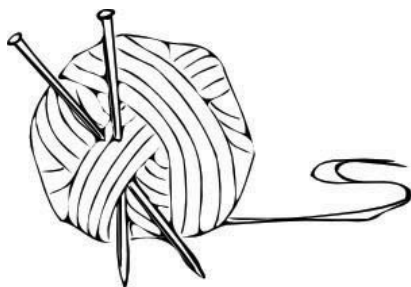
#### **Irish Soda Bread**

March 14, 15 or 16 from 6 to 9 p.m.

#### **Ten Grain Bread and Fresh Churned Butter**

March 28, 29 or 30 from 6 to 9 p.m.

All classes offered by Mary's Wholesome Living are separate from Tau Center. To register or for more information, please visit [www.maryswholesomeliving.com](http://www.maryswholesomeliving.com) or contact Mary directly: [wholesomemary@att.net](mailto:wholesomemary@att.net) or 630-776-4604.



## Registration and Information

To register or for further information, please contact the Tau Center office at 630-909-6805 or [taucenter@wheatonfranciscan.org](mailto:taucenter@wheatonfranciscan.org).

Unless noted otherwise, all programs are held on the Wheaton Franciscan Campus, 26W171 Roosevelt Road, Wheaton, IL 60187.

Registration closes one week prior to program date or when full.

If you are unable to attend a program you have registered for and it's after hours, please call the Wheaton Franciscan reception desk (630-462-7422) so the instructor can be notified. The reception desk hours are 7 a.m. to 8 p.m., Monday through Friday, and 8 a.m. to 3 p.m., Saturday and Sunday,

Weather permitting, some people enjoy a short walk on the campus or a visit to the Marianjoy Labyrinth.

The entire Wheaton Franciscan Campus is a smoke-free environment.

#### **Financial Assistance**

We make every effort to keep the fees for our programs as reasonable as possible, and it is not our desire to keep anyone from attending. Financial assistance may be available on a case-by-case basis.

#### **Staying in Touch**

Don't miss out on upcoming offerings from the Wheaton Franciscans. Some programs are announced or changed after this course catalogue is printed, so the only way we can notify you is via our website and emails. If you want to be sure you are on our list, please write to [taucenter@wheatonfranciscan.org](mailto:taucenter@wheatonfranciscan.org) or call 630-909-6805.



## Directions to the Wheaton Franciscan Campus and Tau Center

The Wheaton Franciscan Campus is on Roosevelt Road (Route 38), approximately 5 miles west of I-355, 2 miles west of Naperville Road, and ¼ mile east of County Farm Road. Turn south at Community Drive (stop light) onto the Wheaton Franciscan campus.

The entrance for Our Lady of the Angels and Tau Center is #5.

Proceed straight ahead to the first stop sign and turn left. After the curve in the road, turn right at the sign for Tau Center. The parking area straight ahead of you is for Tau Center and Our Lady of the Angels visitors. There is additional parking to the right of entrance 5.

*The practitioners listed in this directory demonstrate excellence in the services they provide, and are committed to the Wheaton Franciscan values of respect, integrity and stewardship. They represent quality education, compassion and integrity in their practice, and are dedicated to assisting clients in spiritual deepening and holistic healing processes.*

*This directory is intended to introduce them and provide contact information. Each reader should investigate the service offered before making health decisions.*

## Wheaton Franciscan Campus

- 1** Marianjoy Rehabilitation Hospital
- 5** Our Lady of the Angels Motherhouse  
Clare Community  
Tau Center, JPIC
- 7** WFSI Corporate Services  
(Entrance to: Human Resources &  
Franciscan Ministries, Inc.)
- P** Parking



### Tau Center

26W171 Roosevelt Road, Wheaton, IL 60187  
630-909-6805 • [taucenter@wheatonfranciscan.org](mailto:taucenter@wheatonfranciscan.org)  
[www.taucenter.org](http://www.taucenter.org)



# Tau Center

*A Spirituality Ministry of the Wheaton Franciscans*

P.O. Box 667

Wheaton, IL 60189