



# Tau Center

*A Spirituality Ministry of the Wheaton Franciscans*



Winter / Spring 2010  
Programs and Directory

# Tau Center

**T**au 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.

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### Tau Center Oversight Board

Carol Simler  
Diane Przyborowski, OSF  
Jane Madejczyk, OSF  
Jean Ford, OSF  
Mary Ellen Durbin  
Pat Irr, OSF  
Theresa Puchley

### Tau Center Staff

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

*Cover art: Stained Glass Window from Our Lady of the Angels Chapel*

Greetings!

Welcome to the latest offerings of the Wheaton Franciscan Spirituality Center. We are glad to provide many opportunities to enrich the unfolding of 2010.

Growth and a new spirit of opening is at the root of our ministry, and surely you have noticed that the very name of the Center itself is new.

Careful reflection has led us to rename our Wheaton Franciscan ministry Tau Center. This name comes intimately from the Franciscan tradition, in fact originating with Francis of Assisi himself. Francis used the symbol of the Tau as a mark of God's favor and blessing and wanted it to be used by his followers as such a symbol. So 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. It is central to Wheaton Franciscans.

Tau Center signs the work we do as belonging to the heart, not to a specific place; wherever the Mission of Tau Center is carried out, there is the Center. Location is not as important by far as the service and the growth.

The logo or symbol of Tau Center is the same as that of Wheaton Franciscans. In this way we embrace the ministry as our own and open our hearts to all who find a place in its life.

May you be among them.



Sr. Jane Madejczyk, OSF  
Provincial Councilor and Liaison for Tau Center



# Winter/Spring 2010 Programs

## **Study and Discussion Circle: A Spirituality of Integration**

Join this circle for some very practical conversations and ongoing reflection regarding the dynamics of transformation in everyday life and in the world. Together we will journey into deeper awareness and self-knowledge. We will enter the deep well of our own spirit and reflect upon the process of transformation at work within us and in the world. The source books for this class are: *Living Presence* by Kabir Edmund Helminski; *Urgings of the Heart* by Wilkie Au and Noreen Cannon; and *Christ in Evolution* by Ilia Delio.

*Facilitator: Sr. Pat Irr*

*This group is continuing from last fall, but newcomers are welcome.*

*January 11, February 8, March 9, April 12, and May 10; 7:00 to 9:00 p.m.*

*Fee: \$20 per session; come to one or all*

## **Meditation 101**

Are you stressed out? Are you thinking and worrying too much? Do you feel your life is out of control? Do you believe you can quiet your mind? We do. Imagine at least 10 minutes a day experiencing stillness inside of yourself. Each week there will be a group meditation. You will be able to practice meditation techniques and ask questions that come up in your practice. We offer helpful information and support for your meditation practice.

*Facilitators: Sr. Jean Ford and Theresa Puchley*

*January 14, 21, 28 and February 4; 7:00 to 8:30 p.m.*

*Fee: \$10 per session; come to one or all; registration is appreciated*

## **Green Sisters**

Join us in sharing the book *Green Sisters, A Spiritual Ecology* by Sarah McFarland Taylor. Together we'll discover the compelling stories of contemporary religious women who ground their lives in a planetary context and who choose to live "a deepened consciousness of the sacredness of creation." These "Green Sisters" are working to heal Mother Earth by a commitment to ecological sustainable living as a daily spiritual practice. They are learning to live more lightly on Earth – to actively and contemplatively

live in harmony with the natural world. The culture of the Green Sisters is to reinvent and reinvigorate religious life.

*Facilitator: Sr. Alice Drewek*

*January 18, February 8, March 1 and 29, April 5 and 19, May 10 and 24; 6:30 to 8 p.m.*

*Fee: \$5 per meeting; registration is required*

## **Don't Be Afraid of Facebook! Relationship Building in the 21<sup>st</sup> Century**

Relationship building is a value shared by many, most especially Franciscans. Facebook is one of the modern tools available to help us connect and communicate. Facebook is a global networking website that is used by more than 350 million people around the world. With it, individuals and organizations connect or reconnect, share thoughts, ideas, photos, and things they are passionate about. At first glance, setting up and using Facebook may seem a little daunting, but it doesn't have to be. Facebook is safe if you only connect with the people you want to and share only the information you want shared. The presenters will provide a live demonstration to show just how easy it is to sign up for Facebook and begin building and maintaining those important relationships.

*Facilitators: Sr. Glenna Czachor and Karen Tornberg*

*Offered twice: January 19: 9 to 10:30 a.m. and 7 to 8:30 p.m.*

*Fee: \$10; registration is required*

## **Praying Through Photography**

This evening we will explore taking pictures as a form of praying, a form of paying attention to both the outer and the inner life of Spirit. Together, let's reflect on how both praying and taking pictures:

- Focus and frame intention and attention
- Are ways of relating, of encountering
- Are open to revelation, awe, surprise, Mystery
- Need quiet presence, an active stillness
- Sometimes have an agenda, are sometimes just being open, available
- At times beg to be clothed in words, however poorly they may fit
- Can lead to sacramental memory and profound praise
- Are ways of paying attention to what is, to what the Creator is doing

Whether you take pictures yourself or simply enjoy what you see, I would love for us to share some photos, and circle together around how photography or praying with pictures opens us. If you are able, bring a favorite photo to share with the group.

*Facilitator: Sr. Fran Glowinski  
January 20; 7 to 9 p.m.  
Fee: \$15; registration is required*

### **Practice for Working with Your Dreams**

Jungian analyst Sr. Marge Zulaski provides a method and framework for the exploration of dreams in a group. This is not a therapy group. Rather, we follow Carl Jung's method of dream exploration to help dreamers come to understand their own symbols and reflect on how a particular dream applies to their current life situation.

*Facilitator: Sr. Marge Zulaski, Psy. D.  
Two Separate Groups: 1:30 to 3:30 p.m. or 6:30 to 8:30 p.m.  
Groups meet January 20, February 3 and 17, March 3, 17 and 31  
Fee: \$15 each session; registration is required*

### **Celebrating the Mystics of Assisi: St. Francis and St. Clare**

If you have never been to Assisi, come and see! If you have been there, come and remember! Using intriguing images from Assisi and from the lives of St. Francis and St. Clare, we will explore what it means to belong, to heal, and to contemplate, so as to become lovers of no less than a soul-filled world and one another. The world of St. Francis and St. Clare in Assisi can give us wonderful clues that reaffirm the spiritual dimension of our own contemporary lives. We too can know their mystical joyfulness and grace. It will be an opportunity to look with fresh eyes at how God is still with us, and present in all the day-to-day events of our lives. Come for one or both sessions.

**God Gave Me Brothers: Celebrating the Spiritual innovations of St. Francis and his early band of followers** — January 21, 7 to 9 p.m.

**A Circle of Sage Women: Celebrating the wisdom of St. Clare and her**

**first sisters** — January 28, 7 to 9 p.m.

*Facilitator: Sr. Gabriele Ühlein  
Fee: \$20 per session; registration is required*

### **Meditation and Movement**

Meditation practices come in all shapes and sizes. This session of meditation will focus on gentle movements of the body to assist in bringing oneself to inner stillness. Participants will have the opportunity to learn and practice several ways to incorporate body movement in their meditation practice. Wear loose, comfortable clothes and come with an open heart and some curiosity. People of all body types and levels of physical ability can participate. Each session will be a separate program so come for one or all sessions.

*Facilitator: Sr. Diane Przyborowski  
January 30, February 27, May 8 and June 5; 9 a.m. to 12 noon  
Fee: \$20 per session; registration is required*

### **An Introduction to Knitting**

Designed for the total beginner, you will learn to cast-on, knit, purl, and bind-off. That is as basic as it gets. After this you can handle any number of easy patterns! We will provide the basic materials you need to get started on a simple project. Once you are comfortable knitting, consider joining our Prayer Shawl Ministry (see page 24).

*Facilitators: Sr. Diane Przyborowski and Sr. Lynn Schafer  
February 1 and 8; 6:30 to 8 p.m.  
Fee: \$35; registration is required*

### **Visio Divina**

Let yourself be captivated by scripture through reading, reflection and imagination. Take inspiration from The Saint John's Bible, with its calligraphy, illuminations and illustrations. Then visualize and create your own illuminated text (no artistic expertise needed). All materials provided. The session will begin and conclude with discussion, but will consist mostly of reflective quiet.

Each session will cover a different passage; participants are welcome to either or both sessions.

*Facilitator: Seth Dibblee*  
*February 10 and March 10; 7 to 9 p.m.*  
*Fee: \$15 each session; registration is required*

### **Soul Work Through Art For Painters, Poets, Potters, Writers, Weavers and All Artists**

Art as soul work can be transformative. Art as soul work can be prayer. Our souls appear on canvas, on paper, in clay, in paper making. Once the work is finished do we take the time to reflect? Is it possible that once the work is completed we tuck it away without listening to the voice of deep consciousness that has been revealed? Unfortunately, most artists work alone. It is the nature of the process. And the desire to share with someone who can hold their sacred images goes unmet. Each participant will be provided an opportunity to reflect on the art and spiritual journey of artist, Sister Jean Ford. Sr. Jean will share her personal experience of allowing living to open her. There will be an opportunity for each one attending this group to share their own soul work the second evening.

*Facilitator: Sr. Jean Ford*  
*February 11 and 18; 7 to 8:30 p.m.*  
*Fee: \$30; registration is required*

### **The Pearl of Great Price: Meditation Practice to Deepen Spiritual Awareness**

What better way to prepare for Lent and celebrate the new life of spring and Easter! These three morning sessions are designed to jumpstart and deepen spiritual practice. Using insights from contemporary Christian meditation and centering prayer, participants will have the opportunity to fine-tune their own meditation practice. Come to one or all sessions as you are able.

*Facilitator: Sr. Gabriele Ühlein*  
*February 13, March 13, and April 17; 10 a.m. to 12 noon*  
*Fee: \$10 per session; come to one or all; registration is appreciated*

### **Who Are the Wheaton Franciscans?**

Are you curious about the Sisters who founded Marianjoy and live on the same campus? Do you have questions about the Sisters who are part of a congregation that is 150 years old? Are you looking for new challenges or companionship on your spiritual journey? This presentation will introduce you to the Wheaton Franciscans—their mission, philosophy, ministries, and various ways you might want to connect with them. Please join us for either of these evenings of informal presentation and conversation.

*Facilitator: Jeanne Connolly*  
*Offered twice: February 20 from 10 a.m. to 12 noon or May 4 from 7 to 9 p.m.*  
*Fee: no charge; registration is required*

### **Reflection and Conversation Circle on *The Four Agreements* by Don Miguel Ruiz**

*The Four Agreements*, based on ancient Toltec wisdom, is a guide to personal transformation. The challenge to live the Four Agreements can lead to a more integrated life. The Four Agreements are: 1) Be impeccable with your word, 2) Don't take anything personally, 3) Don't make assumptions, 4) Always do your best. Participation in all sessions is highly recommended. Preparation for the first session is the reading of the Introduction, Chapter 1, and Chapter 2.

*Facilitator: Sr. Diane Przyborowski*  
*February 22, March 9 and 22; 7 to 9 p.m.*  
*Fee: \$50; registration is required*

### **Living Eucharistically: What Happens After We Say Amen?**

During 2010, the Joliet Diocese is celebrating The Year of the Eucharist. This provides an opportune time for all of us to deepen our understanding of our lives as Eucharist: Blessed, Broken, Shared. Our time together will include input and reflection questions, time for silent personal reflection, and time for shared reflection. We will conclude with a ritual of blessing...breaking...sharing bread.

*Facilitator: Sr. Mary Ellen McAleese*  
*Offered twice: February 24; 9 to 11:30 a.m. or 6:30 to 9:00 p.m.*  
*Fee: \$20; registration is required*

## **Prayer and Affirmation Bracelets:**

### **A Beading Workshop and Morning of Reflection**

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 workshop/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.

*Facilitator: Sr. Glenna Czachor*

*February 27; 9 a.m. to 12 noon*

*Fee: \$50 covers all materials required to make a bracelet; registration is required*

## **Mindfulness as a Lifestyle**

During these six weeks, we will investigate ways that we can improve our ability to live moment to moment. We will be looking into techniques whereby we can listen to our bodies, our minds, and to the internal Divine. Meditation will be utilized as a tool in this process. Some knowledge of the chakras would be helpful. This class is an invitation to “wake up” in a new way.

*Facilitator: Sr. Rosemarie Burian*

*March 11, 18 and 25; 6:30 to 8:30 p.m.*

*Fee: \$50; registration is required*

## **Glory Be!**

### **Discovering Christianity’s Sturdy Mystical Roots**

This program offers an opportunity to explore the rich heritage of mystical prayer in the Christian tradition. Using colorful and inspiring examples from the lives of the saints, the purpose of living a mystical life will be examined, not so much for “heaven’s sake,” but for the sake of living our lives well and whole, here and now. Using Christianity’s sturdy mystical roots as a starting point, and concluding with an invitation to integrate contemplation into everyday life, we will explore the meaning of belonging and of the holy in a fragmented and often chaotic world. Come prepared to see prayer and spiritual practice in a wholly new (old) way!

Part 1) From Abraham and Sarah to the Medieval Mystics: March 15; 7 to 9 p.m.

Part 2) From Julian of Norwich to the Saints of Today: March 22; 7 to 9 p.m.

*Facilitator: Sr. Gabriele Ühlein*

*Fee: \$20 per session; registration is required*

## **Living the Peace Prayer of St. Francis**

The heart-path to peace of all religions beats with the same love and oneness when the dogma is removed. There is a peace prayer attributed to St. Francis of Assisi that invites us to remove our dogmas (the “ought to”) and our self-centered egos in order to allow ourselves to be instruments or channels of the One Peace of Our One God. This evening will be a theological reflective teaching on this prayer and the emptiness of self that it invites us to be in our world crying for peace.

*Facilitator: Sr. Georgene L. Wilson*

*March 16; 7 to 9 p.m.*

*Fee: \$20; registration is required*

## **Is Group Spiritual Direction for Me?**

This is an introductory evening for those interested in participating in group spiritual direction. In group spiritual direction, as in one-to-one spiritual direction, people are present together in the Mystery of Love explicitly to assist another in discernment. Both require a shared desire for God. In group spiritual direction, although there is less time for attention to individuals, there is a collective wisdom available for each person. A group affords the possibility of many faces of truth being uncovered in any given situation. At the end of the evening, we will decide what meeting times and dates work best for those interested in continuing. Please bring your calendars. Every effort will be made to create a group or groups for those interested.

*Facilitator: Sr. Jean Ford*

*March 23; 7 to 8:30 p.m.*

*Fee: \$15; registration is required*

## **Introverts and Extraverts...So Now What?**

The test told us who we were, but what do we do with that information? Over the years have you noticed that you are more than the label you were given? To live a balanced life, one needs to integrate qualities of both the introvert and the extravert. Come join us as we explore together how this process of integration continues to happen in our lives.

*Facilitators: Sr. Jean Ford and Sr. Melanie Paradis  
March 25; 7 to 9 p.m.  
Fee: \$20; registration is required*

## **Shining Through the Living Light**

Hildegard of Bingen (1098-1179) was a remarkable woman, a “first” in many fields. At a time when few women wrote, Blessed Hildegard produced major works of theology and visionary writings. When few women were accorded respect, she was consulted by and advised bishops, popes, and kings. She used the curative powers of natural objects for healing, and wrote treatises about natural history and medicinal uses of plants, animals, trees and stones. She is the first composer whose biography is known. She founded a vibrant convent where her musical plays were performed. Her story is an inspirational account of an irrepressible spirit and vibrant intellect that overcame social, physical, cultural, gender barriers to achieve timeless transcendence. Using her own “illuminations,” this evening will be a visual feast that will offer the “Living Light” of Blessed Hildegard’s timeless wisdom for all spiritual seekers.

*Facilitator: Sr. Gabriele Ühlein  
April 15; 7 to 9 p.m.  
Fee: \$20; registration is required*

## **Spirituality and Busy People**

In our fast-paced society, we often feel rushed, pressured and less than satisfied with our lives. Something is missing...is it Spirit? We want to pay attention to our spiritual life and it often comes at the end of a long list of “To Dos.” What makes our lives so busy? Is a vibrant spiritual life possible? What is spiritual life or spirituality anyway? We come together to listen to the gentle voice of the Spirit whispering in our hearts.

*Facilitator: Sr. Diane Przyborowski  
April 27; 6:30 to 9 p.m.  
Fee: \$25; registration is required*

## **Book Discussion Group: *The Humility of God***

Do you ever wonder about the balance between the transcendence of God and the tangible presence of God? There is God, the all-powerful Creator, the Holy One, who is the ultimate Other. And then there is God who is so near, who humbly bends down to become so small as to hide in a simple, ordinary piece of bread, or even within us. Franciscan spirituality offers unique insights into the humility of a God who can’t wait to give everything away. This is the God that Francis encountered. And this is the God who seeks to love us right where we are. This discussion group will explore the humility of God through the perspective of Franciscan spirituality. We will read *The Humility of God*, by Iliia Delio, O.S.F., as the basis for our discussions.

*Facilitator: Mary Ellen Durbin  
May 5, 12 and 19; 7:00 to 9:00 p.m.  
Fee: \$40; registration is required*

## **To Be or Not to Be...a Blessing**

We all have various associations with the word “blessing.” We have asked for a blessing, have given a blessing, and received a blessing in unexpected and surprising ways. Are “blessings” more than words? Is “blessing” a noun or a verb? This “blessing” day will be lived spiraling deeper into an appreciation and understanding of what “blessing” is for the healing and transformation of the world today.

*Facilitator: Sr. Diane Przyborowski  
Offered twice: May 11; 9:30 to 12 noon or 6:30 to 9 p.m.  
Fee: \$25; registration is required*

# Rooted in Love — Committed to Transformation

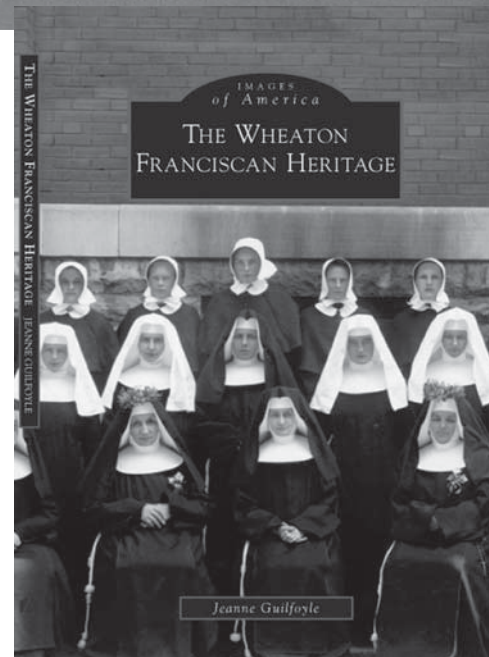
## Wheaton Franciscan Sisters Daughters of the Sacred Hearts of Jesus and Mary Celebrating 150 Years of Our International Congregation



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. Their mission: prayer for the church and service to the poor, orphaned and sick. This is the beginning of our story.

Now we are in the midst of our 150th Jubilee year, celebrating a long and rich heritage that flows from our local community to ministries in healthcare, shelter, justice and peace, and spiritual development.

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.



*The new pictorial history book that brings the Wheaton Franciscan legacy to life is available from your local booksellers or online.*

## 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.

This spirit challenges us to live a life of ministering in mutuality and partnership, with love as the energy which 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.

## Join Us

### 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. We understand that religious life is evolving. 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).

### 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 on Covenant Membership, please visit [www.wheatonfranciscan.org](http://www.wheatonfranciscan.org) or attend "Who Are the Wheaton Franciscans?" on February 20 and May 4.

### 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 your time and energy to help with the Tau Center, outreach, Upendo Village efforts, and other ministries significant to the Wheaton Franciscans. For more information, call 630-909-6805.

### Follow 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.

# Program Facilitators

**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.

**Jeanne Connolly, Ed.D.,** is a Wheaton Franciscan Covenant Member, and Director of Covenant Membership and Outreach and Executive Director of Tau Center for the Wheaton Franciscans.

**Glenna Marie Czachor, OSF,** is a Wheaton Franciscan Sister and 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.

**Seth Dibblee** is a Wheaton Franciscan Covenant Member, an environmental scientist with the U.S. Environmental Protection Agency, and on the board of Canticle Ministries. He has held leadership positions in InterVarsity Christian Fellowship and the Evangelical Covenant Church and has been a student of the Bible for more than 30 years.

**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.

**Jean Ford, OSF,** is a Wheaton Franciscan Sister, experienced educator in the public schools for over 35 years, spiritual director, artist and facilitator of Art Expression workshops for individuals and groups. Sr. Jean holds a Master of Arts in Education.

**Fran Glowinski, OSF,** is a Wheaton Franciscan Sister, a hospital chaplain at Loyola University Medical Center, a former science teacher and retreat director, a nature lover and life-long amateur photographer. She holds a Masters Degree in Pastoral Studies.

**Pat Irr, OSF,** is a Wheaton Franciscan Sister, teacher, and spiritual director. Sr. Pat holds an M.A. in Sacred Science from St. Bonaventure University and an M.A. in Pastoral Studies from Loyola University.

**Mary Ellen McAleese, OSF,** is a Wheaton Franciscan Sister, a graduate of Hesychia School of Spiritual Direction, and a pioneer researcher in holistic living. Sr. Mary Ellen has more than 30 years of experience in designing and facilitating workshops and retreats.

**Melanie Paradis, OSF,** is a Wheaton Franciscan Sister and spiritual director with more than 30 years of experience in education and spiritual formation. She holds a Master of Education degree, a spiritual direction certificate from the Franciscan Spirituality center in La Crosse, Wisconsin, and a certificate in Capacitar Training in Healing and Transformation (see [www.capacitar.org](http://www.capacitar.org) for more information).

**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, retreat and workshop facilitating, and living and guiding others in contemplative practice.

**Theresa Puchley** is a Wheaton Franciscan Covenant Member, Naturopathic Doctor, and has advanced certification in lymphatic drainage and lymphatic breast massage.

**Gabriele Uhlein, OSF, Ph.D.,** is a Wheaton Franciscan Sister, theologian and artist. She has a Ph.D. in process theology and Jungian-oriented depth psychology from the Chicago Theological Seminary. Sr. Gabriele is currently engaged in transformative facilitation of community chapters and consultation for organizational development and spiritual deepening.

**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.

**Marge Zulaski, OSF, Psy. D.,** is a Wheaton Franciscan Sister, clinical psychologist and Jungian analyst. Sr. Marge has worked as a clinical psychologist in hospital settings and private practice and is a committee member and teacher at the CG Jung Institute in Chicago.

# Spiritual Direction, Retreats and Workshops

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Many Wheaton Franciscan vowed and covenant members offer spiritual direction, directed retreats, and workshops on a wide variety of topics. You will find them listed below.

## Spiritual Direction

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 direction can be experienced one-on-one or in a group setting with one director. Generally meetings are one hour; frequency is determined between the director and directee. Some offer spiritual direction on the Wheaton Franciscan campus, and some in their homes or other locations.

## Retreats and Workshops

Wheaton Franciscans are available for guided, led or preached retreats for individuals or groups. Many Wheaton Franciscans are also available for presentations, days of reflection, and parish and staff retreat days at your facility.

For more information, call 630-909-6805.

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## Spiritual Directors, Retreat and Workshop Leaders

**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**, (see bio under Presenters) is a Wheaton Franciscan Sister offering spiritual direction incorporating Healing Touch and seminars in spirituality.

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 Masters Degree in 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

**Alice K. Carroll** is a Wheaton Franciscan Consecrated Widow Covenant Member and a member of the animator team for the Wheaton Franciscan resident Sisters and is certified in spiritual direction. Alice has experience in clinical pastoral education, women's leadership programs, and feminist spirituality studies.

Contact: 630-909-6805 or [wfscm@wheatonfranciscan.org](mailto:wfscm@wheatonfranciscan.org)

**Glenna Marie Czachor, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister offering informative and experiential programs on prayer and spirituality as well as prayer and liturgy planning and consulting.

Contact: 630-362-7431 or [glensaway2@hotmail.com](mailto:glensaway2@hotmail.com) (subject line: Liturgy)

**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

**Jean Ford, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister offering individual and group spiritual direction.

Contact: 630-909-6805

**Pat Irr, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister offering spiritual deepening and seminars on Franciscan spirituality and other areas of spirituality.

Contact: 773-784-7299

**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 retreat 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

# Holistic Healing Therapies

**Mary Ellen McAleese, OSF**, (see bio under Presenters) is a Wheaton 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**, (see bio under Presenters) is a Wheaton Franciscan Sister located in the Milwaukee, WI area, offering spiritual direction for individuals or groups, and retreats and workshops.

Contact: 262-797-2513 or mparadis@yahoo.com (subject line: spirituality)

**Diane Przyborowski, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister, offering spiritual companioning, pastoral counseling, guidance in contemplative practice, retreats, workshops, and conversations in areas of holistic spirituality and Franciscan spirituality.

Contact: 630-393-7046 or diprzy@sbcglobal.net

**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 Masters of Theology, and certification in spiritual direction.

Contact: 816-761-5483

**Georgene L. Wilson, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister available for directed, guided or preached retreats for individuals or groups, trans-traditional spiritual teaching and workshops, and conference facilitation.

Contact: 630-690-1249

**Marge Zulaski, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister offering workshops on the feminine qualities of soul and dream work, and clinical psychology. As a Jungian analyst Marge is available for individual sessions for inner work.

Contact: 630-462-4934

**Rosemarie Burian, OSF**, (see bio under Presenters) is a Wheaton Franciscan Sister offering Healing Touch Therapy as a tool for spiritual direction.

Contact: 630-862-5115

**Joanne Hambor** is a Wheaton Franciscan Covenant Member and licensed Therapeutic Massage Therapist who is board certified in Therapeutic Massage and Bodywork, and has certification in orthobionomy.

Contact: 630-752-0106

**Theresa Puchley** 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.

Contact: 630-752-0106

**Therese Yonikus** is a Wheaton Franciscan Covenant Member, a licensed Massage and Craniosacral Therapist, and a certified Arvigo Maya Abdominal Massage Therapist. She holds a Master of Education degree.

Contact: 630-393-0386

*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.*

## Opportunities to Connect

### Worship With Us

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 at 9:00 a.m. If you enjoy singing, consider joining our choir on Joyful Sundays!

### 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).

### 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. Need an introductory or refresher knitting class? See page 10.

### Woodcarving With Lynn Schafer, OSF

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.

### 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: Jeanne Guilfoyle at 630-909-6640 or [jguilfoyle@wheatonfranciscan.org](mailto:jguilfoyle@wheatonfranciscan.org).

## Dinner and Dialogue

*Sponsored by the Justice, Peace and Integrity of Creation Office of the Wheaton Franciscans*

### Climate Contract:

## The St. Francis Pledge to Protect Creation and the Poor

**Monday, March 8; 6 p.m. to 8 p.m.**

Join us to discuss the Climate Contract, a covenant to protect our planet and those in poverty who are most impacted by climate change. We'll discuss how our choices and behaviors contribute to making this world a better place.

Explore the **Climate Contract: the St. Francis Pledge to Protect Creation and the Poor** with Wheaton Franciscan Covenant Member and Executive Director of the People's Resource Center, Mary Ellen Durbin, and Sr. Pat Irr, OSF, M.A., as we discuss:

- Living the values of prudence, concern for the poor and the common good
- Taking thoughtfully reasoned actions grounded in social and economic justice
- Reflecting on the Franciscan tradition of honoring the sacredness of creation



*Children in Naivasha, Kenya, served by Upendo Village.*

The evening begins with the sharing of a simple meal, and is followed by prayer, engaging presentations, and table dialogue. The presenters are Wheaton Franciscans and guests who are dedicated to making connections between Franciscan Spirituality and the issues and problems currently facing our society.

**To register, please call the Justice, Peace and Integrity of Creation Office of the Wheaton Franciscans at 630-909-6635 or email us: [justicepeace@wheatonfranciscan.org](mailto:justicepeace@wheatonfranciscan.org). Cost: \$15.**

# Registration and Information

## Registering for Classes

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, 26 W 171 Roosevelt Road, Wheaton, IL 60187.

## General Information

Smoking is prohibited on the entire Wheaton Franciscan Campus.

Weather permitting, some people enjoy a short walk on the campus or a visit to the Marianjoy Labyrinth. While here, you are also welcome to visit our Chapel in the Our Lady of the Angels Motherhouse.

### Financial Assistance

We make every effort to keep the fees for our classes as reasonable as possible, and it is not our desire to keep anyone from attending our programs. Financial assistance may be available upon request.

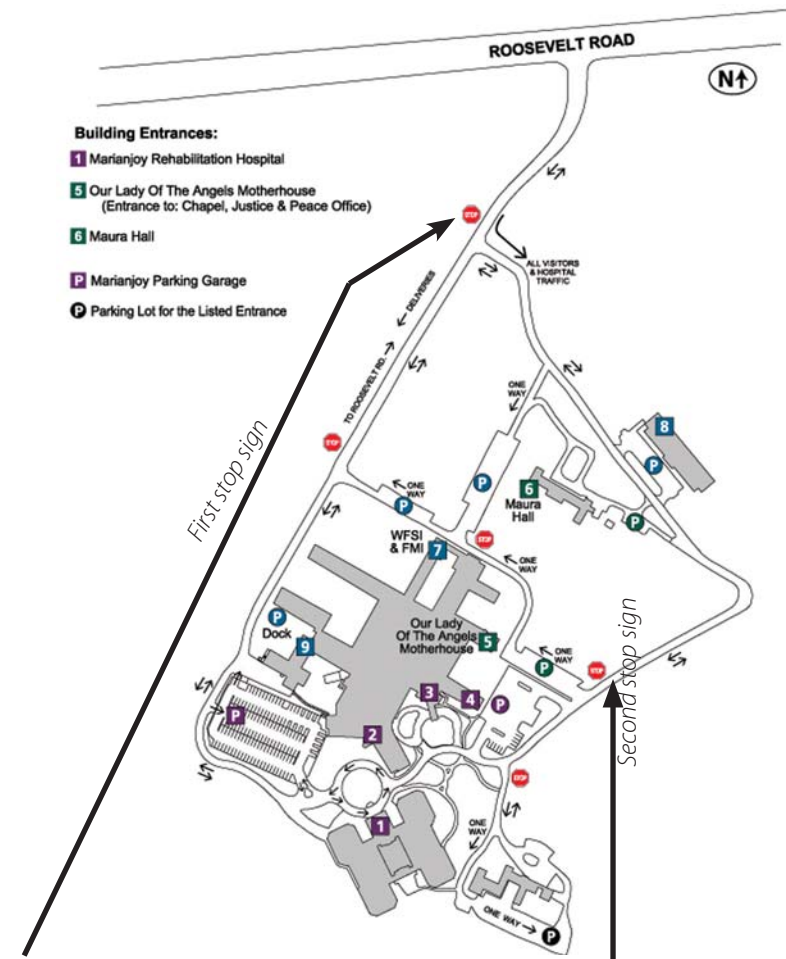
### Contributions

Course fees cover only a small portion of our ministry's expenses. Gifts to help cover operating costs or scholarships are welcome. Please contact Karen Tornberg at 630-909-6805 for more information.

### Staying in Touch

Don't miss out on upcoming offerings from the Wheaton Franciscans. Some programs are announced 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.

**Look for the large sign at the entrance of the campus that reads  
Wheaton Franciscan Sisters  
Marianjoy Rehabilitation Hospital**



To go to Maura Hall [Building #6], turn left at the first stop sign. Maura Hall is the first big white building on your right. The main entrance faces east.

To go to Our Lady of the Angels — Auditorium, Jubilee Room or Chapel [Building #5], continue to the second stop sign and turn right. Park by the main entrance (faces east).

### 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*

26W171 Roosevelt Road  
Wheaton, IL 60187