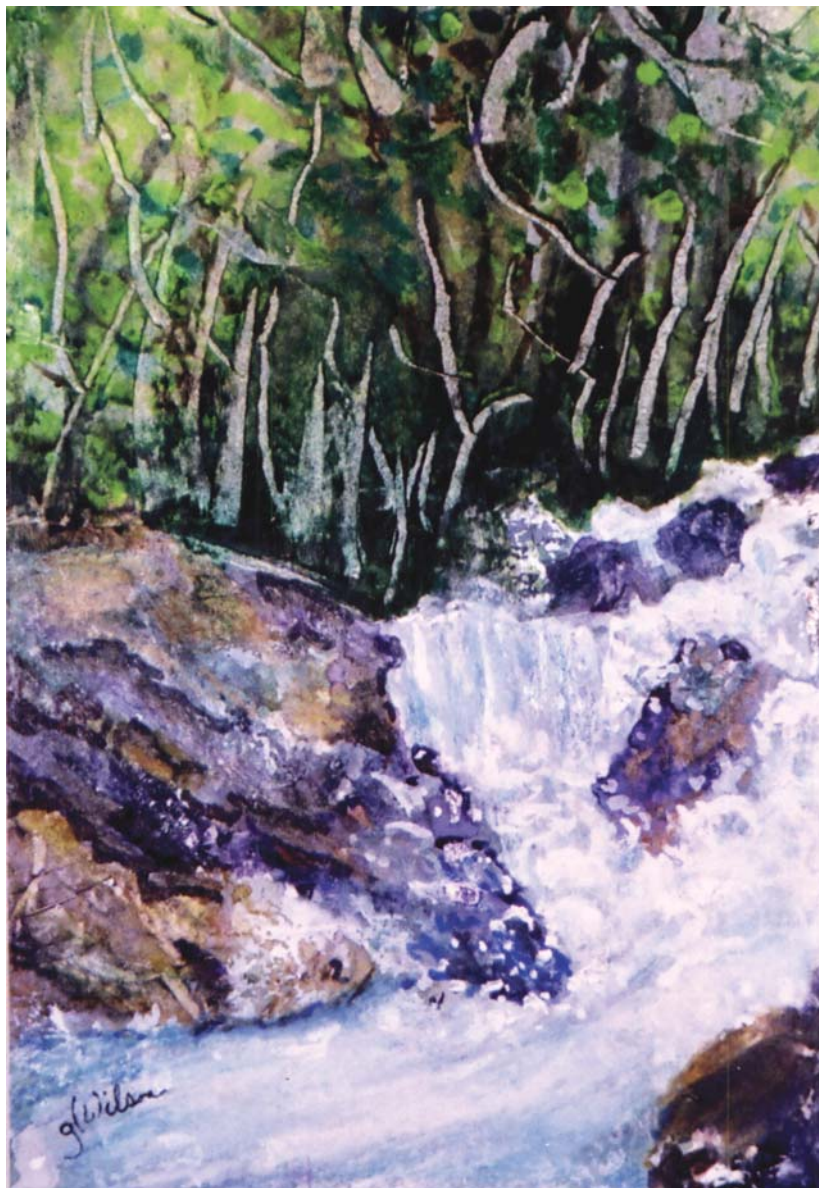




Tau Center
A Spirituality Ministry of the Wheaton Franciscans



WINTER / SPRING 2012

Happy New Year!

Tau Center welcomes 2012 with joyful anticipation as we continue to strive to provide diverse opportunities to support personal growth and spiritual development.

This Winter / Spring program directory is alive with many opportunities to bring light to our souls in this winter darkness and new energy into our life as spring begins to unfold.

Author Parker Palmer writes in his book *Let Your Life Speak*:

Seasons is a wise metaphor for the movement of life ... the notion that our lives are like the eternal cycle of the seasons does not deny struggle or the joy, the loss or the gain, the darkness or the light, but encourages us to embrace it all – and to find in all of it opportunities for growth.

We hope you are as excited as we are about the many opportunities offered through Tau Center. Please remember that this Program Directory is a companion piece to our email newsletter and website, www.taucenter.org, which offer more information and up-to-date news.

We look forward to your presence and to your feedback. Together, we support the unique gifts of one another and contribute to the transformation of our world.

Jeanne Connolly
Tau Center Executive Director

Tau Center Staff

Jeanne Connolly, Ed. D.
Executive Director

Karen Tornberg
Program Coordinator

Reception Staff

Bonnie Bendig
Reception Coordinator

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Tau Center Oversight Board

Beverly Phelan
Diane Przyborowski, OSF
Glenna Czachor, OSF
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Cover art: "Flow" by Georgene L. Wilson, OSF



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.

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.

Volunteer Opportunities

Many people ask how they can get to know the Wheaton Franciscans and share their time and talents with this community. One very tangible way is by volunteering time and energy to help ministries important to us, such as Tau Center.

There are many ways to share the gift of your time, including:

- evening or weekend program host
- marketing and community relations
- parish and church outreach
- fundraising
- helping with special events

You will receive training and scheduling is very flexible. On occasion, Tau Center volunteers may receive a program discount or free attendance to special events.

For more information or to request a volunteer application, call 630-909-6805.

Tau Center Welcomes Your Generous Support

First and foremost, Tau Center welcomes your support in the form of participation and prayer. Your presence, whether in person or wherever you may be, is the most valuable gift you can give to Tau Center.

Another way you can support Tau Center and participate actively in this ministry’s development is by sharing your resources.

Financial gifts from our generous supporters help cover operating costs and create program scholarships. Please visit www.taucenter.org for more information about donating to Tau Center or to download a donation form. Or contact Karen Tornberg at 630-909-6805.

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Registration and Information

To register or for further information, please contact the Tau Center office at 630-909-6805 or taucenter@wheatonfranciscan.org. You can download a registration form on our website to fill out and mail in with your check.

Unless otherwise noted, all programs are held on the Wheaton Franciscan Campus in the Our Lady of the Angels Motherhouse, 26W171 Roosevelt Road, Wheaton, IL 60187.

If you are unable to attend a program for which you have registered and it is after hours, please call the Wheaton Franciscan reception desk (630-462-7422) so the facilitator can be notified.

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 or call 630-909-6805. Help us save precious resources . . . if you no longer wish to receive these mailings, let us know, and we will remove your name from our list.

Our Campus

Weather permitting, come anytime to walk the Peace Path and enjoy the beauty of our campus. Also on our campus is the Marianjoy Labyrinth which is an exact replica of the labyrinth at Chartres Cathedral. Call Marianjoy ahead of time to be sure it is open: 630-909-8000.

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

Registration is required for all Tau Center programs, unless otherwise noted.

Programs without enough participants may be cancelled one week prior to the start.

Book Discussion Group

Where Two or More are Gathered: A Tau Center Book Discussion Group

Where Two or More are Gathered book discussion group will meet in Tau Center the first Tuesday of every other month from 7:00 to 9:00 p.m. — whenever two or more are gathered! Our first gathering will be Tuesday, February 7. We will explore *A Hidden Wholeness: The Journey Toward An Undivided Life* by Parker J. Palmer. Each time we meet the group gathered will determine the book to be discussed at the next gathering. This information will be announced on the Tau Center website and in our regular emails. The group will remain open to anyone desiring an opportunity for thoughtful conversation on the selected book and new members will always be welcome. Registration is requested to assist with planning space and preparing discussion questions/resources.

Facilitator: Tau Center Staff

First meeting: Tuesday, February 7, 7:00 to 9:00 p.m.

Future dates: April 3, June 5, August 7. Books to be determined.

Fee: Freewill offering

Holistic Living

Celebrate Spring

Mother Nature invites us to join her in celebrating spring. Bring your body and your breath, and through some simple practices we will come to a new and deeper experience of the life within us and all around us.

Facilitator: Mary Ellen McAleese, OSF
Saturday, March 24, 9:45 a.m. to noon
Participants are invited to bring a lunch and stay on the campus until 3:00 p.m. to enjoy some personal time.
Fee: \$15

Continuing the Essential Oil Journey: Medicines of the Earth

Essential oils are the life force and life blood of plants that can help to promote healing physically, emotionally, and spiritually. Our ancestors were experts in using essential oils. Now we have an opportunity to reclaim this wisdom. We can begin to access our genetic predisposition to bond with the Earth and communicate with the plants and trees, gathering the wisdom and gifts they have to share. In this workshop we will explore the oils from the mint family and some Ecuadorean oils. (This program covers essential oils and information not covered in the programs Therese offered in the Fall of 2011. However, attendance at those sessions is not required in order to attend this program.)

Facilitator: Therese Yonikus
Monday, May 7, 7:00 to 9:00 p.m.
Fee: \$20

Experience Therapeutic Touch

Therapeutic Touch is a contemporary healing modality based on ancient healing practices. It is consciously directed touch that involves an exchange of energy that helps or nudges the healing process of someone in need or suffering. It is also a wonderful healing modality for the maintenance of health. Studies have shown that Therapeutic Touch supports health by alleviating pain and accelerating the healing process. As a result, this discipline is used in a growing number of hospitals and palliative care facilities throughout North America.

These sessions will be both teaching and practice, beginning with the foundational principles that guide Therapeutic Touch. Each session includes a short relaxing meditation and hands-on practice.

Facilitator: Dr. Marilyn Johnston-Svoboda
NOTE: This group meets the last Wednesday of each month with the exception of January 2012 when they will meet on January 11 7:00 to 8:30 p.m.
Freewill offering

Honoring Ancient Healing Ways

Each human being is more than a collection of parts. We are holistic beings, integrating body, mind and spirit. This holistic thinking is echoed in the Native American saying, "We are all related." This simple but powerful statement reflects the wonderful wisdom of our Native American ancestors regarding the need to recognize our holistic connections. These connections are not only with all people in this world, but with the earth, the water, and the sky around us. This presentation will discuss how the profound wisdom that Native American ancestors have passed on could help all of us with some of the serious challenges of living in our world today.

Facilitator: Dr. Marilyn Johnston-Svoboda
Wednesday, May 16, 7:00 to 9:00 p.m.
Fee: \$20

Nutrition for the New Earth

What are the missing pieces we need to create authentic health? How can we support what the Chinese call the Three Treasures: Jing, Chi, and Shen? What is the paradigm shift we need to benefit our own health in the present moment and beyond as well as for the generations to come? In this time together we will explore the contributions of modern sages like Donna Gates, William Davis, M.D., Ron Teeguarden, and Truth Calkins. These amazing nutritionists reach back to ancient wisdom coupled with scientific research, making it available to us now. We just need to learn from them and make some wise new choices.

Facilitator: Therese Yonikus
Monday, February 13, 7:00 to 9:00 p.m.
Fee: \$20

Second Annual Heartsong Wellness Retreat

Join us for a day dedicated to holistic self-care. This retreat will offer you an opportunity to experience a variety of healing modalities in four full one-hour sessions: one individual session and three small group sessions. Healing modalities you can experience include healing touch, essential oils, meditation, and movement (belly dancing). For lunch you can bring a sack lunch or visit the Marianjoy café. Attendance is limited to the first 20 people who register. This program is offered in collaboration with Heartsong Retreats.

Saturday, February 11, 9:00 a.m. to 3:30 p.m.
Fee: \$75
The fee includes beverages, snacks and all retreat materials.
If you have questions regarding this retreat day, please call Sally Nutini at 630-248-1420 or Mary Rittmann at 630-372-1628.

Tai Chi Lunch Break

Take some time in the middle of your day to clear your mind and activate your energy. Tai Chi is an ancient Chinese practice that promotes vitality, structural balance, strength, and longevity. We will use specific breathing techniques and slow, precise physical movements to help give you strength, flexibility, and better balance, and to 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
Winter session: Thursdays, February 2 through March 15 (no class on February 16)
Spring session: Thursdays, April 5 through May 17 (no class on April 19)
12:00 (noon) to 12:45 p.m.
Fee: \$60 for all six sessions

Yoga

Yoga benefits people of all ages; it relaxes the body and calms the mind, reduces stress and creates more energy. The sequence taught is a blend of breathing techniques (pranayamas), simple stretches, and gentle yoga postures, enabling the body to release deep layers of tension and inviting connection of body, mind, and spirit. The yoga poses can be altered to accommodate participants of all abilities and all experience levels. Getting up and down off the floor on one's own, however, is required. (Class is held indoors.) Please bring a mat and whatever else you need for comfort. (Call instructor Patti Essig if you would like to purchase a purple yoga mat for \$10. 630-355-7103)

Facilitator: Patti Essig
Wednesdays, February 15 through March 21, 5:30 to 6:30 p.m.
Fee: \$60 for all six sessions

Prayer and Meditation

Centering Prayer: Spirituality and Practice

This ongoing group welcomes new members who have experience with centering prayer. Come to one or all sessions. We will reflect upon and practice the prayer of quiet ... centering prayer ... the prayer that has been part of the inner life of the Church for centuries. In the past this prayer was the daily food of mystics and those separated from ordinary life. At this time in modern civilization there is a renewed cry to deepen our faith in a God who lives within. And thus this ancient prayer has become the hunger of many ordinary Christians. Each session will include the practice of centering prayer. We will reflect upon and have conversation about the words of Fr. Thomas Keating, Cynthia Bourgeault and Robert Sardello. It is highly recommended that participants purchase the following resources:

Centering Prayer and Inner Awakening by Cynthia Bourgeault
Foundations for Centering Prayer and the Christian Contemplative Life by Thomas Keating
Silence, the Mystery of Wholeness by Robert Sardello

Facilitator: Pat Irr, OSF
Mondays, January 16 and 30, February 13 and 27, March 12 and 26,
May 14,
7:00 to 9:00 p.m.
Fee: \$15 per session

An Introduction to Meditation

In most faith and spiritual traditions, meditation of some kind is a spiritual practice. If you are curious about meditation or are interested in renewing your practice, this session will explore what meditation is, why people do it, and how to practice some simple forms of meditation. There will be time for some teaching, practice and discussion.

Facilitator: Diane Przyborowski, OSF
Saturday, January 28, 9:00 a.m. to noon
Fee: \$20

The Practice of Meditation

Evolutionary spirituality teachers highlight meditation as an essential component of the spiritual life. Today more than ever a vibrant meditation practice is key 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 and practiced. Each session stands independently; come for as many as you wish.

Facilitator: Diane Przyborowski, OSF
Tuesday, February 7, 7:00 to 9:00 p.m.
Saturday, March 10, 9:00 a.m. to noon
Saturday, May 5, 9:00 a.m. to noon
Fee: \$20 per session; come to one or all

Retreat Day

A Spring Retreat Day of Gazing and Praising

Franciscans learn to gaze all along the way of life, seeing the beauty of God in ALL and praising the Creator of ALL. This day of reflection, led by Sr. Georgene, will be one of pondering with the eyes of our body and the eyes of our soul. The time will be divided between inspirational input and time for reflecting in and around the Wheaton Franciscan campus as the season springs into view and sharing the wisdom with each other.

Facilitator: Georgene L. Wilson, OSF
Wednesday, March 14, 10:00 a.m. to 3:00 p.m.
Fee: \$35

Seasonal

Palm Weaving for Everyone

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. On the Monday before Palm Sunday, two 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 with minimal explanation given. A freewill offering for materials is suggested. Registration for each session is separate.

Facilitator: Diane Przyborowski, OSF

Instruction sessions: Monday, March 26, 2:00 to 4:00 p.m. or 6:30 to 8:30 p.m. (choose one)

Palm Sunday Gathering: Sunday, April 1, 1:00 to 3:00 p.m.

Fee: Freewill offering

Spirituality

Exploring Our Spiritual Gifts: An Introduction to Gifts Discernment

God has blessed each of us with spiritual gifts to be used in service to God's people and for the transformation of our world. This introductory workshop is designed to help participants begin to recognize and claim their own spiritual gifts, as well as recognize and affirm the spiritual gifts in others. This session will provide an opportunity for input, reflection, and conversation as we grow together in discovery of our spiritual gifts.

Facilitator: Jeanne Connolly, Wheaton Franciscan Covenant Member

Tuesday, March 20, 7:00 to 8:30 p.m.

Fee: \$10

Grief Walking

We will watch *Griefwalker* by Stephen Jenkinson and then engage in respectful conversation as we process together in a small group. What do the dying teach us? Jenkinson encourages us to look at death and grief in profound ways. "Grief," he says, "is a skill in the same way that love is a skill and something that must be learned. Not success, not growth, not happiness, but rather the cradle of your love of life is death. Death is the twin of love." Let us seek to learn the purest form of love, that grief and death teach us, as we come together and engage in often unacceptable language and feelings that surround this topic in our culture. Since the death of a loved one is the focus of Jenkinson's presentation, this group is for those who have lost a loved one and wish to bring their heartfelt experience to a circle sharing group. Bring a picture of your loved one with you if you like. We will honor their life in a simple ritual at the end of the day.

Facilitator: Alice Carroll, Wheaton Franciscan Consecrated Widow
Covenant Member

Saturday, May 12, 10:00 a.m. to 3:30 p.m.

Fee: \$35

Life Journey© Workshop: Creating a Goal for the New Year

This is a practical, no-nonsense workshop where participants — through discussion and hands-on exercises — will visually create a path toward reaching one heart-desired goal for the New Year. Through fun, interactive exercises and group brainstorming, each participant will identify a goal, the perceived obstacles, determine methods of overcoming identified obstacles, and establish a course of action to take steps toward reaching goals. Join us for a morning of self-nurturing and affirmation. Each participant will receive a Life Journey© Workshop Manual that includes additional modules to work through independently.

Facilitator: Colleen Morgan

Saturday, January 21, 9:00 a.m. to noon

Fee: \$25

Sipping Wisdom, Savoring Her Passion

Join us for four sessions of pondering and integrating the goodness and passion of Wisdom. Sr. Georgene will give input on where we find references to Wisdom in the Judaic/Christian scriptures, in our ordinary living, and in our inner spirit. She will also share insights from the book *Sophia: The Hidden Christ of Thomas Merton* by Christopher Pramuk. It is NOT necessary to purchase or read this book. It is recommended that you bring a journal to take notes for your own future, personal reflecting.

Facilitator: Georgene L. Wilson, OSF

Thursdays, January 19 and 26, February 9 and 16, 7:00 to 9:00 p.m.

Fee: \$60

The Christian Erotic Tradition: Eros and Agape

We will listen to input from a recording by Third Order Carmelite Keith Egan, Ph.D. and then engage in conversation in an attempt to recover a healthy though lost wisdom at the heart of partnering love, the place where Spirit's passionate grace reveals the unity of Eros AND Agape. The size of the group is limited to allow for meaningful input and reflective conversation.

Facilitator: Alice Carroll, Wheaton Franciscan Consecrated Widow Covenant Member

Saturday, June 16, 10:00 a.m. to 3:30 p.m.

Fee: \$35

Walking in Peace Amidst Chaos

This program will look at the many challenges that daily confront our body, mind and spirit. We will examine various techniques and practices that can foster a sense of balance within us. This is an invitation to come and relax and open yourself to the peace that dwells within each of us. Wear loose comfortable clothing as the evening will include some gentle movement.

Facilitator: Rosemarie Burian, OSF

Wednesday, March 7, 6:30 to 9:00 p.m.

Fee: \$20

Who Are the Wheaton Franciscans?

Are you curious about the Wheaton Franciscan Sisters who founded Wheaton Franciscan Healthcare and Marianjoy Rehabilitation Hospital and live on that beautiful campus in Wheaton? 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: Jeanne Connolly, Wheaton Franciscan Covenant Member

Offered twice: Saturday, February 25, from 10 a.m. to noon and

Monday, May 21, from 7:00 to 9:00 p.m.

There is no fee for this presentation.

Save the Date

Mark your calendars for these upcoming special events. To be notified when additional information is available, please call 630-909-6805 or email taucenter@wheatonfranciscan.org.

Day of Reflection Celebrating St. Clare of Assisi Presented by Sr. Ramona Miller June 2, 2012

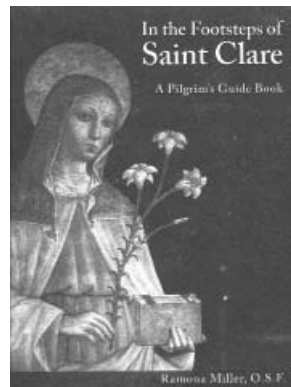


From April 16, 2011 to August 11, 2012, the Franciscan family is celebrating the 800th anniversary of the consecration of St. Clare of Assisi and the founding of the Order of Poor Clares.

Please join us on Saturday, June 2, from 9:30 a.m. to 3:30 p.m. for a Day of Reflection celebrating the life and the Light of St. Clare of Assisi.

Sr. Ramona holds a B.A. in Mathematics, an M.A. in

Ministry, and an M.A. in Franciscan Studies. Currently, she is a member of the Executive Council of the Sisters of St. Francis of Rochester, Minnesota. She continues to conduct retreats and lectures extensively on contemporary aspects of Franciscan spirituality. Sr. Ramona is a graduate of the Franciscan Institute, St. Bonaventure University, author of *In the Footsteps of Saint Clare*, and co-author of *Praying With Clare of Assisi*.



Two Days with Jan Phillips Visionary Leadership and Being Mystics and Prophets September 14 - 15, 2012

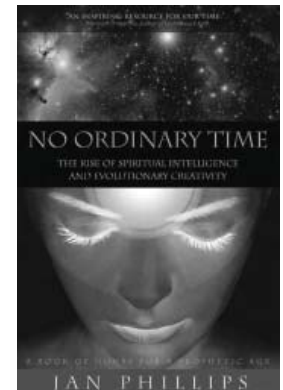


Evolutionary artist, author, workshop director and social activist Jan Phillips will be presenting two full-day programs in September 2012.

One day will focus on Visionary Leadership and the other on Being Mystics and Prophets . . . plan to come for one or both!

Jan Phillips is the author of several books including *No*

Ordinary Time, *The Art of Original Thinking*, and *Marry Your Muse*. She is co-founder and executive director of the Livingkindness Foundation, a global network of grassroots philanthropists transforming creative potential into compassionate action.



The Emerging Christ Sr. Ilia Delio October 19 - 21, 2012

Tau Center is pleased to collaborate with The Well, a sponsored ministry of the Congregation of St. Joseph in La Grange Park, to bring Franciscan scholar and author Sr. Ilia Delio to the Chicagoland area for a weekend retreat October 19-21, 2012.



Dinner and Dialogue

The Justice, Peace and Integrity of Creation (JPIC) Office of the Wheaton Franciscans is proud to present the series "Dinner and Dialogue with the Wheaton Franciscans," now in its tenth season. With the Gospel in one hand and the newspaper in another, Dinner and Dialogue continues to offer in-depth conversations about the most pressing social issues of our times. We seek to take a bold look at Catholic social teaching and offer a fresh energy and new light on living Franciscan spirituality.

Living Simply: Creating a Sustainable Home and Urban Garden

**Tuesday, February 21
6:00-8:30pm**



We are all called to be co-creators of God's kin-dom on Earth. Together we will explore St. Francis' love of creation and learn to integrate his message of respect for Mother Earth into our daily living.

Wheaton Franciscan Covenant Members Mary Krystinak and Sharon Devo will lead us in dialogue and share their experience integrating spirituality and sustainability in their homes and lives.

Mary Krystinak is an avid cook, gardener, and green-living expert. She teaches sustainable living and traditional homemaking skills through her business, Mary's Wholesome Living.

Sharon Devo is passionate about meditation, art-making, and sustainable landscape design. She is a massage therapist and the advocacy coordinator for the JPIC Office of the Wheaton Franciscans.

\$25 fee includes a simple dinner at 6:00 p.m. followed by the discussion.

Registration is required by February 14 to accommodate catering.

To register, please call 630-909-6805.

The Wheaton Franciscans

Wheaton Franciscans comprise the United States Province of the International Congregation of 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. 150 years ago, Mother Clara made the decision to form her own congregation in Germany following the rule of St. Francis of Assisi. 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.



Vowed Membership

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 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 or attend "Who Are the Wheaton Franciscans?" (see page 19).



Opportunities to Connect with Us



Worship

All are welcome to worship with the Wheaton Franciscans in our beautiful chapel in 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.

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.

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 p.m.** at Our Lady of the Angels Motherhouse. For more information contact Sr. Shirley Krull at sakrull@sbcglobal.net.



Join Us on Facebook!

Tau Center and other ministries of the Wheaton Franciscan ministries are on Facebook. Go to 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.

Prayer Wrap 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.

We have now expanded our ministry to also include prayer blankets. The fringes of the fleece blankets are tied together and are given to some of the patients at Loyola Medical Center.



Please contact Sr. Diane (630-393-7046 or diprzy@sbcglobal.net subject line: prayer wrap ministry) if you are interested in creating any of these pieces, want more information, or would like to be put on the emailing list of participants.

Renting Space from Tau Center

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

Our space is also 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 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. There is a refrigerator for sack lunches, catered meals can be brought in, or groups can dine at the Marianjoy Cafe.

Holistic Healing Room

We also have rooms that are available for rent by holistic healing therapists. The rooms includes a massage table and cabinet. Practitioners must provide their own linens and supplies.

Call 630-909-6805 for more information or to schedule a tour.

Spiritual Directors, Retreat Leaders and Holistic Practitioners

Many Wheaton Franciscans and Tau Center presenters offer spiritual direction, directed retreats, workshops, and holistic healing therapies. Contact them directly for more information or call 630-909-6805 for assistance.

Spiritual Directors

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, prayer, listening for the Creator, and guidance in observing God at work in your life.

Fr. Tom Borkowski
Rosemarie Burian, OSF
Alice K. Carroll
Alice Drewek, OSF
Pat Irr, OSF
Ann Kuhn
Charlotte Loizzi
Mary Ellen McAleese OSF
Diane Przyborowski, OSF
Ellen Sheaffer

Retreat, Workshop, and Days of Reflection Leaders

(To be held on our campus or at your location. Call for more information.)

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

Holistic Healing

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

Presenters and Practitioners

The practitioners listed in this directory demonstrate excellence in the services they provide and are committed to the values of Tau Center and the Wheaton Franciscans. 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 to you and provide contact information. Each reader should investigate the service offered before making health decisions.

Fr. Tom Borkowski is the Chaplain and Director of Faith Development and Liturgy for 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

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 and a spiritual direction and leadership certificate from the Shalem Institute for Spiritual Formation. Contact: 414-332-3557

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

Yvonne Czarniak is a certified instructor in Yang Style Tai Chi Chuan. Yvonne discovered Tai Chi more than 12 years ago as she was looking for ways to slow down, relax and enhance her physical fitness. After only one session, she was hooked on Tai Chi. Now she shares this beautiful art as a teacher, working with individuals of all ages and physical abilities Visit www.chiblessings.com for more information.

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 at 630-207-7136 or email her at 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

Patti Essig is a certified second level Amrit Yoga teacher, registered with Yoga Alliance, and has been teaching yoga and presenting wellness workshops in the Chicagoland area for more than 10 years. See www.yogaenergy.biz for more information.

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

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 a Master of Sacred Science from St. Bonaventure University and a Master of Pastoral Studies from Loyola University. Contact: 630-456-4459

Dr. Marilyn Johnston-Svoboda is a Professor Emeritus of nursing at the College of DuPage. For more than 30 years, she has led numerous healing workshops and conferences, with a focus on the practice of Therapeutic Touch (TT) and the creation of healthy lifestyles. Dr. Johnston has studied under many teachers, but most importantly Dora Kunz (co-creator of TT), Marilyn Youngbird, and Momfeather Erickson (Native American healers). She has integrated the holistic value system of her Native American heritage along with her Christian beliefs into her long-term practice of holistic healthcare. Contact: 9imagin@gmail.com

Mary Krystinak is a Wheaton Franciscan Covenant Member, avid cook, gardener, outdoors woman, and green-living expert. Mary teaches sustainable living and traditional homemaking skills through her business Mary's Wholesome Living, Ltd., located in West Chicago. She can be reached at 630-776-4604 or www.maryswholesomeliving.com.

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. Oasis Place 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

Mary Ellen McAleese, OSF, 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)

Colleen Morgan, M.Ad.Ed., has worked in the higher education arena for more than 30 years. Colleen has taught for DePaul University, National Louis University, and the College of DuPage. She developed and implemented student development and success programs in higher education settings, and designed the Life Journey Workshops series. Colleen is Province Secretary for the Wheaton Franciscans. Contact: 630-909-6678

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 in Milwaukee and certificates in spiritual direction and retreat direction from the Franciscan Spirituality Center, La Crosse, Wisconsin. Contact: 262-797-2513 or mparadis55@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. 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. 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 is certified 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 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 is 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



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.

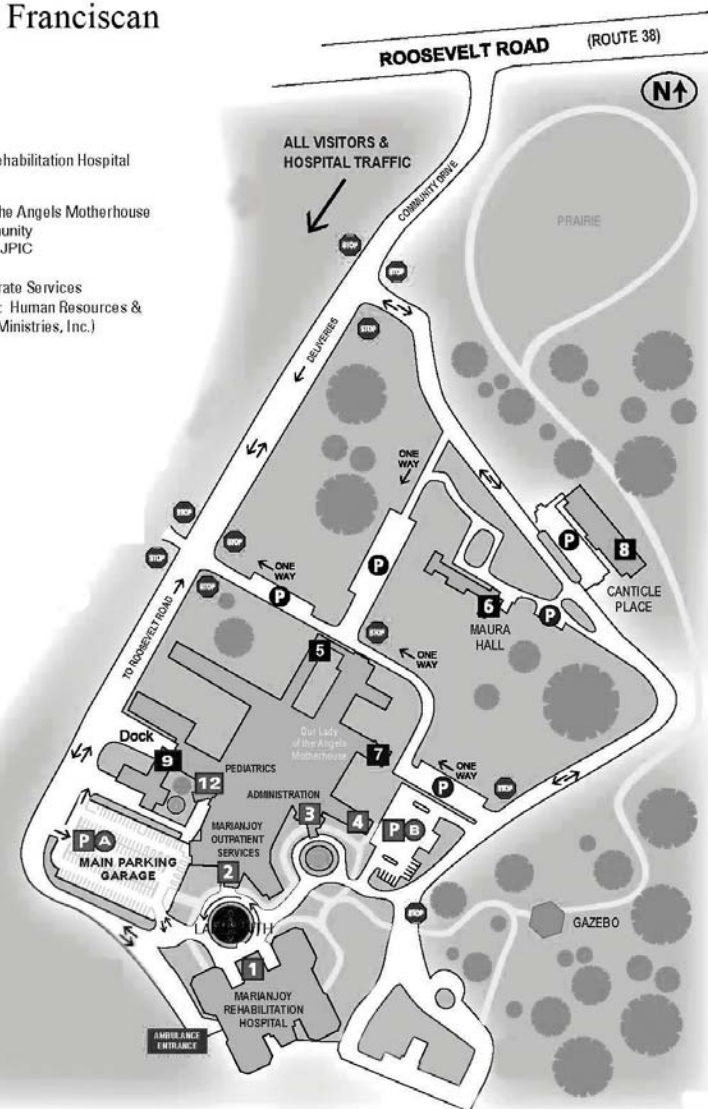
You can visit us anytime the reception desk is open:

Monday through Thursday, 7 a.m. to 8 p.m.
 Friday, 7 a.m. to 6 p.m.
 Saturday, 8 a.m. to 3 p.m.
 Sunday, 8 a.m. to noon

If you need to access at another time, you will need to arrange that in advance.

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
www.taucenter.org

What's New on our Campus



Gift Shop

The Wheaton Franciscans have recently opened a new gift shop right next to our reception area. In it we carry items lovingly handcrafted by the Sisters as well as Covenant Members. You'll find baby blankets, scarves, photographs and note cards,

jewelry, decorative and seasonal items . . . something for everyone! The gift shop is open to the public during the same hours as the reception desk is open (see page 32).

Library

Another new feature open to the public is the Wheaton Franciscan Library. The library contains hundreds of books on spirituality, including a good selection specific to St. Francis, St. Clare and Franciscan Spirituality. All are welcome to come and browse or check out a book. Or grab a book and head down to Tau Center, find a comfortable room and give yourself the gift of a day to simply relax and read!



and coming in early 2012...

Labyrinth Room

The intention of the Tau Center Labyrinth Room is to provide a welcoming space in which to meditate and ponder the twists and turns of one's life. Ellen Sheaffer, Wheaton Franciscan Covenant Member and Veriditas certified labyrinth facilitator, is designing the room and is available for special labyrinth presentations and workshops.





Tau Center
A Spirituality Ministry of the Wheaton Franciscans

P.O. Box 667
Wheaton, IL 60189

