

Celebrating Clare of Assisi

A Day to Gaze, Consider, Contemplate, Imitate

Saturday, March 31, 2012

Keynote Presentation

Clare and the Sisters' Contribution to the Franciscan Charism
with Beth Lynn, OSC

Workshop Offerings

Clare and Eucharistic Love
Movement Toward the Light: Pastel Painting
Assisi Stitch: Stitching Like Clare
Clare of Assisi: Follower or Leader?
The Sacred Art of Reflexology
Clare's Spirit in Song

Art Show of Images of Clare of Assisi

on display in Marycrest Auditorium

Books for sale at the Sophia Book Store

Save \$10 if
you register by
March 1



Franciscan Spirituality Center
FSPA
912 Market Street
La Crosse, WI 54601

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Franciscan Spirituality Center Presents

Celebrating Clare of Assisi

*A Day to
Gaze, Consider, Contemplate, Imitate*

Dedicated to Anyone Seeking Wholeness

Saturday, March 31, 2012

Keynote Presentation: Beth Lynn, OSC

Celebrating Clare of Assisi

A Day to Gaze, Consider, Contemplate, Imitate

In the spring of 1212, Clare made her way from her home in Assisi to a life outside the city walls at San Damiano. It was there she joined Francis in his vision of a Gospel-centered life and consecrated herself to God before Francis to begin a new way of living. We celebrate now, in March 2012, that event. But we celebrate even more the gift of Clare of Assisi to the world, the feminine expression of holiness and of the Franciscan life. Her passionate desire to conform to Christ Jesus urged her to claim her own truth and to show us a path of daily transformation.

You are invited to join us in celebrating this woman we call Clare, who still gives light to a world in need of inspiration and healing. We will learn about Clare's eucharistic love and her leadership, and we will celebrate Clare through artistic expressions of poetry, music, dance, stitching and healing touch. Come, be part of this unique event.

Saturday, March 31, 2012

Registration and opening Marycrest Auditorium, Mayo Clinic Health System - Franciscan Healthcare - 700 West Ave. S., La Crosse, WI, St. Francis Building, 2nd floor

8:45 – 9:15 AM Gathering and Registration
 9:15 – 9:45 AM Welcome and Opening prayer
 9:45 – 10:30 AM Keynote Session One –
 The Founding Moment of the Franciscan Family
 10:30 – 11:00 AM Break

60-MINUTE WORKSHOPS AT FRANCISCAN SPIRITUALITY CENTER

Session One 11:00 AM – 12:00 PM

Clare and Eucharistic Love	Joan Weisenbeck, FSPA
Movement Toward the Light: Pastel Painting	Karen Kappell, FSPA
Assisi Stitch: Stitching Like Clare	Pauline Wittry, FSPA
Clare of Assisi: Follower or Leader?	Jean M. Moore, FSPA
The Sacred Art of Reflexology	Mary Ellen Dunford
Clare's Spirit in Song	Cathy Tisel Nelson
12:00 – 1:15 PM	75-minute lunch break St. Rose Convent Cafeteria

60-MINUTE WORKSHOPS AT FRANCISCAN SPIRITUALITY CENTER

Session Two 1:15 – 2:15 PM

Clare and Eucharistic Love	Joan Weisenbeck, FSPA
Movement Toward the Light: Pastel Painting	Karen Kappell, FSPA
Assisi Stitch: Stitching Like Clare	Pauline Wittry, FSPA
Clare of Assisi: Follower or Leader?	Jean M. Moore, FSPA
The Sacred Art of Reflexology	Mary Ellen Dunford
Clare's Spirit in Song	Cathy Tisel Nelson
2:15 – 2:45 PM	Break

AFTERNOON KEYNOTE AND CLOSING AT MARYCREST AUDITORIUM,

Mayo Clinic Health System - Franciscan Healthcare, St. Francis Building, 2nd floor

2:45 – 3:30 PM Keynote Session Two - The Franciscan Family into the Future
 3:30 – 4:00 PM Closing Prayer

REGISTRATION FORM

First Name _____
 Last Name _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone _____
 Email _____

Please select from the following:

	Before March 1	After March 1
Event Price:	<input type="radio"/> \$55	<input type="radio"/> \$65
Groups of 10 or more:	<input type="radio"/> \$45 per person	<input type="radio"/> \$55 per person
St. Rose FSPA residents:	<input type="radio"/> \$40	<input type="radio"/> \$40

Saturday's lunch and refreshments will be provided.

Additional pricing:

Bedrooms are \$42 per night.

Payment:

Bedroom dates March 30 and 31 Bedroom total \$_____

Bedrooms are first-come first-serve. Please call or email to make sure you received a room.

Total payment with program: \$_____ Payment Type _____

Workshop Sessions (please select one workshop per session):

Session One 11:00 AM – 12:00 PM

Clare and Eucharistic Love	<input type="radio"/>
Movement Toward the Light: Pastel Painting	<input type="radio"/>
Assisi Stitch: Stitching Like Clare	<input type="radio"/>
Clare of Assisi: Follower or Leader?	<input type="radio"/>
The Sacred Art of Reflexology	<input type="radio"/>
Clare's Spirit in Song	<input type="radio"/>

Session Two 1:15 – 2:15 PM

Clare and Eucharistic Love	<input type="radio"/>
Movement Toward the Light: Pastel Painting	<input type="radio"/>
Assisi Stitch: Stitching Like Clare	<input type="radio"/>
Clare of Assisi: Follower or Leader?	<input type="radio"/>
The Sacred Art of Reflexology	<input type="radio"/>
Clare's Spirit in Song	<input type="radio"/>

Mary Kathryn Fogarty Scholarship Application:

I can pay \$_____; therefore, I am applying for a \$_____ scholarship.

Signature _____

Please note, we require a \$10 deposit to hold your place in the program. If you require a full scholarship, we will refund the deposit upon your request after arrival at the event.

REGISTRATION INFORMATION

To register, complete the registration form and mail, or scan and email to:

Franciscan Spirituality Center
920 Market Street
La Crosse, WI 54601
Phone: 608-791-5295

email: fscenter@fspa.org or you can now register online at www.fscenter.org

Fees

Early Bird Registration (Due by March 1)

Individual: \$55

Groups of 10 or more:* \$45 per person

After March 1

Individual: \$65

Groups of 10 or more: * \$55 per person

* Groups must register and pay together to receive group discount.

Cancellations

Registration fee less \$20 refunded for cancellations made by March 28, 2012.

Mary Kathryn Fogarty Scholarship

If fee is beyond your means, please complete the application at the bottom of page six by March 17.

Lodging

Limited housing is available at FSC for \$42 per night. Call 608-791-5295 or email fscenter@fspa.org to reserve.

The following hotels have blocks of rooms set aside until March 1 for the conference. Mention Franciscan Spirituality Center Clare Day for special pricing.

Days Inn Hotel & Conference Center

101 Sky Harbour Drive, La Crosse, WI 54603

608-783-1000 daysinlacrosse.com

Candlewood Suites

56 Copeland Avenue, La Crosse, WI 54603

608-785-1110 candlewoodsuites.com

Other hotel options include:

Brookstone Inn 608-781-1400 brookstoneinn.com

Microtel Inn 608-783-0833 microtelinn.com

Guest House 608-784-8840 guesthousemotel.com

or visit www.explorelacrosse.com

Lunch and refreshments will be provided.

Books related to program presentation, greeting cards and small gift items are available in FSC's Sophia Bookstore.

KEYNOTE SESSIONS

CLARE AND THE SISTERS' CONTRIBUTION TO THE FRANCISCAN CHARISM

Beth Lynn, OSC



SESSION ONE 9:45 AM – 10:30 AM

The Founding Moment of the Franciscan Family

Our celebration of Clare begins with a focus on the early moment of the Franciscan charism. Using historical records of the early days, including the Form of Life, Testament, Letters and other 13th century documents, Sister Beth presents the case that the Franciscan charism began not in 1209 with the friars, but in 1212, when the friars brought the sisters to the little church of San Damiano, outside the walls of Assisi, where the friars were ministering to travelers and lepers. This is the founding moment of the Franciscan family of sisters and brothers who live by the evangelical life of Jesus passed on to us in the Scriptures.

SESSION TWO 2:45 PM – 3:30 PM

The Franciscan Family into the Future

This session will look at the expression of Franciscan family life after Vatican II and how that same Spirit-filled charism is alive today and moving us into the future. Of particular interest will be the role of small churches as places of communal prayer and spirituality. Beth will explore the need to express the charism in its full dimension of brothers and sisters sharing their lives with one another and the larger community.

Beth Lynn is a Poor Sister of Saint Clare. Baptized at Santa Cruz Mission Replica, she was inspired by the early Spanish padres and their passionate efforts on behalf of the indigenous people of California. When her family moved to the Bay Area, she found Franciscan friars as teachers at St. Elizabeth's High School in east Oakland. She and her classmates began a fraternity of secular Franciscans for youth, the Heralds of St. Francis. Following high school, Beth took her next Franciscan step down to Santa Barbara where she was received to vows as a Franciscan Poor Clare. In 1970, responding to the invitation of the archbishop of Lusaka, Zambia, Beth was part of the founding group of Clares in that area of Africa. She returned to the U.S. in 1982 and is a permanent member of Poor Sisters community in Minneapolis, Minn. Along the road she received a Bachelor of Arts in theology and ministry and a master's in Franciscan Studies from the Franciscan Institute, St. Bonaventure, N.Y. She uses her experience and studies in formation work, spiritual direction, writing and sharing about the early Franciscans and Poor Clare life today.

CLARE AND EUCHARISTIC LOVE

with Joan Weisenbeck, FSPA

Clare does not use the language of Eucharist in her writings, but what she describes is a eucharistic love, a love poured out for the sake of the other. Such a love is modeled after Christ crucified. In this workshop, we will reflect on Clare's expression of cruciform love and how the eucharistic life is a life of contemplation and transformation.

Joan Weisenbeck is a Franciscan Sister of Perpetual Adoration and Franciscan Spirituality Center staff member. She has a great passion for Franciscan spirituality and loves to discuss Clare of Assisi.

MOVEMENT TOWARD THE LIGHT: PASTEL PAINTING

with Karen Kappell, FSPA

Clare sought a deep clarity of perception in which truth was comprehended and gave vision to her life. She refers often to light in her letters and prayers. We will create a simple painting that will evolve from darkness to light in an atmosphere of prayer.

Karen Kappell, a Franciscan Sister of Perpetual Adoration and practicing artist, is a certified spiritual guide and artist who is skilled in drawing out the creative energies of others in a non-threatening way.

ASSISI STITCH: STITCHING LIKE CLARE

with Pauline Wittry, FSPA

Sister Pauline will recount her visit to Assisi, where she found that a number of basic patterns were repeated in decorations on blouses, dresses, dresser scarves, etc. She learned to make bookmarks using these patterns. In this session, you will be invited to make your own bookmarks on aida cloth that are simple cross-stitch designs. Cloth, patterns, needles and embroidery thread will be provided.

Pauline Wittry, a Franciscan Sister of Perpetual Adoration, is a native Iowan. She was taught by the Clinton Franciscans and later by FSPA. After high school she joined the FSPA and worked primarily in hospitals. She was a dietitian and later moved into pastoral care. She directed a Clinical Pastoral Education training program at St. Francis Medical Center for 12 years. After a sabbatical, she ministered at Marywood Franciscan Spirituality Center until 2006. She currently volunteers at Marywood and enjoys art in her free time.

CLARE OF ASSISI: FOLLOWER OR LEADER?

with Jean M. Moore, FSPA

"Is it possible to read about Clare without comparing her to Francis?" This question, posed by a person who was in the midst of reading extensively about Clare of Assisi, essentially asks, "Who is Clare?" This workshop will explore Clare in her own right as a leader and as a follower in her relationship to Francis whose way of life she chose to live in her own manner. Clare's leadership will be examined from within the medieval context of her life, and participants will have the opportunity to examine her principles of leadership within the contemporary context of their life.

Jean M. Moore, a Franciscan Sister of Perpetual Adoration, is director of the FSPA Office of Mission Integration and staff member and pilgrimage leader for Franciscan Pilgrimage Programs. Sister Jean has formerly served at Viterbo University as associate professor of Spanish, dean of School of Letters and Sciences, and vice president of Student Life. She has also served the Diocese of La Crosse as co-director of Hispanic Ministry.

THE SACRED ART OF REFLEXOLOGY

with Mary Ellen Dunford

For Clare, foot washing and touching her sisters' feet became an important part of her leadership and ministry. It was a sign of her humility and her reverence for others. Today in many cultures, touching feet is an act of respect and hospitality. Touching feet includes the traditions of washing feet, rubbing or massaging feet and the art of reflexology. This session offers you the experience of reflexology, an ancient healing tradition of touching the feet and hands. Participants will learn techniques for use on themselves and friends. This session will involve working with a partner to experience basic reflexology techniques for relaxation and well-being.

Mary Ellen Dunford is a certified reflexologist and teaches reflexology at Reflexology Plus in Cedar Rapids, Iowa. She works as an occupational therapist at ManorCare Health Services in Cedar Rapids, Iowa. She has a bachelor of arts in occupational therapy from the College of St. Catherine, St. Paul, Minn., and a master's in education, with emphasis on program development and training, from Drake University, Des Moines, Iowa. Mary Ellen has been an affiliate with FSPA for 12 years.

CLARE'S SPIRIT IN SONG

with Cathy Tisel Nelson

In this session, participants will learn how the words and spirit of Clare inspired the music of the presenter. What is the process of reflecting on the words of Clare that leads to the shape of a melody, the color and mood of sound? How does Clare inspire? How does the Holy Spirit move? What is the role of grace? What is the role of hard work and persistence? Come ready to listen, sing and pray and ponder the question: How do Clare's words inspire you?

Cathy Tisel Nelson has been composing music for prayer and worship since 1980. Cathy has served in music ministry since 1976. She has a deep love for God's people and a passion for their sung prayer, and strives to express these in her ministry and compositions. Parish and Franciscan communities have found her music prayerful, a joy to sing, and spiritually uplifting. Cathy lives in Rochester, Minn., where she currently ministers at Holy Spirit Catholic Church.

ART SHOW OF IMAGES OF CLARE OF ASSISI

on display in Marycrest Auditorium

Enjoy the variety of artistic expressions of Clare of Assisi that have been preserved during the past 800 years and that have been created in more recent times. Take time during your breaks to observe and embrace the beauty of these images and to create an image within yourself of Clare, and who and what she stood for during her life.

