



Franciscan Spirituality Center
2010 - 2011 Annual Report



Dedicated to Anyone Seeking Wholeness

Annual Report

Published by the Franciscan Spirituality Center

Fall 2011

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Take a look at what is coming in 2011 and 2012.

Centers of Wellness for Women, Couple's Retreat, A Retreat for Widows, and Advent Retreat are all in 2011.

2012 brings Yoga, Ageless Grace, NIA, The Reflective Life of the Leader, Franciscan Spirituality: Awakening to Our True Identity, Eight Principals of Peace, Small Gestures, Married Couples' Retreat, Ice Cave Hike, Gentle Path of Self-Care, Exploring the Lenten Gospels, Reclaim Your Intuition and more.

Find full descriptions for these and other upcoming programs at www.fscenter.org or visit us on facebook!

For Your Information

AT THE CENTER is published three times a year and the FSC ANNUAL REPORT, once a year by the Franciscan Spirituality Center
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La Crosse, WI 54601
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www.fscenter.org

Identity

Franciscan Spirituality Center is a Gospel-driven, interfaith community founded and sponsored by the Franciscan Sisters of Perpetual Adoration.

Mission

The Franciscan Spirituality Center is dedicated to anyone seeking wholeness.

We live this mission because we believe:

- ◆ In each of us lives the Sacred.
- ◆ We need each other to recognize and honor that part of ourselves.
- ◆ Responding to spiritual hunger is necessary for growth, healing and peace.
- ◆ As we grow in wholeness, we contribute to the healing of all creation.

Core Values

In keeping with the tradition of our Franciscan founders, we hold these core values:

SACREDNESS

Believe that in every person and all creation lives the Sacred.

RESPECT

Acknowledge the dignity, diversity and worth of each person as a unique image of God.

COMMUNITY

Through prayer, empathy, and sharing, create a safe, peaceful place.

HOSPITALITY

Welcome all with compassion, acceptance and celebration.

PROFESSIONALISM

Commit to competence, quality, trust and personal spiritual development.

What We Do

The staff at the Center offers spiritual direction, individually directed and group retreats, and day-long programs. Some staff are available for off-site workshops, presentations, and programs that fit anyone seeking wholeness. Topics include those listed in each publication of "At the Center" or check out our web site under "contact us."

FROM OUR BOARD PRESIDENT

At the beginning of the summer, my wife Maggie and I decided we wanted to attract hummingbirds to a feeder by our large living room window. Maggie found a small feeder with a red bead which attached to the window by a suction cup. The feeder worked like a charm and attracted the birds immediately. The problem was that the feeder worked too well. It couldn't supply enough sugary syrup to satisfy all the birds in a single day. As a result, the first person home was charged with the ritual of filling the empty feeder before retrieving the mail or cooking dinner.

Since we didn't have a clue when the feeder emptied during the day and fearing that our hummingbirds were starving all afternoon, I bought a second, larger feeder. The addition worked. When we arrived home each evening, there was still enough sugar water to last a second day.

From time-to-time people ask me why the Franciscan Spirituality Center has been so important to me these last 15 years. As was the need for an extra hummingbird feeder, I believe our spiritual lives are so essential to our well-being that we often need more than one community to nourish our souls. Personally, I need my parish; but I also need the spiritual direction and programs the Franciscan Spirituality Center provides.

The Center is able to nourish me in some ways that my parish cannot. The Center is always looking for new ways to feed those with a spiritual hunger. For that reason I feel privileged to serve on the board and help nourish the souls that are looking for a place of healing. Our board is always looking for a way to make sure the FSC is large enough to keep all who enter the doors satisfied.

For those of you who haven't been to the Center in a while, I think you will find our new programs exciting. This annual report is our new way of introducing some of those programs while also highlighting our ongoing areas of success.

Most importantly, this annual report is an opportunity to recognize all of you who have been great supporters of the Center. Thank you for providing a feeder for all of us who are seeking wholeness.

Peace and all good,
John McHugh



FSC Board Members 2011–2012

BLAKE AULER-MURPHY
HANNAH CAREY
LISSA CARLSON
ROSE ELSBERND, FSPA
RITA FEENEY, FSPA

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DOROTHY LENARD

JOHN MCHUGH
STEPHANIE SWARTZ
BRAD STURM
STEVE TANKE
MIKE WOODS



A Day for Women

Women were invited twice last year to attend an evening or Saturday morning program offering reflection, a personally made creation—gratitude beads, mandalas, or holiday wreaths—and a shared meal. A free-will donation was accepted. We offered this program to women who are low-income, disabled and/or in recovery from drugs/alcohol or an abusive relationship. In just a few hours, participants transformed their hesitancy and uncertainty to becoming engaged and relating with one another as they shared their stories.

Social Justice Stations of the Cross

The Center, in partnership with La Crosse Area Pax Christi, held its second annual Social Justice Stations of the Cross on Good Friday, 2011. About 100 participants processed through downtown La Crosse, walking in silence and pausing at various locations to pray. Each stop offered a reminder of how Christ still suffers today. At some locations, prayers were recited in Spanish as an act of respect for the Latino immigrant community.

Circles of Support

In August, 2010, the Center completed its effort to help launch a re-entry program for people leaving jail. The program, Circles of Support, connected a person recently released from jail with five, trained volunteers, who formed a support network. After coordinating the development and launch of the program, the Center transferred responsibility to Advocating, Mobilizing, Organizing in Solidarity (AMOS, Inc.), a local, interfaith coalition working for justice.



Group Spiritual Direction

Deep listening, prayer and sharing from one's heart were essential elements of the group spiritual direction experience. Three groups met monthly at the Center for two hours from September to May in order to explore their spiritual journeys. Joan Weisenbeck, FSPA, and Linda Kerrigan guided these groups by providing prayer and focus for reflection and sharing. It was about seeking God together and being supported by others. People became aware of how God worked in their lives as they listened to how God was present to others.

Spiritual Direction

Our seven, trained, spiritual directors continued to journey with nearly 100 people. Each staff spiritual director has found the process both an honor and a humbling experience. Linda Kerrigan says, "Receiving and holding the sacred story of another individual is a highly privileged ministry...one that continues to humble me as a redemptive listener."

SDPP

The Spiritual Direction Preparation Program (SDPP) offers both a call to ministry in spiritual direction and an opportunity for deepening spiritual and personal development. Last year participants came from six U.S. states and all walks of life. To date nearly 300 people have been trained as spiritual directors at FSC. As participants and program staff gathered at the Center for weekend workshops during the three-year program, a true sense of community resulted. As one participant observed, "Every time we're together, it feels like a homecoming."



Outreach

FSC staff could be found offering programming in local churches, hospitals, universities and schools. We began our sixth class of servant-leadership training for a regional medical center. We were able to adapt our four-weekend foundations program format to their employee training needs. FSC staff presented at Viterbo on the topics of Rose of Viterbo and Franciscan values. We gave presentations on scripture, mindfulness and simple living.

Summer Retreats

We presented a diversity of retreats which varied in length from one week to three-and-a-half days. During the summer, people gathered to create icons, to reflect and pray about how to nurture the Sacred within or to follow the desires of their hearts in pursuing a greater understanding of their spiritual journeys. We also offered a retreat on writing where participants learned how to deepen their stories and reveal their truths in the written word.

General Programs

At any time you could find groups of people in our meeting rooms sharing with one another about the goodness of God, core relationships, intuition, compassionate communication, sacred stories, mindfulness, poetry and creativity. You could also find groups making drums, practicing yoga, dancing, writing, and painting.

Last year we offered over 40 programs and had seven groups that met weekly, biweekly and monthly. In October, 2010, Wayne Manthey returned with a drum making retreat to awaken us to the connection between the Divine and all creation. In November, we focused on Franciscan values with the presentation of Franciscan Solitude by Andre Cirino, OFM. In February, 2011, Tom Roberts led a mindfulness weekend and later that month our staff led the annual serenity retreat; one that continues to serve the recovering community and focuses on aspects of the 12-step program. In March, we offered a look at the Lenten gospels, and April brought Carol Jo Anderson to speak on wisdom in the second half of life.

The Foundations for Servant Leadership

FSC offered a space where participants explored transformative listening, the gifts and the challenges of our personalities, and ways to access that inner wisdom that calls us to lead with integrity, compassion and love. FSL is in its eighth year of sharing servant leadership with the community. A participant wrote, "I appreciated the lack of ego of each of the presenters, the willingness to do the work, as well as the self-love the people obviously gained from and through the process."

Journey Towards Wholeness

This three-weekend series covered sacred stories, gifts from the sea and compassionate communication. A number of the participants joined us for all the sessions; friendships formed as they journeyed together and discovered the beauty in each other.

Awakening the Soul of the Writer

Our second writers' conference brought many familiar faces and a number of new ones as well. We were pleased to have several published authors in our midst; all who generously shared their writing journeys. We began with a pre-conference session on poetry and then 14 excellent breakout sessions on Friday. Our keynote presenter, Ann Hood, captured the audience with the honesty and depth in which she told the story of her daughter's death and the journey of grief.



OUR STAFF



Margaret Cunningham is responsible for hospitality and meeting the refreshment needs of our guests. She has devoted her work career to public service and feels privileged to bring that experience to the Center. She is delighted to be a Prayer Partner and part of the Affiliate program. She shares a home near Grandad's Bluff, with her sister, Mary, and two very lovable cats.



Jeff Dols is the new director of FSC. In his first six weeks as director, he believes he's met nearly 500 new people and been to at least 100 meetings. He is looking forward to offering programs and using his strategic planning experience to help the Center grow. Jeff enjoys walking along the Mississippi and divides his free time between La Crosse and Egan, MN, with his wife, Maria.



Mary Kathryn Fogarty is a member of the Franciscan Sisters of Perpetual Adoration, a retreat and spiritual guide and a supervisor for the Spiritual Direction Preparation Program. She considers it a sacred and humbling ministry to companion another desiring to enter into the courageous conversations that promise a reflective life. She has a knack for finding exciting books for the Sophia bookstore. When not at the Center, Mary Kathryn enjoys be-ing.



Linda Kerrigan offers individual and group spiritual direction and serves as a 5th-step listener for those in a 12-step drug/alcohol recovery program. She wears additional hats (and aprons) assisting with the training of spiritual directors, orienting/scheduling Center volunteers, providing hospitality and making desserts for staff birthdays. Linda and husband, Pat, reside in La Crescent where they keep busy with a hobby apple orchard now that three adult Kerrigan kids are launched.



Mary Knutson works as the morning receptionist and registrar for our programs and hermitage stays. Mary is a morning person so you can expect to be greeted with a smile, whether you are walking through the doors of the Center or calling on the telephone. She enjoys volunteering her gifts and talents at her church, reading and making cards. Mary lives in La Crosse with her husband, Harlyn, her daughter, and two cats.



Barb Kruse is a spiritual director, coordinator of the Spiritual Direction Preparation Program, compassionate communication facilitator and associate director of the FSC. She is mom to four grown sons and involved in the community in many ways as a volunteer. She loves to be outside as much as possible doing just about anything. She lives in La Crosse with her husband.



Rosalie Hooper Thomas coordinates programming for the Center, the Foundations for Servant Leadership program, and is a spiritual director, facilitator and presenter. She finds great joy in creating the space where people can discover their own truths. Rosalie lives in the country with her husband, Stan, and two cats where she draws on nature to nurture and teach her in the ways of harmony and peace.



Joe Orso coordinates programs on eco-spirituality. One of his life goals is to spend more time under the sky than under a roof—even in winter. At the Center, he offers spiritual direction and has presented on programs on simple-living, the tragedy of mass incarceration, the craft of writing and developing relationships with nature. Joe lives with his wife, Adrienne, on a ridgetop farm in La Farge, WI.



Judy Thesing works as receptionist, registrar and proof reader. Judy has a knack for understanding the difference between a comma and a semi-colon. She keeps our records straight and is the first person you see at the Center if you arrive after noon. Judy lives in La Crescent with her husband, a menagerie of animals and all of her Mickey Mouse collectibles.



Theresa Washburn coordinates outside communications and marketing. She loves words and enjoys spending hours finding the right one. She offers programming on writing, creativity and the role of animals in our lives. Theresa is passionate about finding ways to let people know about the good work of the Center. She lives outside of Viroqua with her husband, daughter and seven four-legged creatures.



Jenny Walter is the office manager at FSC. She handles accounts payable and receivable, processes donations and assists with payroll. She enjoys meeting guests at the Center so stop to say hello. Jenny loves bicycling and can be found riding backroads at dawn during the summer months. She is married to Tom and lives in La Crosse.



Joan Weisenbeck is a member of the Franciscan Sisters of Perpetual Adoration. Her charge at the Center is to schedule and give retreats, facilitate group spiritual direction and give presentations. She loves creative endeavors, whether she is ministering at the Center, or she is engaged in leisurely activities. When she is not at the Center, you will find her writing icons, creating mandalas or researching some topic on Franciscan spirituality. She seeks to find and create beauty.

OUR NUMBERS

Annual Report Financials

As demonstrated on the previous pages, the Franciscan Spirituality Center has accomplished much this past year in serving the spiritual needs of our community. That success is reflected in the activity and financial reports for the year. The Center had strong growth in program and retreat revenue, along with the good fortune of favorable financial markets, resulting in surprisingly good returns from endowment interest.

Entering this fiscal year, we could not plan on a repeat of favorable market returns; therefore, we have created a more conservative budget, which will rely more heavily on FSPA sponsorship. But going forward, we are planning new and compelling programs and services, which will serve the community and help FSC return to strong revenue growth. See Our Future for details and learn how you can help us fund our new directions.

Fiscal 2011 Activity Report

Number of Participants at FSC Events

FSC Program Participants	3,987
Spiritual Direction Sessions	1,023
Hermitage Retreatants	144
Other Retreat Participants	219
Participants in Offsite Programs	546
Hosted Events Participants	7,622
Overnight Guests	614
TOTAL GUESTS	14,155

Financial Report – 2011

(July 1, 2010 – June 30, 2011)

Income

Center Programs	\$134,848
Spiritual Direction	\$26,852
Retreats	\$72,802
Hermitages	\$12,814
Offsite Programs	\$19,093
Meeting Rooms & Bedrooms	\$37,137
Meals & Refreshments	\$19,616
Books	\$28,956
FSPA Grant	\$275,746
Donations/Scholarships	\$17,845
Interest From Endowment	\$84,124
TOTAL INCOME	\$729,834

Expenses

Salaries & Benefits	\$373,963
Plant Operations	\$91,246
Programs	\$43,754
Retreats	\$22,192
Hermitages	\$4,776
Meals & Refreshments	\$6,126
Books	\$20,545
Public Relations & Postage	\$41,426
Supplies	\$8,068
Staff Development	\$3,199
Administration & Donations	\$4,606
Telephone, Fax, Tech Support	\$1,919
Fundraising	\$20,078
TOTAL EXPENSES	\$641,897

Financial Position

(As of June 30, 2011)

Assets

Cash	\$46,089
Total Investments	\$1,402,186
TOTAL ASSETS	\$1,448,275

Liabilities & Net Assets

Current Liabilities	\$648
General Fund Balance	\$1,359,692
Current Year Net Assets	\$87,936
TOTAL LIABILITIES & NET ASSETS	\$1,448,275

“Thank’ you seems so insignificant to say what I feel.

I know when I feel and experience tears I’ve moved to the deeper level of prayer within me.”

- 2011 Retreat Participant

Photos on pages 6 and 7: 1. Images from the hermitages 2. Participant at Icon Writing Retreat 3. Stations of the Cross 4. Poet, Marilyn Taylor speaks at Awakening the Soul of the Writer 5. Making a drum 6. FSC's Womens' Writing Group addresses audience. 7. Stations of the Cross procession 8. Hands on drum making 9. Food retreatants learn about wild foods.



*Your home was felt by me as one of peace,
presence, and respect for every person.*



Mission

The Franciscan Spirituality Center is dedicated to anyone seeking wholeness.

We live this mission because we believe:

In each of us lives the Sacred.

We need each other to recognize and honor that part of our lives.

Responding to spiritual hunger is necessary for growth, healing, and peace.

As we grow in wholeness, we contribute to the healing of all creation.



Our Donors July 1, 2010 – June 30, 2011

We deeply appreciate the gifts given to us from our generous donors. The list continues to grow as we continue to discover new ways to live our mission. With the help of our donors, we are able to offer scholarships and continue programming for low-income people. This allows FSC to create a place where we can be dedicated to ANYONE seeking wholeness. THANK YOU!

Seraphim \$1,500 or more

Liz & Chuck Becker
Mary Jo & Shawn Werner
*Honor of Linda Mershon, FSPA,
Vince Hatt & Jenny Walter*
Edna & Ray Whalen
Memory of her parents

Cherubim \$350 - \$1,499

Anonymous
Scott & Faye Baker
Ardel Barta
Honor of Vince & Janice Hatt
Candice Corrigan & Johanna Leuchter
Memory of Wilson's newborn grandson
Coulee Bank
Gayleen Eilers
Honor of Vince Hatt
Ken & Cathy Ford
Elaine & Jeff George
Honor of Vince Hatt
Vince & Janice Hatt
Honor of FSC staff
Hospital Sisters of St. Francis
Kris & Mark Litzow
Joan & John Mueller
Dee Paque
Memory of Dr. Tom Pauly & honor of Vince Hatt
Carol Peterson
Honor of Paula Stephens, Tammy Barthels & Vince Hatt
Kathy Reardon
Honor of Paul Witmer & Lisa Beckwith & Vince Hatt
Fran Rybarik
Honor of Vince Hatt
Sisters of the Presentation
Stephanie & Robin Swartz
Honor of Vince Hatt

Archangels \$200 - \$349

Kathleen E. Berg
Memory of Robert & Ann Berg
Lou Ann Burkle & Joe Fagan
Ursula Chiu
Memory of Laura Schuh & honor of the good FSC does
Karen Dosemagen
Honor of Vince Hatt
Beth & Kevin Erickson
Jim Fowler
John & Marilyn Hempstead
Shirley Huhn
Honor of Vince Hatt
Vernon D. Hunstad
Memory of Joanne & Mark & honor of Vince Hatt

Jane & Michael Jacobi
Donna Kamann & Eric Christensen
Pat & Linda Kerrigan
Carl Koch & Joyce Heil
Memory of Clifford Heil & honor of Vince Hatt
Joe Leuck
Honor of Vince Hatt & all who volunteer at A Place of Grace
Rita McGaughey
John & Maggie McHugh
Ron Paczkowski & Judy Talbott
Memory of Vanessa Fleischmann & Ron Kellogg
Dan & Carol Pulsfus
Honor of Vince Hatt
Lorilee Rebhan
Honor of Vince Hatt & memory of Leora Foegen, FSPA
Patricia Sheehan
Paula Stephens
Memory of Kathy Doran (Voshart) & honor of Tammy Barthels, Carol Peterson & Vince Hatt
Bradley & Lynn Sturm
Honor of Vince Hatt
Steve & Suzanne Tanke

Angels \$100 - \$199

Karen Acker
Honor of Vince Hatt
Marilyn Adam & Ralph Tauke
Terry & Ron Amel
Honor of Vince Hatt & Judy Thesing & memory of Cliff Washburn
Char Baier
Honor of Joyce Bantle, FSPA
Julie & Terry Bartels
Honor of Blanche Klein, FSPA
Maggie & Vern Bjorkquist
Honor of Blanche Klein, FSPA
Rev. Russell Bleich
Honor of Vince Hatt
Cynthia Bomber
Dianne Brenneman
Honor of Vince Hatt & Sisters Mary Kathryn Fogarty & Lucille Winnike
Sharon Chavolla
Honor of Vince Hatt
Betty Daugherty, FSPA
Honor of Vince Hatt
Maryann L. Dunn
Mardelle Dykstra
Gloria & Richard Faivre
Ken Flottmeier
Memory of Barbara Flottmeier
Sibyl Floyd
Memory of Robert Floyd & honor of Vince Hatt
Elizabeth Foley
Roberta & Dan Gelatt

Grace Hendel
Honor of Vince Hatt
Barbara Hoffman
Memory of Frank & Monica Kleczewski & Ann & John Mahorski
David Holland
Rosalie Hooper Thomas & Stan Thomas
Honor of Vince Hatt
Jean Kreutzer
Barb & Joe Kruse
La Crosse Women's Writing Group
Mary Jane Lipinski
Mary Ann Lipska
Memory of Melvin Lipska
Jamie & Linda Lundahl
Honor of Vince Hatt
Lundahl, Hatt & Austad
Mary Maclay
Shari Mason
Teresa McGee
Sally Micek
Honor of Vince Hatt
Sheila Momont
Honor of Vince Hatt
Doug & Bonnie Moquin
Kay & Joe Morrissey
Judith Nelson
Honor of Marci Anibas, FSPA
Charlotte & John Nesseth
Annette Niederkorn
Gloria Patterson
Honor of Marie Leon LaCroix, FSPA
John & Judy Perkins
Bev Phelan
Melinda & Greg Pupillo
Edward H. Rasmussen
Memory of Norma Mae Rasmussen
Jane Rendler
Honor of Vince Hatt
Fr. Arnold Reuter
Dennis & Sharon Ryan
Honor of Vince Hatt
Kathleen Saelens
Randy Schenkat
Ann Schwalbach
Honor of Vince Hatt
Joanne & William Shackelford
Sandra Skach
Louise Sondag
Honor of Vince Hatt
Steve & Jeannette Spilde
Mark Stahlhut
Honor of Vince Hatt
Jane & Paul Steingraeber
John Sterling
Honor of Vince Hatt
Mary Louise & Craig Thompson

Anne & Jont Tyson
Honor of Vince Hatt
Evie Waack
Honor of Dale Waack
Jenny & Tom Walter
Honor of Wes & June Ehke
Rev. Jude Weisenbeck, SDS
Lucille Winnike, FSPA
Honor of Vince Hatt
Paul & Kathi Woods
Elaine Young
Honor of Joann Gehling, FSPA & Vince Hatt
Monica L. Zabor
Honor of John M. Klemenz
Tom Zanzig
Honor of Vince Hatt

Friends up to \$99

Betty Adams
Memory of Bob Adams
Marcella Anibas, FSPA
Memory of Florian & Josephine Anibas
Mark R. Avery
Honor of Joan Weisenbeck, FSPA
Sallie Bachar
Joanne & William Bailey
Memory of Mary Ellen Storandt
David & Diane Banner
Honor of Theresa Washburn
Bill & Marsha Bateman
Rosalia Bauer, FSPA
Honor of Vince Hatt
Cathi Baus
Memory of my mom
Allan Beatty
Dick & Pat Berendes
Honor of Vince Hatt
Rev. Larry Berger
Ruth & Jerry Berns
Carol & Tom Berra
Memory of Jeanne Rady
Kris Bjerke-Ulliman
Michelle Bloom
Dr. John Bondy
Meghan Bork
Richard & Joanne Boudreau
Bill & Elizabeth Brendel
Honor of Vince Hatt
Vicky Brenes
Christine Breunig
Verabeth Bricker
Carol & Jim Brickson
Memory of Patti Finn & Shirley Ellis
Katherine & David Bruzek
Jeanne Burger
Robert Caldwell
Graham & Karen Cameron

Theresa Connolly, FSPA
Honor of Vince Hatt

Chuck & Carma Coon
Honor of Vince Hatt

Joan Costello

Maripat Coughlin

Naomi Craft
Honor of Vince Hatt

Marv Davis

Maria & Jeffrey Dols

Dorothy Dunbar, FSPA
Memory of Bob Dunbar

Barbara & Jim Dunn
Honor of Vince Hatt

Alise Feeney
Memory of Shirley Statz

Mary Fitzpatrick

Cyndi Fleming
Memory of Cliff Washburn

Cheryl Folstad

Mary Kay & Jim Fullerton
Honor of Vince Hatt

Norbert Gaier

Ann Gerding

Donna Glowcheski

Alex & Jolene Goodman
Honor of Deb Schwab, FSPA

Marlys A. Graettinger
Honor of Blanche Klein, FSPA

Wendelin Guentner
Honor of Vince Hatt

Joan Gundersen
Memory of Elizabeth Hamner Gundersen

Carol A. Hagen
Honor of Vince Hatt & Blanche Klein, FSPA

Phillip & Jean Hahn
Memory of Claire Hahn McNulty

Bud & Barb Hammes

Mary Ellen Hauptert
Honor of Vince Hatt

Carol J. Hawley
Memory of Barbara Grimm

Barbara & Herb Heili
Memory of their deceased parents

Rita Heires, FSPA
Memory of Mary Walter Heires, FSPA & honor of Vince Hatt

Cary Heyer
Honor of Vince Hatt

Jeanette Hill
Memory of Alene Ward & honor of Melba Knox

Velma Hockenberry
Honor of Vince Hatt

Carole & Walter Hodgins

Gil & Julie Hoel
Memory of Art & Betty VanAman

Shirley Hogan
Memory of Gerald & Theresa Devine

Gayda Hollnagel
Honor of Vince Hatt

Alice Holstein
Honor of Vince Hatt

Maggie Horkman
Memory of Kate McRae

Kathryn M. Houge
Honor of Vince Hatt

Jeffrey N. Houser

Marion & Mark Huettner

Mr. & Mrs. Thomas Hutson

Tom & Margaret Jablonski
Memory of deceased members of the Gross & Jablonski families

Lin Jennewine & Todd Huffman

Marilyn Johnson

Peggy Johnson
Honor of Vince Hatt

Audrey Kader

Dave Kampa & Donna Reichwein
Honor of Vince Hatt

Darcy Karl

Sheila Karraker
Memory of Pam Nassith

Ladonna Kassmeyer, FSPA

Eileen Kazmierowicz, OSF
Honor of Vince Hatt

Patricia Kellum

Tim & Gretchen Kelly
Honor of Vince Hatt

Vickie Kendle

Kathleen Kenkel, FSPA
Honor of Vince Hatt

Heidi & Jeff Kerska

Patrick & JoAnne Killeen

Anne Kisting, OSF

June Kjome
Honor of Vince Hatt

Tom & Nancy Koeningfeld
Honor of Vince Hatt

Maura Kolars

Phyllis Koschmeder

Charlene Krockner
Honor of Jon & Raina's marriage July 11

Kathy Krueger
Honor of Vince Hatt

Dennis & Sharon Krumenauer

Greg Lamprich
Honor of the good FSC does

Carlene Larson
Memory of Doug Northcott

Marjorie & Raymond Lee
Honor of Vince Hatt

Mary Welch Lee

Rita A. Lee
Honor of Vince Hatt

Roger & Sondra LeGrand
Honor of Vince Hatt

Dorothy & Rich Lenard
Honor of Sr. Maureen Metty

Sandra Locher

Mr. & Mrs. Arnold Luzum

John & Dorothy Maule
Honor of Sharon & Steve Brantner

Larry Mauss

Marilyn McElligott
Honor of Malinda Gerke, FSPA

Eileen McKenzie, FSPA
Honor of Vince Hatt

Katherine McMahan

Bob & Pat McManimon-Moe
Memory of Richard McManimon

Susan McMillan
Honor of Trudy Nelson

John & Dee Medinger

Carol & George Meirick

Kent Miller

Terri Rudolph Monnett

John & Ruth Monson

Ellen A. Moore
In gratitude

Genny Morrissey, FSPA

Fr. John Moser

Christina Mueller

Dan & Dianne Mueller

Thoa Nguyen

Emma O'Brien
Honor of Dianne Rhein

Bryan A. Olson
Honor of Vince Hatt

Donna & Jim Omernik

Jim & Anne Orso

Ray Ostfeld

Fran & Arleen Ouder Kirk
Honor of Vince Hatt

Rev. Marlene Pankonin

Kathy Parkin

Ray Pavelko

Sharon Pechacak

Madeleine Pellerin, OSF
Honor of Vince Hatt

Leticia Pena
Honor of Mary Ann Gschwind, FSPA

Fred & Peggy Perri

Judy & Michael Perry

J. Peter Petersilie

Fr. Mark Pierce
Honor of Jesus

Marcia Pollock

Stan Pollock

Lois Pouzar

Ken Puchalski

Sandy & Jerry Putman
Honor of her grandchildren Gabriel, Kate, Sara & David

Dorothy & Frank Quirk

LaVon & Dennis Rader

Michael Redington

Therese & Mike Regner

Carol Rennie, OSB & Sam Rahberg
Honor of Vince Hatt

Dianne Rhein

Everett & Maureen Rice
Memory of lone Meissen

Deborah Rice-Viner
Honor of Marian Massman, FSPA

Silvana Richardson
Honor of Vince Hatt

Sue Riedel

Theresa Ringo

Mary Beth Ripp

Chris Roberts

Charles & Lee Rodman
Honor of Vince Hatt

Patricia Roth
Honor of Vince Hatt

Ed Rowley

Mary Lou Ryan

Nancy & Richard Schermerhorn
Memory of Annette Bronsburg & honor of Vince Hatt

Jennifer Schibilla

Audry Schieber

Marian & Randy Schiesser
Honor of Vince Hatt

Joanne Schlaefer

Karla Schmidt
Honor of Vince Hatt

Mary E. Schneider
Honor of Vince Hatt

Fr. Lyle Schulte

Fr. John Schultz

Terri Sersch

Gloria & Jim Servais

Johanna Seubert, FSPA
Honor of Vince Hatt

Mr. & Mrs. Robert Shilkett, Jr.
Memory of Bob & Kay Shilkett

Susan Sieger
Honor of Blanche Klein, FSPA

James A. Sill
Honor of Vince Hatt

Betty & Brian Singer-Towns

Jean & Sam Skemp

Steve & Heather Smart

Edna & Wenzel Smetana

Charlene Smith, FSPA

Mary G. Smith

Art & Patricia Soell

John & Katherine Storlie

Kate Sullivan
Honor of Vince Hatt

Nancy Thacker

Deb Thiel
Honor of Rita Erickson

Jane Timm

Linda Trent
Memory of Earl Madary

Ardelle Tuxen
Honor of Vince Hatt

Bob Vetter

Mark Wachowiak

Sue Ward

Nancy Weis

Linda Wenger
Memory of Lillian Hollowell

Sue Weniger

Bonnie White

Lori White

Marjorie Wilbur
Honor of Vince Hatt

Lucille Wilcox

John M. Williams & Jane Redig
Memory of James J. Williams & honor of Marilee Williams

Julia Wingert, PBVM

Mary C. Zapf

Our Future

Our vision for the Franciscan Spirituality Center is shaped by our belief in the power of the animating spirit of the universe. This is the spirit of our Divine Creator, whom Franciscans call God; but others may call Yahweh, Allah, Earth Mother or their Higher Power. This is a spirit of goodness and of life. The purpose of any spirituality center is to help others tap into that life-giving stream of goodness.

The Healing and Prophetic Spirits (Diagram 1)

We believe this is a healing spirit, which has the power to restore broken relationships and bring wholeness. We believe this is a prophetic spirit, which can direct our inner transformation and take us beyond ourselves to serve others. This radical spirit compelled Jesus to speak prophetic truths to the institutions of His day and reveal God's goodness. This same spirit motivated St. Francis to renounce his family's wealth, to live in poverty, and to care for the poor and outcast. And this spirit compelled the followers of both Gandhi and Martin Luther King to risk death by responding to violence with peace and compassion.

This prophetic spirit teaches us to die to self. This powerful, gradual process was described in the 2010 Vision Quest of the Franciscan Sisters of Perpetual Adoration as one of an "inner transformation" that moves us to "awakened consciousness." This new way of experiencing reality leads us to form "authentic relationships" with others and all of creation.

Our two-part vision is to nurture this animating spirit in those we serve; first to help them tap into the spirit's healing power to bring wholeness to self and then to tap into the spirit's prophetic power to bring wholeness for the other. Finally, this movement beyond self ultimately leads to even deeper healing. We believe this vision of living a "life that is not our own" is the essence of Franciscan Spirituality.

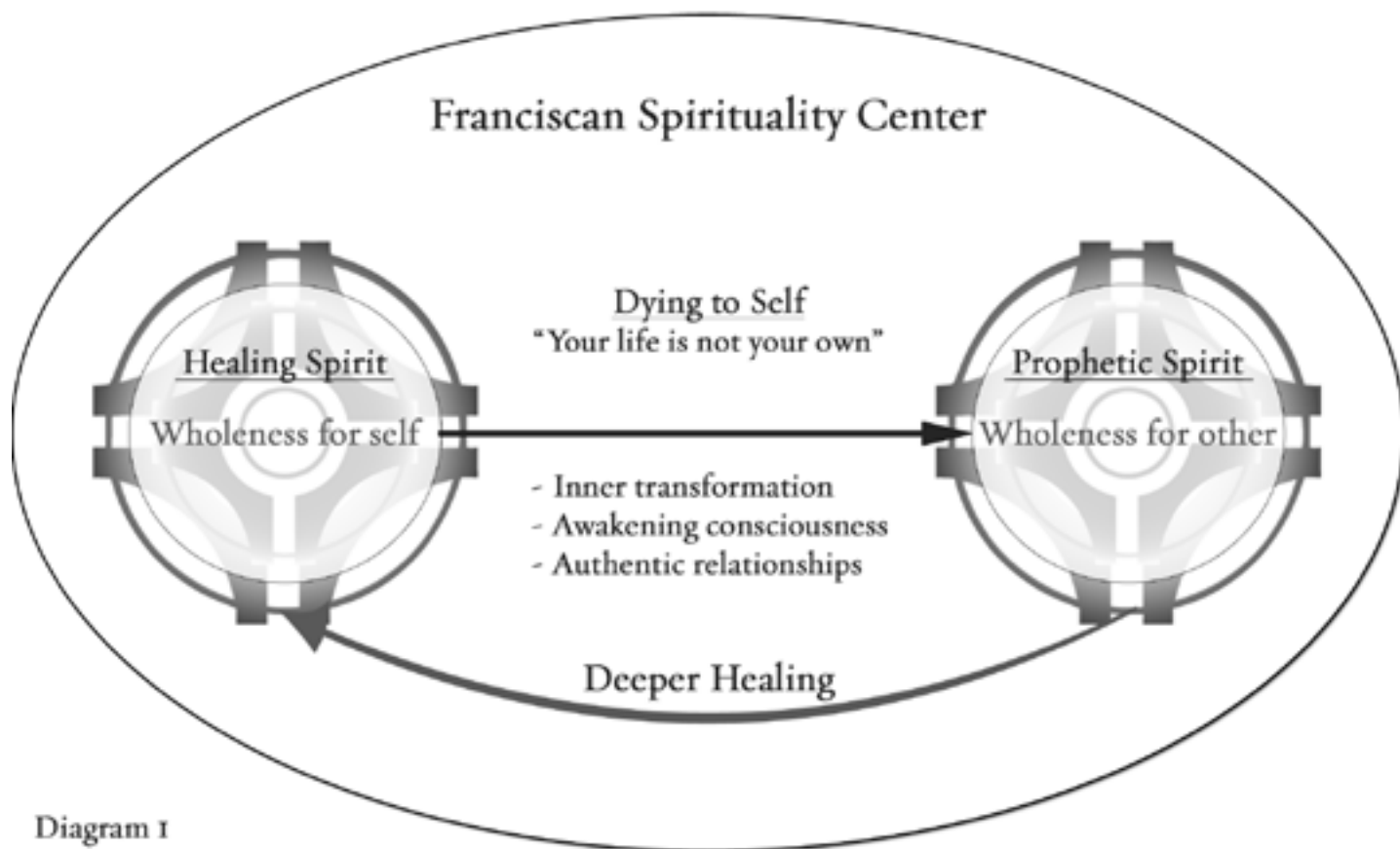


Diagram 1

Circles of Relationships (Diagram 2)

If our vision is Franciscan Spirituality, then the path forward is to nurture and heal core relationships, beginning with our relationship with the Divine and moving to our relationship with the sacred within, or as Thomas Merton described “our true selves.” From our core, we can nurture wholeness in our bodies, with our families, and our work. All of these relationships need to be reconciled and healed for us to be spiritually whole.

This pattern of restoring our lives continues as we interact with local and world communities and all of creation. A key to these relationships is that all are essential to Franciscan Spirituality. All are interdependent. As we strengthen and nurture one relationship, it strengthens nurtures the others.

While these relationships are interdependent, it would be difficult to reconcile all of them if our core is broken. Therefore, there’s an implied priority in FSC programs and services. We need to ensure we have the core relationships covered in our offerings. Currently, some areas are stronger than others. Our vision is to add new programs and services particularly in the areas of relationships to family, work, and local community.



Work Relationships

We will take a fresh look at our servant leadership program and add emphasis on the inner spiritual transformation of the servant leader and how that foundation can support discernment in decision-making, conflict resolution, and community building.

My personal passion is to offer retreats and programs for business leaders who struggle to reconcile their spiritual lives with the dog-eat-dog competitive environment of the business world. My own struggle—trying to live Franciscan values in the workplace—has provided some insight into that issue. It can be a very difficult road to walk alone, and we want to journey with people who wish to integrate their spiritual life into the workplace.

Another area related in work relationships is assisting people with challenging service occupations—jobs that can drain spiritual and emotional energy. Our vision is to offer a series of occupational evenings of reflection for groups such as firefighters, police officers, civil servants, teachers, healthcare workers, therapists, social workers, and anyone who has dedicated their life to the service of others.

Local Community Relationships

There are many opportunities to develop collaborative programs with local organizations such as Catholic Charities, Salvation Army and the Place of Grace. We hope to offer immersion street retreats where people from the mainstream are mentored by people on the margins to achieve a new level of spiritual understanding for the journeys of both.

Join Us in Our Vision

Our journey begins this fall as the FSC board and staff gather for strategic planning sessions to map our expanded vision, mission, programs and services. We know launching expanded programs and services will require additional seed funding. We are excited to begin this journey and will need your help. As friends of the FSC, we invite you to invest in this vision.

Peace and All Good,

Jeff Dols

COMING IN NOVEMBER

Centers of Wellness for Women

Saturday, November 5 9:00 AM – NOON

Presenter: Bernice Olson-Pollack, MS

Investment: \$45

To be a conscious female is to live your life in tune with your body and soul. On your quest to discover the authentic feminine and improve your health, it is important to channel your energies into the five centers of wellness.

- ♦ Movement – Express your physical self and enhance your body's well-being.
- ♦ Nutrition – Create a nourishing relationship with the food you put in your body.
- ♦ Mind – Practice becoming centered, calm and focused.
- ♦ Sensation – Utilize all your senses to heighten your awareness to your environment.
- ♦ Spirit – Nurture your sense of connectedness.

Be a part of this mind/body workshop with Bernice Olson-Pollack, M.S., who is a certified wellness speaker, personal trainer and yoga instructor.

Couples' Retreat: Appreciation of Gifts and Growth

Saturday, November 5 1:00 – 6:00 PM

Facilitator: Rosalie Hooper Thomas and FSC Staff

Investment: \$60/couple

Do you want to make a good relationship better? Gain new understanding and insights about yourself and your partner as you are introduced or reintroduced to the Enneagram, a tool to discover personal motivations. Applying the Enneagram can enhance your communication as a couple and invite compassionate response and connection. Prior knowledge of the Enneagram is not needed. Before the retreat, you will be sent materials to prepare you for a relaxed, conversational exploration of this wonderful tool for personal growth and improved relationships.

The afternoon will end with appetizers, refreshments and the opportunity to visit with others.

A Retreat for Widows

Saturday, November 19 9:00 AM – 3:00 PM

Presenter: Marci Madary

Investment: \$65 includes lunch

While widows do not wear a black veil in our culture, the stigma can be just as jarring. It is a specific and distinct way of being in the world that "non-widows" can struggle to understand. This retreat will offer time for stories as we explore the paschal mystery: suffering, death, and new life.

Marci Madary has been an Affiliation Co-Minister with the Franciscan Sisters of Perpetual Adoration since 1997. She facilitates and nurtures the spiritual connection between affiliates and sisters by listening, celebrating and fostering relationships. Marci's husband died in 2007, and she is learning what it means to be a widow.

COMING IN DECEMBER

Advent Retreat: From Darkness to Light

Thursday, December 8 (7:00 PM) to
Sunday, December 11 (after liturgy)

Presenter: Fr. Charlie Smiech, OFM

Investment: \$225 includes meals and housing

Commuters: \$150 includes meals

As we prepare ourselves to celebrate the season of light, we are mindful that there are many lights in contradiction to the light of Christ. We will evaluate our journey of life as we make ourselves ready, not only for the 25th of December, but, for His second coming.

COMING IN JANUARY 2012

Vinyasa Yoga

Session one: Six Mondays, January 9 – February 13

Session two: Six Mondays, February 20– March 26

– and/or –

Session one: Six Wednesdays, January 11 – February 15

Session two: Six Wednesdays, February 22 – March 28

5:30 – 6:30 PM

Instructor: Bernice Olson-Pollack, MS

Investment: \$42 for one session or \$65 for Monday and Wednesday. \$10 reserves a place.

"Vinyasa" is a form of Hatha yoga that brings together a series of flowing movements that are blended with mindful breathing. The practice of "flow" yoga promotes...

- ♦ Greater balance
- ♦ Joint mobility
- ♦ Flexibility
- ♦ Mental focus
- ♦ Enhanced body awareness

Novice participants are welcome. Please wear loose, comfortable clothing. Class size is limited to 20 people.

Golden Yoga

Session one: Six Tuesdays, January 10 – February 14

Session two: Six Tuesdays, February 21 – March 27

11:15 AM – 12:00 PM

– and/or –

Session one: Six Thursdays, January 12 – February 16

Session two: Six Thursdays, February 23 – March 29

3:30 – 4:30 PM

Instructor: Bernice Olson-Pollack, MS

Investment: \$40/Tuesday sessions or \$42/Thursday sessions

Chair and standing postures will be provided Tuesdays. Moving down to the floor is offered on Thursdays. Golden yoga is a gentle blend of yoga and stretching that modifies traditional poses with the use of a chair. It is a safe approach to help you improve your spinal alignment, flexibility, strength and balance (physical, mental and spiritual). This class is appropriate for beginners of all ages. Please wear loose-fitting clothing. Class size is limited to 20 people.

Ageless Grace®

Eight Tuesdays, January 10 – February 28 5:30 – 6:30 PM

Presenter: Lisa Radtke

Investment: \$55

Ageless Grace® is a fitness and wellness program created by Denise Medved, a certified personal trainer. The program consists of 21 simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 tools have creative, imaginative names that are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor or standing. Almost anyone can do them, regardless of most physical conditions. Lisa Radtke is a certified Ageless Grace® educator.

The Nia Technique

Eight Thursdays, January 12 – March 1 5:30 – 6:30 PM

Presenter: Lisa Radtke and Maggie Bjorkquist

Investment: \$55/session

Join us as we weave old with new routines and music! Nia is a body-mind-spirit fitness and lifestyle practice that blends martial, dance and healing arts. Through expressive movement—The Body's Way—Nia empowers people to achieve physical, mental, emotional and spiritual well-being. Life, lived in a body the Nia way, is life lived in relationship to the sacred geometry of life. Our philosophy, "through movement we find health," means we believe in the power of self-discovery through movement. In practicing Nia, you fall in love with being and moving in your body and you experience the power of self-healing. Come experience the joy of movement, come discover Nia! Wear loose, comfortable clothing. Limited to 20.

The Reflective Life of a Leader

Friday, January 13 (6:30 – 9:00 PM) to
Saturday, January 14 (8:00 AM – 4:00 PM)

Presenters: Rosalie Hooper Thomas and Barb Kruse

Investment: \$195 includes meals and housing

A cornerstone for servant leadership is a regular reflective practice which enables self-awareness, creativity and integration. We will explore various methods of reflection and prayer and discover how a reflective practice can contribute to improved communication and decision making. We will also introduce the personal mentor option as a support in developing the habit of regular reflection.

Franciscan Spirituality: Awakening to Our True Identity

Friday, January 20 (7:00 – 9:00 PM) to
Saturday, January 21 (9:00 AM – 5:00 PM)

Presenter: Jeff Dols

Investment: \$95 includes meals. Limited bedrooms at \$42/night.

The practice of contemplative prayer transformed the life of St. Francis of Assisi. Like Francis, our secret identity lays dormant, waiting for the transformative power of the Spirit. Come and begin to discover your secret identity—Christ Consciousness. In this way, you will start to see the Christ within yourself and within everyone and everything.

Journey Towards Wholeness: The Eight Principles of Peace

Friday, January 27 (7:00 – 9:00 PM) to
Saturday, January 28 (9:00 AM – 5:00 PM)

Presenter: Rosalie Hooper Thomas

Investment: \$95 includes meals. Limited bedrooms at \$42/night. Register and pay by January 6 to receive a 20% discount of the program.

We all have the capacity to create a state of peace by opening ourselves to the oneness of the Universe. As Black Elk, Oglala Sioux spiritual leader tells us, "we realize this 'first peace' within us and this awareness grows and influences those around us and connects with other like-minded people throughout communities and nations." We will explore the teachings derived from ancient Mayan and pre-Mayan peoples that have evolved into eight universal principles that are the foundation of the "first peace."

COMING IN FEBRUARY

Small Gestures: Awaken to Your Life a Moment at a Time

Friday, February 3 (7:00 – 9:00 PM) to
Saturday, February 4 (9:00 am – 4:00 PM)

Facilitator: Tom Roberts, LCSW

Investment: \$95 includes Saturday lunch. Limited bedrooms at \$42/night.

Married Couples' Retreat

Saturday, February 11 3:00 – 8:00 PM

Facilitators: Linda Kerrigan and Barb Kruse

Investment: \$75/couple

Ice Cave Hike

Saturday, February 11 9:00 AM – 4:00 PM

Facilitators: Joe Orso and friends

The Gentle Path of Self-Care and Unconditional Love Responding Tenderly to Your Heart's Cry for Compassion

Friday February 17 to Saturday, February 18

Presenter: Gary Eggeberg

Investment: \$95 includes meals. Limited bedrooms at \$42/night.

Exploring the Lenten Gospels

Six Thursday evenings, February 23 – March 29 5:30 – 6:30 PM

Presenter: John McHugh

Investment: \$42/series or \$8/session

Reclaim Your Intuition

Saturday, February 25 9:30 AM – 3:30 PM

Presenter: Jean Kasparbauer, FSPA

Investment: \$65 includes lunch

Find full descriptions for these and other programs
at www.fscenter.org or visit us on facebook!



Franciscan Spirituality Center
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(608) 791-5295. If mailed, please include your address label.

Franciscan Spirituality Center
Spiritual Literature Contest



Much of a writer's inspiration comes from nature. In this contest we focus on essays and poetry which open our understanding of the interconnectedness to all creation. We are looking for thoughtful prose, stories from the heart, tales of growth and wholeness. Write them down, share them with others, send them to us.

The Categories

Nonfiction essay: 1,500 words or less or Poetry: 250 words or less

The Prizes

\$300 grand prize for best all-around
\$200 for each first-place winner
\$100 for each second-place winner
\$50 for each third-place winner

*Entries must be e-mailed or postmarked by midnight
Friday, January 27, 2012*

For complete list of rules, go to www.fscenter.org or call (608) 791-5295