

CELEBRATING  
*30 years*



**Franciscan  
Spirituality Center**

*Dedicated to anyone seeking God,  
meaning and wholeness.*

2015

*Retreat  
Offerings*



## Accommodations

We want you to feel at home during your stay with us. Each of our bedrooms has a twin or full bed, an easy chair, and a desk and chair. Bath and bed linens are provided. Complimentary coffee, tea and WiFi are available in our Sophia Bookstore, and we have a lovely lending library awaiting your discovery.



## Where to find us

The Franciscan Spirituality Center is a block west of Mayo Health System-Franciscan Healthcare and a block north of Viterbo University at 920 Market Street. The Franciscan Spirituality Center shares the building with St. Rose Convent.



**Franciscan**  
**Spirituality Center**



Phone: 608-791-5295 • Email: [FSCenter@fspa.org](mailto:FSCenter@fspa.org) • Website: [www.FSCenter.org](http://www.FSCenter.org)



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# *Retreat Offerings*

## 2015 Retreat Offerings

### **St. Francis and the Universe Story**

February 22-28 • Meg Gemar, OSF

### **Listening Like the First Time: Triduum Retreat**

April 2-4 • John McHugh

### **Icon Retreat: The Annunciation**

May 3-9 • Phil Zimmerman

### **Yoga Retreat: Grace From Within**

June 5-7 • Heather Henry

### **In the Heart of Compassion**

June 8-12 • Janet Mallak, SSND

### **Silent Directed Retreat**

June 26-July 1 • FSC Spiritual Directors

### **Icon Retreat: Christ the Teacher**

July 5-11 • Phil Zimmerman

### **Into the Heart of the Word**

July 18-21 • Theresa Washburn

### **Transitions: Challenges and Opportunities**

August 28-30 • Joyce Heil & Carl Koch

### **Awakening to Dreams:**

### **A Retreat for Spiritual Directors**

November 20-21 • Joann Gehling, FSPA



*Come away with me  
to a quiet place.*



# Retreat Options

In addition to the guided retreats featured here, FSC spiritual directors are available to help you custom design a private or group retreat, either at the Franciscan Spirituality Center or at one of our three secluded, woodland hermitages in nearby St. Joseph, Wisconsin.



Each hermitage is a one-room cottage with all the modern conveniences: electricity, electric heat, electric fireplace, water, bathroom, shower, stove, refrigerator, microwave, CD/tape player and phone for emergency. Furnishings include a twin bed, an easy chair, and a small table and chair. Towels and bed linens are provided. Guests are asked to bring their own toiletries and food. Meals are prepared by you.

## Come stay with us

### Private Retreat at the FSC

No spiritual direction; includes bedroom

- \$42/night
- \$40/night for 6 nights/7 days
- Meals (optional): \$21/day

### Directed Retreat at the FSC

**Daily** spiritual direction; includes bedroom and meals

- \$101/night (4 nights or less)
- \$96/night (5-night retreat)
- \$91/night (6 nights or more)

### Directed Retreat at the FSC

**Less than daily** spiritual direction

- \$40/session plus \$61/night; includes bedroom and meals

### Private Retreat at a Hermitage

No spiritual direction

- \$50/night
- \$48/night (6 nights/7 days)

### Directed Retreat at a Hermitage

**Daily** spiritual direction

- \$95/night (4 nights or less)
- \$92/night (5-night retreat)
- \$90/night (6 nights or more)

### Directed Retreat at a Hermitage

**Less than daily** spiritual direction

- \$50/session plus \$50/night
- \$290/week (6 nights/7 days)

Please call 608-791-5295 or email [FSCenter@fspa.org](mailto:FSCenter@fspa.org) for availability or additional information regarding bedroom, meals, hermitage or meeting room space.

# St. Francis and the Universe Story

February 22-28

Sunday, 6:30 p.m. through Saturday, Noon

Retreat leader: Meg Gemar, OSF

## Investment:

**Full:** \$420 (includes retreat, all meals and bedroom)

**Commuter:** \$300 (includes retreat and lunch)

- Please include a \$50 non-refundable deposit.

**Registration deadline:** January 22



**F**rancis, Clare and their contemporaries were aware of the Universe Story as they knew it in the 13th century. As mystics, they understood that everything is connected. As 21st century Franciscans

and others who are concerned about relationships, we need to understand the Universe Story as we know it today. It is a story filled with mystery and awe. This story can enhance and deepen our spirituality, our connection to God, other humans, other life forms and our home on Earth. Each day will include a presentation and time for reading, reflecting, journaling and sharing.

**Meg Gemar, OSF**, is a member of the Sisters of St. Francis of Dubuque, Iowa. Her ministerial experiences include teaching high school biological sciences for 44 years. She holds degrees in biology, physiology

and earth literacy. Sister Meg has presented on the Universe Story topics, faith and sustainability.



Artwork by Maryam Gossling, FSPA

## *Listening Like the First Time: Triduum Retreat*

April 2-4

**Thursday through Saturday, 1:30-2:15 p.m. each day**

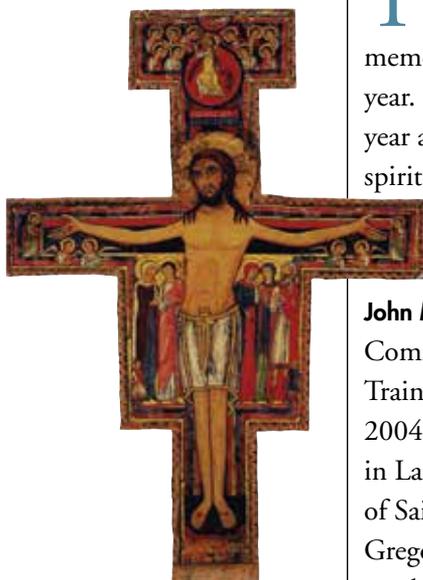
**Retreat leader:** John McHugh

**Investment:**

**Commuter:** \$30

- Bedrooms available for \$42 per night.
- Meals available at an additional cost.

**Registration deadline:** March 19



The liturgies of Holy Thursday, Good Friday and the Easter Vigil have some of the most memorable and powerful scripture passages of the year. Even though these readings are proclaimed year after year, they never lose their impact for our spiritual journey. Join John McHugh as he breaks open the Triduum Scriptures in a way that will deepen these beautiful liturgical celebrations.

**John McHugh** is the manager of Corporate Communications, Leadership Development and Training for Kwik Trip. Prior to joining Kwik Trip in 2004, John was an instructor at Aquinas High School in La Crosse. He holds degrees from the University of Saint Thomas in Saint Paul, Minnesota, and the Gregorian University in Rome, Italy. John serves on the boards of the Franciscan Spirituality Center, Marywood Franciscan Spirituality Center and the Mayo Clinic Health System in La Crosse. He and his wife, Maggie, enjoy living in their log home near Sparta, Wisconsin.

## Icon Writing: Sacred Windows to the Divine

May 3-9: *The Annunciation* & July 5-11: *Christ the Teacher*

Sunday, 7 p.m. through Saturday, 10 a.m.

Retreat leader: Phil Zimmerman

### Investment:

**Full:** \$625 (includes retreat, all meals and bedroom)

**Commuter:** \$505 (includes retreat, lunch and dinner)

- Each icon retreat limited to 25 participants.
- Please include a \$150 non-refundable deposit.

**Registration deadline:** April 3 (May retreat) & June 5 (July retreat)



Top: **The Annunciation:** Actual icon to be written during the retreat.

Bottom: **Christ the Teacher:** Actual icon to be written during the retreat (unfinished). Phil will show you step-by-step how to paint it and add gold leaf.

Icon writing is a meaningful prayer practice as well as a technical art form with a rich and inspirational history. Each icon will be written from start to finish in a step-by-step gradual process, ending with a beautifully completed icon varnished and ready to display. All materials and supplies are included. Anyone can enter into this spiritual process, expressing through the icon the mystery of the image portrayed. We begin each day with meditation and prayer, and information about the history of Byzantine and Russian iconography is shared throughout the retreat.

Noted iconographer **Phil Zimmerman** has been coming to the Franciscan Spirituality Center since 2002. Teaching people to write (or paint) icons has taken Phil all over the U.S., Canada and Europe, as the popularity of icon writing continues to grow and captivate a significant following of artists from all religious and cultural backgrounds. Icons produced in Phil's studio are painted according to ancient guidelines and techniques, incorporating modern artist materials. The excitement of iconography is that it combines artistic skill and creativity with spiritual motivation, religious devotion and discipline.

# Yoga Retreat: Grace From Within

June 5-7

Friday, 3 p.m. through Sunday, Noon

Retreat leader: Heather Henry

**Investment:**

**Full:** \$180 (includes retreat, all meals and bedroom)

**Commuter:** \$120 (includes retreat, dinner on Friday and lunch on Saturday)

- Retreat is limited to 20 participants.
- Please include a \$50 non-refundable deposit.

**Registration deadline:** May 5



Enjoy merging mind, body and spirit through this glorious heart-centered retreat. Encompassing postures and slow breath work, sacred sound and meditation, this retreat experience will support one in finding balance and aligning with nature’s rhythms. Whether you are beginning a practice or deepening one, the flow of gentle yoga will encourage a release of the unnecessary and reclaim the divine from



within. Acknowledging each person as beautifully unique, participants are invited to honor their bodies and find their personal rhythm to nurture the unattended aspects of their body and self, and be touched by grace. Please bring a yoga mat and a journal.

**Heather Henry** has been teaching heart-led yoga for 16 years. Honoring each person’s unique path and body, she encourages deep internal communication to be expressed. Heather looks toward nature to connect with the rhythms that bring balance to our lives.

## *In the Heart of Compassion*

June 8-12

**Monday, 6:30 p.m. through Friday, Noon**

**Retreat leader:** Janet Mallak, SSND

**Investment:**

**Full:** \$340 (includes retreat, all meals and bedroom)

**Commuter:** \$200 (includes retreat and lunch)

- Please include a \$50 non-refundable deposit.

**Registration deadline:** May 8



**E**very now and then, we meet someone who makes our day or our life better. Often, it is a compassionate person who is present in care and

love. In the various stages of our life, we meet transitions, changing relationships, vulnerability and transforming grace.

Compassion eases the journey. Through the eyes of mystics and scripture, we will ponder the call of compassion within ourselves and the world. In the words of the Dalai Lama we hear, “Compassion is the radicalism for our time.”



**Janet Mallak**, a School Sister of Notre Dame, lives in Mankato, Minnesota. After she completed 20 years of teaching, Janet began her ministry in spiritual direction and retreat work. She has a master’s degree in ministry from Creighton University and a certificate in spiritual direction. In recent years, she has ministered at the Franciscan Spirituality Center and served on the Leadership Team of her religious community. Currently, Janet serves as a spiritual director and leads retreats and seminars.

## Silent Directed Retreat June 26-July 1

Friday, 7 p.m. through Wednesday, 1 p.m.

**Retreat leaders:** Rose Elsbernd, FSPA,  
Barb Kruse, Linda Kerrigan,  
Marcia Bentley and Steve Spilde



**Investment:** \$485 (includes retreat, all meals  
and bedroom)

- Retreat is limited to 20 participants.
- Please include a \$50 non-refundable deposit.



**Registration deadline:** May 26

Let go of your email, voicemail and other distractions, and come spend time in the quiet. During this silent retreat, there will be plenty of opportunities for prayer, contemplation, solitude, and, if you wish, access to daily Mass and the St. Rose Perpetual Adoration Chapel. In addition, participants will meet individually with a spiritual director for one hour each day. Amenities include a private room, prayer spaces, lending library, Sophia Bookstore, beautiful courtyard adjacent to St. Rose Convent, nearby Mississippi River and biking/hiking trails, and walking labyrinth. (Commuting is not an option for this retreat.)



### Scholarship Information

In the spirit of Francis and Clare, we honor and respect those in search of spiritual healing, growth and renewal, and will not turn anyone away because of inability to pay. Our scholarships are based on need and on the type of program or retreat. We give scholarships to anyone who asks for financial assistance for spiritual direction and partial scholarships for programs or retreats. We do not offer scholarships for bedrooms or hermitages.

Please inquire by calling **Laurie Swan, FSC office manager, at 608-791-5279** to discuss your options. All requests are held in confidence and we respect your privacy.

## Into the Heart of the Word

July 18-21

Saturday, 9 a.m. through Tuesday, 1 p.m.

Retreat leader: Theresa Washburn

**Investment:**

**Full:** \$275 (includes retreat, all meals and bedroom)

**Commuter:** \$175 (includes retreat and lunch)

- Please include a \$50 non-refundable deposit.

**Registration deadline:** June 18



**W**hy is writing so life changing? Something we read can inspire us to think more deeply, and something we write can relieve of us pain. In this retreat, we will go deeply into the heart of words that heal and writing that transforms us. We will learn how to use writing as a tool for positive change and explore the how and why of the techniques that help us to reach the heart of what we want to say. There will be plenty of time to write during this retreat. Please bring a pen and lots of paper, as well as one of your favorite poems or a piece that truly inspires you. This retreat is open to anyone who enjoys the written word.

**Theresa Washburn** is the director of communications for Green Power Generation. She has been using writing in her work and for personal growth for the past 25 years. She has written for dozens of publications and has led numerous retreats and workshops on journaling and writing. She is a founding member of Women Writers Ink. Theresa lives in the Driftless Region with her family and a menagerie of pets.



## Transitions: Challenges and Opportunities

August 28-30

Friday, 9 a.m. through Sunday, Noon

Retreat leaders: Joyce Heil and Carl Koch

**Investment:**

**Full:** \$220 (includes retreat, all meals and bedroom)

**Commuter:** \$150 (includes retreat and lunch)

- Please include a \$50 non-refundable deposit.

**Registration deadline:** July 28



**TRANSITION:**  
*the process or  
period of changing  
from one state  
or condition to  
another; change,  
transformation.*

We know that transitions or changes are a constant, but they can be scary. They also can be new beginnings. They challenge us and offer opportunities. All transitions certainly raise a lot of questions: Who am I now when I am not what I used to be? And, does anybody really care? How do I want to live now that this old way is gone? We'll talk about these questions and some of the wisdom learned about making transitions successfully. You also will have quiet time to ponder and plan.

**Joyce Heil** is on staff at Marywood Spirituality Center. She taught gerontology for Viterbo's School of Nursing for many years and worked as a nurse for the retired Sisters at St. Rose Convent. She also ministered as a hospice nurse and has directed many retreats. She holds master's degrees in nursing and in spirituality.

**Carl Koch** is retired as director of Ring Lake Ranch, an ecumenical retreat center in Wyoming. Before that, he was program director at the Franciscan Spirituality Center and director of the MA in Servant Leadership program at Viterbo University. Joyce and Carl are married and live in Minocqua. They kayak, walk to stay healthy and are constantly learning about transition.

## ***Awakening to Dreams: A Retreat for Spiritual Directors***

**November 20-21**

**Friday, 7 p.m. through Saturday, 4 p.m.**

**Retreat leader:** Joann Gehling, FSPA



**Investment:**

**Full:** \$140 (includes retreat, all meals and bedroom)

**Commuter:** \$95 (includes retreat and lunch)

- Please include a \$50 non-refundable deposit.

**Registration deadline:** October 20

Dream work offers the opportunity to begin a conversation with your soul—to begin an inward journey toward the truest part of the self. Paying attention to one's dreams is like opening a letter from God.

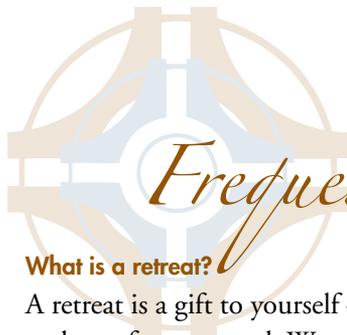
This weekend retreat for spiritual directors will include:

- Exploration of Carl Jung's terminology and map of the psyche
  - Several methods to assist in working with dreams
- An awareness of the dream language of symbol and metaphor
- The processing of several biblical and personal dreams
  - Various ways to pray with dreams.

Joann Gehling, FSPA, is a spiritual director and pastoral counselor at Prairiewoods Spirituality Center in Hiawatha, Iowa.

She is certified as a Dream Group Leader from the Haden Institute in Flat Rock, North Carolina.

Sister Joann has been a supervisor in the Spiritual Direction Training Program for more than 12 years.



# *Frequently asked questions*

## **What is a retreat?**

A retreat is a gift to yourself — a way to step aside from everyday concerns to relax and care for your soul. We provide time for rest, reflection, prayer and discussion. Your retreat can be as structured or as unstructured as you like. It is your time to rest and pray in silence, reconnect and deepen your relationship with God, or be inspired by a dynamic speaker.

## **What is unique about a retreat at the Franciscan Spirituality Center?**

In keeping with our Franciscan values, we offer a peaceful and serene retreat experience that is welcoming and warm. We also offer a rich history of prayer and the opportunity to pray before the Blessed Sacrament in the Adoration Chapel at Mary of the Angels Chapel.

## **Who goes on a retreat or who can benefit from a retreat?**

Many people of all ages and walks of life come to the FSC. Some are searching for God; others are simply trying to find a greater sense of peace in their lives. Some come from traditional religious backgrounds; others consider themselves “spiritual but not religious.” You don’t have to have a strong religious background to feel at home at the FSC. What you do need is a thirst for a more peaceful life of compassion and love or a desire to renew your ability to hear God. You will return to your normal routine a bit more rested and centered. Taking time for a retreat positively affects those around you.

## **What do you do on retreat?**

Each retreat experience at the Franciscan Spirituality Center is unique, depending on the type or theme of the retreat. Typically, each retreat experience follows the rhythm set by the retreat director and includes time for prayer, reflection and solitude.

## **Why make a retreat?**

Rediscover what it means to be present. Our lives are so full of responsibilities, worries and noise that we often ignore the call from within. Our concerns with families, jobs, health, finances and personal relationships may override our commitment to spiritual growth, even when we need it most. A retreat helps one regain balance and develop the necessary spiritual tools to access the presence of God in the midst of daily life.

## Retreat Registration

Register for the retreats of your choice by filling out the form below or visit our website at [www.FSCenter.org](http://www.FSCenter.org) for online registration. A non-refundable deposit is requested at the time of registration to reserve your spot. Balance is due 30 days in advance of the retreat.

Return this form along with your deposit to: Franciscan Spirituality Center, 920 Market Street, La Crosse, WI 54601. Checks are payable to the Franciscan Spirituality Center.

**St. Francis and the Universe Story** ..... **February 22-28, 2015**

Full: \$420                       Commuter: \$300                       \$50 non-refundable deposit

**Listening Like the First Time: Triduum Retreat.** ..... **April 2-4, 2015**

Commuter: \$30                       \$42/night bedrooms available; meals additional cost

**Icon Writing: The Annunciation** ..... **May 3-9, 2015**

Full: \$625                       Commuter: \$505                       \$150 non-refundable deposit

**Yoga Retreat: Grace From Within.** ..... **June 5-7, 2015**

Full: \$180                       Commuter: \$120                       \$50 non-refundable deposit

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Full: \$140                       Commuter: \$95                       \$50 non-refundable deposit

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

Notes:

Call 608-791-5295 if you have any questions or concerns. We also offer online registration for all of these retreats. Please visit [www.FSCenter.org](http://www.FSCenter.org) for more information.

*“The ultimate  
value of life depends  
upon awareness  
and the power of  
contemplation  
rather than upon  
mere survival.”*

- Aristotle



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